



# THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

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## A SINGLE HEART

I know what you are feeling. I AM aware of the emotions experienced by you and you, as you behold the present state on this, your home of earth, your home of birth. You ask yourself, but what can I do? I am but one. And I alone, can make no difference. You turn aside. You turn away from the tumult, as you bury yourselves in pleasures and try to ignore what is just outside your door. You see, My children, it is so very near. The proverbial wolf is truly there, outside your door - ready to huff and puff and blow your house down, and blow your world down. But it cannot destroy the earth itself. It is not able.

Many of My children have known, many have prepared for such a happening. And they have built their home, they have filled their heart with that which can withstand any and all calamities. They have strengthened their walls with Love, with Light, with the glory that I AM. And they hold firm. And naught shall touch their stronghold, their defense of might - of right.

Hold firm, you who are doubting. Hold firm, you who are afraid, who can see naught but shadows cast upon your path. The aftermath will soon be here. And will you be a part of it? Will you be here to share in the glory, the magnificence of a land that is free, where every man and woman and child shall take his place upon the soil where freedom reigns and love is all supreme? The cleansing is this day, proceeding as is planned. Ah, lend me your hand, My little ones. Place your hand in mine. Feel the peace. It's in you now. You need but know that it is so, and it shall be.

You see, My lambs, it must begin with you - each one. You are the way to peace. A grain of sand in multiple becomes a sandy shore. A drop of water added to a million more becomes the mighty sea. Love shall be the victor when you blend and blend and multiply. Strength is in numbers, truly it is so. This then, is the key. It must begin with thee and thee. A single heart in tune, shall draw the other notes combined, to make a sound, an orchestration reaching to the highest high, and then beyond. Know, My lambs, there comes the dawn, another day. Ah, will you play your note for me? I wait. I listen for your chord. And you shall claim your own reward as you step forward into yet another time, the aftermath - sublime.

'Tis I your Brother and your Friend who speaks to you this day. I AM Sananda. Hear me well. And walk in light and love forevermore. For I AM come to cleanse the distant shore - and every grain of sand shall be accounted for. I love you, My children. Go in peace.

Dolores Dahl, Box 804, Lebanon, OR 97355.

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ADMONISHMENT AND ENCOURAGEMENT FROM ANNALEE SKARIN

(written shortly before she translated.)

Yes, I am free, so completely free that nothing can possibly hurt me. It is something I would love to share with every individual on this earth - it is the freedom of the Spirit, and every "Seeker" is entitled to it. It is our heritage. It is the great freedom that was given to Enoch and the noble and great ones since the beginning of time. It is the power to "walk with God". And could any man walk with God and not be free? Could he possibly be hampered by anyone's restricted vision or lack of it? Could he be bound and held by anyone's opinions? Could he be cramped into an orthodox straight jacket? Certainly not, not any more than God could. And every man is invited to know the Truth and the Truth will make you free! I wish I could tell you all that this entails, but not in this letter, it would be impossible.

If one only takes time to analyze the word of God he will discover that it is mostly a record of Promises from beginning to end. Christ's teachings were promises - promises to give men all power, promises that we should be able to do the work that He did, and even greater works; promises that any one who believed on Him, or on His Name even, would be able to ask anything and have it granted. Then He gave a lot of the signs that should follow those who BELIEVE. These promises are the Word of God. But does anyone believe in them, and is anyone seeking to hold to them, and is anyone seeking to hold to them until they are fulfilled? Or until they reach the Tree of Life and are permitted to partake of its fruit, and also partake of the Fountain of Living Waters freely, and be clothed in the pure love of God? Do you know of anyone who is holding to these promises to the extent that they have fulfilled any of them? (Or even intend to?)

Tell me, do you believe the following: 'The Spirit of Revelation' is in connection with these blessings - until you become perfect in Christ Jesus.' (Joseph Smith's teachings.) Do you believe this:

'And if your eye be single to my glory, your whole bodies shall be filled with Light, and there shall be no darkness in you; and that body which is filled with Light comprehendeth all things. Therefore, sanctify yourselves that your minds become single to God, and the days will come that you shall see Him; for He will unveil His face unto you, and it shall be in His own time, and in His own way, and according to His own will.'

There are hundreds of such glorious promises which are the literal Word of God. For the Word of the Lord is Truth, and whatsoever is Truth is Light - and whatsoever is Light is Spirit. Therefore, if you believe these things; if you truly and literally BELIEVE you will take hold of the iron rod of His Word, and you will be able to receive the blessings promised. They are for anyone, and for everyone who fulfills them, or who abides by them. Then after you have fulfilled them you will not need to ask me how I receive information. You yourself must find the answers. And every answer that belongs to Truth and knowledge can be yours. Only you will have to begin to be instructed by the Spirit of God in the Laws of that Higher Kingdom if you wish to obtain the great powers and truths it contains.

God bless you always.

Annalee

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Helpful Decrees:

"I AM" consciously and constantly connected with the Universal Mind of God and "I AM" about my Father's business.

"I AM" creating through my God Intelligence, perfect conditions of Peace, Harmony and Purity on all levels of existence.  
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PART 2 (conclusion) - taken from the "BOOK OF TRUE LIFE".

### GOD'S PRESENCE IN MAN

You have a reflection of the Divine in you; truly I am in you. The intelligence, free will, power, senses and virtues you possess all speak of the superior essence to which you belong and offer living testimony of the Father from whom you emerged.

I no longer want you to ask me: Why are you distant from me? Why do you not listen to me? Why do I feel alone in my path? I never separate from you. It is you who separates from me because you lack faith. You have rejected me and shut the doors of your heart.

You also elevate your spiritual discontent and tell me, "Lord, my material body lives in poverty and is in rags." Truly I ask you, Do you believe I am distant from you for that reason? Do you believe that the presence of God does not accompany you because your material body is dressed in rags?

Human beings are the ones who separate from me, fall into materialism, allow themselves to be dragged by their passions, and cease to love.

Enough of the poor, infertile, and miserable life that this humanity lives in! That is why I seek you, summoning the hearts of those who sleep, giving vision to the blind who are unable to contemplate the truth, and touching the hidden fibers of mankind, making them sensitive to my presence.

While men have wanted to view me as a distant and remote God, I tell you that I am closer than your own eyelashes.

I want you to understand that I am very near to you. You can easily communicate with me, feel me, and receive my inspirations.

I perceive your tears and listen to your weeping. I contemplate your work and your suffering. I observe the chains of poverty and deprivation you carry and the disillusion afflicting your heart because you are convinced neither justice nor charity exists in the world. Praying, you say to me, "Lord, I am not worthy of your peace nor your benevolence, but give me the strength to endure the sufferings and injustices of this life."

During those moments you feel my presence as I tell you, persevere in patience, continue being vigilant, and do not despair for a single moment, because you do not know at what moment my peace will call at your door. Lean your head on my chest, stop listening to the rumors of war, forget your afflictions, and keep in mind that being with me you will never die. Come to me and be with your Father and Lord. In me, you will find a brother, a friend, and a Father.

No longer doubt during the moment of an ordeal. Do not say that I have not listened to you in your most difficult and painful moments. As long as there is a breath of life in your being, as long as your body breathes, as long as you are able to think and your spirit suffers, I will be with you, because I am the life that palpitates and vibrates throughout the universe.

This doctrine comes to offer you knowledge of what the spirit, conscience, compassion, and faith should signify to you, as well as what they are. When you study these teachings, you feel a profound love and respect emanating from your heart toward your brothers, because you can perceive the presence of God in them. You also perceive them as children of the Supreme Being. You contemplate the Lord's temple in the innermost part of every human being.

Would the one who comprehends and perceives this knowledge as truthful dare to profane that temple, or be capable of offending his brethren?

Although externally there exists great deceit in the deeds of mankind, there is no one who within does not know some part of the truth. That inner spiritual light is my Divine Presence, which enlightens all individuals. I will make my light shine in every heart and allow its reflection to manifest itself in each of your deeds.

Open your heart and let me dwell in it. Come in pursuit of my profoundly marked footprints so that you may no longer become lost.

Seek me with the spirit and do not detain yourself with routine traditions or symbolic rituals. Seek me in your heart where you will discover me since the heart loves, suffers and feels.

If you understand my doctrine, you would feel my love and perceive my presence in your life. You would avoid stumbling and falling. If your ingratitude or foolishness had caused you to fall, you would arise with tenderness. At other times, you would perceive me reducing the overwhelming weight of your faults, finally moving your heart to deep reflections, because my love and forgiveness are infinite.

Humanity will become aware of the true path and seek me with the spirit, which is how I have awaited it. Every individual, realizing he carries the Father in his own heart, will immediately cease to be an enemy to his brother and fellow human being. That is when forgiveness, reconciliation, charity and fraternity will emerge.

Seek me in the most secluded and elevated part of your being; feel my presence in your spirit and my manifestations in the most sublime moments of your life. Remember that the more elevated and spiritual my manifestation, the greater your joy will be, for this will prove you are capable of understanding my great teachings.

Truly I tell you that I am not a visitor but an eternal dweller in your spirit. Who will be able to extinguish my light in your spirit? Allow that brilliant star to manifest itself in your path.

Truly I tell you, I am with you in all your ordeals. There are many who not knowing I am with them, seek me, and do not know how to find me! How many who are enlightened by me are not able to perceive the inspiration because they have not opened their hearts to enjoy such a precious gift!

You believe that I have come to visit you and the truth is I dwell within you. I visit you only in the manner in which I presently manifest myself through thoughts and words. You do not perceive my manifestation in the inner part of your being with the same clarity as you do your own heartbeat, for it is necessary to have sensitivity to feel me palpitate in your being. Do not lose hope of being able to feel me because hope originates from faith, which is light in your path. Faith is the beacon that illuminates the future and is the force that produces those things you have called miracles. What would become of your life if you did not have faith in my law? The one who has faith, even though it is as small as a mustard seed, should conserve it and make it grow. Blessed is the spirit that has faith!

You have been born of me. The Father has given you material and spiritual life. I can tell you figuratively that when you were born of me, I was born in you.

I am born in your conscience, I grow in your evolution, and I fully manifest myself in your deeds of love, so that you may joyfully proclaim "The Lord is with me."

I dwell in all hearts and I vibrate in your spirits. Why should you represent me with material objects if you are feeling my presence in the most intimate part of your being? Do you not believe that if I had sought the splendor of this world I would have been born inside the temple of Zion, instead of having been born in a stable? What obstacle would have prevented my birth in that temple, considering that Mary was known in the temple and was submissive and obedient to all divine mandates?

The Divine Love continually pours itself among humanity. Those who have known how to feel me intimately in their hearts offer testimony to this, for although I am omnipotent, I limit myself to drawing near to man and to being felt by him.

Life offers you a divine and eternal concert, and you will discover a revelation in each of its notes. You have not yet listened to those beautiful notes in their perfect harmony, which are sometimes gentle and other times vibrating. If by chance you were to perceive them, they would seem to be vague notes lacking in unity, and you would fail to discover their beauty. It is important to go beyond the sense and beyond the passions and darkness of materialism, to listen to God's concert in

your spirit. Amidst that concert, your note will vibrate once you have attained true elevation, which is spiritual beauty. That is the Celestial Music and the singing of the angels. When you know and feel in this manner, truth will shine in your being, and you will feel God in you.

Save this teaching you have listened to in your heart so that you will always enjoy my spiritual presence, which has guided you on the path of life.

My peace be with you!

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

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AN ODE TO THE HOLY SPIRIT

It was the same Holy Spirit  
Which moved upon the deep  
When the world was unformed and void  
And most of consciousness asleep.

Behold that Holy Breath  
Holding forth in my life,  
Clearing away the debris  
As a bright, keen-edged knife.

It can lead me into by-paths  
Of loveliness and bliss,  
Special treasures of Father-Mother God  
Which I yearn not to miss.

It can fill me with comfort,  
With unseen joy and love;  
It can bring me many answers  
As I seek my way above.

My heart thanks the Father-Mother  
For this helpful inner friend,  
Which, if I but allow it,  
Can bring me to my desired end.

It moves my consciousness today  
Opening channels ever wider.  
I love Thee, blessed Holy Spirit,  
Thou most exquisite, precious Abider.  
mjs City of the Sun

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Putting attention on the Light -

"The more attention put on the Light and the more Light drawn into your vehicles, the more rapidly will they vibrate and the easier for you will it be to hold harmony, because when you vibrate beyond a certain rate, inharmony can no more register upon your flesh or bodies than a bumble bee can sit upon the propeller of one of the great aircrafts in flight. It then is no longer an effort of will to have self-control, for you are so rapidly vibrating in thought and feeling that the human vibratory action ceases to be."

BELOVED AEOLUS

The Bridge to Freedom -----

CHRISTMAS - SHOULD WE EXCHANGE GIFTS?

Wait! Listen! Do not haste away. I have something to tell you. In your busy preparations for Christmas, have you no time for Me?

I am the One for Whom Christmas began so very long ago. Remember? Or, have you forgotten? No, you have not forgotten, not really. It is merely that the story is old and you, not all, crave distraction from things as they are; crave something new. And I am not something new. I am old, old yet without age. I was old when man was new. I was born and yet not born in a stable. I did not die. I could not die for I am LIFE Itself. In semblance I was born, in semblance I died, that man might be reborn; that man need never die, and you and you, in commemoration of My birth, play with baubles!

I am not blaming you. Most men have not attained unto soul-maturity. There are few who DO hear the need-cries rising above the caroling of Christmas bells and the sounds of simulated joy in the tinsel market places; but few hear the cries of people the world over for the sustenance, the clothing, the shelter which the price of all the glittering baubles could have given them. Are you among the few?

If it be a gift to Me, for Me upon My birthday that you would give, know ye not the gift that I would ask? Feed ye the hungry, clothe and shelter the needy. Comfort the sorrowing. Be the father to the fatherless. Seek and find those who are lost and bring them to Me. The gift that I am asking of you, My children, is the gift of yourself; your self-offering.

But Christmas is no longer as it was meant to be; as it was in the beginning; the joyous coming of simple folk and of wise folk to bring gifts of those things which were their choicest possessions, not to give to one another, where there is no need, but to give to Me, for Me.

My arms are outstretched with the arms of the homeless child, but you see Me not. My eyes watch in vain with those to whom assistance does not come. My voice is in the voice of all those who are crying for help the world over, but you hear it not, or if you do hear, you ask yourself, "Did I not send a pittance to some good cause that begged it of Me? That was my remembrance gift to the new born Christ."

Then you turn to the glittering baubles for which you have spent far more than a pittance. So it is. I do not decry merriment. I was often in the midst of merriment, but could there not be one day, one self-giving day, that is just for Me? I am addressing the many who forget, not the few, who remember.

You DID wait and you DID listen. NOW, WHAT WILL YOU DO?

Whatever you do for Me, in full measure and running over, My children, I shall be doing for you.

(Unknown)

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This Christmas greeting was given to us by one of our members, Dorothy Rayburn. We at the City of the Sun Fd. would in turn like to share it with YOU, a part of our Spiritual Family:

We wish to extend to you an affirmation for continued joy now in the holiday service spirit and in the coming year. The lessons we are all experiencing in our daily lives are surely spiraling us all towards an awareness of the expression of love, on a personal and planetary level. May we all journey forward in the spirit of courage and openness to new experience.

We are in each other's lives because we mirror growth for one another. Regardless of our human relationship, we are spiritual family; we have to know that we appreciate your beauty that has been reflected to us. We are grateful for the creation of our sharings, be they laughter, reflections of the soul's ideals, or the clearing of the way for honest communication. Through it all we grow.

We have traveled on both inward and outward spirals this year. As we review

the variety of different experiences, and the people we've spent time with, such as yourself, we are grateful. One awareness has come to us lately. We became aware of the idea of struggle; it surrounds us. On a worldwide level the appearance of struggle continues. In our personal lives of 'busy-ness', we are struggling to do our work and maintain ourselves financially; then struggling to maintain balance with our spiritual selves, each other and our identities in the traditional workplace. We struggled on how to deal with old friends who don't understand us now - the list could continue. But changes are coming about. We are focusing more on simplicity life in joy without struggle. We understand this as the message, as an example of the Christ light in human flesh, taught us. We envision this hope of life in the movement of trust for all, without struggle. For where there is trust, there becomes a sense of ease, a release of fear, and the expansion into joy. It is possible for our planet to release this idea that struggle is necessary in existence. By choosing to be upon the planet now, we all are teachers who will set this seed thought of life without struggle in motion. We are grateful for all the seen, and unseen teachers, who encourage the planet to consider an alternative - PEACE.

We send you Love and Light.

City of the Sun Foundation

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NEITHER OF THEM IS COMPLETE WITHOUT THE OTHER

If you rejoice in Me every day of your lives for the abundance of every good thing, then you will become as living stones and other stones will be gathered unto you.

The place of My power is where My people are gathered into unity and praise. Therefore, do not come to study groups saying, "What will we be taught today to make us strong?" "YOU have been taught and taught and taught!"

NOW is time to abide in the truths you know.

I dwell in the midst of your praise.

In My presence is fullness of joy.

At My righthand are pleasures evermore.

Was it not in olden times that My people went from place to place to find God.

There is a special place in life that I was meant to fill.

There's always a tomorrow - the best is yet to be.

And somewhere in this world I know there is a place for me. I must attain it, no matter how small it may be.

I shall do so much unto the years to come. (But what have I done today?)

I shall give out gold in princely sum. (But what did I give today?)

I shall lift the heart and dry the tears. I shall plant hope in the place of fear. I shall speak with words of love and cheer. (But what have I done today?)

I shall be so kind after awhile. (But what have I been today?)

I shall bring to each lonely life a smile. (But what have I brought today?)

I shall give to truths a grander birth, and to steadfast faith. I shall feed the hungry souls of earth. (But whom have I fed today?)

Happiness like sunshine is not to hold. Our scattered deeds of love bring bliss untold.

Choosing to be a Friend to all the children of God, I enjoy many Friends, and I enjoy being a Friend to many.

God's will for me is good. With God I find myself in the wonderful partnership of creative abundant life.

Everywhere I go, everything I see, everyone I meet - all remind me of God's abundant good.

The light of God expresses itself through me as inspiration, wisdom & guidance.

Hear a still small voice in expanding Light of God.

Contact: Jonathan Sobo, Box 42 Njinikom - Kom, N.W. Province, Cameroon, W. Africa

(From the Edwin - Enosh Dialogues)

THE ENVIRONMENT

(Snippet from Dialogue 1)

"But you say, 'Oh, but trees and animals and the sun and the air have been here long before I have,' and I say unto you: So have you."

Enosh

(Further Dialogue)

Edwin: Enosh, we've been asked to focus on the environment, and when I say the word my head gets big. Can we focus on health of the planet embraced by environment?

Enosh: Now, you look upon all things on your level as separate and apart. You say "Oh, let us look upon the environment, the health of the planet." You embody it as if it was something to be tamed. Other times, a thing to be helped, like a sick child; sometimes like an irate parent. Often times you see it as an alien beyond your control. You say, "Oh, the planet is sick," as if it is not a reflection upon yourself. I say unto you: Nothing happens to the planet that is not happening to the self. There is no separation there, either. You want to know, "Oh, how do I cure?" You do not cure, you create. You allow. You can rush out and traverse the four corners of your planet. In every direction you can organize, you can try to bring to consciousness all the ills that your planet knows. But I say unto you: As long as you dwell upon these negatives you also bring about the furtherance of those negatives. As long as you think that to cure is to bring your consciousness outside yourself and alienate it from that which you are, it shall have no impact, except upon focusing on the negatives bringing about the negatives in themselves.

Now, how do we cure an environment? How do I, this being, influence an entire planet? Is it by linking with other beings and concentrating on this which is not good? Or is it, rather, coming to terms with your own consciousness, your own being, that is projected out into your creation. All things that happen upon your planet are also happening in self. All things happening in self happen upon your planet. This is hard for you to comprehend, but it is one in the same. That is not to say that when a river runs polluted you have a polluted vein, but it is rather to say, that which is not clear on the outside is not clear within. That which is lacking also is lacking in self. That which destroys on the outside destroys in self. That which is created is created also in self. Just as your planet renews, you renew. There is no separation.

Then, healthiness as you see in your planet, is a direct result of that which you have seen in yourself, in your relation to other beings. Concentrate not upon curing and focusing on the negatives of your planet. Nor, focus on the negatives in yourself. But rather, on the positives. What will bring about the greatest consciousness in self will also bring about the greatest consciousness on your planet. When you see it as the inside being the outside, and the outside being the inside, then you'll begin to understand the creation of that which you call the ills of your planet. All is in balance, all remains in balance, only your perception of it is changed. That which is polluted cleanses, that which cleanses pollutes. That which is created is destroyed, and that which is destroyed is created. It is there for your own unfoldment, not for your championing. You have no causes to champion. You have no rights to wrong, or wrongs to right. You have only your unfoldment, you have only the taking in and giving out of your own love, as the tides themselves flow in and out, that cleanses the oceans, so do you cleanse yourself. That which you destroy in your environment lends only for that to be created. That which you destroy in self allows only for that which you can create in self. You harbor this conception of doomsday, that when all ceases and falls upon itself in final decay, in final atrophy. But I say unto you: It is always fluid and always so. Your conception of your environment changes, just as your conception of the self changes. And yet, the truer concepts remain constant

and, therefore, replenish themselves because this is the concept you have created. There is no end to consciousness, therefore, there is no end to that which you call environment. Your planet, it is so. Your environment, that is not so. That which ends, ends only to create. That which creates, creates so that there can be constant change.

Edwin: They look at hard facts. They look at holes in the poles, the rain forest being cut, the lungs of the earth being damaged, so to speak, hothouse effect, nuclear waste, diminishing species, grinding plates that are always grinding. Man looks at that, gets hard facts and data and says, "Okay, what can we do?"

Enosh: Allow.

Edwin: Okay, Enosh, when you tell me that, I get the feeling that the earth has cleansed itself many times.

Enosh: This is so. But realize, also, that allow does not mean to do nothing. Allow means to allow ones own consciousness to be free and fluid along with your planet, to be able to have the awareness of the synchronization of your own consciousness with that of your environment of the earth. It does not mean you draw back and build boundaries, or that you close off because the environment hurts; therefore, you wish not to, but rather, to know that you have, as well as your planet, has its own cycles, its own being. And you say, "Oh, look what I have done, what man has done unto the earth." Realize it is one in the same. It is not you doing it to the earth, but rather, you do it to your own creation, to your own self. It is not that it is negative or positive, it is what is. And, that which changes and reverses happens in your own conception, not in a physical reversal.

Edwin: You mean I can fix the holes in the poles?

Enosh: You can fix the holes in your own poles.

Edwin: What about nuclear waste? Has the planet dealt with something like that before?

Enosh: That which you call environment always deals with waste. It's not waste at all. Is not what you call nuclear waste only the change of the elements, of your own isotopes, the stripping away of that which is there in consciousness, that is there in substance? Is it something new that is created? That is not so. It is only a change of form.

Edwin: What about holes in the atmosphere, and weather changes?

Enosh: You know very well what causes it. That is not a great mystery. The mystery is, why has it been allowed to happen. Is it a horrible construct?

Edwin: Why has it been allowed to happen?

Enosh: It is simply the allowance in. It has no great mystery. Now, you sit and ring your bells of doom for your planet and for yourself, and what does this do but create the sense of ends, of finiteness. What does it do but drive in the stakes of the boundaries of the self. If action is not taken right away, then there shall be finiteness and destroyed consciousness on your level? Consciousness can only be destroyed by a change, which is not destroyingness at all, but your own consciousness does not end because there are holes in your environment. It does not end with acid rain eating your flesh. It ends when you see finiteness. The change comes about there, and only is manifested in your environment. It is your finiteness that creates it. It is your consciousness that creates your environment. There is no "If I do not do something, then this finiteness will occur, the end of all life as I know it will not be." This only creates that end. The fear develops. You lock and ring your hands and fear engulfs your entire world and the night comes. Not through holes in your atmosphere, not through acid rain, and nuclear waste, but through your conception that these things will end all things. That creates the finiteness. That creates the night that comes, not the other way around. Know it is only in your own conception that the energies of creation can be allowed to create or to destroy, and in that destruction only to create anew.

Edwin: So, by having self healthy, you have a planet healthy?

Enosh: It is more than thinking of self as healthy, but thinking of self as being all of your environment. Therefore, the attunement creates the health. But you must also have the conception of what health is. Is health a feeling-goodness? Or rather, is it a true balancing, a true awareness, a true union, a true allowness? Health is not what you consider to be optimum at all times; it is rather like the waves that go up and down. There is optimum only in the center where all is judged not by its stagnant optimum, but rather the ends and outs that creates a sense of optimum health. Otherwise, you become stagnant. And without the ability to be fluid, you have no ability to be of health, nor does your environment. A river that is dammed up becomes stagnant and all dies, but the most polluted, the most stagnant of rivers, when it is allowed even the smallest trickle of renewal in and out, cleanses itself and becomes pure. Thus, it is with you, as well.

Edwin Hubbard, 7666 Poplar Pike, Germantown, TN 38138.

(Editor's note: We have found these dialogues "thought provoking".)

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HUGS

It's wondrous what a hug can do.  
A hug can cheer you when you're blue.  
A hug can say, "I love you so." or  
"Gee, I hate to see you go."  
A hug is "welcome back again," and  
"Great to see you! Where've you been?"  
A hug can soothe a small child's pain  
And bring a rainbow after rain.  
The hug!! There's just no doubt about it -  
We scarcely could survive without it!  
A hug delights and warms and charms.  
It must be why God gave us arms.  
Hugs are great for fathers and mothers,  
Sweet for sisters, swell for brothers,  
And chances are your favorite aunts  
Love them more than potted plants.  
Kittens crave them. Puppies love them.  
Heads of state are not above them.  
A hug can break the language barrier and  
Make your travels so much merrier.  
No need to fret about your store of 'em;  
The more you give the more there's more of 'em.  
So stretch those arms without delay and ...  
Give someone a hug t-o-d-a-y !!!!! -----

WHEN SHOULD WE BEGIN TO WORRY?

When we see the lilies spinning in distress,  
Taking thought to manufacture loveliness -  
When we see the birds all building barns for store,  
'Twill be time for us to worry, not before.

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SERVICE IN GUATEMALA

In the fall of 1987 I left City of the Sun and headed south into Mexico and Central America in search of a pleasant spot to spend the winter. Finally I arrived in Panajachel, Guatemala. There was a vacuum there that took hold of me, and at this moment I am preparing to head there for the third winter.

Guatemala is a place of extreme beauty and extreme suffering. Amnesty International has found Guatemala to be among the nations having the most human right violations. The population is 80% Indian and most violations are against them. Panajachel is an international community and I became involved with a group interested in service there. They were in the process of putting together a grant proposal to a Swiss Foundation called Vivamos Mejor (We live better.) The project would be multi-leveled starting with mal-nourished children and working with entire families. It would not be a dependence program. There would be a preschool for the young children; then lunch would be provided for the entire family. One, or both, parents would be required to volunteer one day a week to the program. There would be health and welfare education for the entire family: sanitation, water purification nutritional information, etc. Weekly checkups in the homes would be made to be sure the program was being implemented. There would be vocational training for parents and setting up of cottage industries. There would be a broad spectrum of health care for the entire family.

We received the grant in the summer of 1988 and spent the fall and winter finding a facility, as well as staff members. By spring of 1989 we had found a director and secretary. Also we had a nice facility and completed renovations which were necessary. The program was getting started. The grant gave us seed money and a major portion of the funding for five years. These funds must be supplemented from other donations of monies, materials and energy. If you wish more information you can write me in Guatemala until April, 1990, when I will return to City of the Sun. My address: David Lebold, Lista de Correos, Panajachel, Guatemala, Central America.

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NOTICE: We continue to feel the Prayers For Peace as initiated by The Quartus Fd., P. O. Box 1768, Boerne, TX 78006 are important. We hope many of our Readers will be taking part in this year-end activity - individually or in a group.

LET'S HEAL OUR PLANET TOGETHER - WORLD HEALING MEDITATION  
DECEMBER 31, 1989 - 12 NOON to 1 P.M. - GREENWICH TIME.

"The purpose of this flyer is to inform everyone in the world that they are each important instruments through which peace will come. On December 31st, 1989 millions of concerned people around the world gather at 12 noon (Greenwich time) to think, visualize, pray and meditate for peace in our world. This extraordinary global event is being observed, as it was for the past three years, by a network of people around the world, suspending thought of fear, as they focus on things that unite humankind and commit to cooperation instead of competition. This is a time for the human family to join in experiencing the power of the mind. We can change our world. I invite you to join others and participate in whatever you find appropriate. Contact friends. This is our opportunity as individuals and as a world body to begin to heal and bring our planet back into harmonized balance, with the common goal of PEACE ON EARTH. You can make a difference.

For further information:"

Mark DeFriest, #073061, Florida State Prison, P.O. Box 747, Starkem, FL 32091

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"PEACE" IN THE WORLD'S GREAT RELIGIONS

- Sikhism: "Only in the Name of the Lord do we find our PEACE."  
Confucianism: "Seek to be in harmony with all your neighbors - live in PEACE  
wwith your brethern."  
Hinduism: "Without meditation, where is PEACE? Without PEACE where is happiness?  
Jainism: "All men should live in PEACE with their fellows. This is the Lord's  
desire."  
Zoroastrianism: "I will sacrifice to PEACE, where breath is friendly."  
Shinto: "Let the world be free from trouble and men live at PEACE under the  
protection of the Divine."  
Judaism: "When a man's ways please the Lord he maketh even his enemies to be at  
PEACE with him."  
Christianity: "Blessed are the PEACEMAKERS, for they shall be called the  
children of God."  
Baha'i: "War is death while PEACE is life."  
Buddhism: "There is no happiness greater than PEACE."  
Taoism: "The wise esteem PEACE and quiet above all else."  
Islam: "God will guide man to PEACE. If they will heed Him He will lead them  
from the darkness of war to the light of PEACE."

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