



THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

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THE NAME OF THE GAME? CHANGE

While it may be too late to change certain things, it is never too late to change self. It will be the Children of Light, who have proven themselves to the Christ Within, upon whom we will rely most heavily in the days to come. However, unless your karmic load has been lightened by your own personal determination to do so, you can be of little help to us.

Each year it seems we harp upon the changes that must take place within the body, mind and spirit of all who will remain to pass into the new dimension. And, each year, the changes become more and more strenuous because the closed door to your subconscious is being thrust open much like Pandora's Box. All that has been stored within the subconscious, over millennia of time, is surfacing for review, purification, and transmutation by the Soul.

This has caused a great problem for the physical body and many have manifested unusual physical symptoms. For it is the physical body whose ultimate joy or chore it is (whichever way you want to look at it) to purge all reference from the body of subconscious fears and karmic memory. Not an easy task when you realize that the body is already stressed out and overloaded with toxic waste created simply by living in an unhealthy, polluted environment.

And so year by year we unravel within you the skeins of cellular memory which creates a form of mucus in the physical body, as the cells die off and new cells are born under the radiation of Pluto in Scorpio. Oh, so slowly, 'Hu-man' is rising out of the ashes of 'man.'

Each must go at his/her own pace, but go you must, if it is the soul's desire to enter the new dimension rapidly coming upon you. Only those who have chosen to face the 'dragon' upon the threshold of the subconscious and to purge all that is within it will find that they have entered a new state of consciousness, known as Christ Consciousness.

As you enter the 1990's, many will be seriously affected by the opening of the heart chakra, as the Christ Consciousness is anchored in the three-fold flame of the heart. At this point, the body will experience its greatest stress, as the heart chakra is opened and the physical body's vibrational frequency drastically changes. This physical heart will beat erratically, blood pressure will fluctuate drastically, and many, whose time has come, will leave the planet rather than to endure the discomfort of further vibrational changes.

This is a decision that the soul must make, but there needs to be an understanding by the Children of Light of what is happening so as not to become frightened and delay the process. It must be fulfilled.

We offer you not a bed of roses, but we offer you at this moment the most

important opportunity a soul has to become God in Man. This opportunity will not come again to Planet Earth, so those who are in for the count are to be blessed. Be courageous, be of good cheer, and know that we are with you ALWAYS. I am he who is Joshua.

(Printed by permission. Excerpt of forthcoming book "Star Born, Earth Based" Dictated through Lucy Colson, P. O. Box 74, Ojai, CA 93023.)

KNOW THAT I AM GOD

Be Still and know that I Am God. You weep and say, 'Oh Master can you ever forgive the things that I must have done to you over the many lifetimes on earth.' I say to you, 'Your sins are forgiven long, long ago, but, it is you who cannot forgive yourself. I find no sin, but until you can accept your own sinlessness, accept that in your Father's sight you are perfection, you will suffer these pangs of remorse.

You speak so easily of your karmic-debt as being the cause of all your complaints, so I say, What is your karmic-debt? It is nothing but the feeling of guilt that you all seem to enjoy so much. Does it not give you a talking point, and make you feel good to admit that you Must have been evil in some lives and are now paying so painfully for it in this life?

Not so, for many of you come from other Planets, Spheres of Light, or Higher Dimensions even, and by choice, not by any coercion from Myself. You chose to help the Earth and her peoples, to try to raise their vibrations with your Light and Love. How can you help these unfortunate ones when all you do is to worry about your own so-called past errors or debts? Your worry can cause many of the complaints that you worry about, so you are on a round-a-bout of pain which you refuse to leave.

Know that as part of Myself you are Perfect. How can you be otherwise unless you think that I am Not Perfection? So, come on now, Think Perfection and you will be perfect, for you are as you think. Mind your diet, keep it simple and as pure as is possible. Do not dwell upon your ills, forget them whenever you can. Keep your Mind pure, and your Heart full of Love for all, not just for the chosen few.

Be still, be quiet, ignore all the chaos around you. If you cannot find a peaceful place without, then turn within. Meditate. Daydream, let your thoughts wander to pleasanter times, tranquil scenes. Learn to take these small breaks when things get too heavy for you. It needs only a few minutes if that is all that you can spare, but DO IT. Go back to the tranquility of the womb and let the peaceful waters lap over you. Know Peace once more in this world of chaos. Be still and know that I Am with you.

Be still and know that I AM GOD.

Received by Joan Brown.

PRAYER: -----

I surround this _____ (person's name) _____ in the Sacred White Light of Our Father's Love, Deep Affection, Deep Devotion and Almighty Infinite Protective Wisdom. And I ask The Father, whose Love is Universal Solvent, to reveal Himself, to let His Holy Quickening Love Spirit, the Ever Increasing, Ever Inspiring, Ever Expanding Radiance of the Sacred White Light of His Love (The Elohim catalyst of our souls) to come forth in Full Expression, to help and assist One to that which he/she is ordained to do. In the Spirit of Aloha (meaning Eternal Love).

Siturus

City of the Sun

THE TREE

There once was a tree, a small tree, limber in limb, shiny new in leaves. The tree grew in the midst of the forest. The sensing of the tree could feel the faint falling of the gentle rays of the sun. And this tree newly formed its consciousness in knowing it was a tree, and its bark was enjoyed and its limbs raised to the heavens at the joy of knowledge of being a growing living thing. And then, the little tree sensed around and found that all around him in the forest were large trees, higher and huger than he had ever imagined trees could be. And he trembled as the realization struck him, "These trees block out the rays of the sun, the rays of the love-life giving force. And I, as a small, tender tree will surely perish, for I cannot reach above their limbs and grasp the sun and take forth the energies that they shield from me." He knew not what to do. In the fear, he curled his leaves up that shined in the shimmering white light that he knew. He closed up his limbs, and by doing so, shut off what rays he was able to grab. And he waited to die. In his fears and desire for life he created his own demise. And then, as he trembled in his encasement of himself, there came to him a small robin. And the robin looked at the tree and said unto the tree, "Silly tree, why are you closed up like this? You are low and I would like very much to sit upon your branch, as you are small and close to the ground and I can look for worms from your branch. The other trees are much too high to do this." And the little tree told the robin its story. And the robin said unto the tree, "I have seen the acorn from which you grew. That acorn was of the tallest ancient tree. You are an ancient large tree, little tree, deep inside you. That is your acorn, that is your destiny. And the little tree said unto the robin, "But, I am just a small tree and I cannot grow that way." And the robin shrugged his wings and hopped away and said, "This is for you to decide, tree." And the little tree thought unto himself, "Could this really be so, that I come from the ancient acorn of the largest tree and that is what I was before and shall be again?" He thought to himself, "Yes, that I feel can be so."

So he attempted to try to grow. And this he did. And he grew and he grew, until he could push forth the branches and limbs of the other trees that surrounded him and come out into the brilliant sunlight. And he felt unto himself, "Oh, this is greatest brilliance I have ever known that could be. To bathe fully in the full energies that is far from above." And with this, he felt robust. He knew not fear any longer. He said, "By my volition, by my own truth of inner knowledge, of knowing I was of the ancient acorn before, the acorn that was older than even the trees that surrounded me, I, was able to grow above them. I did this in order to now know far beyond what I knew." And he laughed unto himself and was quite smitten with himself, for his limbs grew outward, as well, and were quite green and laden with leaves, and he felt, "There could not be anything better than this; this is good."

And then the breezes, that he was now able to experience grew cooler. Then, his leaves started to turn into brilliant colors, and, at first, he rejoiced and said, "Oh, I am now even growing more beautiful." But then, his leaves fell, one by one. And the fear returned unto him. "How can this be? How can this be after I've grown and faced all adversities, that I die now - that my leaves fall from my limbs?" And with this, he cursed the sunlight. And he cursed all that he was. For the tree felt betrayed. The tree felt that there was no way he should be punished this way. And with that, he felt the very sap within him going downward. He resigned himself to letting go of the life of the tree. For the tree did not know that it was, only in letting go of the leaves, only in the change, only in the allowance of the lessons and the realization that there are forces that he creates, that walks with him for his own betterment to come into play. But, the tree knew not this, for in his race to grow, in his fear of being covered forever from the sunlight, he took not time to learn of other things. And the fear returned and paralyzed him, and the Great Sleep was upon him, and throughout the winter he knew not where he was.

Then the breezes of the bitter winter turned warm again. And the tree sensed, again, it was the tree. He was still the tree. And the leaves came out, and this time grew the flowers upon the ends, and he knew not that there could be any greater joy than he had known before, nor greater death than he had known when he resigned. And he said, "How can this be? How can the sunlight, which I cursed, bring me back to life in such flowering beauty. And the robin laughed upon his branch and said, "Tree, you did not die and the sunlight never deserts us, for it is in that sunlight that we are always renewed every season. And in bitter disappointments, and in the worst times, that we know, we know that the sunlight will warm us again and will bring back the flowering of our own being." And the tree spoke to the robin and said, "This, now, I truly know. This, now, I know that it is my own fears that brings upon the feelings of the deaths. And, it is in my own joy, not of the accomplishments I do, but in the essence that all things are to be allowed." And with this, the tree sensed at its root, a small tree struggling up for sunlight, and with the branch that covered and shadowed the plant that tenderly grew, he moved it aside so a shaft of sunlight came down through the umbrella of leaves to shine down upon the new sapling growing. And with this, the tree shimmered all the more.

This allegory printed by permission. Edwin Hubbard, 7666 Poplar Pike, Germantown, TN 38138.

KRISHNER'S LORD'S PRAYER

Oh Thou Beloved Holy Presence of God, the Divine Source of all Life, Hallowed be Thy Sacred Name.

We bow before Thee in Love, Gratitude and Thanksgiving for Thy Supreme Presence in the Universe. Because That Art I AM.

We give back to Thee oh Mighty One, all the power and dominion we have ever invested in any imperfect manifestation visible or invisible, for Thou Art the Strength and Power. There is no other power that can act.

Let Thy Will be done in us now. Let Thy Kingdom be manifest across the face of the earth through the hearts of all who are so blessed as to live upon it.

Oh, Supreme Beloved One, as we lift our hearts, our vision and consciousness towards Thee, release the substance of Thyself to us, each according to our requirements, that as we move forward in Thy Name and upon Thy Service, we shall not be found wanting.

We ask forgiveness for all the transgressions of Thy Law of Love and Harmony both for ourselves and all mankind, the Forces of the Elemental Kingdom and the Kingdom of Nature.

Endow us now with Thy desire to so forgive all who have ever caused us distress back unto the very beginning of time.

Because Thou Art in us and with us we fear no evil for there is no power apart from Thee which can hurt, destroy or despoil Thy beauty of expression.

Thou Art the Strength and the Power by which we move ever in the path of righteousness, and now, Oh Father of Light, show us the full Glory we had with Thee in the Beginning before the world was. So be it.

BEING YOUR HIGHER SELF MEDITATION

The purpose of this Meditation is for you to connect with that part of yourself that is your Higher Self, and feel your Higher Self as YOU.

For all the Meditations, sit quietly, focus your mind, relax your body and start by taking a deep breath. You do the Meditations by reading them to yourself, having a friend read them to you, or by tape recording them and playing them back. You may want pen and paper or a tape recorder to record your answers.

Steps:

1. Sit with your eyes open or closed. Adjust your posture so that you are comfortable, perhaps putting your hands at your side. Begin by taking a few deep breaths.
2. Imagine your entire body relaxing, starting with your toes. Bring a feeling of relaxation into feet, calves and thighs, then up into your abdomen and lower back, chest, upper back and shoulders. Next relax your arms, hands, neck, head and face. Let the muscles around your jaws and eyes relax. Do this until you feel peaceful, focused and physically comfortable.
3. Adjust your posture so that your energy can flow more easily up and down your spine. Breathe a full breath into your upper chest, moving your lower diaphragm and abdomen as little as possible. Breathe into your upper chest several times and notice how you feel. Now breathe into your abdomen several times, following with several breaths into your chest and abdomen.
4. Straighten and lift your upper chest with a deep breath, so your spine is more upright. Notice that as you do this you may also want to adjust the back of your head and neck to the most comfortable posture. This helps create fluidity in your emotional body, open your heart center and make it easier for you to think in higher ways.
5. You are now ready to meet your Higher Self. Imagine that you are being joined by many High Beings who are sitting in a circle around you. Feel the peace, joy and love all around you. These Beings are here to assist you in meeting your Higher Self.
6. Imagine your Higher Self in a distance, beginning to come towards you. You might picture it as a beautiful, shimmering, radiant light. Greet and welcome your Higher Self and invite It to come closer. Mentally ask your Higher Self to assist you in making a stronger connection. Feel the radiance of Its love surrounding and embracing you. Feel the lines of light coming to you from your Higher Self. As these lines of light touch you, feel your vibrations increase. Your Higher Self is now merging and becoming one with you. Feel your atoms and molecules merging with it, as if you are reclaiming part of your energy. Let your Higher Self merge with you even more until all of your energy patterns are taking on the radiance of your Higher Self. You and your Higher Self are now one.
7. As your Higher Self, open your breathing to create a greater flow of energy in your body. Adjust your posture so that you are sitting as your Higher Self. As your Higher Self, adjust your shoulders and chest to reflect your confidence and wisdom. What facial expression do you have as your Higher Self?
8. Think of a situation you want guidance about. As your Higher Self you are going to give yourself advice. What advice would you give yourself on this situation? You may want to speak out loud or write down your answers.
9. As your Higher Self do you have any other messages, perhaps about your spiritual growth, your higher purpose or anything else?
10. Thank your Higher Self for becoming one with you and sit as your Higher Self as long as you like as your Higher Self.

Orin, the Being who is the source of the Meditation continues, "I call this the "Higher Self" state you may want to use the steps just described for any Meditation which says "Get into your Higher Self state for Meditation." You will find

that the more you practice this state, the more you will want to think about your future and important decisions only when you are in this state. As you go into your Higher Self state, you gain the skill and ability to live your life as your Higher Self."

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

LIMITLESS LOVE GIVES A LESSON ON LOVE

I AM Limitless Love who speaks to the Earth children -

We are united in love and when one is united in love the purity of the Christ-Light there is a great peace, a great beauty and a great joy emanating from the inner well springs of the Spirit. These qualities express themselves in the daily activities, for as you speak your word, the tone of your voice carries the vibration of My Love. As you touch anything or anybody you are using My energy and this gives a loving benediction to all. As you go about your work you give vitality and longevity to everything you handle - even your appliances respond to love. However, you must not love things for themselves but only as they are expressions of the Divine loaned to you to make your tasks more simple and you more efficient! As soon as this love is reduced to "love of things" it loses its potency and becomes a burden.

The pure love of the Divine flowing in an effortless and impersonal way can bring only a greater manifestation of all that is good and beautiful into your life. It is as a river. As long as it flows freely it is clear and clean and moves to its destination without hesitation. But if there are obstructions and it is not allowed free flowing how quickly the debris collects and soon there is a stagnant backwater filled with all kinds of decaying and rotting material. So it is with the stream of love, as long as it flows freely there is bubbling joy, sparkling beauty and singing harmony. But when the debris of negativity begins to stem its flow - then the darkness begins to gather and no longer does the spirit bubble, sparkle and sing.

Love is a beautiful energy, Universal in its scope, and as you tune in to it and let it flow through you to touch, heal and harmonize your world it will play its part in bringing peace to the whole world.

I Am love and I enfold the Universe in Myself, but it is only as man uses me that I can become effective in bringing the harmony and peace into the lives and affairs of mankind.

I am Love - accept Me and My ways.

I am Love - Provide for Me an opportunity to prove to you what wonderful gifts are in store for you.

I am Love - I am the Promise of Peace.

I am Love - I am the Hope of the New Age.

I am Love - I am the Power of transformation.

I am Love - I am that which vitalizes and heals.

I am Love - I am Limitless, Boundless and Eternal, even as God -
for GOD IS LOVE.

Dorothy Davis, Rt. 1, Box 7129, Spanish Fork, Utah 84660

"God is our refuge and strength, a very present help in trouble."

Psalms 46:1

"The Lord is nigh unto all them that call upon Him."

Psalms 145:18

THE URGINGS OF THE SOUL

Oftentimes our souls do so strongly seek for other than what we manifest in our daily life. We yearn for total "God-Consciousness" NOW! We seek for complete happiness NOW!

My soul cries out for joy
For happy times of living.
For ALL to find contentment
In caring and in forgiving.

My ears often hear undertones
Of gripes - not pleasant days.
I long to hear Music of the Spheres
Which will lift my soul always.

So we live in this state of "great longing". However, at times we realize that this very feeling can be the motivation that helps us take another spiritual step. Truly, the vision of God's spiritual treasures are ours for the exertion and the taking.

Jacob visioned a mighty ladder
Going upward to worlds beyond,
And he climbed laboriously
While new consciousness in him dawned.

There is a mighty ladder for us too
Reaching mansion worlds untold,
Which we can gain by persistence
Letting the Christ Light in us unfold.

So, Fellow Travelers, let us hasten
To continue our spiritual climb.
Step by step, with Christ leading,
Let us triumphant be this time.

Diligence, persistence (not giving into procrastination) - we each need to choose our word for Action - keep at it undaunted, not giving in to discouragement, knowing WE ARE NOT ALONE. The Heavenly Forces (God's Emissaries of Light) are with us ALWAYS. We MUST take the time and effort to find "The Kingdom within" as Jesus mentioned.

Even Christ went apart to the desert
To commune with soul alone,
Obtaining relief from the crowds,
From pressures Spirit could not condone.

He found His bountiful Source -
The well which never runs dry -
The Fountain of Life oer'-flowing
Which within, as well as outside, Him lie.

I too need to go apart
From my every day cluttered life,
To reach through to God's peace within
Where dwells joy, beauty - no strife.
mjs - City of the Sun

PART 2 - CONCLUSION

CHRIST'S DAY

Lady Vancia's Master Diary.

True humble Love, that's not "puffed up" with LITTLE-SELF importance - gentle giving Love that "seeketh not its own," - Love that's kind and unvengeful, and Love that sets the good of your beloved ahead of your self centered needs - this is the true Emotional Substance you must radiate CONSTANTLY as a Christ. I say, "Be kind," for this is an indication that Love is really strong in you at the point where your honest benevolence is focused. People who love children and animals are gentle with them! Husbands and wives, who really care for the happiness of their mates, treat them with courtesy and consideration, for "politeness to do and say the KINDEST thing in the KINDEST way." Your ability to express caring concern shows you where you have confidence in YOURSELF. He who Loves and respects his own nature doesn't feel threatened by those around him, so he's free to wish them well.

When you're kind, you make a "statement" that Love is strong within you. The kinder you are, the happier you'll be, and the more you'll see God's Perfection in your external reality. Jesus warned His followers that "a soft answer" turns away wrath." Having listened to His Wisdom, you may have learned not to spit out angry retorts and criticism, but how many people have you deliberately encouraged lately, by drawing their attention to something good about themselves? How much praise have you given to lift the spirits of those who are struggling beside you in your world today?

How much confidence have you bestowed upon your friends and acquaintances - yes, even strangers, by letting them know you appreciate their efforts; their good points; their particular beauty; their unselfishness and their hard won accomplishments? Praising the Lord is wonderful, but you, on the Path, should do more than that. You should say the word of approval, pay the sincere compliment that you know will help a depressed or despairing soul to go on.

If you can increase the self esteem of your neighbor - perk him up with an earnest compliment, so he realizes he's not so bad, or stupid after all - then for GOODNESS sake do it! So what if you're rejected. Maybe he hasn't learned to say, "Thank you," but God knows what you did, and that's what counts.

Though people may hide their feelings of inadequacy, inside most human souls are starved for Love. Whether they acknowledge it or not, they need a pat on the back, and in giving them the nourishment of your acceptance, you have fulfilled the Lord's commandment which says, "Feed My sheep." The honest praise that you speak out of Love for your brethren on Earth, is an unselfish projection of your Divine Attribute of Love. Given with no thought of return, it will bring you joy and new friendships, plus an upliftment of your Spirit that will make your Life more worthwhile than ever!

Man has been imprisoned by his own ignorance of other's needs, and only Love sets him free to be a Christ. As I said, it must have no strings attached, but that means you can rejoice silently because you have encouraged the woman at the flea market who looks worried, you can give some pushy man your place in line, (after all, he may be hurrying to the hospital to see his stricken wife) - or pick your prettiest rose for the neighbor whose dog barks until you have to shut your windows, and I promise, you will feel much richer for your loving acts, even when they produce no seeming results for you to see.

You, who are seeking Mastery, aren't doing these things for your own benefit. It's your duty to aid the Father in His work on Earth by helping His projections, who are so important to Him. After all, He "lets His Light shine on the just and the unjust, "knowing that all are destined to return to Him some day and become His CONSCIOUS Christs. You who seek unity with the Lord and are striving to be His perfect image, made flesh, must also give your brethren their just dues, as He does. However, since you and He are One, and He is GOOD this can't ever be anything less than your Love.

The prodigal son represents all you dear ones. His omnipotent parent waited longingly for his return, yet continued to supply him with all the Life he had, plus everything else that he'd accept for himself as well. Even the husks were his Father's gift of sustenance, and when the boy decided to come back and claim the whole of his royal heritage, God RAN to meet him, bringing him honor and riches, without a hint of criticism, or a show of punishment, scorn or blame of any kind.

You, who are determined to be the mirror of your God Self with all Its purity and Love, must act the part on Earth. You chose this physical plane so you could learn to do the WILL of Him that sent you, as HE WANTS TO HAVE IT DONE. Now that Mastery is within your close reach, you must work, that the Father may do His perfect work THRU YOU, and nothing less than radiating your full attribute of Love will suffice to do the job.

How many people are happier because you're alive? That's your test. As the Ancient Mysteries taught, "Do unto others that which if done to you, would bring you joy," knowing always that since God is ALL IN ALL - "whatever you do unto the least of My children, you do it unto ME." Again I repeat - your Love, given out as freely and unselfishly as the sun shines upon Earth, brings you the greatest happiness. It's only the Love you try to demand for yourself in return that causes you pain.

After all - you ARE Love, so BE that, regardless of what others are doing. Their actions are their own affair, and they, alone, are accountable for their mistakes. That's why their behavior needn't concern you, except to engage your compassion, UNLESS, of course, you choose to earn more suffering by trying to force YOUR will upon them. Resistance causes BOTH electricity and Love to burn you, yet they'll run freely and safely thru an open channel. As long as they are unimpeded, they'll proceed to light your world and give you all the Power you need to fulfill your desires completely.

"Vengeance is Mine, sayeth the Lord. People have problems because they must reap what they sow, and while the "mills of the Gods" may seem to grind at a snail's pace, "they grind exceeding fine," I cannot stress too strongly that you and your fellows are each accountable for your own words and deeds, down to the minutest detail, UNTIL you return to the Father within, and let His Love Quality enter your soul. This puts you under "The Law of Grace." It wipes away your tears and sins forever.

Beloved, all of you who hear and accept these truths are on the verge of Christ-hood. Don't spoil your real victory by trying to vanquish your so called "foes", or withhold from them the Love that will only burn you because you haven't let it out to shine upon all. God, Himself, forgives sin and refuses to "look upon iniquity," so why should you, who seek to reflect His perfection, think it's beneath you to follow in His Way? Sowing the seeds of Love will bring you a crop of fulfillment and joy according to the size of the field you choose for your planting. Give all that you have to your harvest and whatever you desire will bloom abundantly at the peak of its perfection, while the Father's wonderful plan for your Life manifests Itself everywhere in the garden of your world.

Your present difficulties have grown like noxious weeds, out of your LACK of indiscriminate and all encompassing lovingness, while PERFECT LOVE reflects your flawless Spirit, discord takes form from the substance of your lesser feelings. Hate, greed, envy, lust, anger, a longing for revenge - yes - even lack of consideration and caring, the absence of kindness, the failure to love enough so you WANT to uplift your fellows with words of encouragement, acceptance and praise - these are the destructive "sins" of commission and omission that make all the troubles that mar the face of your Earth.

Each and everyone of these negative feelings can be traced back to the fear that a lack of Love produces, for fear isn't really an emotion at all. It simply indicates that a full realization of Love is absent.

Again, let me remind you that your world is the exact reflection of what you think you are and what you believe you can do. In the end, like all the Great Ones,

you'll "know thyself" as the mirror image of the LIVING GOD. However, on this Action Plane, if you strive to play the part of a loving Christ as unselfishly as you can, without any desire to manipulate those around you, who also have free will - perfection will begin to appear, EVERYWHERE in your reality.

This is your proof of CONSCIOUS Godhood. It will encourage you to outwardly become the Spiritual Being you are at heart, and your limitless Love will, then, shine back to you from every face. You'll see that LITTLE-SELFISHNESS has been the ONLY reason you needed to attend the "School of Hard Knocks," and like Jesus, you will have overcome the world.

So be it! Amon

Rev. Francis McKay, The Light Centre, 1064 McCabe Rd., NE, Ada, Michigan 49301

LET LOVE AND PEACE RENEW OUR WORLD

When there is love in your spirits, and you make it felt among your fellow men, then you will see miracles happen.

Begin to practice virtue all of you who have remained insensitive to or out of touch with charity, love and goodness, which are the essence of a spiritual life.

When someone comes to your door overwhelmed by thirst, fatigue and hunger, seat him at your table without checking to see if there is sufficient bread in the basket; ask your heart if, on inviting the traveler to your table, you do it with sincere love and with true charity.

If it is so, you will see the bread multiplied; all of you will be satisfied, and a flame of faith will light up in the heart of the wayfarer to give me thanks and bless me.

That one will have to do in his life the same as you did unto him, for you taught him a lesson of love within the reach of anyone with the slightest understanding.

It is time for love, forgiveness, and humility to appear in the heart of humanity as true weapons to oppose hatred and pride.

While hatred meets hatred, and pride stumbles over pride, populations will be destroyed, and there will be no peace in the hearts of men.

Live in peace in your homes. Create a sanctuary in them so that when the invisible beings who wander confused in the spiritual valley enter, they might find in your beings the light and the peace they seek and elevate themselves to the beyond.

What would become of those beings if they observed only war within your homes? What would become of those needy ones?

Take a torch, light it, and do not allow its light to go out. That light is the love for your brothers and the faith in the charity of your Father. Then my peace will be in your homes.

Your conscience, which requests and expects perfect deeds from you will not give you peace until you know how to practice true forgiveness with your brothers.

If you forgive, you produce merits, and when you are in the heavenly kingdom, you will see those on earth who helped in your elevation.

Then you will ask the Father that they also find the means to be saved and to come to the Lord. Your intercession will have them reach that grace.

Robert Ortega translated the Father's messages from the original Spanish, "God's Presence in Man." Taken from Book of True Life, Three Eras Inc. P.O. Box 10195, El Paso, TX 79993-0195.

YOUR PRAYER REQUESTS ARE HONORED. Send to City of the Sun Fd., P.O. Box 370,
Columbus, N.M. 88029

AT THE CITY OF THE SUN -

A birthday celebration for Dr. Jim Barton and his wife, Dr. Verlie, which began several months ago with a dinner at Tillie's in Old Mexico, ended with a Caribbean Cruise on the liner, Skyward. The eventful first day began with the heat of El Paso, a snowstorm in Chicago and on to New Jersey and San Juan where they discovered their luggage was lost. They sailed to Barbados and gratefully found the bags, and then on to St. Lucia, Guadelupe, St. Martinique, St. Thomas and Puerto Rico. They enjoyed the daily sumptuous 3 meals, 3 snack times and a mid-night buffet, as well as good dancing and the friendly and helpful crew and entertainers. Their son Bill enjoyed the trip with them.

Immediately Dr. Jim was off to Washington D.C. to visit son, Bill, and the grand children, Kevin, Gregg and Celeste. Bill's residence is a houseboat in the Tidal Basin of the Potomac River 2 blocks from his work in post office. Also visiting there was Dr. Jim's son and wife, John and Cheree. Cheree is the Peace Corp Director for Chad, Africa. John is a technical computer adviser for Harvard University. Dr. Jim was also able to visit New Mexico's elected officials.

It was only an overnight visit but it did give us the grand opportunity to start to become acquainted with our new members, Richard and Sherrill Hammond of Nevada. They utilized every moment in becoming acquainted with the people and the project. We also met together for dessert and visiting. We eagerly look forward to their residency here.

Some long-time friends of Wayne Taylor came to visit, Dr. and Mrs. W. Peavy of Albuquerque, New Mexico. After a pot-luck dinner they shared some of their present interests with us and gave a number of worthwhile suggestions for any "lack" in the days ahead. We hope they may soon have a book published upon this subject.

Roy Davis and friends of Gila, New Mexico were by. He has many types of Work - Spiritual Healing, Electro-magnetic balancing, etc.

We were privileged to hear the first hand experiences with Environmental Waste of Teri and Steve Naugler who had to leave their home in No. Billerica, Ma. They told of the years of toxic emissions and waste which they encountered in that beautiful farmland. They experienced the increasingly dangerous health problems of their family, as well as the premature death of many neighbors. Authorities failed utterly to control the situation. Their talk made us more deeply realize that we all have a responsibility to help Earth with the endless chemical pollutants man has produced.

Much individual effort here is going into building projects at this time. Allen Newman is working upon his unique home in the West End Project. Jimmie Helm is helping a young man from Palomas, Mexico in making bricks and putting up an adobe structure. Terry Double is making adobe bricks, planning to later add on to his present space. David Lebold has returned from Guatemala and is also making adobe bricks for a future building. William Switzler made four benches for the pyramid, and then made two for the park area. Allen Newman has been busy laying rocks on the embankment walls going into the pyramid.

A pleasant evening was spent with Jimmie Helm's copy of the film "Close Encounters Of The Third Kind." Popcorn munching was enjoyed too.

TO THE MEMORY OF MAY HASTINGS

Memories are treasures of people and their life. We would want to honor the memory of one of the pioneers of the City of the Sun Foundation, May Hastings. After several years of home confinement and hospital care she made her transition may 7, 1989. We will ever recall her sharing her energies with the City of the Sun community. In fact, she "was our music department" for several years. At every service or program she made her talents available. This, together with her positive attitudes and frequently spoken phrase "Bless You" are part of our treasured memories.

MANTRAM OF INTEGRATION

I AM one with my group brothers, and all that I have is theirs.
May the Love that is in my Soul pour forth to them.
May the strength within me lift and aid them.
May the thoughts which my Soul creates teach and encourage them.

MANTRAM OF UNIFICATION

The sons of men are one and I AM one with them.
I seek to Love, not hate.
I seek to serve, and not exact due service.
I seek to heal, not hurt.

Let pain bring due reward of Light and Love.
Let the Soul control the outer form, and Life, and all events,
And bring to Light the Love that underlies the happenings of the time.

Let vision come, and insight.
Let the future stand revealed.
Let inner union demonstrate and outer cleavages be gone.
Let Love prevail. Let all men Love.

MANTRAM OF THE NEW GROUP OF WORLD SERVERS

May the power of the One Life pour through the group of all true servers.
May the Love of the One Soul characterize the lives of all who seek to aid
the Great Ones.
May I fulfill my part in the one work through self-forgetfulness, harmlessness
and right speech.

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