

THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

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THE VOICE OF GOD

As you turn to Me, listen for My voice.

You can hear it in the waves as they speak to the shore telling the secrets of the deep.

You can hear it in the breeze as it whispers in the trees bringing news of far away places.

You can hear it in the laughter of the children as their joy bubbles up from unseen springs of youth.

You can hear it in the drone of the motors as they tell of the ingenuity of man.

In the voice of My children I speak - the words may camouflage My messages but yet I speak. Listen well for Me regardless of the meaninglessness of the words that your outer ears hear - keep attuned to Me!

Most important of all, hear My voice in your own inner Self where My gentle whisper may be discerned if the outer door is closed and your attention is focused on the Christ Light that flames upon your altar of devotion. It is there that I speak to your heart, telling you of My way - of My desires for you and it is there I guide you, inspire you and fill you with the knowledge of Myself.

When your outer ear is attuned to Me you find Me in the outer world, in the song of birds, the rustle of the leaves, the lapping of the waves, the thunder of the storm and the rumble of the cities. When the inner ear is attuned also, then you hear Me in the silence - the silence of the forest, the stillness of meditation, in the quiet communion of man with God and God with man. Listen, beloved, hear My voice in all of the sounds of earth and in all the silences of spirit for I am everywhere present and speak in many ways to My children.

They must be but aware of Me - ALWAYS - in working and in sleeping for I speak constantly. Listen for My voice - it is there! Wherever you are I speak to you. Even on the battlefields in the crack of the rifle - it is My voice distorted by the hatred of man, but nonetheless it is My voice. Man is so foolish and so blinded by the human mask that he has failed to recognize that there is NOTHING outside of Me. He takes the perfect pattern and twists and distorts it until it is unrecognizable and the monster he creates destroys him!

One day, all men will begin to understand that if they consciously work with the Divine creative power they can create a heaven on earth instead of the hell they are now trapped in. Man's ways are not My ways and until man learns to LISTEN and ALIGN himself with My way of love and life, he will continue to suffer in confusion and darkness.

Listen, My children, listen for the Voice that will guide you to the throne of Light where you may find the joy, the peace, the glory that is Divine.

I AM.

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

'SUGGESTIONS' INFLUENCE HEALTH

"By holding the thought of what we wish to become, we can in a large measure become what we desire. Man is beginning to find that the same Principle which created him, repairs, restores, renews him."

Someone has said: "The mortalest enemy you can have is the friend who meets you and says: 'You are not looking well today. What's the matter?' From that moment you don't feel well. Your friend has spread a pall over your brain. Under hypnosis the suggestion can be made that a blister forms on your skin when you touch a coin! (It happens!) Experiments have been made on horses to make them think they are ill or lame by covering with blankets, rubbing with medications, bandaging, showing unusual concern, and they actually lose their appetite, or limp as they walk. The fears, anxieties and worries of mothers have a great deal to do with the health of the children. An expectant mental attitude draws and attracts the very things feared.

The mind of a sick person is more or less subjective, negative and very susceptible to thought influences - good or bad. Most of us know what a glorious uplift we receive from a call of one who is cheerful and optimistic. All people need encouragement. Cheerful, optimistic thoughts arouse healing energies (potencies which are in all of us.) The hope a doctor, and all others around a patient convey, can make a great deal of difference. There is great healing power in hope and confidence. In fact, this is almost a miraculous power. Buoyancy of mind, courage, hope and cheerfulness are factors that far outweigh drugs in the cure of the sick. Most of us do not realize the omnipotent remedies that lie within our own minds.

The Bible is a great healing book. He who lives close to God, who abides in His love, fears nothing, is not worried or anxious, because he feels under the protection of omnipotent Power and infinite Wisdom. Many are the passages of comfort:

"They that wait upon the Lord shall renew their strength, they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk and not faint." Isaiah 11:31.

"I cried unto Thee and Thou hast healed me." Psalm 30:2.

"For I will restore health unto thee, and I will heal thee of thy wounds." Jer. 30:17.

"Let thine heart keep my commandments: For length of days, and long life, and peace shall they add to them." Proverb 3:1-3.

I believe that most people are conscious of a power deep in their nature which would remedy all their ills if they only knew how to get hold of it. The great end of life is to train ourselves to find this creative, rejuvenating, life-giving force and to apply it to our every day ills.

From "Peace, Power & Plenty" by Crison Swett Marden.

MEDITATION

Infinite Spirit, we empty ourselves of all thought, emotion and ego - and lift our emptied body, mind, and soul as a Holy Grail to be filled with your pure Light of truth and love and joy and peace.

Visualize a pure white light pouring in through the top of your head, going down your spine and out through nerves to every part of your body. Inhale this Light. Think of yourself as attached to "The Father" by this cord of Light. With each breath you exhale, visualize a cool, violet cleansing light flowing up through and around you dissolving all shadows and problems. Release into this violet light all imperfections and the memory of every unpleasant experience. Be cleansed, healed and filled with Peace.

Love Light Messengers, P. O. Box 19086, Las Vegas, NV 89132-0086

PART 1 - taken from the "BOOK OF TRUE LIFE".

GOD'S PRESENCE IN MAN

Even if no religions existed on earth, you could discover my presence if you were to concentrate deep within your being. I also tell you it is necessary to behold what life offers you, to discover the book of wisdom in it, which is continually revealing its most beautiful pages and profound teachings. You would then understand it is not just for human beings to go astray, considering that they carry the spiritual path in their hearts, nor should they become confused in the darkness of ignorance when they dwell in so much light.

Oh, if you only knew how to awaken your inner senses to contemplate the One who is awaiting you and whom you carry with you! How greatly surprised will these individuals be who have sought me through many roads, and then one day discover me within themselves!

It has been close to two thousand years since I dwelled among men. Humanity presently views that time as so long ago that it perceives my deeds and remembers my words as if they were fantasy. It views everything that surrounded me in the past as if it were supernatural; it needs to know that earth and men back then were as natural as the earth and men are today. It is mistaken if it believes that only those in the past were worthy of the grace of my presence, for I have always dwelled in the heart of man and manifested myself before him, as I did in the Second Era, or as I do today in Spirit.

Use my example to awaken your spirit, and truly I tell you that when you do this, you will be glorifying me at every step and offering true evidence of your love. If men were to combine all their faculties for the purpose of elevating their existence, they would feel my presence abundantly. Some would give of their knowledge, others their love, others charity, inspiration, science, and others their strength. A strong and united humanity would then emerge, as if formed by only one enlightened individual, one who would be noble, great, and therefore powerful. That is the man in whom I have been carving my law of love for such a long period.

I am in everyone, even in the heart of the assassin. I do not part from anyone, and I draw closer to the one who believes he is most unworthy.

I have not rejected anyone from my bosom of love and forgiveness, not even those who have yielded to temptation and fallen in the abyss. I have not abandoned anyone: none are abandoned on earth. Would any among you be driven out of my refuge for being a sinner and unworthy of receiving my charity? No, for I also dwell in the heart of the hardened sinner who has not been able to receive the light of my Spirit. Do you believe that I have cast him aside because of his chain of evil deeds? No, truly I have not. I am the Father of all creatures, without setting apart any of them. I am love, and as a loving Father I do not reject anyone. Study my word so that tomorrow you will not say it was a human who spoke to you but your Lord. Furthermore, who is able to speak to you as I do?

Would you know how to answer me if I asked you why God is in you? Why, he, being all powerful, is in that part of your being that you refer to as spirit? Does he want you to be a docile instrument of his manifestation? You are not able to answer me because no one has taught you to meditate; because of this, you do not know why the Father manifests himself in you and why he expresses himself through your deeds. However, if you dedicate yourself with love to the study and practice of my doctrine, soon you will be able to respond to these and even more profound questions. When you are enlightened with that knowledge, you will truly know why the Father dwells in each of his children.

Have you ever considered that since everything originated from God that God is in you? Why, and for what reason is he in you? Could he be in you without ever manifesting himself? Then he would not be God, for God emerges from everywhere, speaks, illuminates, manifests himself, and makes himself felt. Do not assume then that God

is in you to remain hidden without giving you his message. Be aware that God wants to manifest himself fully through you.

Feel me, for truly I am very near you. If you are convinced of my presence you will feel me deep within your heart. If at times you feel alone, it is because you have abandoned me.

If you summon me as Father, you will find me as Father. If you need me as a doctor, I will be with you and you will feel my healing balsam. I will extend my charity toward you if you summon me as a brother to guide and comfort you. If you summon me as a teacher, you will receive the teaching in your heart.

That is why I have always told you that I will be with you wherever you may be. Then why, if I am omnipotent, do you seek me in objects made by your hands? Why do you have to enter specific places to proclaim the Lord is there because it is his house? You know that I am universal. Why do you allow yourself to become dazzled with banquets and ornaments if you are aware that I dwell and manifest myself in the splendor of nature and in your spirit's inner sanctuary?

You yourself create the distance and barriers between my divine Spirit and your hearts. But I dwell so near to you that you do not have to visually scrutinize the horizon to perceive me; it would suffice for you to penetrate privately into the inner part of your being to find me. My present revelations come to put you into spiritual contact with my Divinity, an intimacy always sought by your spirits.

Blessed are those who believe without seeing. I said in the past and I say it once again, the individual who closes his eyes to things of this world will open them to spiritual things. Whoever has faith in my spiritual presence will feel it and thus rejoice.

Mankind will have to abolish all external worship and erase all fanaticism from his heart to discover the path that leads toward the light and to be able to receive from the Fountain of Life and Knowledge. Once man begins to feel the presence of the living and omnipotent God in his heart, he will feel a new and unfamiliar prayer escape from the most intimate part of his being. That prayer will be highly elevated and filled with feeling, sincerity, and tenderness. It will be the true form of prayer as revealed by the Spirit.

Today I come in spirit to manifest my truth and presence through enlightenment, much the same as when I incarnated my word in Jesus during the Second Era revealing my truth and sealing it with my blood. Then it was necessary to live among humanity allowing it to perceive and feel me according to its senses. I did this to offer it proof of the infinite love that my Spirit felt for it.

Unite my different manifestations in your spirit and your mind; the Law that I revealed to you as God, the infinite love that I revealed to you as Father, and my teachings as your Master, which revealed my wisdom. If you unite them, you will discover the same essence and divine purpose in all three: to teach you to reach me through the path of spiritual enlightenment, which is more than just a communication with you. I want to guide you to my kingdom, where I will be eternally present within you.

I want to convert you into my disciples so that as children of my spirit you will learn to feel me within your being. Why should you not feel my presence in you if you are a part of me and are of my same essence? You do not feel me because you are unaware of my presence. You lack spirituality and preparation and attribute whatever signs of sensations you receive to material causes. That is when I tell you, that although I am with you, you do not perceive my presence.

I now ask you, if you are a part of me, is it not natural for you to feel me in your being? As you meditate on this, do you not consider it just that your spirit become fused with mine? I come to reveal to you the true greatness that should exist in every human being. Because you have become confused and desire greatness on earth, you have become spiritually small.

For how long will humanity deprive its spirit of the joy of feeling me in its

heart through direct prayer, which is prayer from spirit to spirit? It will continue to do so until my light illuminates the lives of men, until it becomes aware of the truth, and understands its mistakes.

Remember that I am enlightenment in the hearts of those who seek spiritual involvement. I am comfort for those overwhelmed by problems.

Always listen to the truth. It is like clear water that allows one to perceive everything in its depths. Know how to discover me in your inspiration.

With permission - Three Eras Inc., P. O. Box 10195, El Paso, Texas 79993-0195.

CONSCIOUSNESS

Only the tip of the iceberg
Does any person see,
As only the tip of consciousness
Is the awareness of me.

Consciousness has no perimeter,
No distance, no space.
It's part of the "ISNESS" of God
Which infinity does embrace.

It has developed thru stages,
Nature's sequence of planes -
Mineral, plant life, animal -
Dormant frequently lain.

Consciousness also inhabits
The furthest inhabited stars,
In way out galaxies.
No place is too far!

Let my mind go spinning
As fresh realizations it meets.
Then I find my consciousness
New ideas and treasures greet.
mjs - City of the Sun.

HEAL THYSELF

We want you all to forget the world and your body, and to realize that you are a part of God. You are spirit and you have a life in a spirit world which is superior to the material world. Always reach into the spiritual life. Bring into your earthly life the gentleness, the beauty of your true, your spiritual nature which is part of the divine nature, part of God. The Master Jesus said, "Be ye perfect, even as your Father in heaven is perfect"; meaning - know (in your innermost being) that you ARE perfect in God. He said, "I and the Father are one." He teaches all his brethren on earth to follow this path of truth; to understand that they and the Father are indeed one, that God is the Creator of all life. He would have you realize that God is in you, and you have within yourself the power to create the perfect life on earth, through realization of that perfect spirit within you which is at one with the Father.

From White Eagle, "The Illuminator", 3360 4th St., Boulder, CO 80302

THE ANTELOPE

(A story from Enoch)

There was an antelope on the plains - the plains that stretched from one horizon to the other. The great horned antelope stood alone on the plains. And the antelope said, as he thought to himself, "I know within my heart that there is a tree that I must find; a tree where the birds of the air can rest and sing the songs to All That Is, to the sun and to the sky, where all creatures can rest under its leaves. I know there exists such a tree, although in the plains none exists. I know there is a place where creatures may rest in the branches and I know that once I find the end of my quest that I will, at last, be at peace. It will be the tree where all rest can happen."

Therefore, the antelope went through the plains in search of the tree. And to the grasses at night he rested, and each day he journeyed forth in search of this tree, but none he'd seen. In his desperation, he finally, and with a heavy heart, decided, "Perhaps it's meant for me to find such a tree in such a place as the plains. There must not be a way."

And a bird came and he said unto the bird: "I go now with heavy heart as I walk trudgingly through the plains, for my quest, my great and beautiful quest for the tree, I realize, will not be realized here - for there is no tree where the branches stretch out towards the heavens, where the birds and creatures that you can find rest and sing praises to All That Is. I have failed you as creatures to find such a tree for you and for myself."

And the bird spoke unto him and said, "Oh, Antelope, do you not realize that on your head stretches forth the great antlers, its many branches that stretch forth toward the sky? And for all the days that you have quested, I, and other creatures of the air, come and rest upon the branches of your antlers, to rest, and to sing praises to All That Is, and to the sky - that while you sleep, all things find comfort within the branches of the antlers on your head and the security in the branches that branch forth."

The antelope realized he was the tree that he quested so hard for - that on his head grew out that which he so lovingly quested.

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

CORROBORATIONS

In a previous writing, I expressed the idea that dolphins and whales can control the feelings and reactions of their physical bodies in the same way they are known to control their breath. Just as they choose every breath they take, so can they choose to live within feelings or vibrations of harmony and joy. In a reading today this information was corroborated by some earlier findings by John Lilly. In the 1950s he went to Florida and conducted some experiments on dolphins using brain electrodes. He discovered that the dolphins did have control over the stimulation of these primitive energy systems by means of their large cerebral cortex. (i.e. The dolphins had control over their feelings, emotions, reactions.)

A dolphin stimulated in the negative regions would not express rage but would shake all over and attempt to terminate such stimulation without panicking. Monkeys would panic, dolphins would not. He found the dolphins would control self-stimulation of their positive systems with a great degree of discrimination. He also found that they would use their VCCAL output to obtain positive-system stimulation; thus the dolphins and humans could control accesses to pleasure vocally. Smaller brained animals are not able to do this due to the limits of their cerebral cortices.

Humans do have the capability of choosing their reality - is it to be one of sadness and fear or is it to be a life of love and well-being? When we have practiced and learned to take responsibility for the feelings and thought-forms we create

and send out into the world, then we will be well on our way to creating peace on Earth and harmony and love in our personal lives. This is the way it once was, this is the way it was always meant to be, and this is what is ahead for those of us who choose to follow our spiritual paths into onlightenment and universal knowledge.

Our Minds are part of a Universal Mind, uncontained in any brain or any body. We can access this Mind when we set aside our physical attachments, and let our spirit roam free. In this freedom, we visit many dimensions and spaces in realms that vibrate compatibly with our own frequency. We are learners and teachers in the spiritual realms, and we understand why we have chosen a physical incarnation, and how it is helping us to purify our frequencies to permit travel into the higher patterns of Radiant Light.

Joan Ocean (Oct. 16, 1988)

THE BONDAGE OF FEAR

Beloved chelas, you who are navigating the Seas of the Emotions will find the seas getting quite rough within the coming cycle, though there will be periods of calm or seemingly becalmed, but then again, the waves will rise and at times your little boat will seem to be inundated. But always there is Hope, and there is that strong conviction within, though you may seem at a loss to explain it. Yes, within your heart you feel that something which is that thread of Life, that part of the silver cord through which the Soul sends the Life force into your physical body. And as the going gets rough you may feel this warmth pulsating, quite unlike the rhythm of your heartbeat, for it is like a pulsar radiating circles and waves of energy from you out beyond the confines of your physical body.

This is the Love aspect through which the Soul communicates to you that you are more than just yourself and that there is a power which radiates through you, further and beyond you. As this feeling is recognized by you it causes a switch in the focus of your attention. You cease looking without and about you, though the Love is radiating beyond you, and you focus upon that within you from which this energy radiates. In that focus fear vanishes, terror has no place to hide, for it dissolves in the Love and the Light Radiance of the Soul.

In that focus of concentration on the Radiance of the heart there is also lost all concern and worry over the condition of the physical. In that knowingness one feels the calm and peace in which the Soul exists, and thus you experience Oneness of being.

Now, if among all the distractions of the waves slapping at the sides of the boat, the wind howling and the rain pouring upon you in torrents, if your focus is not upon these outer external events, and if you can just hold yourself steady in the Light of the Soul, all external phenomena will cease to have any effect upon you. It is your focus of attention that determines your actions and your re-actions. If they are determined by Light and Love and Peace, so the Soul controls. If they are of fear, terror, panic and fright they are the personality being ruled by illusion, and it is through the mind that you gain control and in the Light of the Soul they vanish.

Those who are confident in the Lord, those who hold their mind steady in the Light know no fear. Fear not the future and worry naught about that which is to be, for living in the Eternal Now is this precise moment, in Light and Love NOW. Most fears which haunt those who worry about the future never come to pass. Therefore, waste not your time in idle speculation as to the events which may transpire, but take each moment, in the Light of the NOW, as it comes, and free yourself from the bondage of fear. The little boat will make safe harbor before the storm. It will not be swamped if the control is given the Soul and you follow the Beam of Light straight to the Source.

Many are the rumors which you will hear pertaining to your life, liberty and safety. There may be some fraction of the Truth within them which has been grossly distorted, or there may be no semblance of Truth in them whatsoever. They are for the purpose of producing fear. Be not used by them. Stand firm in the Light of the Soul, for the Soul does prevail.

I AM He whom you call A/N
encouraging you to seek deeper within for the Truth within your own being, heeding not the words of any harbinger of doom, but responding in the Light to the note of the Soul.
Universarius.

CREATING WITH LIGHT MEDITATION

The purpose of this meditation is to learn how to call Light to yourself, charge yourself with Light, and radiate Light.

Steps: Get into your Higher Self state of meditation.

1. To call Light to you and charge yourself with Light.

a. Imagine yourself making your energy as beautiful as possible. Imagining you are doing so is all that is necessary to make it beautiful. As you are making your energy beautiful, make any physical shifts in your posture that makes you more comfortable, allows you to breathe more deeply, and let the energy flow along your spine.

b. Take a deep breath and invite Light to come to you. Light is a living consciousness that responds instantly to your call. Let it come into your spine; imagine your spine as a rod filled with Light extending above your head and below your feet. From your spine radiate Light outwards to your body. Imagine adding lines of Light throughout your body so that you can hold more Light at a physical level. Send Light into your cells, in your DNA, and then to the atoms in your body. Completely fill your body with Light.

c. Make this Light the most beautiful color you can imagine. What color is it? Is it a golden Light, or do you imagine a white or bluish-white Light? Make this Light's intensity and radiance just right for you.

d. Imagine this Light as a sphere or cocoon all around you, in front and back, above your head and below your feet. Extend this Light beyond your body into the room. Make your sphere of Light so large that it fills the whole room and beyond. Then make it so small that it fits very close to your body. Decide how large you want your sphere of Light so that it feels just right. Does your sphere have a definite boundary or does it just gradually fade out? If it has a definite boundary, where in the room does this Light stop?

2. Radiating Light:

After you have called Light to you and charged yourself with Light; you can send Light to many different things. You can send Light to your ideas, the future, your higher purpose, your body, thoughts and feelings. You change the energy into whatever you send Light to into a higher vibration. Radiate Light when you are in a situation you want to change, or send Light to other people to assist them.

a. Think of a person you want to send Light to. Start by sending Light through your whole body. Notice how it feels. Next, imagine Light coming out of your eyes, hands, or heart and going directly to this person. Use the way of sending Light to others that seems most comfortable and right to you.

b. Think of something you want to send Light to. Call Light to you and charge yourself with Light. Imagine yourself being as clear as crystal, so that you are a pure transmitter of Light. Send Light to whatever you have chosen. Next send energy through your heart and then through your whole body to this thing. Use the way of sending Light that seems the most comfortable and right for you.

c. Think of other things you want to send Light to, such as world peace, the earth, animals, or whatever you like. Notice that as you send Light your own Light becomes brighter and more beautiful.

d. You have now learned how to call Light to you, charge yourself with Light and radiate Light.

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THE RULES FOR BEING HUMAN

- 1- YOU WILL RECEIVE A BODY. You may like it or hate it but it will be yours for the entire period this time around.
- 2- YOU WILL LEARN LESSONS. You are enrolled in a full-time informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
- 3- THERE ARE NO MISTAKES, ONLY LESSONS. Growth is a process of trial and error; experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately works.
- 4- A LESSON IS REPEATED UNTIL LEARNED. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
- 5- LEARNING LESSONS DOES NOT END. There is no part of life that does not contain lessons. If you are alive, there are lessons to be learned.
- 6- "THERE" IS NO BETTER THAN "HERE". When you're "there" has become a "here", you will simply obtain another "there" that will, again, look better than "here".
- 7- OTHERS ARE MERELY MIRRORS OF YOU. You can not love or hate something about another person unless it reflects to you something you love or hate about yourself.

Alaska Metaphysical Council Newsletter, P. C. Box 9-3006, Anchorage, Alaska
99509-3006

BUILDING

For Yesterday is but a Dream,
And Tomorrow is only a Vision;
But Today, well lived,
Makes every Yesterday
A dream of Happiness,
And every Tomorrow a Vision of Hope.

AT THE CITY OF THE SUN -

Quite a few of our community members took trips to visit family, or even to family reunions. One went to Arizona; another to Illinois; yet another to Colorado, and some to California.

Dr. Verlie Barton made an important trip back to Camden, Arkansas, to visit her mother, Edna Riggs. Her desire had been to take her mother upon a trip, and this she was enabled to do.

We were so glad to have Joan Weiss of New Jersey visiting here again.

William and Mary Jane Switzler had the unusual pleasure of a six day visit from their son, Paul and his wife, Jonne-Marie, of North Hollywood, California. Vibrant memories will stay with us of this visit.

Faun Homman and her friend Ruth Coleman drove in Ruth's camper with her dog, Rusty, and cat, Essau, to Curay, Colorado to visit Ron and Bev. Potter. Curay is called The Little Switzerland of America. It is an old mining town in a valley surrounded by high mountains, and is at the end of a Million Dollar Road. The road from Durango, thru Silverton to Curay is so beautiful and the tourists were many going to Curay and returning. We enjoyed every hour of our trip but when a gal in Silverton told us there was eight feet of snow there last winter we concluded we are very happy in Columbus, New Mexico.

On August 25th the community enjoyed a fine pot luck dinner which honored our guests, Joan, and Paul and Jonne-Marie, as well as the birthday of Sherrill Hammond. After the dinner Paul and Jonne-Marie gave an authentic exhibition of Greek Village group dancing. A Greek stringed instrument - a bozouki - was also enjoyed as well as music from Richard Hammond's portable electronic keyboard. The music and dancing lasted some time, and was so pleasureable it stretched over into the next evening when additional community members joined in the dancing and playing of several stringed instruments.

Richard and Sherrill Hammond of Las Vegas, Nevada were able to move in during this time. They have chosen the lot next to Webbers, formerly belonging to Fay Schuckmann.

Somehow we had few gardeners this year but the several crops have been plentiful and shared by all. Armenian Cucumbers seemed to be one of the favorites. We have been in our rainy season since the middle of July.

TELEPHONE NUMBERS CHANGED:

Mary Jane Switzler, Secretary of the Foundation, with her husband, William, have a new private number now (505) 2453.

Constance Arnot, Vice-Chairman of the Trustees, now answers the City of the Sun Foundation telephone (505) 2637.

THE I AM LORD'S PRAYER

OUR FATHER who art in Heaven, hallowed be Thy name, I AM.
I AM thy Kingdom come, I AM thy will being done.
I AM on Earth, even as I AM in Heaven.
I AM giving this day, daily bread to all.
I AM forgiving all life this day even as I AM also all life
forgiving me.
I AM leading all men away from temptation.
I AM delivering all men from every evil condition.
I AM the Kingdom, I AM the Power, and I AM the Glory of God in
eternal, immortal manifestationall this I AM.

WE ARE ONE - A PART OF ALL THAT IS

Taken from our "Mail Bag" for just one period - end of June, 1989.

Through the Newsletter of Alaska Metaphysical Council, Anchorage, Alaska, we felt as if we had taken part in the memorials for the sea and animal life which were caught in the "great oil spill on Prince William Sound." This oil spill has truly made a difference in the thinking of people about their activities and how they affect the Earth.

In our very small way we have been a part of Peace 21 - a quarterly prayer for Peace. Great is our joy to hear of what CAN happen through Peace 21. In Sonoma Valley, California as many as 2,000 can meet for the prayers, plus public proclamations by city officials to join in this cause for peace.

More and more are joining the "peace thought" at noon each day. With their own words they join in, or use the following affirmation: "I open myself to the spirit of love and truth, and join with others of like mind and heart for the healing and transformation of humankind."

From the 1986 Lake Nyos disaster, where gas erupted from the lake crater in Cameroon, Africa, we find help is needed and coming for part of these dear ones. So much human and animal life was taken in this tragedy and we have kept in quite close ~~contact with many who~~ have been caring for all the orphan children - their parents being taken at that time. A Dutch priest reports that many of the survivors are at last being moved to other land where simple houses are being constructed. Also some new methods for farmers are being given, and new breeds of cattle being offered. Many world caring organizations are assisting and we would want to continue our prayer help to these Light Seekers. This was a complete life changing occurrence.

We have been motivated to mimeograph and send out copies of the inspired article "I Will No Longer Give My Sons to the Sword" by Marian Starnes, Crystals of Light 3324 Holabird Lane, Charlotte, N.C. 28208. (We have some copies available, and will gladly enclose one to you if you send a small self addressed, stamped envelope.) We compliment this group upon their 1989 Peace Festival, and already plans are going ahead for the 5th Festival - May 20, 1990!

A young man of 16 years from Nigeria asked for a New Testament and other inspirational material. We are so grateful for the sharing we have been able to do with The Golden Dawn and other Light material.

A new(to us) Light group - Radiant Light Centre and Library of Aba, Imo State, Nigeria, will now be receiving our materials.

A long standing friend in Port Harcourt, Nigeria, started on June 30th a new responsible job. The letter arrived upon that very day and our prayers have been with him in this opportunity.

A professor in the Ghana, Africa University had retired and wished to be kept upon the Golden Dawn mailing list.

Quite a number of Prayer Requests have been received, as well as a number of new Light Seekers asking to be placed upon our regular mailing list.

As well as the correspondence, we received donations for the work here from quite a few of our precious Readers. Always too, we receive words from those who are unable to be allowed to get money out of their country. (This is a frustration for many - particularly Africa.) How appreciative they (and we) are of our friends who send extra offerings for just such a purpose.

Many of our Nigerian friends became aware of the Friends of Peace Pilgrim material. Now we understand they are doing some printing and distributing of it in their country. Wonderful news!

From World Goodwill Newsletter the Dalai Lama speaks: "We should begin to develop - what I call - universal responsibility; a deep respect for every living being who lives on this one small planet and calls it home."

A POSITIVE MESSAGE FOR DAILY CONSUMPTION FOUND TAPED TO A REFRIGERATOR DOOR:

Be strong so that nothing can disturb your peace of mind. Talk health, happiness, and prosperity to everyone you meet. Always look at the sunny side of everything and make your happiness come true.

Think only the best; work for only the best; and expect only the best.

Forget the mistakes of the past and press on to greater achievements for the future.

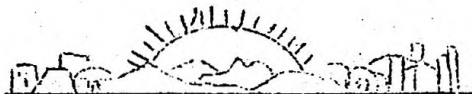
Wear a cheerful countenance at all times and give every person you meet, a smile.

Give so much time to the improvement of yourself that you have not time to criticize others.

If you have nothing good to say about others, say nothing.

Be too large for worry; too noble for anger; too strong for fear; and too happy to permit the presence of trouble.
Shared by Dorothy Davis.

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