



# THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

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(May-June, 1989)

## MAKE READY

It's everywhere now. There's no escaping the Bitter and yes, the glorious Truth, that we are indeed nearing the Armageddon; that we are indeed, upon the threshold of the balancing. Look about you if there is still doubt. And what do you see? Look into your neighbor's eyes, deep into that secret place, and you will know that all are experiencing their own testings in their own way, lessons so imperative in the balancing that is so near to being finished.

Look about you at world affairs and what do you see? Is there an unsettling as it were? Is the topsy, turvey - and the turvey, topsey? Do you feel the shadow figures dancing all about with glee as the darkness force puts forth its last measure in this, the 'fight to the finish'? Indeed, they still know not that the prize shall be won by the Light of Lights, and that their way is soon to be no more. And still they try. And still they thrive upon the heartache, the disturbances that lie within a heart that is not at peace.

Make ready, and quickly My children. For time is indeed running out. And there is not a moment to lose. Make ready with your candleglow of flame, with your candleglow of faith, and light the torch of Resurrection. Touch your candle to the torch that lighteth the world, and add your light to that which shall continue to grow in intensity until the world, indeed the entire universe, is aglow with a radiance that, to behold, one would already have had to shed his encumbrance of 'shadow dark', his garment of heaviness, and by this time, donned the garment of Light and Love and Peace. And when his eyes meet that of the torch of Love, there will be no looking away, no turning aside, but rather a melting, a blending, as My children of the Light will truly become the Light itself, when their candleglow shall be immersed in My torch of brightest radiance and Love, the likes of which the world has never seen.

And are you ready, My children? Do not be left behind, for soon will be the manifestation of all that I AM speaking of. Soon you shall see the Cherubim and Seraphim joining ranks with the Celestial Host of Angels, the Ascended Ones, and the Sun of Suns, as the Armageddon shall come to pass. And My children of the Light shall step into another room, a new atunement, a new alignment, a new REFINEMENT. For truly, I have named it so. And all the rough edges shall be smoothed away, and the broken pieces shall be mended so that they are as new. And the Light within shall shine with a radiance and splendor, so that all shall see upon the countenance of My chosen ones that indeed, the glory of the arisen Lord is within each heart, glowing inside, pouring forth Its radiance onto anyone who encounters such a one. And peace shall reign upon the land. And there shall be no deviation. And there shall be no exception. For the cleansing will be through, and the old shall be washed away. And the cinders and the bits and pieces of shadow dim, shall be gone forevermore. And like the tide upon the shore, swallowed up into the deep,

nevermore to litter sands that now are cleansed and purified, renewed.

Make ready, children. Do not wait to ponder too long upon this Truth. You knoweth not the time. Yes, soon. I tell you so. My children, Ah, I know that soon shall be the cleansing. Make ready. Clean your house and tidy every corner. And polish all the brass. And if there is something not quite right, then make it so, until your house shall glow with peace, until your house shall be a beacon to another still in flight, still running from the night. And tell another one. Yet, not with words but with your essence, Child of Me. You need not shout, 'Come, be like this'. You need not shout, 'I tell you so'. Ah no, My precious ones. Just BE And be a true attest of what I wish for thee. Your house shall send out vibrations of love and strength so that all who come within your presence will be aware that it is there, the holiness inside. They'll KNOW that it is so.

And rid thyself of guilt, My children, and of fear. For guilt is but a testing come to pass. The hour glass continues, grain upon grain, to expend itself. Be gone with guilt. You needed every trial to balance, firm up, strengthen. BLESS THE BEST. FORGET THE REST. Ah guilt, be gone with thee, and fear shall be thy bedmate. Face fear, or it shall truly master you. Face the very thing that frightens so. And lo' behold, it is no more.

I speak upon the distant shore. And I come soon upon your land. Expand, expand your light, your love. For time is running out. I speak the truth, My children. For I AM the Lamb. The Lamb of Love, of Light. And I see visions you know not of. I see into tomorrowland, so grand, so grand. And I want you and you with Me. This day, today, tonight, be in My sight. Tarry not, for soon 'tis time - the gleaning, the cleaning, the separation, joy, elation. Soon, 'tis soon, the August moon, the fall display. Come, pray away, and see but Love always, all ways, in every place. Embrace the glory that you are - a shining star, a being so divine. Embrace your own design. I AM the Holy One. Your Light of Lights. I AM that I AM. Sananda by name. Look unto Me.

Shandra

Channel: Dolores Dahl, Box 804, Lebanon, OR 97355

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A MOMENT OF STILLNESS

For many years I remained unaware of the importance of finding time within the business of each day to meditate. To relax my mind into stillness, to allow my body to relax, to feel the Love of Spirit swell from my heart. For many a year, I remained unaware of what meditation is. Many speak of it, yet no one seems to pinpoint just what one is to do with it. After a time, I discovered that meditation is not so much a doing as an ALLOWING. It is a time when you allow the Love and Wisdom of Spirit to express itself, through Soul, into your consciousness. One learns that words are inadequate to express the knowingness that is found in this way, yet still we try to write down something which may inspire someone else to discover this wondrous beauty within. The feelings which flow between the words which follow are those which guide me to a state of meditation. I share these with you that you, also, might find your path to this state of grace.

I call upon the whole white light of Christ...

I surround and fill myself with this light ...

I commune with Soul filling my consciousness with Love and Wisdom...

Allowing my being to manifest Christ consciousness ...

I dedicate myself to loving service to God ...

I give heartfelt thanks for all I have received ...

And allow myself now to receive all that is for my best and highest good ...

I ask for guidance and light from God, Soul, and God's heavenly hierarchy ...

Help me always to perfectly express Divine Love and Wisdom,  
And to thoroughly align and unify my consciousness with Soul,  
Protect me from harmful influences and energies, and heal my being ...  
Past and Future fall away as I become fully conscious in this moment ...

Robert Prentice

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

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BEING CREATIVE

Good evening to you our Beloved Creators:

Let us explore with you the "world of Art" and let us expand the idea of art and make it cover so much more than is thought of today. The Greatest Creator (it is impossible to realize His Omniscience) made such a vast creative pattern that it is difficult to conceive it. When souls came down to find man the idea behind it was that man should become a creator himself, and that he should create through Love the most unimaginable things that would bring only beauty and glory, and hope to each and everyone. But as you know, man changed - he became more egoistic and more keen on possessions, and so things took a different direction. Nevertheless, there is within each man a tremendous ability to create, and if you look at what is happening, and ~~has been happening in the 'world of creation' through all time, you will see how there are~~ ~~are~~ so many directions in which this can take place.

Everything that is done can be a gem of creation for the whole point is that whatever is done with Love can be called creative. Today a state has been reached where it has evolved into a new phase of beauty in every direction. Take colours and know that each colour has its influence on different people. Know that colour is an energy and one should understand more about colours and their impressions. Of course if you look at Nature there is no end to the beauty of colour, the shades of green, and of blue; just look at the flowers and see the changes of colour. Then see the paintings of all those who have painted throughout the ages and see the way they have used colour to bring out what it is they want said in their creation.

If you listen to music it is full of colour, for sound is colour, and it only needs a person to be developed in order to understand the tones and colour. So with the development of music you have the creation of instruments. Think of the innumerable instruments that are used in an orchestra and see that there is a shade of every sound possible from the piccolo to the tuba and all the string instruments. They are divided in their tones, so distinct in tone, they make up the most creative of sound. Yet if man had the ability to hear the music of the spheres he would be simply astonished to hear the variety and beauty of sound. The day will come when man will hear the music of the spheres, and will see the colours that bring that music to the ears.

In every single direction there is creativity; even it is in the medical profession where you receive ideas to cure people. At the same time you have scientists and researchers who work on different instruments - new equipment used today - and all of this is due to the creativity of man. I can think of millions of different sorts of creation. Dress designers who use their ideas of colour, design and style are creative in that direction. Every single thing is made up of creative ability. What I would like now is for each one to develop his own creativity. Each must think more about creativity, develop inspiration for what you do (whatever it is). Healers are creative for surely they bring out of the physical the pain, and some touch the soul and make that person more conscious of his divinity, and more conscious of the fact that he possesses a soul which must be freed from its captivity. Expand your vision and bring into it whatever it is that you have a feeling for - whether through colour, sound or design. You may not feel that you have the ability to paint pictures but you can develop a love and desire to understand more of the

world of ~~this particular~~ art we call creativity. In the same way you may look at Nature and try to understand what love, imagination and creativity has gone into the making of the world itself and the universes - all that lies within the cosmos. Expand your vision. Think more of the beauty of whatever it is that exists around you.

Most of you are treading the path well and doing your own work (which is most valuable). But you should find time to bring much beauty into the soul, for the soul is starved for beauty. Beauty and Love are part of the soul and all that the human being can do to bring forth more of this beauty helps develop him, and make him a more tolerable and exciting personality. But we constantly wonder how you can expand and expand and expand so your vision is a wider one. Why do we want this wider vision? Because of the beauty of Nature and of all that has been created by the Creator. We stress too, that man's creations are worth looking at and he is developing more and more of these arts to a tremendous degree. The acting and stage theatre that is produced in all the world is very good here in this country, and is very creative.

We cannot express all the creation that there is for it is endless. Every single thing can be a creation if what goes into it is love, Power and Wisdom. So we leave you now with this particular idea of creativity. You have no idea how much ~~of it rests in each one.~~ Look into yourselves and see what you can create. Creating Love is one of the greatest of creations, and through Love ALL is possible. We bless you and extend our love to each child of Light. Goodnight

Sarah Paz, Simtat Savyon #2, Ramet Hasharon, Israel.

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I AM CHRIST-SPIRIT'S 'UNTOLD STORY'

Are these trials or blessings  
These happenings of each day?  
What sets the tone and mood  
As I pass upon my way?

Do people hear me complaining,  
Belittling life's scant share  
Of God's unlimited health and wealth -  
Life living a sordid affair?

Hard it is to always know  
I am Master of my fate.  
I magnetize to my life  
These manifestations which do not wait.

So, Holy Spirit, guide me.  
May I put forth positive thoughts  
Of Peace and Joy and Plenty -  
Instead of with miseries be caught.

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THIS IS my day for Love.  
THIS IS my day for glory.  
I Am my own Manifestor -  
I AM Christ-Spirit's 'untold story'.

mjs

City of the Sun  
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WHAT IS GOING ON?  
A LITTLE UPDATE OF CURRENT CHANGE

March 13, 1989

Greetings in the "Light" of our Radiant One, I am Kadar Monka.

It is somewhat difficult to address all levels of awareness represented by "Lighted" beings currently in physical presence upon planet Earth. This is because each of you planned your own unique time schedule to uncover your own realities, shall we say, prior to incarnation there. No two of you are having the same experience in pulling back veils of awareness. Each of you has chosen your own path to pursue in this lifetime.

Nevertheless, there are commonalities in your life experiences which can be addressed at this time, as you all perceive similar occurrences going on. And perhaps we can address some aspects of individual experience which you feel are uniquely yours, but, in fact, are common to numbers of you.

First of all, much is happening there which is causing you to feel a multitude of reactions from what you perceive as pleasure to torment. Recall, if you will, that life really is a perception. Whether you like it or not, what you think life is handing out to you is only what you perceive life to be handing out to you.

Hard to swallow? Perhaps, but the truth none the less. So every time you complain about the hardships you have to endure, the injustices of life, the hard knocks you seem to have to take, please take a moment and remind yourselves that you asked for it. Yes, my friends, nothing is occurring in your lives of truly unexpected nature. Hard to believe?

Well, I remind you, each one of you reading these words can trace your beginnings and most of your existence to worlds far away from that little planet of your current existence. Just because you seem to be "stuck" there at this time does not signify that Earth is your home planet, shall we say.

O.K., then, why are you having to experience life as you are at the level of awareness you perceive? After all, if I am a "Lighted" being, as these messages seem to indicate, you say to yourself, why am I having to experience such incidents of what can only be described as unenlightenment?

It does seem I have said these words before. There is a common tendency among our loved ones now on Earth to forget all about their true origins and take on the vibrations of Earth environment. This makes one feel like a victim, a rather helpless individual who has no control over one's existence. It becomes difficult to "roll with the punch" all the time. One tires of being a punching bag receiving the knocks of life one after another.

You use the "Light" in your life. You try to convince yourself that you truly are a visitor there. Deep down inside you know you're different from most people, but still you feel caught up in all the negatives of Earth existence.

It's getting pretty tiresome. Your patience is being taxed. When, you ask, are you going to round that corner in your life when things begin to work to your advantage and you become aware of your talents as "Lighted" beings on a "Lighted" mission to this planet? Doesn't all this \*#&@, a word I refuse to put into print, have to end sometime, you ask?

If you haven't guessed it by now, I am presenting here many of the thoughts expressed by this channel in his daily dealings with Earth existence. No, channels are no more exempt in their thinking from periods of negative thinking than the rest of you. Is it tough to maintain that loving, positive, always "up" demeanor of personality in your lives? Of course it is.

You all are caught up in the very heavy vibrations of Earth existence. Those vibrations can easily pull one down to what might be described as a common denominator of Earth existence. Like a little boy was once heard to say, "It's hard to be good all the time." Well, it's hard to remain "Lighted" in your thinking all the time. We know that, and we acknowledge the fact that you all are doing the very best you can under your present circumstances.

When are things going to change? Well, my friends, change is an ongoing factor of life. Things are changing whether you perceive such change or not. You are working your way through life one step at a time. Each experience you confront and put behind you is adding to your total life experience. You must live through each of your life experiences one at a time in order to accomplish what you set out to do this time around. There are no short cuts to awareness. Ever hear that before?

"God, grant me patience NOW!" You're familiar with that saying, too. Hang in there, dear ones. You really don't have so much longer to mark time, as so many of you think you're doing. Do you think you're really ready for the Earth change you've been hearing about for so many years? Do you really want to "get on with it" as you think you do?

Don't let me frighten you. Of course you do. You can hardly wait, and I have good news for you. When life really begins taking definite directional changes for all inhabitants of Earth, and when things are quite noticeably changing in numerous ways which will be perceived by many as scary, you are going to find inner strengths, talents and abilities you never thought you had in order to surmount all challenges (problems) you confront. A pipe dream? Well, what can I say? No one's forcing you to believe these words. Take them or leave them. It's your choice.

Guidance, your friends from other realms, has been bringing you what "words of wisdom" it can for long periods of time now. Perhaps it has been of some help. Perhaps it has only stirred up additional stress in your lives.

We do what we can to be of help. We know the perils of living on that planet, what life there does to one's thinking, how you are influenced by the negative, un-enlightened actions of so many "human" beings who inhabit planet Earth.

Humanness implies humane behavior - behaving reflecting the good qualities of human beings such as kindness, mercy and compassion. Is that what you see going on in your world today? And yet all persons walking that planet are described as humans. Are you human? I urge you to ponder that thought. Can't you see you might possibly be more than human?

With that thought I shall close. In the "Light" of our Radiant One, I am Kadar Monka. Adonai.

Robert McCampbell, P. O. Box 745, Mesilla, New Mexico 88046-0745

Angelology: A Study of Angels (part 1) as taken from "The Angelic Ambassador". P.O. Box 683, Wheat Ridge, CO 80034

"Do angels really exist? What is their nature, their purpose? References to angels and angelic beings appear, in one form or another, in all religions. Many religions are based on the teachings of angels, or the revelation accompanying them.

"Perhaps the greatest testament to the reality of angels is the Bible - over 300 references to angels and angelic beings occur in it alone. The Greek word for angel, "Aggelos" is found 188 times, and the Hebrew word "Malak" or "Malakh" appears 211 times.

"Additionally, in almost every language there is an equivalent word for angel. In Latin, they are called "Angelus", in Sanskrit they are "Angiras", in Hindu, "Yaksas" or "Yazatas", and in Persian they are called "Angaroots". All of these words translate to mean "Messenger" or "Courier", a term which identifies their function, or the service they perform, rather than the nature of their existence.

"Clearly the reality of their existence is accepted universally. The nature of this study then is not to prove that existence, but to understand it, and them, better."

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## RAISING YOUR VIBRATIONS - A MEDITATION FROM ORIN

The purpose of this meditation is to open your heart center and use your awakened heart to open and balance your energies at many levels from the physical to the spiritual.

1st. Place your hand over your heart and say to yourself with feeling: "I love you. I accept you as you are. I gladly commit myself to you. You are important. Your life and what you do counts".

2nd. Ask your heart to guide you to follow its loving ways. Ask it to speak to you more and more clearly. Tell it that you will listen. You can trust your heart, for it will always lead you to your higher good. Then remove your hand gently.

3rd. Imagine your heart as a radiant star or sun, and let it radiate light and love to every cell and part of your body, enhancing the flow of life-force throughout.

4th. Spend a moment feeling any emotions that are present right now. Send love to each emotion that you can identify. Then take a moment to listen to your thoughts as they come into your mind. Send love to each thought as it comes up.

5th. As your attention comes back to the place where you are, take a deep breath and feel the glow throughout your body.

Printed by permission. Taken from Chapter 8 "Raising Your Vibrations" in the book "Spiritual Growth: Being Your Higher Self" by Orin.

Lumin-Essence Productions, P.O.Box 19117, Oakland, CA 94619

H. J. Kramer Inc., P. O. Box 1082, Tiburon, CA 94920

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## THE EARTH - OUR RESPONSIBILITY

"Over 5 billion human beings, over 30 million living species, over 4 million and a half years of existence, and we are now facing a critical point in our collective evolution. The being made up of so many species, so many fragile ecosystems, so much wisdom, intelligence and resilience, is now going through one of the worst crises of its existence. Everything may tumble into chaos in a few years from now if we, the homo sapiens, keep destroying everything as we are doing right now. Only we can do something about this. The future of the Earth is in our hands. Will we become aware of that soon enough?"

### SOME PIANNED EVENTS TO BRING FORTH THE ASSISTANCE NEEDED -

1- Besides the great worldwide prayers for Peace Dec. 31st, 1989 at 12 noon Greenwich time (which we have entered into for several years), a 12 hour live TV and telethon to be broadcast all over the planet is planned. For more information write Earth Concert, Anse St-Jean, Quebec, Canada GOV 1JO. (Please include 3 Canadian stamps OR 3 international reply coupons.)

2- 'Our Common Future' a global broadcast scheduled for June 3, 1989. A 7 hour international television event designed to support international collaborative efforts on behalf of our planet's threatened future. More information: 'Our Common Future', 1133 21st NW Suite 300, Washington D.C. 20036 U.S.A.

3- United Nations Peace Day Concert scheduled for Sept. 19, 1989 at 10:00 AM (EST - United States). This is a 2 hour program linking children and leaders on 5 continents honoring International Day of Peace. More information: Peace Child Fd., 3977 Chain Bridge Rd., Fairfax, VA 22030 U.S.A.

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PART 1 -

CHRIST'S DAY

From Lady Vancia's Master Diary - CP - Friday, June 13

To demand of yourself is right. It's exerting proper discipline as the God that you are. To demand of another against his will, however wrong his actions may seem to be, is nothing but tyranny on your part. Harsh words? Perhaps - but Truth often seems harsh to those not yet strong enough for Christhood.

You say you have rights - the rights of a mate - the rights of a mother - the rights of a friend or a son. Well, I say to you in return, that the ONLY person you have license to control is YOURSELF! That's one reason why there's so much high blood pressure in your world today. People think - "He (or she) HAS GOT to do thus and so!" Then they "gird up their loins" so to speak, as if they could really accomplish the work of another. Their blood pressure rises to make the job manifest, but since they cannot ACT (or even think) for anyone else - the added "steam" remains unused. At last, if they keep up this attitude, it explodes back upon them, paralyzing their own ability to move - or causing them to die of a stroke and lose the use of their body forever.

ALL your experiences have to be earned BY YOU, and if someone doesn't seem to be giving you "your just due," he (or she) is actually reflecting back to your soul, the disconcerting news that you haven't merited what you are demanding. To insist your loved ones must conform to your expectations, or give you what you consider they are withholding, isn't just presumptuous - it's thievery! Of course mankind has always leaned toward LITTLE-SELF righteousness. Hence, the old prayer that says, "Lord, when I stand naked before you, at the end of my present sojourn on Earth, so You can judge the breadth of my life, may you be able to put your tape measure around my heart, not my head."

In other words, the mother who demands love from her children - the husband who insists on fidelity from his wife - the woman who takes time from a busy friend - the teen who badgers his parents for money beyond their means - ALL are "puffed up" with LITTLE-SELF importance. Though they speak regretfully of their "nearest and dearest," with forlorn or angry faces and much discontent, they're not really expressing LOVE at all! Instead, their affections have been corrupted by the blight of LITTLE-SELFISHNESS, even though the world may seem to be "on their side."

They are trying to SUCK in Love for their own benefit, and this is the ONLY reason that it can cause them pain. As a Christ, you MUST become a RADIATING center of your own spiritual attributes, and these include the glorious, pure Substance of LOVE, that brings Life, Itself, into perfect manifestation. In other words, you've gained the CONSCIOUS privilege of GIVING FORTH Love, unceasingly, by Divine Right, and you must live up to your new-found Power, by doing this constantly, come what may.

When you're a Master, your OPEN Chakras will NEVER try to draw anything to you from WITHOUT - especially Love, for Its limitless Source lies WITHIN YOU, as a quality of your Godhood. All the Ascended Ones are CONSCIOUS SUNS of the Father. Consequently, they must express the sun's nature, by SHINING FORTH their renewing, replenishing WARMTH of Spirit, ALL THE TIME.

True, unselfish Love, deliberately radiated as the very essence of yourself - NEVER FAILS to produce a feeling of JOY. That joy indicates that the Father's PERFECTION is forming around you. It gives you a feeling of HAPPY FULFILLMENT for your Divine Nature, seeking experience THRU you, in human form. Each moment that you are aware of radiating God's perfect Building Substance into your reality, you're accomplishing your true goal on Earth. That's why Jesus said, "He who loses (gives forth) his Life, shall find it." He meant that when you unstintingly pour out the Power, Wisdom and Love qualities of your Spiritual Nature, without thought of return, they will build PERFECTION all around you. Your outer world will then have no choice, but

to reflect that PERFECTION back to you - right down to the last detail of giving you the fulfillment of your every need and longing.

I repeat - LOVE is the ONLY Substance from which Divine Perfection can manifest Itself to man's physical senses. In fact, when you fail to understand that you must CONSTANTLY radiate this Essence of your God Nature, you are committing the gravest sin of all. You're blaspheming the Holy Ghost - that omnipresent Screen of Life, on which you are meant to create the reflection of the Most High as YOU, in the forms and conditions that make up your human reality. Again, let Me say, "Joy is a symptom that shows YOU your Love is manifesting Its form building Substance on Earth to perfection. It's beneficial to love ANYONE or ANYTHING in their Spiritual Essence. In fact, it doesn't matter if you focus your affections on a friend, a relative, an acquaintance, a stranger, an animal, a bird - yes - even an insect, a plant, or a rock - the glorious Substance will be concentrated there in your auric field, ready to fill your daily life with happiness and plenty, according to the interests that make your soul unique.

Incidentally, mankind's love of jewels comes from the fact that he innately realizes that rocks are alive, and the precious gems, people find so pleasing and valuable, are indeed, the Masters of God's Stone Kingdom.

As a Christ, you should ask the Father to teach you about your own Love Attribute of Being. You'll find you've never really understood the magnitude, yet the simplicity of it before, or how humble one becomes when he's experiencing Its joy to the fullest. Ask God to make Love the basis for ALL your emotions, and you'll come to see the terrific Wisdom of the Nazarene, when He told mankind to love THEMSELVES and each other, regardless of external appearances that seemed to make this hard to do.

God, and therefore, the Substance of His Love is OMNIPRESENT. You don't have to dwell for a moment on people's shortcomings, or rationalize the behavior of those who've apparently misused you. All you have to do is ASK the Father to show you HIS perfection, at the point in your affairs where you feel hurt and your Love for Him will rise, causing the condition to disappear. Soon you'll find the offending individual has either changed his attitude toward you or simply been removed from your life.

In this vein, let me say a word to the wise, NEVER WISH that something will happen to your tormentor, so you can escape him. Never plan his exit from your surroundings, violent or not. That IS NOT loving. Instead, take your mind off the discord and think about the OMNIPRESENCE of God's PERFECTION at the point where you are experiencing this distress. Even if you can't think of a way to solve your problem, the Father has one, so you needn't worry. Just give up all enjoyable thoughts of revenge. Stop being sorry for yourself, and deliberately radiate LOVE. That's all you have to do, and God will take care of the rest.

Remember! Annoyance breeds annoyance. Selfish tyranny in the name of Love, breeds loneliness. Making your dear ones feel guilty may bring you what you demand, but it will also cause your VICTIM to resent you, and make him want to run away.

Rev. Frances McKay, The Light Centre, 1064 McCabe Rd., NE, Ada, MI 49301

PART 2 - CONCLUSION, will be in the next Golden Dawn.

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"Never in the world can hatred be stilled by hatred; it will be stilled only by non-hatred - this is the law eternal."

Buddha

"When we do not find peace within ourselves, it is vain to seek for it elsewhere."

Francois De La Rouchefoucauld  
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SPEECH

My children, guide thy speech. He who speaks without giving thought oft times is himself surprised, even dismayed, by that which he hears being spoken by his own voice. "It was not I who said that" he may protest within himself, but, know ye not for it is true, the lower stratum of thy mind is thy responsibility, even as the higher stratum is thine accomplishment.

Listen to your thoughts before they take a form of permanency, for a word once spoken is a force for harm or for good and cannot be recalled. Make this thy constant concern, all ye who are prone to hasty speaking. Practice thinking before you speak, no matter how trivial or immaterial the subject under discussion may be. That way you will train yourself to be watchful and on guard. This need not slow up your speech noticeably but it will train your brain to Quick Accurate Decisions. A flick-of-an-eyelash long of real concentration is sufficient to put you on guard. You will have much more inner peace I can assure you, if you will follow this simple instruction until it becomes an automatic habit.

Root out the desire for idle chatter, if such be thy tendency, for such chatter without intending it, may become gossip and even mild gossip is not without its deteriorating effects. Too much speaking often leaves an aftermath of regret, even at times of anguish. See to it, our children, that thy tongue speaketh not as thy lower inclination dictates, but as befitting one who is resolved to grow in grace in the sight of God.

Selah

From the Teacher Orion

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CURRENT REPORT ON THE CITY OF THE SUN'S PYRAMID

Many of you are aware that we have an especially built pyramid here at the City of the Sun Foundation. It was started several years ago and much work has gone into it to even get it to this stage of development. The last report was given last year when you were told of the unusual rock sculpture work which Marcus Rogers was enabled to do - both for the altar which holds a marble slab, and the sculptured water fountain.

During much of the time the pyramid is used this fountain will be actively flowing, for it is understood that this somehow aids and enhances healing and perfection to take place in a greater way. The pyramid is now used as a place apart for silence, or meditation, or the sending of Light.

We had never finished it with electric fixtures and connections, or the proper water connections, permanent benches, floor finished, etc., as well as outside landscaping. The last several weeks the Pyramid Committee, plus several other interested Foundation members, have regularly met and begun this final work. Much dirt has been moved and landscaping of the sides of the walkway has been started. The necessary electric and water connections have been put in. The benches are starting to be made. Electric fixtures are being selected. There is an air of excitement concerning the project.

Of course we know the basic vibrations are already present, but the "eye appeal" will enhance it too. Quite a number of people have visited it already even in its "rougher stage". We know the finishing of this project will be appreciated by everyone. The hours of loving labor continue and we feel encouraged for its full completion.

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"With God all things are possible." Matthew 19:26  
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THE WORK AND THE STORY CONTINUES ON THE WEST END EXPERIMENTAL HOUSING PROJECT

The aim was to build by hand a small, attractive, circular, energy efficient, low energy, inexpensive home adequate to provide comfortable year round shelter for 2 people by making maximum use of low or no cost indigenous materials and resources in its construction and operation. The first house was completed last spring (1988). It was an earth-sheltered dwelling made of pressed earth blocks and incorporating passive solar energy for all heating and air conditioning needs. The construction required 500 man hours of labour at a materials cost of approximately \$500.00. After 4 months of occupancy (Nov. - May 1989) the project has thus far fulfilled its promise, and so the story continues as told by the builder, Sean Sands:

"While living from Nov. to May in this house the outside temperature ranged from a low of 6°F in Dec. to 98°F in mid April. The temperature range inside the house was a low of 58°F after 3 days of cloudy weather to a high of 75°F. The only heat source was the passive solar from windows onto an adobe floor and the Trombe wall; and the air conditioning was thermal siphon with the central venting chimney and again Trombe wall. The substantial thermal mass of the floor, walls and roof made for little temperature fluctuation between night and day. The windows in the dwelling were insulated at night with panels of styrofoam to retain the heat. The same panels were also used in the hot weather to prevent heat and/or direct sunlight from entering the building.

"On Feb. 21, 1989 a second generation round adobe house was started as part of a complex to be connected to the first by an adobe wall thus forming a closed courtyard/garden area. This created an area for windbreak, privacy and rabbit proofing. Two months later about 10 tons of soil was removed from the immediate area and applied to the roof. At this point Esther and I were confident we could return to Canada for the summer and return in October, 1989 to finish the project with windows, Trombe wall, interior walls and adobe floor. The new dwelling at about 500 sq.ft. is approximately double the size of the first dwelling and required 600 hours of labour at a cost of \$600.00. We estimate another \$150.00 will bring it to completion.

"The construction time included excavation and preparation of the building site by hand, screening the soil with  $\frac{1}{2}$ " x  $\frac{1}{4}$ " hardware cloth utilizing the pea gravel for cement work and landscaping, and larger rock for landscaping (driveway, rock mulch around bushes, footings, etc.) The screened adobe was used to make the approximately 2400 pressed earth blocks required for this new structure."

A photograph and detailed information regarding adobe floor, Trombe solar wall, pressed block, composting toilet, pumice insulation, etc. available on request with self-addressed long stamped envelope. Direct inquiries to:

City of the Sun Foundation (West End Project)  
P.O. Box 370, Columbus, New Mexico 88029.

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BE AFRAID OF NOTHING

"See My hand in everything; be afraid of nothing. Perfect Love casts out all fear. Let My Love flow through you. Feel the need in every soul and answer it without hesitation."  
Excerpt from Elixir.

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Be still  
like at the instant just before creation .....

Be filled  
with the promise of all to come .....

Now  
begin to dance over the whirlpool of creation  
KNOW whatever you touch IS .....

Hear the melodies .....  
the symphonies .....  
the whisper of tender songs .....  
EXPRESS THEM ALL.

Then  
rest a while - dream forms into the created.

In outpouring love  
give them their soul - bless them with freewill  
and let them test what you created.

Hede Marker, 5863 Southminster, Houston, TX 77035.

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CITY OF THE SUN FOUNDATION

P. O. Box 370  
Columbus, New Mexico 88029

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Dr. J. Gordon Melton D.D.  
P.O. Box 90709  
Santa Barbara, CA 93190