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JANUARY, 1952

The Harbinger of Light

Everyman's Digest
of
Psychic Science, Healing
and
Spiritual Philosophy

•
Edited by
Rev. J. T. Huston, N.D.

LEADING FEATURES

A Happy New Year
Injustice of an Uncharitable Spirit
What Is the Aura?
Barriers to Spirit Communication
Spirit Control
Laws Governing Healing

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THE Harbinger of Light

A MONTHLY DIGEST DEVOTED TO

Psychical Research, Spiritualism, Progressive Thought,
and Spiritual Philosophy

Founded 1870

Box 64A, G.P.O.

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A HAPPY NEW YEAR

To every reader of "The Harbinger of Light"
and their friends we wish

A HAPPY 1952 AND ONE FULL
OF BLESSING

The sentiment is trite and doubtless has been expressed many a million times since ever New Years were invented. But, if the wish is father to the thought there may arise the desire to translate the thought into action and so to ensure the happiness the wish expresses. So let us take no heed as to the sentiment being trite and stale, but, by our sincerity, give it freshness and vigour, and strive for the collective happiness of us all.

Collectively, our happiness can be assured by our co-operation in striving for another year to spread abroad the Brotherhood of Man and the truth of survival through the pages of "The Harbinger of Light." In this respect the statement that "Faith without works is dead" is pertinent. A continuance of your subscription for yourself and a friend, and also of your generous donation will do its part in the glorious work to which we all have been called.

"LAYING A GHOST"

An Interesting Experience

By Edith Clements

This will no doubt be an interesting record, as there appears to exist doubts as to whether "ghost disturbances" are illusions, imaginations, and so on. There are people who call themselves strong-minded, who have no knowledge of what fear can be, and who, as a result, will be inclined to mock or jeer when any reference is made to a house said to be "haunted." One is usually told by them that there is no such thing as a "ghost" or "haunted house."

On the other hand, there are people who, being on the look-out for sensation, or a thrill, or publicity, will advertise for a "house with a ghost." That this is true causes me to write this story, as it seems to me that Mr. Will Goldston has lost an excellent chance of securing a real old-fashioned Mill House with ghost complete. At present he would be too late, for a visit has been paid for the purpose of finding out "who the ghost was" and "why he was disturbing," and having found out the reason the old Mill House is now quiet and peaceful, and is not for sale.

It happened like this: I received a letter from the owner of the Mill (who has recently come into contact with Spiritualism). He had heard the story of how we had investigated "haunted houses and cleared them," and as a result we could assist him in his trouble.

It appears he bought the Mill House about six years ago. It was then in a terribly dilapidated condition, but by spending a lot of money upon it he made it habitable. He strengthened the old beams, reconstructed the old fireplaces, pulled down some old lofts, and had an extra wing added, constructed in quite the modern style, which contrasted greatly to the old world picturesque beauty of the Mill House. But after it was all finished

noises and disturbances manifested. Maids used to complain of footsteps walking in their rooms, noises seemed to follow them, and their sleep was disturbed. The owner confessed himself to never having had a real undisturbed sleep. He also complained of an "atmosphere which seemed charged with something unexplainable." No maid would remain in his service, until at last he secured a German servant who apparently "will not be scared by the ghost," or who is not "affected," for she remains as the only servant, and undertakes the part of housekeeper to her bachelor master.

But the disturbances went on, until steps were taken to find out if there was a psychic reason for the ghostly manifestations. The day arrived when we went to investigate. We were accompanied by the owner of the Mill and two friends. We were shown into a large room on the ground floor, beautifully furnished in modern furniture, and called the drawing-room. Immediately I "felt" myself become a crotchety "old man" and commenced grumbling about pulling the place about, and "messing with the fireplaces," etc. My host agreed this was what he had done (we knew nothing of his alterations or additions until we received it from the old man.

We followed our host, and upon arriving at the top of the staircase became aware of a terrible feeling around our throat, and looking up saw or "sensed" a form hanging from a rope tied round a beam.

My host assured me no beams had ever been over this staircase. However, my sensations persisted, and I knew there must be another staircase nearby which had had beams across. It was true. We came to the staircase which used to lead up to the lofts, which had strong oak beams across, but now the lofts had been pulled down, and the new wing added in its place. It was behind all these rooms the disturbances came. My host's

room was situated here, so we decided to hold our seance there.

Prior to "sitting" we were told help would be given to the old man to manifest as he was earth-bound to his conditions, and from which he could not (or would not) break away from. Presently he manifested, and it was with some difficulty that he was made to understand just where he was. He was undoubtedly the original owner of the Mill, who in a fit of depression had hanged himself in the old loft many, many years before. He was still haunting his old home, and naturally very resentful of the alterations and new owners, and was trying to succeed in making the atmosphere anything but pleasant for those he could form contact with.

But he was put right in his difficulty. Explanations were given to him regarding what he had done. He was advised to start a new life and forget his physical sufferings. The result is that the disturbances have ceased, and the owner admits that the "air" seems clearer than ever before, and agrees that he is grateful to a Spiritualist for coming to his assistance and making his house quiet and restful.

Yes, ghosts are real. Houses are "haunted," but they are not always the "evil spirits" our opponents are fond of gibing about. There are many sad scenes to be witnessed when one undertakes to "lay ghosts," and we are not paid the fabulous sums of money offered to purchase a "house with a ghost." This work is usually unknown to critics of Spiritualism, but to the Spiritualist it brings an added joy in understanding, for experiences such as this give knowledge, and knowledge is power.

To bravely bear our cross on Life's rough way may involve tribulation, but will result in sanctification and salvation.

WHAT IS THE AURA?

Reprinted from "Psychic News"

James M. McLintock, Publicity Officer of the Association of Psychic Research Societies, discusses here the work of Dr. Kilner and others into the function and mechanics of the aura.

Scientists are, through experiment, being forced to admit that there is a magnetic atmosphere surrounding every human being. This atmosphere can be graphed and traced by high frequency electrical apparatus. Mr. Stavelly Bulford has such an apparatus at the Brighton Psychical Research Association that all interested can see.

Whether this magnetic atmosphere is the "Aura" so much written about by theosophists, occultists, and clairvoyants, scientists have not yet decided. Many experiments in physiological laboratories in the Continent seem not only to prove the existence of this magnetic atmosphere, but are going further and pointing to the fact of a magic counterpart or double which can be separated from the physical body. In psychic literature the "aura" plays a very prominent part. The majority of clairvoyants and mediums assure us that the "aura" is a fact and it surrounds every human being.

Dr. Walter J. Kilner, in his book, "The Human Atmosphere," describes very methodically his experiments with his now famous Kilner screens.

Dr. Kilner was the first to approach the study of the "aura" from a scientific angle, and no one so far has improved on his careful analysis of the aura and its component parts.

As these screens are unobtainable at the present time, it might be of interest to describe them. They are comprised of thin flat glass cells containing dyes in alcohol of various colours. These dyes are usually dicyanin because they suit the purpose best. The method of using these screens is to look first through a dark screen at the light, then through a pale screen, and then at the object.

This appears to affect the eyes, so that after a time the aura begins to show. It is, of course, necessary to have a dark background and to have a diffused light over the observer's shoulder, and only sufficient to show up the subject under observation.

Dr. Kilner claims that his method can be employed by anyone and no clairvoyant power is necessary. This is a debatable point, for other scientists have experimented with Kilner screens to find out if they could get similar results, and have had no success. Hence they have turned away from this in derision.

This is a pity, for had Kilner not made such emphatic claims these scientists might have been induced to carry on their investigation with "sensitives." Allowing for the fact that some people are more sensitive than others to the effect of these screens, they could have picked the most amenable and could have arrived at worth-while results. There is great need for experiment in this direction, for there is so much we can learn from our investigations into the aura. Official science shuts its eyes to the possibilities behind the auric field and everything that lies behind the human aura and what it can tell us.

Though attempts are being made to photograph the aura, so far no one has succeeded. But the possibilities of being able to do this in the near future are much brighter than they have ever been, thanks to new inventions and new electrical apparatus. Also to new methods in photographic technique. If we can photograph the aura, then we will extend the field of investigation into auric emanations, and open up new possibilities in helping us to assess psychological differences in human beings.

But what are the impressions of those mediums and sensitives who say they have seen and who can see the human aura? To see the aura around a human being is a unique experience and not all

mediums have this gift. Arthur Wilkinson, of West London, tells me he has this gift, and has demonstrated it for over forty years. His observations are therefore worth considering. He says: "The human aura is ovoid always. It must be psychically discerned, and only very rarely can the normal eye see the aura. It is in three parts, and these merge and blend after the fashion of a rainbow. The hues are usually very delicate and rarely of a heavy or distinct colour." He goes on to describe the physical, mental, and the spiritual parts of this aura and what the different shadings or dimness indicate. From this he says he is able to tell the physical or health condition of the person concerned, the mental and emotional qualities, and the gifts and talents, etc.

How an artist sees this aura is demonstrated by Mr. Samuel Martin, the psychic artist, who has sent me a painting of a "guide" drawn by psychic inspiration from my signature. This portrait shows very clearly the aura and its colouring, and it is very interesting, as a pictorial representation of what the aura may look like. The artists of old, in depicting the saints, always drew a "halo" around their subjects. Perhaps they were psychically gifted and the "halo" was the only part of the aura they could describe or depict in their paintings that could be understood. The artist's eye is trained to see the most delicate of shades and colours and it is difficult to determine where physical vision ends and psychic vision begins. Perhaps we may be nearer to the truth when we say that all inspiration has a psychic source. According to many readers who sent in their experiences of seeing the aura conditions, atmosphere and background seem to play important parts.

In many cases some sort of aid was necessary, whether it was Kilner screens, Kilner spectacles, or a dark background with subdued lights. And in most examples the vision was spontaneous and

unpremeditated. An example of this is given by Mrs. M., of Wallington, Surrey, who describes seeing the auras around the heads and bodies of the singers at an opera while the stage was covered by a dark background. She says that these auras were remarkably beautiful, resembling the colours of the rainbow and blending one into the other and approximately one and a half to two feet outside the whole body.

Those who can consciously see the aura at will are few and far between. There are a few who claim this power, and it will be with their co-operation that any future research into this will prove fruitful. There is great need for research, to establish the fact that there is an aura surrounding every human being. The most interesting of all the examples sent me of seeing the aura comes from Mrs. Dorothy Taylor, of Barnes. Five years ago she lost her sight. Doctors, specialists, and hospitals pronounced her eyes incurable. Three or four months after losing her vision certain things occurred which puzzled her, for she had no knowledge of psychic things. Gradually her sight began to come back to her, and to-day, though it is not fully restored, it is about seventy-five per cent. of its original power. With its restoration has come also the ability to see auras around people, houses, pictures, furniture, animals, cats and insects, etc., in fact, if she concentrates she can see the aura around everything. Of the auras of people, she says that they differ enormously with each person. Some are large, some small, some dense, some clear as if a light were behind them. In some the colours waver around and change position, in others the colours seem to stay put. The colours are sometimes in short wavy lines about three-quarters to one inch wide very close together, or else wide apart in varying lengths.

To those who are interested in the electronic super-ray machine, it has been reported that experiments carried out in conjunction with Kilner screens have produced visible emanations. Different colours on various tunings have been detected, and these were seen radiating in cylindrical form. The radiations were seen in good light. Investigation into the existence of the human aura opens up a vast field of research. If we can prove that each individual has his or her own aura, with its particular shape, colouring, and size, we can set about analysing this and find out much concerning the mystery of man's physiological, psychological, and spiritual make-up.

Perhaps this may give us the key to many of the problems which confront medical and welfare authorities — why some people should be misfits, mentally unstable, criminally inclined, and in some cases mentally and morally undeveloped. To understand man's behaviour and why he acts in a certain way we must see beyond his physical body to the invisible part of him clearly shown in his aura. The great psychologists of the future will be seers who can interpret the aura.

PASSING THOUGHTS

Dr. T. L. Nichols, M.D., F.A.S., author of "Esoteric Anthropology": "I have in my possession direct writings and drawings, done under absolute test conditions by departed spirits, with whose handwriting I am familiar as with my own."

Meditation may transform a passing thought into a fixed idea.

Our first line of moral defence should be to prevent the invasion of evil thoughts.

A belief in the Ministry of Angels comforts, strengthens, and purifies the soul.

Invest all your faith in God, and then your spiritual wealth is assured.

LOCKS COULDN'T HOLD IT!

By Mrs. H. A. Young

My sister Jo was visiting me, and as we talked we promised that whichever of us passed over first would come back to let the other know that she was alive and happy.

Christmas of 1950 was a strange one for us, as we received both Christmas and sympathy cards, for my sister had passed away suddenly while visiting friends. The coroner gave me her jewellery, which was a diamond ring, wrist watch, necklace, and earrings to match. After the funeral my sister Ann and I were going through Jo's trunk and came upon a box of jewellery. We put all the jewellery together in the box, and I put the envelope I had received from the coroner, containing the jewellery my sister had worn at the time of her death, into the box with the rest of the pieces. We placed the box with the jewellery in the bottom of the trunk, packing the other things on top, and locking the trunk securely.

Six weeks after the funeral I went to Minneapolis to visit Ann, and attended some seances. The day after arriving I was dressed to attend a seance, and discovered that I had forgotten to put my earrings on. I went back to my room to get them, and found an envelope in my travelling bag which I knew had not been there before. I opened the envelope, and to my great surprise, found the jewellery which my sister had worn, and which the coroner had given me, and which we had locked securely into the trunk weeks before.

That evening at the seance I told my sister what a surprise I had had. She broke in by saying, "I know you did, and it took many of us to bring that jewellery to you. I want you to keep it for yourself in memory of me. That is why we put it in your travelling bag." My sister Ann, whom I was visiting, does not believe in life after death or in spirits, but to me this was the promised proof that Jo was alive and happy in her new life.

SPIRIT CONTROLS

How to Ensure the Best

Editorial, "The Two Worlds"

In the early days of our movement, when the pioneers were laying the foundations of Spiritualism, they were inspired and guided by the spirit people.

Swedenborg, the St. John of Spiritualism, was one of the architects of the early Spiritualism. He had been given, whilst on earth during the eighteenth century, a great revelation of spiritual truth, and had been spirit-inspired and guided. In addition, he had visited the Spirit World many times and had gained a new conception of man's spiritual nature and destiny. His words fell upon deaf ears in those days because society had not yet evolved to the stage when the people were prepared to accept the new teaching. Industrialism and the Christian dogmas had to reach a crisis of contradictions arising from the world situation and the advance of science and education, before the masses were ready to demand a new spiritual leadership.

When the Industrial Revolution began to rise in the nineteenth century the time was ripe to lay the foundations of the new dispensation. Swedenborg and others, now advanced in wisdom from experience of both worlds, spoke and wrote their philosophical doctrines through the mediums who appeared after the Hydesville outburst of spirit power. Our pioneers were sincere and unselfish in their work for the cause. High ideals and motives dominated every thought and deed. They did not spare themselves, and so they attracted only the highest type of spirit guidance and inspiration. Those early workers consisted mostly of the better types of the new working class which had arisen. The rich upper classes, with very few exceptions, kept aloof or attacked the new movement, the lower classes jeered vulgarly. One had indeed to

be a martyr to propagate Spiritualism in those days.

To-day, a hundred years later, we are benefiting from their work, though very few indeed fully appreciate to what an enormous extent they are indebted to the pioneers, because no organized attempt is made to keep their names and deeds before the movement. The pyramid of the present phase of Spiritualism has been completed; the last stone of our epoch having been placed upon its peak legal recognition by the State. Spiritualism has become popular. People are no longer afraid to mention or infer, even on the B.B.C., that they are interested in psychical phenomena. Thousands are investigating Spiritualism and there is a corresponding influx and growing interest among those who have already passed to the other side. New mediums are arising and new spirit guides, inspirers, and controls are manifesting, but unfortunately there is a tendency among the new mediums to rush their psychic development. Worse still, many of them ignore the importance of education and spiritual development. Consequently, before they are ready to give of the highest, they tend to allow "familiar spirits" who have become attached to them to become permanently established, and who are not always suitable for the tasks which lie ahead in public work.

Knowing full well that there are all sorts of spirits, wise and ignorant, good and bad, in the astral planes, some mediums in their anxiety to do public work accept undeveloped spirit controls who do our movement more harm than good. Some of them come to grief at an early date and become bitterly disappointed with the spirit people in general and abandon their tasks. Some tend to be commercially minded and don't care. They make no attempt at a "standard of truth at all costs," and "fit in" when their messages fail to produce evidence. Spirit guidance, it must be realized, can

be good, evil, or just poor. How can a medium guarantee that he or she will attract a spirit control that is trustworthy, capable, educated, and of high principles? The best way to ensure the interest and co-operation of the highest types of spirit inspirers and controls is to remember that like attracts like on the other side, and between the two worlds, just as they do on Earth.

According to your ability and your spiritual qualities so will you attract from the other side. Your plan of action is obvious therefore. If you wish to render the highest possible service to the movement, then you must be **worthy** of the highest possible spirit guidance. Every medium possesses latent powers, intellectual as well as psychical, and therefore according to the degree to which the medium develops those powers so will her work progress. Parallel, then, with psychic development, which should be proceeded with patiently over a long period, there must also be a period of education, so that as time goes on higher controls will supersede lower ones. How can an ignorant medium hope to be a suitable channel for the philosophy of advanced spirits? Unless the channel is suitably prepared then Spiritualism must suffer, for intelligent people will refrain from attending our churches.

WANTED

To Form a Healing Centre

A Spiritualist healer in Sydney is willing to form a healing centre, and to give a few hours every week to this Work of Love.

He is willing to do this for the love of the work and will arrange a meeting if particulars of the kind of work done, if any, is sent to The Healer, Box 995, G.P.O., Sydney (Advt.).

SPIRIT-MESSAGES

By D. E. Haines

In "Spiritual Vision"

Have you ever at a private sitting, I wonder, received exactly the messages you hoped for? Then if you have, you are unique. Of course, that is not to say that all our private sittings are disappointing, for I trust that you, as I sometimes at such a sitting have received messages which have both delighted and stirred us deeply. Nevertheless, messages that we anticipate are rare, and I feel sure that you, as I, have often wondered why it is, seeing that Spirit, we believe, can so easily read our thoughts.

During my father's sojourn in the spheres near earth it has been my privilege to have many enlightening talks with him which have educated me spiritually, and have helped me to answer many questions which previously had puzzled me. Whilst it would not be wise to broadcast all the information thus received, there is much that can be told for the benefit of new-comers into the faith of Spirit-communion, and I believe that this question I have asked at the beginning of this article is one about which some discussion would be helpful.

We may be quite sure that at our prearranged private sittings and even at spontaneous opportunities, Spirit have messages to give us, and are making every effort to deliver their messages. Now most of us, being very human, go to a sitting desiring one or more of three things, (1) a message from a specially beloved; (2) clear-cut evidence; (3) guidance in our affairs. At the sitting normally there are several kinds of communications: (1) messages from guides; (2) messages from relations; (3) attempts to communicate from persons we cannot place; (4) guidance.

Are you, I wonder, a sitter who, hoping to get a personal message, find invariably that the bulk of

the time is taken by guides? Then either you are a worker for Spirit, or else Spirit are doing their best to make you one. In either case the Spirit guides take precedence over any friend in spirit who desires to make a love-contact. The friend fully realizes the importance of the guides' work and naturally (or spiritually) stands back in the presence of these more exalted beings. Does the child prattle with his friend in the presence of his respected teacher when his respected teacher is giving that friend special tuition?

But even then an opportunity for less exalted contact is normally given. Why, this being so, do spirit beings of whom we know little and in whom we can only assume a polite interest monopolize the channel of communication? Again, we must remember that the opportunity to commune is not always open to a spirit-friend. When a loved one has been in spirit some time, they desire to pass beyond the pleasures of the summerland to planes where they may advance their knowledge of spirit-life. The summerland is like a great spirit holiday camp. The strenuous life of earth is done and the soul wants to relax, to think about earth-life, and see the meaning of it all; and this can best be done in a state that is near to the physical state. By nearness I mean likeness; and that likeness is evidenced by the way the lower spheres interpenetrate the earth. Also our "departed" friends still preserve a very live interest in those they love on earth, and to maintain this interest they must be able to follow the human lives with all its minutiae of detail. Not that they necessarily are aware of every detail but they are definitely aware of the result in the state of the human soul.

It is obvious that if years have passed without seeking communion with a beloved that when we do come to a sitting that one may be far from the state where communion is relatively an easy matter. You must not think that the progressed soul

is entirely unaware of earth-life and has no interest whatsoever in your sitting. It is more than likely that a message from them will be given, brought to you by a sympathetic guide, because this will also strengthen the guide's contact. But it will be a spiritual message concerned with your spiritual welfare and may completely ignore a major problem in your life unless your guides are wishful to influence your mind in regard to that problem.

At some of the sittings I have attended I have been puzzled for weeks afterwards because the thing about which I was longing and naturally expecting something to be said, was completely ignored, and yet I felt assured of the genuineness of my contact with the one in spirit communicating. In addition to the reason I have just given there is another: the guides who have our highest spiritual welfare in their charge know that we must develop our characters, and if they are leading us toward crossroads where we must make for the good of our soul, a definite choice, they will be silent, and enjoin silence upon our spirit-friends concerning our decision so that we make our choice entirely unaided, and thus come to some maturity of judgment. But what if we choose wrongly? Why, then we must learn by the "wrong" results and the future disappointment and sorrow we shall inevitably know, how to choose next time the wheel of opportunity swings round.

Very often it is one who loves us deeply who is permitted to work with us, and this opportunity of service may be given to them immediately, or shortly after passing into spirit, or after quite a long sojourn in the spirit-life. Then of course, that one will give us messages on any and every occasion. It is safe to say that since my father has been in spirit I have never had a sitting or a spirit-message through a medium without his hav-

ing participated, and usually he has "come through" in a very striking and evidential way. His character was so strongly formed, that one could never fail to recognize it and mediums have never erred in describing him. The description of the spirit one can be different from that of the human memory.

But another very good reason for disappointment is sufficient lack of preparation, both by the medium and by the sitter. We must remember that in our daily walks of life, both mediums and sitters are constantly linking with spirit. I have read books which deny the presence of earth-bound spirits; but whatever terms we use to the non-aspiring, we know that the proportions on earth who have no interest in spiritual things must be outnumbered considerably in the lower spirit spheres where there are not only those recently passed over, but many who have lingered there for lack of progress.

There is a very good reason for the advice of Paul to avoid the company of sinners: it is not only their influence upon you that counts but you may easily detract from them one of a company of near-earth humans who finds in you something akin to that self. I am certain that most cinemas abound with unprogressed spirits, and when a piece of low moral standard is shown then in the reactions among the viewers are such spirits drawn into their environment. If you make a habit of visiting such places watch carefully and see whether your spiritual aspirations do not wane and your outlook worlden after a film of doubtful status.

Probably mediums and sensitives are more vulnerable to these influences but I suspect that only the "case-hardened" and God forbid that that term should apply to any spiritual soul, are immune.

If then we have not prepared spiritually for a sitting and tuned into the Highest, and if we have foregathered with all sorts and conditions of men

then attendant spirits not necessarily depraved but certainly not progressed may accompany us to the sitting and try to commune. If our mind is definitely set upon receiving a certain message from certain people that message thought will be written large in our aura and spirit to gain admittance may feign to be that one and win favour by hinting at the message you are set upon. This contingency would never arise if one opened in prayer and came to the sitting in a spiritual vibration. It is then that we make the highest contacts and our loved ones who come are themselves spiritually blessed.

Sometimes our spirit-friends may encourage someone who knows us to communicate because it will help them. Remember that, when some distant relation or person in whom you have no interest is described to you and give them a very positive blessing and welcome to help them on their upward way. A sitting is a very important event and we should never go without much preparation.

BARRIERS TO COMMUNICATION

By Wm. Redmond

Over-concentration or preoccupation with grief, separately or together, could easily inhibit the production of spirit communications.

Grief is a futile and selfish thing. It would not bring back the mourner's loved ones into the body, and could not be said to pay dividends of any kind. Spiritualism's aim was to help the mourner to grieve no longer (through a selfish desire to possess those who had gone before).

Grief is like a fog, and sets up a barrier. Think of them, not with soul-destroying grief, but with love and happiness. Harmony through love is the only thing that joins you together.

Many people, hoping to receive a message, concentrated so hard as to defeat their own object.

CHRISTMAS DAY HISTORY

By Mary Elsnau

Rt. 3, Box 16, Marysville, California, U.S.A.

At Christmas time how many consider the birth of Christ and the reason for His coming, i.e., that we may be saved through Him? How many try to live a life to please Him, rather than pleasing a friend through the purchase of a costly gift? How many give a thought to the tree which is ever-green, meaning life everlasting? How many know that December 22 was celebrated as the birth of a God ages before the time of Jesus? And even before this early time, December 22, the shortest day of the year, was held in awe by early people. For this day they feared that the sun was entirely leaving the earth, so they prayed to the Sun to return to them, bringing back again the comforting light and warmth. When the days lengthened, they believed their prayers had been answered. Later, in answer to the people's entreaty, a God was born on this day.

Mithras was the Sun God of the Persians. The Zend-Avesta, their Bible, mentions him as the "Mighty hero, the rapid runner, whose piercing eye embraces all, whose arm bears the club for the destruction of the Darood (devil)." The piercing eye is the all-seeing eye of Osiris, the God of ancient Egypt, and of the Masonic Order of to-day and is also shown on our dollar bill. Thus symbolism lives and can be read by all ages and nations, but only by those who take time to read.

Mithras was fabled to have been born in a grotto or cave at the Winter Solstice (December 22). His feasts were celebrated at the moment when the sun commenced to return northward and to increase the length of the days. This was the great Feast of the Magian religion. The Roman calendar, published in the time of Constantine, the first Christian Emperor of Rome, in the fourth century of our era, fixed his feast day on the twenty-fifth day of December.

To Mithras, gold, incense, and myrrh were consecrated. His statues and images were inscribed, Deo Soli Invicto Mithrae . . . to the invincible Sun-God, Mithras. Jesus was often represented as being born in a grotto, and in early Christian times was called the True Sun. In time His name replaced that of Mithras.

In our mad scramble to buy presents up to the last minute, how many give a thought to holy contemplation on Christmas Day?

"Remember what they gave us last year!" you hear on all sides. "We'll have to give them something special this year," and the shopping spree is on.

To give sincerely from the heart is the meaning of the gifts of incense and myrrh, not commercial giving as we are prone to do to-day. We fear censure and that others will give us something even better than we have selected for them, so we go over our heels in debt to out-do the other. If we have reason to believe that no presents will be forthcoming from certain people, we cross them off our list too. This is decidedly not the Christmas spirit.

THANK YOU

The Editor desires to express his sincere thanks for the gifts and good wishes sent to him as tokens of fellowship and goodwill.

He especially appreciates the generous tributes to the matter contained in "The Harbinger of Light," and that it has brought comfort and understanding to some of its readers.

We cannot all be leaders of men, but we can all be followers of Christ.

Hasty marriages are seldom happy ones. An unhappy marriage is the greatest calamity that can befall two lives.

UNSEEN HANDS

By Kathryn Kuhn

This incident happened one summer when I was in my early teens. Several boys and girls had gone for a picnic to a popular resort on the outskirts of this city. After we had eaten lunch, each couple agreed to do whatever they liked. There were facilities for hiking, canoeing, or theatre. I had always wanted to hike the Indian trail, so my friend and I started out. The beginning of the trail led south through a wooded section. At the end of that path, we could have made a short cut, by going up an almost perpendicular bank, but we went instead by the path which continued around and up the hill. Just before we arrived at the top, it became very cloudy, and being in thick woods made it seem even darker and more threatening. I was very frightened of storms, and decided to cut down the hill and rejoin the others. At a certain point we had to jump down to a mossy ledge which formed a mossy ledge around a large tree.

In jumping, my friend's watch dropped out of his shirt pocket. We searched for some time, but could not find it. My friend felt very badly for the watch had been a gift from his grandfather who had passed on.

The next morning I went back to the glen, and climbed up that hill by the aid of brush and small trees. Again I searched but could not find the watch. In desperation I knelt down and prayed that if it was the Lord's will, that I might find the watch, not for myself but for the friend who treasured it. If two human hands had taken hold of my head and turned it to one side and down, it could not have been more real, for there, at my knee, sticking out of the moss, was the stem of the watch. Before I touched it I gave thanks. The watch was unharmed. I know that had I not prayed, the watch would not have been recovered, and never will I forget the touch of those blessed Unseen hands!

THE INJUSTICE OF UNCHARITABLE SPIRIT

Are you willing to sign your name to the story you are about to repeat regarding your neighbour? Would you go into court and swear to it? No? Well, you had better not repeat it then. It may harm your neighbour's reputation. The story may be false. You may then have explanations to make. You may also be sure that you will be put down as a gossip and as a busybody. You will not be trusted. It is best not to repeat stories about people. Never repeat any story unless you know it is one hundred per cent. true.

A suspicious, uncharitable spirit is only inconsistent with all social virtue and happiness, but it is also, in itself, unreasonable and unjust. In order to form sound opinions concerning characters and actions, two things are especially requisite, information and impartiality. But such as are most forward to decide favourably, are commonly destitute of both.

Instead of possessing or even requiring, full information, the grounds on which they proceed are frequently the most slight and frivolous. A tale, perhaps, which the idle have invented, the inquisitive have listened to, and the credulous have propagated; or a real incident which rumour, in carrying it along, has exaggerated and disguised, supplies them with materials of confident assertion, and decisive judgment.

From an action they look into the heart and infer the motive. This supposed motive they conclude to be the ruling principle; and pronounce at once concerning the whole character. Nothing can be more contrary both to equity and sound reason, than this precipitate judgment. Any man who attends to what passes within himself, may easily discern what a complicated system the human character is; and what a variety of circumstances must be taken into the account, in order to esti-

mate it truly. No single instance of conduct whatever, is sufficient to determine it.

As from one worthy action, it were credulity, not charity, to conclude a person to be free from all vice; so from one which is censurable, it is perfectly unjust to infer that the author of it is without conscience and without merit. If we knew all the attending circumstances, it might appear in an excusable light; perhaps, under a commendable form. The motives of the actor may have been entirely different from those which we ascribe to him; and we suppose him impelled by bad designs, he may have been prompted by conscience and mistaken principle. It is therefore evident, that no part of the government of temper deserves attention more, than to keep our minds pure from uncharitable prejudices, and open to candour and humanity in judging of others. The worst consequences, both to ourselves and to society, follow from the opposite spirit.

The goal of yesterday we only reach to be lured to a grander view.

First, the natural, afterward the possible.

When will the popular mind be taught that there is no age, except as we permit it to affect us? We should put behind us all the thoughts of a life "here" and a life "there"; there is but one life, and that is eternal. Then, why reckon upon "age" at all?

Our knowledge of law is nothing to us, if we do not place ourselves in harmony with it.

A great many people mistake information for knowledge. What a man most needs is not that he may be possessed of an accumulation of facts, but that he may know where to look for his facts when he wants them.

Our thoughts have a definite effect, for good and ill, on those who come anywhere within our radius.

THE ONLY TRUE RELIGION

By Frank Sloan

Spiritualism is the only true religion in the world. The phenomena of Spiritualism in their entirety constitute a purely scientific proposition. A man may be born into an understanding of the phenomena of Spiritualism without having awakened in him one scintilla of religious aspiration. He may have a knowledge of spirit return and employ that knowledge in the best way possible, or as nearly so as he can, since he obtains that help sometimes from spirit, out beyond, no better than he is.

Your phenomena are important, but they are not the religion of Spiritualism. They are thoroughly scientific and belong to the realm of science, although your religion may rest measurably upon them, as an index pointing to religious living and the religious life.

The question is often asked, and it is frequently asked with a sneer, "If you Spiritualists have such a wonderful religion, why do you not build homes for the needy, as the churches for instance are doing?" This idea is altogether foreign to the real spirit of a spiritual religion. When the Spiritualist's religion is **lived** — and it is the endeavour of all true Spiritualists to live it — when the religion of Spiritualism is lived, there will be no poor for whom to build homes.

With two thousand years behind us of the practice of a false standard of that religion preached by Jesus Christ, it is no wonder that pauperism exists. It does not matter that the Master said, "The poor ye have with ye always," and when ye will, ye may do them good.

If you will look carefully into the original of that statement, you will discover that it did not mean that through all time the poor were to be in the

YOUR BIBLE

By Warren Chandler

In "Chimes"

Our Bible is the most widely read and the most frequently discussed book that has ever been written. In the field of great literature it occupies first place.

Keep your Bible with you always as an anchor. If you do you will find that the road of life will hold few obstacles for you that you cannot overcome. Moreover, you will soon discover that the hours you spend in reading your Bible are the most safe and reliable investments you have ever made.

Abraham Lincoln once said, "I am profitably engaged in reading the Bible. Take all the Book upon reason that you can, and the balance on faith, and you will live and die a better man."

Napoleon when he was banished to the island of St. Helena wrote a superb passage on Bible reading. He said:

"The Gospel is not merely a book — it is a living power — a book surpassing all others. I never omit to read it, and every day with the same pleasure. Nowhere is to be found such a series of beautiful ideas, and admirable moral maxims, which pass before us like the battalions of a celestial army . . . The soul can never go astray with this book for its guide."

And Woodrow Wilson when he was in the White House said, "When you have read the Bible you will know that it is the Word of God, because you will have found in it the key to your own heart, your own happiness and your own duty."

midst of human society. It means this: In whatever direction you go, whether you take this way, that way, this course, or that course, always you will find the poor with you. It was not the teaching of Jesus that the poor and the needy would always be in your midst.

Our Bible has passed through some odd experiences in its travels down to the present day. Centuries ago in a little Austrian village a band of armed raiders descended without warning. Quickly they moved toward one house where they had been told there was a Bible.

As they approached the housewife happened to be baking bread. Seeing them coming through the open kitchen door the quick-thinking lady hastily picked up her Bible, placed it in the middle of a loaf of bread and put it in the hot baking oven. In a matter of minutes the anti-Christian raiders were searching every room in the house but they failed to find the Bible and left in disgust.

When the housewife again opened the oven door and took out the bread the Bible was found to be in perfect condition, unharmed in any way!

Your Bible is designed to meet any of the great crises of your life. When in sorrow read John 14. When friends fail you read Psalm 27. When you are filled with worry read Matt. 6: 19-34. When you are blue and despondent read Psalm 34. When you need more faith read Hebrews 11. If you lack courage read Joshua 1.

And to bring new hope and new faith to a tired heart there is probably no more beautiful promise to be found anywhere than that which appears in Matt. 21: 22. It is a simple and divine truth, exquisitely written for you and for me. It says:

"And all things, whatsoever ye shall ask in prayer, believing, ye shall receive."

Proverbs offers one of the most magnificent collections of moral and religious maxims to be found anywhere.

Ecclesiastes gives us some of the most beautiful meditations on life that were ever written.

And in James we find an elaborate dissertation on the practical applications of Christianity to our daily lives. If we study it closely we will find in it a sublime power for our highest good.

NATURAL AND SPIRITUAL LAWS GOVERNING HEALING

By Dr. Lewis

Control and Guide of Mrs. E. F. Rayner, of the Temple
of the Trinity for Spiritual Healing, London

By Philip Paul

In "The Two Worlds"

"I desire always in my work to keep you well and not to make you well. Bring us the children. We can see what they are inheriting from a line of ancestry and can check it. You must obey the laws of spirit. If you give to spirit, spirit will give to you."

"Even if you only sit in a healing temple, you are surrounded with healing power because the walls are impregnated with it. But I do not believe in using the word 'cure.' I believe in healing. If you change your way of life and go to a place where you do not receive spirit healing your trouble may return. But go for healing with an open mind. Do not expect that you are going to be healed at a touch, because that is left to the very high realms in spirit."

Among questions put to Dr. Lewis after his talk was a query as to why healers themselves became ill. The doctor replied, "A healer often does not know when to give up. He may become overtired through using too much psychic force. Like actors on your earth, he often does not know when he is played out."

Replying to the question, "What is the percentage of successful healing?" Dr. Lewis said, "Very few. But I am talking of the maintenance of condition." To another questioner who asked whether euthanasia was a progressive step, the reply was an emphatic "No." Elucidating this answer, Dr. Lewis said, "Mercy killing would upset the whole of the laws of your society. We must try to be wise in our thinking."

THOUGHTS FOR THE YEAR

Thought is a force for us to make use of as we would use steam or electricity. Thought, therefore, is the connecting link between the will of the spirit in our innermost soul and the outward expression of the soul, namely, the body.

It is thought that builds the body. Thought is food, thought is force, the motive power, by means of which the soul expresses itself in physical form.

Every life is placed exactly where it should be, and is in touch with the environment needed at that hour to unfold itself. When one comes to recognize this, he sees that his life is in his own hands, and that the power of his will is the measure of his ability, that whatever he wills to do that he can do.

Success comes from self, from a corresponding condition of thought and desire. That which one desires to do, or to become, sooner or later, will be achieved.

It is ignorance of law that causes all pain. The perception of law is the beginning of wisdom. Obedience to law is liberty.

The law executes perfect justice everywhere and at all times. Universal law is universal justice. Without law, or without justice, the universe could not exist a day.

The thoughts of a spiritual mind will build up a healthy, strong, and well-nourished body, because it will draw to itself the elements of strength that are in food, air, water, and sunshine.

EMERGENCY FUND

We gratefully acknowledge the following donations to the Emergency Fund:

W.E.A., Mt. Isa, 23/-; St. Mark's (Hyde Park), 21/6; J.H., Lower Hutt, N.Z., 12/-; R.D., Merrilands, 7/6; M.R., Cartrey, 7/6; G.C., Rosebud, 7/6; B.E.P., Yeppoon, 5/-; Mrs. V., Wellington, 2/6.

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