

MAZDAZNAN



A TRANSCENDENTAL
PHILOSOPHY
OF LIFE

1960

MAY

25 CENTS

Mother

In ages past and present;
In ages yet to be;
The Mother holds the Golden Key
Unto Eternity . . .

Let not tongue speak against her,
Let not one keep her bound;
Lest man be wrought in error's chains
And Eternal Life ne'er found . . .

O, Mother-Thought, O Thought divine,
A Master-Thought Thou art;
Unto this world Thou bringest grace
And love to human heart . . .

O, Master-Thought, forever,
Fulfill Thy work sublime;
Forever be Thou manifest
In Motherhood Divine . . .

—*Miss Phyllis Ann Burger*

Ainyahita

THE twentieth day of May is held in great reverence in Mazdaznan. Tradition records that Ainyahita was born at that time many centuries ago. It is of no importance to a scientific mind as to the exact date of the birth of a manifested being except as regards astrological influences. To be born at all for a purpose and with a mission is of greater consequence. Ainyahita was the embodiment of Wisdom and Love, the two great attributes which alone can lift mankind above savagery. Without wisdom and love, however great our learning, achievements, wealth and power, this life becomes an absolute failure. We may have our enjoyments, entertainments and be entertained, still there comes a time when we have to submit to the inevitable and let nature take her course. Some return through the operations of the wheel of chance, governed by karmic laws, for—"Whatsoever a man soweth, that shall he likewise reap."

Ainyahita was known as the Pearl of Heaven and the Diadem of the Earth. Though partly forgotten by her very kith and kin, considering the multiplication table, there are still little bands the world over who pay her homage, because of her great work and the revelations she has brought to this terrestrial

world, disclosing as she has, the mysteries of Infinitude and the great secrets of life.

The following verses are from one of Ainyahita's Pearls:

* * * * *

AND THE ANCIENT OF DAYS

Thou most glorious Thought of Thought,
 Who sittest in the midst of the thoughtful,
 Whom we adore as the Lord God Mazda
 And leave it to Thee to determine the destiny of
 Infinite Designs;

Let the radiating rays of Thy divine splendor
 Fall upon my composite being.

May I, even I, just rising from out of the depths of
 creation,

Passing through the complications of evolutions
 Too complex to fathom at an hour of awe and surprise,
 Behold the frame that holds hidden Thy divine heart,
 And catch even if only a stray ray of Thy illumination.

May Thy light rays pass through my frame of
 inherited contradictions,

To brighten every particle of my storm-tossed nature,
 That I may recognize and grasp Thy designs
 Within the crude of Nature's phenomena
 As well as in the finer forces of humankind.

May I, even I, understand existing relations in all the
creatures of the earth;

May I, even I, find the correspondences of all things
of life,

And thus come into the possession of the powers
That alone determine the safe guiding of the helm of
my lifeboat

In the midst of the sea of uncertainties and the ele-
ments of furious wrath.

Thee alone I beseech, who art Mazda,
The Thought of Thought amidst the thoughtful;
To Thee alone I appeal, who art the Lord God Mazda,
Unto whose endowments there is no end;

To Thee, who aidest me from out of a state of
struggling elements unto mastership,

I, even I, offer up my prayers in praise of Thy
incomparable splendor.

Thy blessing I invoke, O Mazda;
Recognize me, even me, as one of Thy Associates des-
tined to the mastery of thought.

May I be worthy of victory and become a true wor-
shipper of Thy holy station and Thy divine name.

May the Lord God Mazda be rejoiced and his
Associates forever remain victorious.

This is my wish. Be it so!

* * * * *

May Twenty-third

ANOTHER turn of the wheel of destiny brings us to the significant date of May Twenty-three. For centuries past this date has been set apart to commemorate the Nativity of our Saviour, Jesus the Christ. On Christmas Day we celebrate the birth of the Christ Spirit, the Light that shines in darkness and before men. Thus, Christmas has become the birthday of the universal Christ Principle. The Nativity of the infant Jesus continues to be observed on the Twenty-third of May, which occurs on the Cusp between the Zodiacal signs of Taurus and Gemini, the latter with its nature of the Twins. The characteristics of the Saviour leaned strongly toward Gemini, although he showed the traits and the strength of Taurus. It is that determination of Taurus on the one hand and the great desire to compromise as a Gemini on the other hand that enabled the Saviour to stand out as the Christ, the New Order of Things. Although the struggle proved beyond human endurance and the sacrifice was beyond all human conception but immeasurable in value, nevertheless the victory was supreme and the glorious triumph evident to all the world.

May Twenty-third will continue to live in the

hearts and minds of the faithful and also in the minds appreciating the science and truth as revealed by the Blessed Saviour. Whether the mind of man has expanded enough to grasp the great measures of life and eternity, or whether man is still engrossed by the thought realm of matter and its claims, the wheel of destiny continues to revolve and everything comes in due time and season. According to our understanding, do we have the true knowledge of things.

The Saviour came at a time when the hand of spring stretched forth to grasp the hand of summer with its fullness of blessings. Hand meets hand in fellowship revealing the twin principle in everything. The Saviour grew in the knowledge and wisdom of God, even the at-one-ment with the Father. He was the perfect example to humankind. Some have missed the handclasp, some have been caught in the thicket of dogmas and beliefs, still the hand is outstretched in helpfulness and the Saviour Principle offers encouragement to the weary hearts of men. He came to his kind and kin to remind them of their origin, their purpose and destiny in life. He came to remind man of his true worth and value, declaring that: "*One single conscious soul is worth more than all the treasures of the earth.*" This affirmation is sufficient to encourage the faint hearts of men and to lift them

into realms of conscious thought and freedom.

Thus, in recapitulation upon the life and mission of the Blessed Saviour, we find the inspiration and revelation needed to "follow in his lead," for—

*“Whatever the way that
My Lord shall direct me,
I’ll follow his bidding,
I’ll trust in his leading:
He leads me to regions
Of heavenly bliss.”*

MAZDAZNAN—How many, however devoted they may be, really appreciate the Science of *Health, Breath and Posture*, which so clearly outlines the methods of growth, development, unfoldment, revealing the *way* by which transmutation or refinement of bodily atoms is resolved into finer and still finer potencies, where spirit is revealed unto spirit. Thus it is possible "to turn the desert into a Paradise—a Paradise most suitable unto God and His Associates to dwell therein!"

HE is a man of power who can speak, who can inspire hope, love and faith, in those who tread the lower walks of life.

God's Designs

WE have come together here to reflect upon one another this divine thought—where by virtue of the state of collectivity we may realize the limitlessness of Infinite Intelligence. We have come together to express, to exercise, to witness that we are still “holding the fort”; that we are still determined for God to be recognized here upon this earth; and that this earth, among the innumerable planets, is still the property of God, for His Own to inherit, for His Own to use, that God’s designs may continue to be perpetuated even in a moral sense, in the objective, for to that end the Infinite Intelligence issued forth from out of its own Pivoting Point; from out of its own Center it has entered into the circumference of Infinitude, there to prove limitlessness of possibilities. For this purpose the Intelligence has entered creation, exercising the creative energy to the fullest extent of exhaustion, filling Space with planetary systems. These planetary systems, retouched with Infinite Thought, call out designs; these designs take on form through processes of evolution, to which processes of evolution there is no end. They are continuous wherever substance turns into matter, matter taking on forms according to

Infinite designs; all the lines of evolutionary processes at last collecting into forms, so as to prepare an abiding place suitable for the Infinite Intelligence to carry out its plans and reach in matter the same estate as enjoyed in Spirit. Such is the object, end, purpose; such are the designs of Infinite Intelligence. Were it not so, then all the operations through the processes of evolution, then all the exhaustion of the creative energy, would prove useless, futile, valueless. But God is not a failure; the God-Intelligence cannot miss the mark; His designs are Infinite; the Goal must be according to Origin—its Beginning, the First Cause.

And to us, each and every one of us, once we find within our being all these processes and operations of evolutions and creations exhausted, a new realm opens; there where one thing ends another rises. And what of that Intelligence within us? With the processes of the creative energy behind us, the evolutionary processes crystallized before and about us, what may the third step within and amidst all operations be? Misuse and abuse of the evolutionary accomplishments? Destruction of what the creative energy has brought forth? No! Then what is our next step? If the *First Step is Creation*, the *Second is Evolution*, then the *Third Step* would necessarily be the demon-

stration of the Original State, or the *First Cause*, which, in and of itself, is *Perfection*, for "what was first shall be last." The object and purpose, the modus operandi of Creation and Evolution, is *Perfection* in Evolution and in Creation. To this end we have come—we have manifested—and we are here. We are here to prove for all time, by virtue of undeniable demonstration that the Thought of God, the Intelligence of God, is a *Reality*, and that there is Reality in us, in our surroundings and in space; that there must be and there is Reality in the One who is the Cause, the Origin unto all—unto all accomplishments.

Therefore "let your light shine"—that light of understanding, that light of knowledge, that light that imparts wisdom, or, as the Saviour would have it: "Let your light so shine before men that they may see your good works, and (thus through these works, these accomplishments) learn to glorify your Father who is in Heaven." And this same Saviour said: "Know ye not that the Kingdom of Heaven is with you—within you?" And thus, the Father, to be at all, to exist, to have a reality, must be in you, through you, by virtue of your consciousness. He is given His All-existence, He is given reality, He is being perpetuated (for in no other way can He be perpetuated) by virtue of the Creative Energy which

is merely one part and portion of His being—an exercise of His Intelligence.

God cannot manifest in plants, He cannot manifest in rocks, and He cannot manifest in animals; these are merely expressions of His gifts, talents, endowments, of His Intelligence—but “Ye are the temples of the living God.” Ye are the ones who perpetuate the reality of God. Ye are the ones who entertain Him in your hearts and minds. It is by virtue of the beating of the heart and the operation of mind that He lives on and on, generation upon generation throughout eternity. Then, God, to live, can live only through us. If we do not realize the meaning, the purpose and the object of life; if we do not find the thread of life, as to its beginning, its presence, its object, its purpose, its goal—then God does not live. And that is wherein we can agree with the atheist; that is wherein we can occupy the platform with the materialist, “There is no God.” There is no God in matter; there is no God in substance; there is no God in space; there is no God in form, for God, to be such, must be conscious, must be alive. The rock is not conscious, neither is the plant, nor the animal. The plants are not conscious of the chemical compounds that fill Space, for where there is no consciousness of itself it does not know whence,

where, or how it came, or whither it goeth. But man, he does know, and in that knowledge, in that understanding, God is present—He lives. And thus, from the atheistic platform issues a theistic platform. From out of substance, a Being that is capable and able of witnessing the presence of God. “Ye are the temples of the Living God.”

But are there no temples on the outside? Perchance there are, but at best they are such by name only, for even the prophet of old admitted, he who received it by virtue of inspiration, that “God will not live in temples made by hands.” No, He will not be confined to cathedrals and chapels. He will not be confined to edifices, though costly they may be, though the architecture may be grand, the handiwork within handsome, though to accomplish such work necessitated a great deal of energy and exercise of ingenuity; after all “*God will not live in temples made by hands,*” for He has made unto Himself a tabernacle; He has created unto Himself a form; He has shaped it according to His own likeness; He has had His own ideas about it as to where He would make His abiding place. Thus as Moses in Genesis says: “In His own image, in the image of God created He him; male and female created He them.” That there may be no doubt about it, that He can

manifest not only in the form of the male but also in the form of the female, yea, that none may say God manifests only in the male, and that none may say that God manifests only in the female principle, Moses defined it: "Male and female created He them!"

Ainyahita, the incarnation of love and wisdom, lived at the cradle of the Aryan Race, while yet evolving out of the Yellow Race, consequently, she carried within her bosom the ancestral ties of all preceding races. At that early time we were still steeped in all of the ancestral ties that have come to us through the Yellow Race, the Dusk Race, the Olive-Green Race, the Brown Race and the Black Race, and she declared the Aryan man's destiny these many thousands of years. We have traveled, according to her prophecies, in a westerly direction, even as she said, "Many are the Keshvares (continents), O Lord, that Thou hast created, which are occupied by the Black Race, the Moor; occupied by the Brown, the Nubian; where the Olive-Green or Islander finds his abode; while unto the Dusk, the Hindu, is given a place of safety; yea, even the Yellow Race, the Mongolian, is walled in, but unto the last, the Aryan Race, unto us, we have been given no abiding place, no place of safety, but instead, we are ever to reach out into the future. We still seek that place, we are

still orphans. We have to create a home of our own,—but for that Thou hast endowed us with that exceptional gift—the ULTIMATUM—an inheritance above all those of other races—for Thou hast given unto us the promise of the Day of Realization—the Day of Days—the Great Day of Emancipation. Thou revealest *Thyself* unto Thine own kind, kin and relation. Thou hast withheld it from the Yellow, the Dusk, the Olive-Green, the Brown and the Black Races; Thou hast given it unto the Aryan man to see God with these eyes of flesh. Then, encouraged by virtue of that claim, that promise, that assurance of the Ever-Presence of God within the divine, the Elect of God, we shall willingly and joyfully give up those things which appertain to the mortal of this earth and continue to seek homes where Nature has not yet been favored by a touch of the Infinite Hand. We shall continue to follow the setting of the sun, and there we shall prove and demonstrate our Covenant made with Thee—yea, the Covenant above all covenants: “I am here upon this earth to reclaim the earth; to turn the deserts into a Paradise, a Paradise most suitable unto God and His associates to dwell therein.”

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Harmony Course

SIXTH LESSON

(Continued from April Magazine)

IN THIS COURSE of study we do not work especially for the repairing of the body but for the tuning of the same. It is the getting in tune that we want to accomplish, so all our exercises in this work must be toward that end. It must also be a mental training. In sounding the vowels that represent the scale, similar to the musical scale on the piano, we must be sure that we are making the sounds with the right positions of the mouth, also that we are making that distinction between the one and the other sounds mentally. When a musician learns a new song he first goes over it mentally, that is, he makes himself mentally familiar with the new piece before he attempts to execute it on the instrument. Likewise, we must be sure that we can make the mental distinction of all the sounds and their relation to each other before we can execute them properly and promptly. As we think the vowels and at the same time sound them, we place the outer being and the mind in harmony with each other or the musical system.

It is the object of this work to bring up this body to the requirements of the inner and finer forces of

our being and thus establish the needed and required harmony, so that the hidden world may express itself through the visible. There is no need to develop the inner forces; they are all ready to use as soon as we can bring up the body to that state of refinement and sensitiveness, where it will and can respond to the finer forces. We do not have to develop the soul, the mind and the spirit, they are all ready to be used, but the body is not in a condition to respond in such a way that those hidden powers and attributes can manifest as they should and would do so as nature proposed and intended. We know that an instrument, although new and although from the factory, is of little worth until it is taken to an expert tuner and put into tune; then the value is placed thereon and not before. As long as it is not tested as regards to its harmonic adjustment, it cannot be used correctly by anyone.

SO IT IS WITH US. We may have whatever is necessary to know and realize all there is in the universe, but as long as we are not in tune or harmony we cannot use the powers that are within us. We do not know the secrets of nature that are for our use. We cannot climb to the great heights and know the workings of the innermost forces until we have so tuned our bodies that we can at any time and upon

the shortest notice throw ourselves into harmony with anything and everything that we want to fathom and know. In order to do this, the connecting cords must be set into vibration, and we must know how to do this. When we have forgotten some tune or some melody or some name that is familiar to us, we cannot think of it for the time being, it means that we are not able to touch the cord that makes the mental connection. At some other time when we are thinking about that particular thing or person, it will come to us all of a sudden and we remember. This is due to the fact that at that particular moment something in our surroundings has touched that cord, and it began to vibrate, and the name came to our mind. As a matter of fact we have all had the experiences of seeing things clearly at times that were or seemed supernatural, that of hearing things all of a sudden, when we would least expect anything of the kind. It is all due to the connecting cords being set into vibration by something in our environment that we are not consciously aware of, and for that reason it is not in our control to produce the same sensation at will, because we do not know the laws and have not the control over ourselves that is necessary to bring about these results.

From these experiences we learn that the memory

of things that we have known is there all the time, but we do not know how to make the connecting link that is necessary to bring any detail of the past back to us. All of this can be done scientifically and conscientiously. All we need to do is to bring the muscular system up to the requirements where it becomes a fit instrument for the finer forces to work through it more advantageously, and the desired realization is assured. To do this we should refine and so purify this physical instrument, our body, that all the finer forces can work and express through it. All knowledge is at our command, for it is within us and only needs to be given the opportunity to express itself through this physical manifestation, and the way to the past and all it ever held is ours to recall and use. All there is in the universe is at our command when once is established this harmony that we call the tuning of the bodily instrument. But without this tuning we remain dense and ignorant, no matter how we work or how many years and ages we spend in the hardest kind of study. Even in our ordinary studies, it is in this way that we can obtain that which we seek, although it is very little, for we do not get at the bottom of things. In the ordinary college course, for instance, we are required to study some of the languages outside of the mother tongue, and in that

way, by using the vowel sounds of the other languages, there is an opening in the brain cells that enables us to comprehend something that we would otherwise be unable to grasp. So what little we acquire is derived in this way, yet we do not realize it. When we once commence to arouse the brain cells by means of the operations of the effect of the scale of sounds as presented in this Harmony Course, we can progress so much faster and work intelligently, where we only stumbled and failed before. Our senses will presently become so keen that we can see, hear and understand much that was before incomprehensible. We shall be able to get into the spirit and essence of the things that we want to fathom by having so cleared away the obstacles, that we can consciously connect with the thought realms of the mind, soul and spirit, and then we reach the real entity that we are. The ego or entity has gone through all the changes of time and eternity and belongs to the very beginning of the manifest world and knows whatever has happened from the very beginning of time, "To see all that is, was and ever shall be."

It is the coming into close touch with our own entity that we shall be able to come into true relationship and know other things and other beings. When we once know ourselves, all our component parts and

the workings and the purpose thereof, we shall then be able to compare these with the workings and the relationships of other things and beings, and know them as we now know ourselves. Because we are an offspring of the earth as terrestrial beings, we necessarily correspond to our Mother Earth in the way of bodily structure. We have a structure of bones like Mother Earth. We have a cavity for all the vital organs, so has the earth. We breathe and move, so does she. We are a finer composition, but the similarity in the principle is there and it is through this similarity of principle that we simplify matters so wonderfully. We do not need to study each being in detail; all we need to know is the working thereof, the principle of life under different conditions, and the detail solves itself of its own accord. When we know that the same law works everywhere, and that the same results are due to follow the same causes, we can grasp at once a multitude of things that come under the same basic rule, and we thus comprehend the principle that operates throughout creation. In watching the pitch, the volume and the effect of the sound we produce, then we so train the mind to bring into harmony and into operation the inner workings with the outer, that we can observe the operations of mind on matter and vice versa. By watching the posi-

tions that are necessary to produce certain sounds, we get into the law of sounds, how they are made and how modified. This tells us the nature of the beings that produce certain sounds. We can tell at once, for instance, when we hear the roaring of the water in the ocean, that it is not the sound that the water in a river would make. The lake sounds still different, and the waterfalls again sound different.

Knowing the secrets of producing the higher and the lower tones, the sounds, we can soon distinguish by the sound that a creature makes where he belongs. Some of the wise of the earth have spoken of hearing the grass grow; this can actually be verified. Everything that is in the universe has its own peculiar sound, its own keynote. We will become so on the alert after a time, that we shall be able to tell by the sound of things to what category they belong, for we shall be able to get into harmony or unison with the same sound of things under consideration. It is the essence of things that we know and understand when we know the origin and purpose of the same. When, for instance, we get into the neighborhood of the tantalous plant and hear the strange sounds it makes gliding so calmly, we at once know that it does not belong to the ordinary line of plant evolution, for its sounds take us back to the slimy

region of the fern, and the watery and sunless places where the thing came from, where it projected itself from the water onto the land, and then crept along and along, until it finally became a plant, still retaining the former propensities to subsist on such life that it would and could make its prey. So we know at once that it did not come through and by the regular course of the evolutionary processes of the plant life in the plant world. Consequently, it does not come to us under the regular order or any classification of the regular plant life but stands alone and by itself as a product of the destructive elements in nature.

Thus it is with all sorts of things and beings. We shall be able to tell what is the genuine creation and what is counter-creation, even among the human beings that we meet. We shall be able to tell by the sounds they make where they belong and we need no longer be deceived by the professional charlatan. The point is, naturally, that we must learn to know our notes of harmony so well, learn to distinguish the sounds in our scale so perfectly, that all the parts to which they correspond awaken and become alive with vibratory action. Then we can tell at once when we hear or see something that does not belong to the ordinary category of things or beings. A thing may appear as silk, but we shall know at once that it is

only an imitation, and from whence it came.

Faithfully we shall keep on doing our exercises and therefrom reap the benefits. Why should we get into the attitude of feeling depressed or blue? We should not allow such a feeling to take possession of us, for it behooves us to become master of ourselves now. The body is becoming more adjusted to conditions and for that reason we are not right in tune or in harmony. We should just commence to whistle or to hum and to keep it up until the unhappy feeling is gone, to never give up but persist until the victory is gained. We can pick up the body mentally and make it come to time. Even though we are weak, it does not take much effort to hum or whistle a tune, and to keep it up until the entire mental attitude is changed. We can hum according to some little melody using the vowels "Il Elohim," using this in addition to all the others previously given. When the body is so attuned that it can express the real voice, thought, mind, soul, spirit, and entity, then the glory of life will be gained and life will become a glad sweet song, to which nature will furnish the accompaniment.

(Continued in May Magazine)

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Complete Book
"The Philosophy of Mazdaznan"
To Be Released June 25th

THE ONLY complete, authentic and unabridged version of the *Philosophy of Mazdaznan*, as derived from the vast accumulation of notes, lectures and teachings of the late Dr. Otoman Zar-Adusht Hanish, will be released for sale to the general public on Saturday, June 25th by the Mazdaznan Elector Corporation, International Fountain Head of the Zend-Avesta teachings, and brought together under one title by the group for the enlightenment of mankind.

Dr. Hanish, leader and titular head of the Mazdaznan organization for over seventy-five years, was fond of saying, "In the beginning there was truth," and so it was in this manner that he sought diligently for decade after decade to restore the ancient wisdom of our forebears as revealed to them from the open book of nature.

SOURCE OF NEW THOUGHT PHILOSOPHY

This sensational new book covers the beginnings of the so-called *New Thought* movement from the time that man first emerged into spiritual consciousness,

down to the present day application of these vitally important truths in meeting the trials and problems of every day living.

Many of the basic truths as disclosed by the comprehensive Philosophy of Mazdaznan will be clearly informative, often amazing, sometimes startling, but always a source of mental and spiritual enrichment. In fact, a careful perusal of the more than three hundred pages of power packed knowledge contained within its covers will enable a profound reader to be revitalized, regenerated—*born again*.

This assertion is made in all seriousness, for it is known that this restatement of age old truths in lesson form for nearly a century has proved to be a powerful stimulant for good to men and women of all ages, studying quietly but purposefully in hundreds upon hundreds of small home study groups throughout America and Western Europe.

And so, within the pages of this one great volume, the TWELVE BOOKS OF KNOWLEDGE will unfold before a truth seeker the wisdom of the Zend-Avesta peoples, clearly and simply explained in language that is easy to comprehend, set forth in terse precepts of action in a manner that will enable the reader to find health, happiness or abundance, according to his desires.

THE TWELVE BOOKS OF KNOWLEDGE

The Philosophy of Mazdaznan is fully explained within the *Twelve Books of Knowledge*, and each of these books is divided into three or four sections—forty-one in all—in order to make it easy for the reader to grasp and understand one great truth at a time.

Titles and purpose of each of the twelve books are as follows.

- (1) THE BREATH OF LIFE—Explains how to use the *Power of the Breath* to revitalize and recharge the human mechanism.
- (2) SELF HEALING—Sets forth in easily understood words the processes involved in self healing unto complete regeneration.
- (3) NUTRITION—Strips away the fallacies surrounding the intake of food and replaces the distortion with TRUTH.
- (4) EUGENICS—The little understood *creation of mankind*. This book attempts to bring our standards of procreation up to the highest level.
- (5) INFINITE INTELLIGENCE — Explains *first cause*, and the steps we must take to grow from animal to a manifestation of God.
- (6) MIND—Reveals for the first time the tremendous powers of the mind and what *thought* can

- accomplish for mankind.
- (7) MAN—History and stages of development. Startling, but true, as revealed by ancient manuscripts.
- (8) PRINCIPLES—First cause, first principles, *the reason for our being*.
- (9) KNOWLEDGE—The degree of good that was made known to *first man*.
- (10) WISDOM—The proverbs, the precepts and the practices of Mazdaznan briefly stated in numbered paragraphs for easy reference.
- (11) MAZDAZNAN—BOOK ONE
- (12) MAZDAZNAN—BOOK TWO. Both of these vitally important books explain why man has infinite knowledge, wisdom and intelligence—point the way he is going now, and describe the glories that could be his should he seek unfoldment unto regeneration, *the perfect illumination*.

DECLARATIONS OF FREEDOM

The *forty eight* "Declarations of Freedom" as set forth in the Philosophy of Mazdaznan are greater than all of the documents of emancipation history has to offer, boldly written in words of sheer perceptive brilliance across the fog-shrouded pall of fear,

ignorance and superstition that has held mankind in mental servitude for endless eons of time.

All of this, and more too is set forth for the consideration of the reader, as its pages reveal the steps that must be taken by a serious student so that he might unfold and grow into a new way of life, unfettered, and thus to be released from the bondage of moral, intellectual and spiritual illiteracy, and as the book explains, the choice is up to each individual.

SPECIAL PRE-PUBLICATION OFFER

The complete volume of *The Philosophy of Mazdaznan*, containing the *Twelve Books of Knowledge* will retail for \$6.95 AFTER June 25th 1960. However, ALL orders sent in before that date will be accepted for ONLY \$5.00 (plus 4% tax in Calif.) postage prepaid. Readers are urged to send in orders now while this pre-publication offer is open. Send check or money order to: MAZDAZNAN, 1159 S. Norton Ave., Los Angeles 19, California.

To breathe the breath of consciousness is to dwell in the ever-presence of God, where life's infinite possibilities are realized and the blessings of heaven and the treasures of earth are unfolded before us.

Seasonable Hints

May—beautiful May is the sign of Taurus, and stands for strength and solidity.

New potatoes, creamed, are excellent because of the bella donna contained in them.

As soon as warm weather arrives discard gruels, soups and stews, and pulses.

Continue the use of March rain water. As a drink it is one of the best *blood purifiers*. Drink copiously. Use in teas and make potential remedies therefrom.

Grapefruit and oranges are good, but reduce quantity to one-half.

As the season advances use more vegetables, fruits and salads.

When garlic is obnoxious, use gradually from five to nine drops of Oil of Eucalyptus in cup of hot water.

Mint tea, with six grains of charcoal after meals, will arrest the hardening of the arteries.

Small fruits are in season, to be used without sugar or cream. There is a reason. *Use cereals* with small fruits.

Asparagus on toast is a delightful acquisition to a mid-day meal.

Eggplant (anbergine or brinjal) with cheese, salad and biscuit, furnish a satisfactory meal.

Melons are refreshing and are medicinal—toning the alimentaries. The rule, “little but often.”

Green peas and beans furnish entree dishes; with salad and doughgoods these make a luncheon quite complete.

The juices of all small fruits can be used in so many ways, for drinks on hot days, on puddings, blanch mange, cakes, biscuits, waffles, etc.

The running stream, the wooded nook, bring forth the spirit of thankfulness and appreciation, inspiring the heart with the thought of praise, laud and propitiation unto Him from whom all blessings flow.

Bananas are seasonable all the year around—to be whipped, baked, fried or boiled, in order to get the various effects. Rice combines nicely with bananas, adding whipped cream makes an excellent dessert.

Pineapples—a slice *before meals*—will aid those suffering from effects of flu, fevers, nervous debility and digestive disorders.

Grapefruit and artichokes are good *eliminators*.

Sweet milk may be lemonized. It is a good *liver tonic*.

In your early morning walks look for violets, yarrow and dandelions. Chew and nibble as you walk.

New potatoes and bulb-artichokes are plentiful and are excellent in salads.

Fresh green peas, mustard, sorrel, watercress, green onions, chives, water-pepper, nasturtiums, kale, sprouts, spinach, etc., are spring-time tonics.

Teeth and mouth should be thoroughly rinsed after each meal—a drop or two of eucalyptus oil will add potency to the wash.

Baked onions help to charge the *nervous system*, while a raw onion sandwich eaten before retiring will promote a good night's *rest*.

“Milk treatment” is in order for all those who are led to take it with a pinch of borax in every glass of milk.

Watercress used with celery is of exceptional value in *kidney* troubles, adding mustard leaves they assist in *bladder* troubles.

It is always those of little knowledge who boast of what they think they know. Wise and enlightened personages retain their grace and dignity with a lofty and noble reserve which proves they have solved life's problems.

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