

MAZDAZNAN



A TRANSCENDENTAL
PHILOSOPHY
OF LIFE

1960

FEBRUARY

25 CENTS

Wherefore

Be Ye

as PERFECT

as your Father

in Heaven

IS PERFECT!

MAZDAZNAN

Transcendentalism:—Is that which transcends—rises above mundane concerns.

Monthly Publication of the Mazdaznan Association, a non-conformist institution promoting the self-attainment of MAN. Printed by the MAZDAZNAN PRESS, 1159 S. Norton Ave., Los Angeles 19, California, U. S. A. Copyright 1960 by MAZDAZNAN PRESS.

Annual Subscription price \$2.95.

The contents of this publication were written by the Rev. Dr. Otoman Zar-Adusht Hanish, except signed contributions.

Second-Class Postage Paid at Los Angeles, California.

Four Per Cent Sales Tax except on Magazine Subscriptions and out of State mailing.

Volume 59, February, 1960, Number 2

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Memorial Tributes

The Chain of Relation, Celestial and Terrestrial.

FROM time immemorial the lineage of family life was held sacred. Whenever universal souls from celestial realms incarnated upon this earth there was cause for rejoicing. Such a conscious soul and spirit was our late departed Associate, Mother Superior Gloria Gasque. Having completed her life cycle at the dawn of a new age, she realized that her work was finished and so she "folded her tent and silently stole away." The human touch of an ever-helping hand will be missed by many but the memory of her ever-active life filled with beneficent deeds of kindness will ever be a heart-warming experience to all who came within the aura of her magnetic personality. She was richly endowed with gifts and talents, especially of an executive nature. It was her constant desire to further the cultural arts in all fields of endeavor. Being of an aspiring nature in search of Truth, she travelled to many lands, wherever man in his evolution toward final understanding unto a perfect life on earth had recourse to the wisdom of the ages. To her ever-searching mind life was eternal progression, whether upon this planet or upon other spheres within the universal space.

The memory of her exemplary life will linger on and on in the hearts and minds of all who knew, admired and loved her.

While incarnating upon this terrestrial earth we are pilgrims, here for a time of well-doing, or fulfilling a high purpose and destiny. Having realized this fact and having accomplished her part in life, Mother Superior Gloria felt the weakening of her life-thread and often referred to the song: "I am a pilgrim, I am a stranger, I can tarry but a day."

With the loss of her physical presence, a strong link in the chain of Mazdaznan Association is broken. Her freed Spirit has escaped from its house of clay to ascend and join the Immortals of heavenly domains.

"Thus I would ascend from earth into heaven,
And be remembered by what I have done!"

—*Ruth-Con Hilton,*
Los Angeles, California

We are thankful for eyes that enable us to behold the greater possibilities of life, revealing the coming of the glorious days leading to the Mount of Transfiguration.

* * * * *

*A Tribute To Mother Superior Gloria Gasque of the
Mazdaznan Movement, who passed from earth
into Heaven, December Twenty-third, 1959.*

WHAT appears as death from this earthly side is seen on the invisible side as the birth into that richer life which from the beginning has always been the soul's true destiny.

“We must not say, that those are dead
Who pass away from this our world of flesh:
We know them living unto Thee!”

We turn back the pages of earth life to recall the life that has sped away and we think of the present and future without the great power and energy which the mind of Mother Superior Gloria created wherever she went. We could not think of this power as ever ending, for there was always present her extended vision of courage and high hope. This will live on to perpetuate the memory of her good deeds so generously given to help and promote causes for good.

The inevitable comes to all. The origin, purpose and destiny of this life is a part of Life Eternal. It is to be ever victorious. According to the universal law, we reap whatever in life we have sown. We are to realize the at-one-ment of the finite with the In-

finite, the personal and impersonal man united with God. The bodily form is withdrawn from view but the continuing presence of the Spirit is felt in the Holy Communion of those who are at-one with Good Thought, Good Word, Good Deed.

The encircling gloom is lifted by the recognition of the bright and shining Light which Mother Superior Gloria shed while embodied upon the earth. Thus, be it in Heaven where all is wisdom, love and light in God's great universal planes of service!

We join all those who appreciate, honor and respect her noble life, a gift of God to humanity all over the earth wherever her Spirit of service led her. For her supreme devotion to Mazdaznan and the upholding of its founder in the Western world, the Reverend Doctor Otoman Z. Hanish, the life of Mother Superior Gloria will be remembered by what she had done.

—*Ruth E. L. Fesmire,*
Philadelphia, Pennsylvania

Zurich, Switzerland:

A Remembrance Service was dedicated to the fond Memory of Mother Superior Gloria Gasque. The Program included a Eulogy by Mother Elizabeth Ecker-Lauer and a Concert by Julian von Karolyi.

—*Theodor Bansi, Associates and Friends.*

Amsterdam Z, Holland:

To Our Dear Friends united in Mazda:

THE Sypkens Family and Associates extend their expression of Sympathy in the loss here on Terra Firma of our Beloved Mother Superior Gloria Gasque.

—*Mr. and Mrs. C. Sypkens,*
Moreelsestraat 8.

* * * * *

London, England:

GREETINGS of Peace to all Friends at Los Angeles! I am sure you will be kind enough to pass on to all our friends my most sincere condolence and deep sorrow in the unexpected passing of our dear Mother Superior Gloria Gasque. I am pleased to hear that the close members of her own family were at her bedside to help in comforting her during her last illness. Mother Superior Gloria will certainly be remembered in lasting appreciation of her love and marvellous energy given during the major portion of her life on behalf of the Mazdaznan message in England and in Europe, and by all who have worked with her in many parts of the world.

—*Cyrus Hayes,*
Associates and Friends

In Memoriam

S AVIOURS have come and Saviours have gone. So has our Mother Superior Gloria, the "Universal Mother," A World Figure, after having accomplished her Mission on Earth, after "turning the deserts into a Paradise," after bringing joy to thousands of human hearts all over the world, after shedding the Light of her Selfless Love and Devotion to brighten the path of Seekers after Truth, after having awakened the Divine in the hearts of men and women of Good Thought in this world, after having lighted the Torch of True Understanding as to the meaning of the much-maligned word RELIGION. Her Religion was the Religion of the Heart and not of the Intellect. Mother Superior Gloria lived that Religion in Daily Life. Every day of her Life was a Christmas and a New Year. She did not have to send out gift packets only at the time of the Holy Season. Her gifts were offered in a true Spirit of Love everywhere, all over the world. Mother Superior Gloria "invested in human souls," and it is now up to those individuals to prove worthy of her love for them, for all humanity. Her heart was great, her love was immense, without the thought of Colour, Caste, or Creed.

The Great Work of spreading the Teachings of Truth our Mother Superior Gloria accomplished in the great Land of India during the War Years, is not known to very many in the West, but the people of India adored her and called her MOTHER, the highest term of reverential love in the countries of the East. The Seeds of Good Thought, Good Word, Good Deed sowed by this Great Lady, one of the Greatest Women of our Illustrious Century, have taken root and will give out rare blossoms, for the future generations to enjoy.

One of the Greatest Christians on Earth, who lived the Law of Christianity through her understanding love for all humanity, forgiving freely, saying, "Never mind, they do not know better," has gone from our midst, and has presented herself at the Court of Highest Justice, having fulfilled her Covenant of "reclaiming the Earth, of turning the deserts into a Paradise," and has been gathered into the fold of Saviours and Sages with great rejoicing in Heaven.

God's Beloved Daughter has returned Home, to one of His Brightest Mansions of Light and Radiance, and she is watching over all her children on Earth. Her Beloved and Perfect Family, this Great Lady has left behind as an example, to the whole world,

of right living and right thinking. Thousands will mourn her loss at the time of World Crisis. Who knows! She can help us better from her Abode in the Great Beyond where there is rejoicing at her Home-Coming. We rejoice in her joyous life in the Home of her Father, even though our hearts are heavy at this irreparable loss. She has made her Heaven on this Earth and has carried it with her. Let us rejoice and pay a Tribute to her great Motherly qualities in the words of Rudyard Kipling:

“If I were damned of Body and Soul
I know whose prayers would make me whole.
Mother of Mine, O Mother of Mine.”

Eternal Peace and Joy for all Time to our Beloved
Spiritual MOTHER! Amen!

Your Devoted Serene

“I find light in the virgin eyelids of the dawn,
I find it in the courting of a fawn;
I find light in the modest blush of crescent moon,
I find it in the dash and dart of noon;
I find light in the fringe of clouds or frocks of
bride,
I find light in the tawny tears of parting day,
I find it in the ruddy rose of May,
I find it in the bowing rainbow's tide.”

Herbs, Foods and Their Values

FROM time immemorial, herbs have been used for the flavoring and medication of food; they have medicinal value by assisting to develop potencies, making for easier assimilation. Herbs should be used homeopathically, i.e., in small quantities.

Herbs for culinary purposes fall into three categories: (1) Savories, (2) Aromatics, (3) Spices. A list of those more commonly in use are here given:—

<i>Savories.</i>	<i>Aromatics.</i>	<i>Spices.</i>
Bayleaf.	Aniseed.	Allspice.
Basil.	Cardamon.	Cayenne.
Chives.	Caraway.	Citron.
Garlic.	Celery Seed.	Cinnamon.
Marjoram.	Dill.	Clove.
Mint.	Fennel.	Crocus.
Origanum.	Poppy Seed.	Ginger.
Parsley.	Zedvar.	Mace.
Sage.		Mustard.
Thyme.		Nutmeg.
Yarrow.		Orris root.
		Paprika.
		Saffron.
		Vanilla.
		Violet root.

Vegetables, if cooked, should be seasoned with one or another of the savories, and if raw, as in salads, with one or another of the aromatics.

In order to bring out the medicinal qualities of tropical fruits they should be sprinkled with either cinnamon, clove, mace or nutmeg, which assists in eliminating heat from the system due to the action of the fruit acids; nutmeg for men, cinnamon for women and mace for children.

Common salt (sodium chloride) is an inorganic mineral and when taken to excess it disturbs the balance of the organized elemental content of the cells. It is excreted by the kidneys in the same form in which it is taken into the body and the rate of excretion is governed by the intake. Any excess which remains in the system crystallizes in the joints and tissues, giving rise to many discomforts.

Salt (preferably celery salt) may be used in moderation in connection with boiled, baked, fried or stewed dishes as its harmful effects are to some extent, nullified in any process of cooking. Salt is not necessary in raw foods as they already possess their own natural salts.

It is desirable to use no salt during the Lenten Season and the absolute minimum at any other time. Salt is only needed where food has been grown in soil

denuded of its natural mineral content.

The excessive use of salt makes one warmer in summer and colder in winter and renders the skin dry.

During Lent and the Summer months, powdered orris root should take the place of ordinary table salt; it tones up the stomach, cools the liver, aids the kidneys and ensures a healthy skin. It has the propensity of absorbing mucus.

Powdered orris root made á la French drip will prove an excellent drink and of value to those suffering from kidney and bladder affections.

Wood ashes and egg-shells (powdered) are also beneficial in the Spring and Fall in order to sweeten the stomach; egg-shell contains minerals more highly organized than chalk, lime or clay.

Vanilla used in small quantities is excellent for flavoring as it has a very high potency and is of great medicinal value. The pod is to be preferred inasmuch as the extracts are usually made from coal tar products. Tea may be flavored therewith; it is excellent in cases of palsy and vertigo.

The following list is given as a general guide in the use of herbs for flavoring and medicating foods:—

Asparagus.....mint.
 Artichoke (globe)....bayleaf and clove.
 Beet.....anise or fennel.

Beans.....	bayleaf, sage, thyme or marjoram.
Cabbage (cooked)....	clove or dill and garlic.
Cabbage (raw).....	caraway or mustard seed.
Cauliflower.....	clove or parsley.
Carrot.....	anise.
Cheese.....	caraway, mustard; lemon or lime juice.
Corn (sweet).....	mustard seed.
Corn on Cob.....	bayleaf.
Cucumber.....	cayenne pepper or curry.
Lentil.....	bayleaf, sage, thyme or marjoram.
Macaroni.....	garlic (add to boiling water).
Marrow.....	celery seed, sage or marjoram.
Onion.....	clove.
Parsnip.....	anise or fennel.
Peas.....	mint or marjoram, parsley.
Potato.....	caraway, dill or fennel.
Rice.....	curry powder or celery seed.
Squash.....	celery seed, sage or marjoram.
Spaghetti.....	garlic (add to boiling water).
Tomato.....	basil or thyme; paprika, cayenne.
Turnip.....	caraway, dill or fennel.

Parsley may be used in conjunction with any vegetable; it is invaluable in the case of kidney affections.

N.B.—Whenever necessary powdered herbs or seeds may be put into a muslin bag.

Basic Herbs

<i>Base.</i>	<i>Herb.</i>	<i>Virtues.</i>
Intellectual.	Thyme.	Stimulates the lungs.
Spiritual.	Marjoram.	Stimulates the glands.
Physical.	Sage.	Stimulates the liver.

OUR Blessed Saviour said, "I am the Way, the Truth and the Life." He not only demonstrated perfection in matter but He pointed the way to this perfection—meaning a state of wholeness, completeness. In Mazdaznan the All-inclusive Science and Philosophy we find the ways and means by which an individual may attain, through his own efforts and the exercise of this *science and faith*, to a state of *perfection* on this physical plane. Then an illumined mind and ultimately the consciousness and realization of the soul and spirit at-one with the source of being, the Infinite Intelligence, may be realized. . . . May then this consciousness that "I am—" the beginningless and endless, the realization that "I and Abba are at-one" come to one and all!

O Blessed Thought! O Glorious Thought!
 And O, how sweet it is;
 When in the Presence of our own
 We dwell in Eternal Bliss!

Announcements

Divine Services will be held every Sunday,
11:00 A.M.

Study Classes in "Self-Diagnosis" are held every
Tuesday, 7:45 P.M.

Health and Breath Classes meet each Thursday,
7:45 P.M.

The Second Course of 12 Lessons in "Self-Diagnosis"
is being printed and will be completed in two or
three weeks.

MAZDAZNAN TEMPLE
Los Angeles 19, California

San Francisco, California: Dr. Charlotte Steiner's
"HEALTH AND BREATH CLASSES" are held
each Tuesday at 7:30 P.M.

Divine Service of Song is held the Second Sunday
of Each Month.

Place: WESTERN WOMEN'S CLUB (Room 401),
609 Sutter Street, San Francisco, California.

San Francisco, California: 465 Geary Street, Fifth
Floor Studio. Classes are held on the 1st and 3d
Sundays of the month at 3:00 p.m. Phone OAKland
8-0548.

Oakland, California: 2nd and 4th Fridays at 2:00 p.m.
446 - 37th Street. Phone OAKland 8-0548.

Harmony Course

THIRD LESSON

(Continued From January Magazine)

THE FIRST and requisite need is to test and find out if we thoroughly understand the science of this mode of Harmony Development. We must be familiar with the scale of vowels that are given in this study, the practice must be followed in regular order, just as one would practice the scales of music of instruments. The sounds are so arranged that they affect a vibratory action on the vertebrae, one after the other, just as each note in a scale is a step higher or lower, and skipping around and striking them haphazardly will not produce the harmonic results as are brought about by doing the exercises according to law and order. When we go to the piano we do not want to fish around and find the note or tone of the scale, one here, and another there, and still another somewhere else. We cannot afford to lose and waste our time in that way, moreover, the effect that we would derive through such haphazard fumbling would not and could not be harmonic, in consequence of which the purpose of the practice would be lost. The vowels presented in this study of Harmony are the scale of the human body that correspond to the scale

of the musical instrument, and all the other sounds that the instrument is capable and able to produce are only modifications and variations of this scale.

All depends or rather is based on the basic principle of sound, and we must not lose sight of the fact that all the varied forms of manifestation that we see around us are due to the variations of this one scale of basic sound. All things in the Universe are based on this scale of sound and the varied modifications thereof, causing the varied forms of vibratory action, according to the manifested appearance, both in the world of animals and plants. This is also true in the mineral and elementary worlds. It is true in all things and objects. Sound is the basic principle upon which all manifestations rest, that is, the vibratory action of sound causes all the forms that are manifest, or that ever can be manifested. Understanding this principle we commence to get into the center of the principle of sound; that is, we attune our bodies to all there is in harmony. Then we shall be in contact and in direct communication with all there is to know, for all is concentrated within us. When we once know how to be in tune with the Infinite, we shall know how to use the key that unlocks the secret door to all things in existence, whether man, animal, plant, mineral or elementary in form.

To study the things, objects, or persons in detail from the external side, without knowing the principle on which all things are based, leads nowhere and forever keeps us in a muddle, until we realize the principle that leads us to the light quickly and gives us the knowledge that is real and true. Oh, how the world is groping in the dark. The scientists are ever dealing with effects, with the phenomenal, ever overwhelmed with the details and the appearance of things, not getting at the real kernels of the inner cause. They know and feel that there is something back of the outer, but they do not know that the law is one thing and the application thereof is another factor which reveals the source of the truth of things.

Here is a seed in my hand; in it are beautiful possibilities of shades, in the fruit and the blossom. As long as I continue holding it in my hand, can it sprout? No, of course not. I must put the seed into the ground where the conditions of heat, moisture, climate and season are congenial to that seed. I must place that seed into such surroundings, into such a position, where it can draw from the great source of its own being that which will awaken, which will arouse within it, all its latent forces. I say when this law is complied with, or rather when I comply with the laws of nature wherever found, the results

are favorable and forthcoming. So it is with this beautiful body of ours. When we comply with the laws of our being, the realization is sure to follow; it cannot fail. We have within us the ideas, the thoughts of Eternal Life here and now. There is a reason for all these thoughts. It is a truth that must be worked out; but we must first know the laws ere we can manifest this truth.

The basic principle of our being is sound. We, in this physical form in which we live, in which we are clothed, are the result of the vibratory action of sound. The vowels are the scale of sound in this Harmony Course.

To begin with we have learned that we must know how to sob and sigh, to wrest from Mother Nature (in us) the secrets that we are after. The next step is to sound the tones of the scale of eight vowels, namely:

1. a - sound as in ah
2. a - sound as in at
3. a - sound as in ate
4. e - sound as in eat
5. u - sound as in French
6. ou- sound as in rude
7. oe - sound as in Sir
8. o - sound as in no

On an instrument we cannot express ourselves understandingly unless the instrument is in tune. How can we get ourselves in tune? How can we find this tune, this law, this door that must be opened? It can only be realized through the practice of this scale of vowels—to practice them with intelligence and understanding. Each vowel has its definite effect on our being. Each vowel sound strikes a different part of the body, a different vertebra on the spine, a different nerve center, until all the nerve centers are awakened and alive, so that the whole being can see, hear, feel, until the whole of man is active and conscious. Then the being can tell what part of the brain is used at any time that he is thinking; what part of the soul or spirit in himself is really employed at any time that he is concentrating on any subject or problem. Then he knows, sees, comprehends clearly where formerly he had but a vague glimmer. In this greater consciousness he no longer needs to question and grope in the dark, for he will be in touch with all the knowledge ever conceived by man, for he is able to throw himself into harmony with every thought, according to the vibratory action of the thing or thought, and all will become clear.

Since man is the crown of all creation, it follows that he can produce all the sounds that can be pro-

duced by anything or anybody outside of himself, for his range is greater than the range of any being or thing below him. He is the crown, the king of created things, and man has a range of sound that can be equaled by no other thing or creature. From this it follows that he has the power within himself to understand and be harmonious with all beings and everything manifest in Nature. On one hand he is linked with all there is below him in creation, and on the other hand, he is connected with all there is above him, throughout infinite space. All that is necessary is for man to adjust the instrument, his body, so as to gain perfect control and manipulate it at will. Thus the greatest of all problems are solved for him.

To return to the Harmony Exercises: man must put his body, his instrument in tune with all that is within him—with all the kingdoms below him, like the mineral, the vegetable, the animal, and all that is above him, as contained in the mind, the soul, the spirit. There will be nothing that he may not know or understand. To place this instrument into tune means to gain control of every part that constitutes the body. When we want to get an animal under control, all we have to do is to strike the keynote that represents the basic key upon which the animal

is based. A familiar example would be to capture a swarm of bees. You capture them and get control of them by the sound that you make, the noise that you produce. It is this basic sound of theirs by which they are captured.

All that is in the outside world is also in man in essence and in principle, but he does not yet have control over it. We begin the practice of these sounds in the scale as presented in this Harmony. Take for instance the vowel "ah." We will say that the sound is to be made through the expelling of the breath by virtue of the vocal cords. By the shape of the mouth we cause the vibratory action sent out by the brain to awaken and arouse the facial muscles to such an extent that they will commence to recognize the force of the will and obey it. We just vibrate that particular sound until we can feel the vibratory action in our very toes and finger tips. Every cell and tissue of the body must thus be brought under the control of the will, the mind, that is the physical part of it. Then we stop the physical vibration and listen to the sound mentally. Listen to all the sounds that rise above your keynote, with your right ear, and listen to all tones that fall below your key, with the left ear, thus getting control of things above and the things below you at the same time. The one set of

tones is the overtone, and the other is the undertone in music, and the two sound waves really meet and form a circle, and thus you are made conscious of the whole, the great circle, the whole universe and all it contains. It is the act of connecting with all that is below, and at the same time with all that is above—as low as the lowest and at the same time as the highest. In this way we get the vibratory action physically, mentally and by continuing to listen with the soul and the spirit, we open those realms and learn to locate them and feel their action in and through us, just as we now feel and realize the things that are physical.

Note the effect of the sound as to where it strikes the spinal cord of the vertebrae. I can feel this distinctly now. The “ah” strikes the vertebra quite high up; the next vowel will strike the vertebra a little lower; the next “a” strikes still a little lower, and so on through the scale of the vowels, until the lowest part of the spine is reached by the full sound of the “o.”

Use all these sounds of the vowels in succession and vibrate them as you did the first one, the broad “a,” always drawing in the breath with a sigh. Then you can practice all of them on one outbreathing, run them together so there is no break in the sound,

but make it a continuous outflow of gradual sound, yet have each of the vowels distinct at its height. Then take each one of the vowels separately and use only the one in running the entire scale. Thus sound the vowel "ah" on the rising octave, a step higher each time, until you have reached the highest point of the scale. Then take the next vowels consecutively and run them through the octave that same way. Close the teeth slightly, front teeth meeting, but not pressing. Keep the teeth together and closed and thus go over the vowels as you did with the open mouth. Next time close the back teeth together, so that the upper teeth close over the lower front teeth and go over the vowels in the same way. Then sing some simple melody :

First with the mouth open;
Then with the front teeth together,
and lastly with the back teeth tightly closed
together.

The object in the closed positions is this: nearly all the sounds of the animal, the vegetable and the mineral are closed sounds. In order to harmonize with these, we must learn to produce their sounds, if we would be in harmony with them and know all there is to be known through them. These sounds are very low and must be listened to with the left ear mostly.

You will find by practice that when you can meow like a cat, if you are able to produce the same sound as the cat, he will at once come to you. He will be so glad that you can talk in his language. When you bark like a dog he cannot bite you, for he would not hurt his own kind. When you sing or whistle like the bird, the little thing will be happy to have found one being that can understand its own tongue that it will almost sing itself to death.

So it is all along the line. Every grass blade has its own sound. Try it; pluck a grass blade and vibrate it. A leaf, anything, and you will find that each one gives forth a different sound. Putting yourself in harmony with this sound and knowing what it means, what it stands for in the scale of creation, you at once have the secret of things under consideration. It comes to you like a flash from the inner part of your being, the soul realm, for in that way we put ourselves in touch with the hidden sources of being, the soul realm of the thing or animal. As our own brain cells, our own nerve cells open, we see the things that heretofore were dark to us and utterly incomprehensible. It is like unraveling a great scroll that heretofore was sealed, and we did not know how to break the seal. Now, that we have found the law that tells us how to undo the seal, we are delighted to unroll the seal

farther and farther each day and see more. Where we before had no talent, and even no desire for things that were of a high and elevating nature, the talent and inclination now comes to us, and we find the joy of our life working out things and arts in which we were heretofore not even interested in.

These harmonic sounds are the basis of all things, and for that reason they give us the key unto everything manifest in all Nature. It now comes clear to us why there are these studies of languages in schools and colleges and universities. Every course that is considered worth while requires at least one language outside of the mother tongue. The study of languages, the practice of the sounds, opens the brain cells so it becomes possible for the student to comprehend things in philosophy and science, etc. You know that in the music course there are always studies of different languages required. We have long lost the reason for this and continue to practice unthinkingly.

The "o" of the Confucious followers, the Allah of the Mohammedans, the "a-o-im" of the Catholic church, the rituals of the English church, etc., each language is based on some peculiar sound as its stronghold. The German "o" means philosophic; the French stands for the scientific; the English for the commercial, etc.

The "ah" expresses surprise.

The "e" is the giggle; the silly sound.

The "u" is more serious—the politeness of the French.

The "ue" of the Germans opens up the cells of the brain that gives insight.

The "ou" is the mysterious.

The "o" is the deep, the hidden.

The Mohammedan must say his Allah a thousand times a day, one might say. The "Domino cum vobiscum" of the Catholic ritual is significant. The effect of the sound on the soul of the being is not strange, and in case the sound is not a part of the being, a conscious part, the being is afraid of it and enslaved by it. We are afraid of that which we do not and cannot understand. We submit and bow to it blindly.

Remember that it is but the vowels, the scale of vowels as presented in this Study Course, that is most important. The consonants are only the time and the accent unto the vowels. Without the vowels there can be no communication among and between human beings. The consonants are the obstruction, the intermissions, the time places for the vowels, so as to make them flow faster and slower, as the required effect may be desired. They are the modifications, so to speak. When we have once thoroughly mastered our

scale of vowels and all the possible modifications or variations, then we can go to strange lands and converse with strange beings whom we have never seen and whose special language we do not know. We can listen to the sounds they are making and know what they would convey. We can readily understand their sounds as readily as we can understand the laugh or the groan, the sneeze, the cough and all the sounds that we are thoroughly familiar with.

On and on I can go; there is no end to suggestions; but I must stop now. It is all so clear to me. All I have to do is to work it out in detail. It is clear in the realm of the mind, and now it must be worked out into the outer. So many people lack the outer expression to such a deplorable degree that they cannot communicate with their fellowmen as they would not be understood. The object is to get all the forces that are in us under perfect control and this key of sounds is the means that will give us the understanding of the laws in Nature, in ourselves and throughout all creation. This secret millions would like to know and generally speaking they cannot find out about it. Anyone who has this control has the blessings of Paradise and all that complements it.

(To be Continued)

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Lenten Hints

February and March call for pulses: peas, beans, lentils. In using pulses kindly remember that they should be indulged in as side dishes and not as an entree.

Lentils are to be used to flavor soups, sauces, gravies, stews. The same is true of peas and beans; although small dishes of either are permitted.

Pulses are most wholesome when prepared with oil instead of butter.

Do not use eggs with mushrooms or any of the pulses. Though they may not at first inconvenience you, nevertheless they will cause troubles at some more distant day.

Remember to select all the fresh greens procurable, such as: watercress, waterpepper, sorrel, chicory, endive, foenucky, mustard leaves, lambsquarters, parsley; use them freely.

Fresh rhubarb, used in small quantities, raw preferably, will assist to eliminate many troubles.

Tuberous vegetables are wholesome when started in a little oil and in some cases with additional distilled water. Use just enough to allow the moisture of the vegetable to create steam, thus the vegetable cooks in its own juice.

Orange juice is good for some folks; others grow dyspeptic through too frequent indulgence.

To derive the best results from spring dishes and herbal drinks it is well to go hungry for a day or two at a time.

Where fruits disagree, do not sugar them, but use them with a little salt.

Whenever the food lies heavy in the stomach, take the juice of two baked lemons with as much salt as desired.

If one perspires too freely, eat less and do not drink with the meals.

A salad, however simple, should precede a lunch or a dinner. For breakfast one should choose the fruit that appeals to one's temperament.

If susceptible to colds, wear a piece of camphorated or eucalyptus-ated blotting paper on the chest and go to bed with woolen socks.

For people given to sores, boils, eruptions and general skin troubles, it is well to abstain from citrus fruits and acidulous dishes in general and use a tablespoon of olive oil three to five times a day, or to eat ripe dried olives freely, making it a rule to take six grains of charcoal after each meal.

Flaxseed poultices may be improved by adding a little mustard and powdered charcoal.

LENTEN STEWS

During February and March, or the full Lenten season, it is not only customary but it lies within the province of nature that we gauge our economics according to scientific measures. The days of feasting are over and now there is more need for less substantial foods. We become more thoughtful as to the proper selection of food which contains all the elements of chemical compounds most expedient to well being. The more observant we are of the seasons, the better we fare.

In addition to salads we may have a stew that can be made to vary, so as not to have the same dish twice a week. It is necessary to have change and variety. A little interest and ingenuity will go a long way in originating dishes. A good entree is a stew. To enjoy a stew, take a tightly closed cooking utensil, with asbestos plate over the burner, so as to allow the victuals to steam slowly. Pour into the vessel one-half of a cup of olive or vegetable oil and three cups of distilled water. The first layer is composed of one sliced celeriac root; second layer is of finely sliced turnip; followed by two thinly cut potatoes and on top place the halves of two onions. After the stew has come to a boiling point, allow it to boil slowly for thirty minutes. Add scorched parsley the last thing.

A handful of parsley, scissored fine, is simmered in two tablespoons of clarified butter for about three minutes and is then added lastly to the rest.

A stew can be made in the morning and reheated before serving in the evening. The above stock may be made daily and changed by either adding or subtracting one or more of the vegetables, or substituting other vegetables that may appeal to one's taste. Instead of turnips, carrots or taro root; a parsnip; a bunch of bleached celery finely cut; a few string beans may be used. To have more soup stock, add distilled water at the start. Use for further nutriment and flavor, a tablespoon or two of either garvanzos (chick peas which should be soaked first in water for several hours), or navy or other beans; also diverse kinds of peas (soaked before using); then lentils should be used more freely. Barley, rice, spaghetti, noodles, farmers' rice, rivulets, thimble dumplings, cretonnes, sago, arrowroot, tapioca and many more preparations may be added to original stock. In this way one is able to prepare an almost endless variety of stews. With a salad on the side, a hot muffin, or a potato fritter, even a piece of pie scientifically prepared or an Irish moss pudding, one fares well, keeps well and maintains a good disposition.

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