

MAZDAZNAN



A TRANSCENDENTAL
PHILOSOPHY
OF LIFE

1960

SEPTEMBER

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, September, 1960, Number 9

CONTENTS

Zarathushtra	2
Records in Favor of the Avesta	4
A Zarathushtrian Patet	6
Cosmic Operation	9
Divine Blessings	13
Announcements	15
Harmony Course (From August Magazine)	16
God Omnipresent	25
Seasonable Hints	29
Mazdaznan Publications	(Inside Last Page Cover)

Zarathushtra

SEPTEMBER nineteenth recalls to our minds the coming into realization of the Higher Consciousness of God's intelligence in the wane of the sign of Virgo, and the return to first principles at the height of seasons, culminating unto the harvest of the fruits of nature's labors, crowning our efforts with success. Thousands of years have passed; numerous have been the vicissitudes of life; tremendous has been the price paid in experiences; still, what are all the terrors in comparison to the joys of final accomplishment? Though prophets may have been stoned, killed or crucified, their good thought has continued to live in the hearts and minds of the better class and kind.

Zarathushtra lives today, requickened in hearts more numerous than in all the ages past. Though confessed by many more lips, the hearts were far from comprehending his real purpose. Only those who do the Will of Mazda are at one with Zarathushtra. In every country of continents and isles the faithful worshipers light the fires of commemoration unto the manifestation of Law and Order, unto one who calls attention to the fixed laws of heaven and earth, that by virtue of due application, the earth may yield to man the fruits in which lies the spirit of final emanci-

pation, the only means furthering the process of higher developments correspondingly to those of the evolutionary processes of terra firma.

Zarathushtra revived agriculture and horticulture in general, proving that it lies within the province of man's heart, mind and hand to restore nature to her former state of perfection and that in the seeming lies the seed of greater possibilities. He demonstrated his knowledge of hybridizing and pollenating the plant life by creating numerous varieties of grains and vegetables, fruits and nuts, methods whereof are again being pursued most vigorously to the delight and pleasure of the student of nature, and the good of humanity. Instead of imposing upon man's good nature with bottled or sugar-coated poisons, Zarathushtra called out the remedial agents in plants and thus offered a variety of "leaves of healing." How much better it is indeed to "eat for our health" and to "drink for our health" than to break law and order and then resort to curative measures.

Even a thought wave not in harmony with designs is eventually lost without having accomplished what it was intended for.

"*Not more but less*" was the slogan of the Blessed Ainyahita.

Records in Favor of the Avesta

THE recent unearthing of records from the ruins of Nineveh show that prior to the reign of Assurbanipal, circa 668-625 before Christ, Babylonia enjoyed public as well as private libraries of no mean literary value and of voluminous historical data. This Assyrian, King Assurbanipal, dispatched a commission to collect all the records in the Babylonian libraries, temples and houses that a new library in his own palace might be instituted. The success was beyond the most sanguine expectations. Records covering a period of thousands of years and the rise and fall of nations and peoples found a new resting place but in 609 B. C., Nineveh was destroyed and with it the achievements of literary efforts. The efforts of Assurbanipal and his success in compiling the world's records took possession of other rulers to some degree and about a hundred years later we see this same spirit taking possession of the children of Israel, who returning from their captivity, carried with them copies of records that gave them the impetus into compilations resulting into scriptures as now found in our Bible. This accounts for the peculiar blending of religious and political tendencies that makes the pages of Holy-Writ, while the abbreviated relations

and narratives form a source of information to the enlightened, a great deal of worry to the theological mind, and a heap of stumbling blocks to the less informed and materially colored intellect.

The discovery of the books of Nineveh will be of inestimable value to the students of the Avesta writings, depicting the philosophy of the Zend folk and Zarathushtra to be of by far greater antiquity than generally accepted by modern scholars. The better informed and truly scientific men of letters have largely conceded the fact that all the systems of the world have drawn largely from the Avesta and that all the truly noble maxims are to be accredited to the efforts of Zarathushtrian teachings.

Through disbelief in the Infinite many a man thinks himself wise, yet time and adversity teach him otherwise.

Experience may teach us a lesson, yet to profit by it we need to be observant as well.

Be happy and of good cheer and you will never have anything to fear.

Faith—not belief or creed—is confidence, “assurance in substance unseen.”

Even an incline is a decline.

A Zarathushtrian Patet

THE Will of the Lord is the Law of Holiness.
Holiness is the best of All Good.

I confess myself a Mazdaznan, devoted to the faith in my Lord that assures praise, adoration, satisfaction and glory.

As a faithful unto the Law of Holiness let the words of wisdom be announced in the presence of all:—

The Will of the Lord is the law of Holiness.

To the Saviours, Saints and Sages whose virtues are ever before us, praise, adoration, satisfaction and glory.

I adore all good thought, word and deed, and the works through thought, word and deed.

I choose all the good from thought, word and deed, with thought, word and deed bent toward performance of good works.

All the unwholesome designs of thought, word and deed, I dispel and discard, in favor of good thought, word and deed.

Of all meditations and influences of thought, word and deed, whether corporeal, spiritual, terrestrial or celestial, but unwholesome to the progress of man,
Pardon, O Lord, Thine Own Repenteth.

The Will of the Lord is the Law of Holiness.

Holiness is the Best of All Good.

I adore the best in the purity of all things and am thankful to recognize the truth in thought, word and deed unto the glory of Mazda and the favor bestowed upon my head.

If I have deviated from the path of righteousness so as to interfere with the designs of Mazda and His creation I am content in meeting the consequences, and by good thought, word and deed justify my position that I may insure incarnation by resurrection from error unto light.

For the sake of all creations of Mazda and the perpetuity of His righteousness, promoted by His associates, of whom I confess to be one in numbers, *Pardon, O Lord, Thine own Repenteth.*

If I have mingled with transgressors whose thought, word and deed interfere with their progress and the advancement of their associates and those directly or indirectly coming into contact with them, I am willing to bow to the consequence destined through faith, and atone in good thought, word and deed, that justice be meted out through all life cycles and I may stand approved in the sight of Providence. *Pardon, O Lord, Thine Own Repenteth.*

If I have entertained even but a shadow of a doubt as to the character and virtue of God's creations or

those of my own kin, and even followed the trend of thought, word and deed, proposed by others, thus wounding the hearts of those concerned, directly or indirectly, and through them having transgressed the rules of etiquette, right conduct and behavior instituted by Mazda for the children of His Royal fold and the elect of Saviours, Saints and Sages, I submit to the chastisements of the season through good thought, word and deed, that I may conscientiously ask: *Pardon, O Lord, Thine Own Repenteth.*

I remember the seven virtues of man as conducive to a perfect character and recognize the necessity of daily exercise in the sevenfold demands of time to which end I commune with all the intelligences of Mazda, Saviours, Saints and Sages with praise, adoration, satisfaction and laud.

Thou who art most glorious, most radiant, most divine in the midst of the congregation of Gods; whose Ever-luminous Thought permeates all creations and seekest for thy dwelling-place the heart of man, the highest expression of ideals in creation, unto Thee be glory, propitiation, satisfaction, laud and praise, from the very rising of the Sun unto the setting thereof; yea, glory, propitiation, satisfaction, laud and praise be to Thee from the waxing and the waning of the moon and the hours of the twinkling of stars.

Yatha Vairyo.

The Will of the Lord is the Law of Holiness.

Ashem Vohu.

Holiness is the Best of All Good.

Cosmic Operation

TO the inquiring mind, the studious mind, the investigative mind, this Confession suffices to throw light upon every subject matter, scientific and philosophic. In a condensed form we are given principles of life and eternity, applicable to the daily walks of life. What Genesis is to the mind searching and seeking for understanding pertaining to origin, purpose and destiny, the Confession is to every seeking soul, to realize or to come into understanding as to one's relationship to God or the Infinite Intelligence on the one hand, and to the infinite human mind and everything that intercedes and intervenes between the creative energy and man.

The whole of science and philosophy is reduced to a minimum of paragraphs, sentences, aphorisms, adages, but it takes a thinking, reasoning mind to expound, to explain, to come to an understanding and realize the meaning of these paragraphs that make up and constitute the Mazdaznan Confession.

Here every problem that arises in the thinking mind is answered in a few words. Here we find to what extent we are related to one another. We find what constitutes the Holy Family on earth, what each and every one represents at certain times, for the child will grow up as the Christ Principle, perpetuating the mentality of mother and father, again reproducing and exemplifying the original state of that triune principle that embodies Infinite Intelligence in atomic worlds, continuity of motion, ether or the cosmic waves. Each and every individual again represents the uniting or unity of the trinity. The child represents father and mother and its own individuality, the triune principle.

We realize that all the operations of matter, its evolution and its preceding states all tend toward manifestation, presentation and representation of the Infinite Intelligence applied to the extent of suitability on the part of conditions, environments, time, locality, demands, and many more phases that appertain to the daily walks of life. We are reminded that we must not allow ourselves to be taken advantage of by any of the illusions of the everyday world, but we are always to remember that no matter what the conditions and environment may be, perfection must stand out as the principal factor, therefore, no

negativeness, no negative pursuits, but instead of suggestions of limitation we continue to suggest to ourselves upliftment, inspiration, progress and whatever tends toward creation, building of character, or even building the things that pertain to the daily walks of life; and we continue to suggest to ourselves the opulence which is ours, the wealth that belongs to us, the treasures, happiness, joy and felicity that is our inheritance, and that we need not be deprived of anything; that the world is mine. But it will not come to me; I must go for it. I must go after it. To that extent we must become conscious of the creative energy. The atom did not come to the Lord God Almighty, or to the infinite everlasting thought first to prove the process of creation. The ether-waves did not approach the Lord God Almighty and say: "Here, make of me whatever thou desirest." The Infinite Intelligence is the only thinking power there is. An atom has no thought. Neither is there any intelligence in the etheric waves. The Infinite Intelligence realizes the possibilities contained within the atomic world, that by the application of intelligence the whole of the atomic world is brought into agitation, for the atom is that infinite fraction within space that of itself is incapable. It is stationary, not moving, but due to the influence and application of the etheric or cosmic

waves it is carried whichever way there is ether, the ever moving, the continuously moving. There is no halt, but continuity of motion in every direction. The atom has no motion, no action. It knows not itself, neither the atomic world, nor its relative kind. There must needs come into this play an intelligence that can conceive, that can plan, foresee, recognize its possibilities. When that intelligence, that creative energy is applied, the atom finds its relation, just as in the 3rd chapter of Genesis, Adam recognized Eve. Equal recognizes equal. There is no further need for explanation, the rest follows. One atom recognizes immediately another atom of its kind, its relation, and that recognition suffices, and in consequence thereof the proton meets its opposite in the electron of the other. That process once started, continues. There is reaction on the part of the whole atomic world. Everything seeks its own, its kind, its relation, in accordance with the conditions and individual place, plane, position and time. Protons continue to seek their electrons. The electrons rush for the protons. The more the proton surrounds itself with electronic substance, the more voluminous elements are compounded, and eventually and gradually, through the process of crystallization we have a planet, a world.

* * * *

Divine Blessings

WITH our worlds attuned to vibrations of infinitude, and conscious of the blessings that are ours, we must not forget that we are surrounded and bounded by our own kind and relation, and to the extent that there is continuity on the part of the Infinite individualized in our own being, by virtue of the power to see and perceive, we are to realize and recognize in others all that is beautiful, grand, sublime, living and inspiring to us, and continue to bask in the radiation of these infinite operations. Therefore, we begin to realize what the whole complex means to us, one and all. I want to be well, strong, vigorous, healthy. I want peace, joy, happiness, a state of felicity. I want to impart that same thought to one and all. I want comfort, and to be surrounded by beautiful artistic things. I want wealth, plenty and to spare so that I may lavish it upon others. Everyone is to be entitled to the same state. To everyone I shall impart that blessing. I want to be successful in all my undertakings and speculations, to see everything progress, develop. I shall not only wish it for myself, but for every one. I want to study, investigate, analyze, have understanding, knowledge, be capable and able to apply myself to the daily walks

of life. I wish it for others, and therefore, it comes to me. Once that thought is planted, it grows one hundred fold and more, showers and showers of blessings rain down, until we realize that we cannot use it all, it is impossible to control it. We then say, "O Lord, no more." Blessings create other blessings.

There is an absolutely undeniable certain success to the degree that we are free from selfishness. I do not want it for myself, because there is plenty and to spare for all, I must wish it for others, so that by virtue of that wish they may be strengthened, they may arise above conditions and environments and realize as I realize that one single conscious soul is worth more than all the treasures of earth and heaven. With that thought we continue right on. Everything that is satisfying, every happiness, joy and felicity we want to impart to one and all and the world at large; and bear in mind the original principle that makes it possible to wish well to everybody, a love that surpasses every state and condition. Love is ever creative and perpetual, for God is Love. He is also Peace. He is health, wealth and perfection. He is success. He is everything conceivable, the creative principle. God is love, and we shall ever abide in that love.

* * * * *

Announcements

Classes:

Mazdaznan Philosophy and Health and Breath
1st Seven Lessons
Mondays: 7:30 p.m. starting September 19th
Veteran's Memorial Center
Culver Blvd. and Overland Avenue, Culver City,
Calif.

Breath and Posture: 1st seven lessons

Mondays, 7:45 p.m., Starting Sept. 13th
Palisades Playground, Pacific Palisades, Calif.

Self-Diagnosis: Advanced Course,

Tuesdays, 7:45 p.m., starting Sept. 20th
Mazdaznan Center, 1159 So. Norton Ave.,
Los Angeles 19, Calif.

Breath and Posture: 1st seven lessons,

Thursday, 7:45 p.m., starting Sept. 22nd,
Mazdaznan Center, 1159 So. Norton Ave.,
Los Angeles 19, Calif.

Ritual and Songs:

Sundays, 11:00 a.m.
Mazdaznan Center, 1159 So. Norton Ave.,
Los Angeles 19, Calif.

Harmony Course

NINTH LESSON

(Continued From August Magazine)

Diet: If we desire to retain or cultivate a good voice we need to pay attention to Diet. A singer, orator, speaker, elocutionist or impersonator who requires certain muscular action in his performances, his modes of expression, realizes the importance of following a proper diet. If the food consists largely of fermentatives, thus interfering with the normal digestive processes, it will be difficult to control the voice and muscles in connection with the use of the voice. We are compelled to use effort which in turn causes tension to the entire body, impairing the conscious control of all our factors. Consequently, we cannot put our whole spirit into our work and failure will result, for working under such conditions, we naturally cannot be a success. Every man has the power to be a success if he knows the corresponding laws, ways and means. We are expected to put our whole soul being into everything we do. There should never be any tension. Tension is generally due to contraction on the part of the heart, owing to a certain shortness of breath which brings on a state of fear. If one experiences often fear or fears, then one

loses the courage, fortitude and perseverance necessary to succeed in life. We must become conscious of the fact that we are a conjoined, composite being, wherein all parts are related, one part corresponding to another. Having acquired a knowledge of our bodily operations, the inter-relation of all its component parts, we become more exact in our mental calculations and deductions and our thinking capacity expands to unlimited dimensions. To gain this higher understanding, particularly in these courses of harmony, we must study the question of diet. For instance: in voice culture, whether singing or speaking, we should not partake of cheese, butter or cream, as dairy foods irritate the mucous membranes. There are times when butter is useful. If we find in later years that we have overworked in our studies and nature reminds us that we have overdrawn our reserve forces, we then have to make amends and resort to certain cures to recreate the voice. Now we may resort to butter but we take it without any bread, just eating as much butter as we can take into the stomach. Gradually all disturbances will become adjusted while following at the same time a proper regime. Otherwise we should avoid butter with bread, biscuits, vegetables, etc., while engaging in harmony practices. If we desire to promote our progress and

development, we must pay attention to diet. Sometimes the body demands a certain amount of fermentatives to drive out other fermentations. At such times we take cheese or other food of a fermentative nature for one or two weeks, particularly when traveling or on camping expeditions. Such a diet would prove tiresome if continued at great length.

By following dietetic rules, we are able to shorten the time of our development. The body requires a certain amount of liquids and nature gives us plenty of distilled water in fruits and vegetables. Sour dough breads of all kinds are detrimental in their effect.

In the course of our harmony studies we must learn the use of the muscles and their control. The facial muscles play an important part in voice culture. The lines upon the face can also impress the mind and interfere with the forming of ideas. The mind always endeavors to probe into the heart of things. Thought carries the seed of an idea. Everything in nature presents itself in the seed form, the rest is a state of growth and development. Whereas nature requires time, the mind is able to unfold within a twinkling of an eye. Herein lies the power of thought. True, nature can be forced in some instances when we use chemical means. We can fill a box with earth, treat the soil with chemicals and fertilizers, and then sow

lettuce seeds, covering the box with glass, and placing it in the sun. When dry sprinkle with water. Lettuce will appear within an hour's time. We can also force a cherry tree in the same manner and obtain cherries in 36 hours. We force the intelligence within the seed to work fast by using such methods. The elements in the seed go to work and forget about the regular process of time. However, such fruit and produce being forced out of its regular course of growth, will prove valueless as food because flavor is lacking. To develop flavor naturally requires time. Fast-growing fruit trees do not bear as good fruit as those which are grown slowly in accordance with nature's laws. The best cherries are grown in Persia. There they are a perfect food.

The basic laws governing the operations of nature may also be applied to us as human beings. We are the fruits of nature's efforts from a creative and evolutionary standpoint, therefore, any forced unnatural growth on our part will only hinder our normal development. Nature provides certain foods at each season of the year and so if we partake of these foods when they are seasonable, we will be saved many serious complications interfering with our health.

Singers and speakers need particularly to exercise caution. Eggs should be taken only in season, other-

wise they should be taken in their raw state so as to benefit the vocal cords. Salt should be used in small quantities. It is not advisable to eat that which has become stale and tasteless, even though we try to redeem the lost flavor by seasoning. The real essence of the food is no longer there and we want to improve digestion and assimilation, not retard it. Juicy fruits are efficacious for the voice. Nuts may be blanched, ground and creamed, and then mixed with the fruit juices. There are many more combinations which will assist us in our development along these lines of harmony and voice culture and we will then find that our studies become easy in every way.

When singing or speaking the vowels, whether on a scale or melody, we should control the muscles of the face and neck. (In moving our wrist, we do not move the arm, elbow or shoulder; we confine motion to the joints of the wrist.) Likewise, in using the vowels, we should hold the facial muscles, the mouth, the tongue and other muscles, perfectly still and keep our body under control of the mind. Each vowel should be enunciated clearly and distinctly, not allowing one vowel to slur into the next. We must hold fast to the governing principle in everything we do. We must trust and rely upon the laws governing sound and sound vibration. The mind must entertain ideas and

thought waves along the corresponding lines of our harmony practices. This assists to develop steadiness, poise and ease with us. Next, we take the scale, singing the vowels on a certain scale or succession of scales, keeping the muscles all under control, still but not tensed. Do not move the mouth at all. As we progress with our practices, our mental comprehension widens and our understanding expands. We now grasp things which were vague to us before. Mental and physical tension will gradually disappear as we pursue our exercises. There will be no more fear of any kind.

The mind should always think in constructive channels, else we create delusive tendencies leading unto illusions and disappointments. We should set a goal before us and then work to attain that goal. In order to succeed we must cut out all thoughts of negation.

After taking the scale exercises, we should sing the vowels on songs, melodies set with a certain rhythm. The melody of the hymn, "Sun of My Soul," is adaptable to the use of the vowels, singly or in a group. When combining or grouping the vowels we graduate them, one into the next, while singing the melody, at the same time being conscious of each vowel in its respective position. The mind always directs these sound vibrations, building bridges, as it were, from

thought to thought, mind to object and then back to mind. These thought currents direct and are carried upon the waves of sound toward the thing or object of concentration. If we desire to be a success in our undertakings, we must learn to bridge over conditions, difficulties, and thus surmount any obstacle which impedes our progress. We should be a success. No matter what course of study we may undertake, if it be that of foreign languages, by following these methods outlined in the Harmony Course, our studies become a play, easily and rapidly acquired, because we have learned the ways and means of attainment.

EXERCISE

We continue our exercises as previously given: hands over the back of a chair and hands stretched out on wall of room, with the object to gain control over the joints and to gain control over face and brain. Our face contains the four principal physical senses (seeing, hearing, smelling, tasting), that correspond with our hand, tips of fingers, roots of fingers, palm of hand and base of hand. The thumb determines the root of hand, so we say four fingers and a thumb. These senses correspond to the four fingers. The index and little fingers (eye and taste) determine success in business; the middle and ring fingers (ears and

smell) determine fame. So all this and many more things are marked in our hands. A man famous through art will naturally draw in the middle finger a little. The thumb held outward means that possessor of thumb wants to put his thumb into everything. With woman, the thumb out, little finger up, means that she is easily run by men. This and many things would come to notice, even if we did not make it a study. One more exercise is to be taken after we have tested all the other exercises, viz., after we can do them with ease: Take a standing position and describe a large double circle in front of you, with arms extended, making the shape of a heart. When the hands meet at the lower point of the heart movement, put hands together, palm to palm with thumbs crossed, and draw hands close to chest, placing them over the heart region. To be in a receptive state, we place left thumb over the right one, later we change the position of the thumbs, placing the right over the left to be more positive. (We should always remember that out of the heart issues thought. "As a man thinketh in his heart, so is he." All truth seekers search for this secret but few there are who find it. We must place our thoughts within, dropping the eyes to the tip of the nose as if looking down into that heart. It is not how frequently we take the exercise

that counts, but the way it is done.)

Before taking any exercise we should use the prelude breath, *i.e.*, breathing short breaths in and out several times. Take proper posture in a standing position. After short inhalations and exhalations, take a long exhalation followed by a full inhalation. While describing a large heart-shaped circle with the arms, sing on one extended tone the vowels contained in E-lo-him; viz., *a* as in ray, *o* as in road, and *e* as in seem: *A-O-E*. While the hands are being placed over the heart one closes the mouth on the last vowel *E*, humming and vibrating the heart region with the hands and crossed thumbs until one can breathe out no more. Repeat three times at a time. It is well to take it facing the North before retiring at night.

(Continued)

For the ruling powers of heaven and earth whose Lord is Mazda, the most glorious majesty, I implore surpassing strength, attainments and victory for the control and direction of thought, word and deed that the vital powers may increase health of body and long life.

May it happen as I wish.

Be it so.

God Omnipresent

SOMETIMES we have heard it said, "If there were an Infinite Intelligence, it would not allow any obstacles to be in our way." St. John, the great philosopher, says with regard to this, "Therein lies life eternal." Life eternal is in what? Can it be found in beliefs, documents, creeds, confessions, testimonial meetings, prayer meetings? No! "Therein lies life eternal, to know God." It is not enough to have an idea about God, to have a belief in God or an explanation of God, nor to define the terminology appertaining to God, but it is vital *to know God* which includes a comprehension of everything. We only need to know ourselves, the endowments, attributes, gifts, talents, powers and forces contained within our being. We need to know how to harness them, direct and utilize them; to know the way to follow, the path to pursue; to know which way to turn to find safety, to find salvation; how to apply ourselves in the daily walks of life to reach fulfillment into realization, thus, to be at one with our God, the creator of all manifest worlds.

We all have believed, have been willing to believe, and we have prayed and prayed. Many of us will have to admit that we have prayed to have our ailments removed, but have found that prayer alone cannot do

it. It is not a matter of using words or exhausting dictionaries. God is Spirit, and what is Spirit? Spirit is synonymous with life. It is a case of which is which. God is all-inclusive, God is the magnitude of the abstract thought. "God is Spirit, and he whosoever approaches God must approach Him in that self-same spirit." Therefore, if we say, "God is consciousness," then we must approach Him in that self-same God-consciousness. If we say, "God is mind," then we have to approach Him in that selfsame state of mind, understanding, wisdom, comprehension, realization, judgment, calculation, and with our whole mathematical propensities. We must approach Him with all our powers, with all our eyes, ears, hands, heart, everything that is within us. Then we will come into realization, for, "What man soweth, that he shall reap." If we sow in a state of limitations, what else can be expected?

The Infinite Intelligence—God—cannot overstep the boundary lines of fixed laws. If He could, there would be chaos. There would be neither consciousness nor true evolution. What we need to do is to familiarize ourselves accordingly.

It is true, that if we keep properly clean, there is no possibility for anything unclean to develop in us. Life at best is short. What are eighty years compared

to eternity? In these strenuous days we have many obligations to meet. Even as a child, we began to worry. We have all had our little worries, first one thing and then another. The mind suffers and the heart suffers; whichever way we turn, we do not see any way out of the difficulties, because, if we cannot keep the commandment of the blessed Saviour, Jesus the Christ, all the laws avail us nothing. On the way to Emmaus He said, "O, ye fools and slow of understanding, to believe all that the prophets have said." We will find the most valuable gems of thought here. Though Confucious was one of the greatest teachers the world has ever had, there is nothing more uplifting and inspiring to be found than the words in the Four Gospels. Have we not all the endowments of the mind, with all the intellectual propensities that know of no limitation? Have we not the ethical mind, the morality in all its phases, that we should seek and seek, learn and learn, and yet never come to an understanding of the truth? After all what has been said, and which only bears out what we all know, we must know more, why we are really here upon this earth, and to what extent we can make use of our talents. We make laws for ourselves, and then we cannot keep them. We go to work and we recite, "I am the Lord thy God; thou shalt have no other gods before me;

thou shalt not make to thyself any graven image, nor any likeness of anything that is in the heaven above, nor in the earth beneath, nor in the waters under the earth. Thou shalt not make any improvement to it. All is Mine!" All that we experience is like rounds upon a ladder, like Jacob's ladder that reaches from earth to heaven. All these objects are mere stepping-stones that we may reach the highest stage of manifestation, and attain the goal to which we have been called at this present time.

Z END itself is the language of man and means *interpretation*. By virtue of a language, we desire to interpret to one another the significance of God's handiwork through Nature. Zend also was an exclusive language and the mother language of the southern dialect later on culminating into *Sans* or Sanskrit."

Historical Note.

"Submissively we wait
 Till realized shall be our great estate;
 With eyes upon the goal ahead,
 We yield to Him whose hand shall lead,
 As only Saints are led."

Seasonable Hints

September is the month of colors in fruits and leaves, with a wealth of vegetables and fruits, and with weather of snappy and invigorating mornings. Be sure to take brisk walks and view the sunrise.

Strawberries are rich in iron, containing also iodine, sodium and calcium and are of great value as a blood purifier.

Blackberries furnish a valuable combination of acids, phosphates, iron and other minerals, but it is best to use only the juice.

Use little or no sugar with berries, but with cream good effects are gained, and refreshing drinks may be mixed when combining with orange and lemon juice.

Berries contain water, fruit sugar, fruit acid and mineral elements. The use of berries makes the blood more alkaline and richer in blood-building elements.

Nature's distilled water is found in fruits and vegetables. Prepare salads with thoughtfulness as to arrangement and colors.

Various kinds of squash and cucumbers are good to tone up the blood and clear the complexion.

Fruits call for a dash of salt or saffron or nutmeg to improve the medicinal value.

The use of watermelons with lemon juice or a dash of nutmeg is beneficial in the elimination of uric acid for some temperaments.

People suffering from catarrh in most cases may use persimmons, pomegranates, figs and oranges, but should abstain from grapes.

Not sugar but spices go best with fruit, not salts but savories with vegetables, to derive medicinal value therefrom.

Do not forget that the condition of the body and its organic action has much to do with our way of thinking and the outlook on life. So let us regulate our lives with care upon principles of law and order, and cease drifting aimlessly.

It is by far a greater delight to sit down to a delicious and scientific meal than to be confined to the use of medicines. Prepare foods in accordance with natural laws and the body will respond to better health and well-being.

Some scientists made a practical announcement that walnuts, avocados and dates have been of value in the treatment of pernicious anemia. The decision was reached that with the above fruits entering largely into the diet better results were gained than with the diet of liver.

September presents a variety of delicious fruits and berries, each one giving a different effect for man's benefit, when used with care.

To some temperaments, a plunge in a cool bath before sunrise is most invigorating and makes one immune from hay fever and colds.

Some markets display sapotas. This fruit is delicious and of benefit in cases of nervousness and is effective for stomach and pancreas.

Well-ripened gooseberries will prove an excellent liver tonic. It is best not to mix them with other fruits.

Some temperaments can use white grapes freely—the juice only if there is a tendency to catarrh or rheumatism. Set a glass of juice in a pot of water and heat it slowly. Do not use oranges with grapes.

Use savory herbs freely with vegetable dishes as follows: Mint with peas, sage with beans, anise with carrots, dill or caraway with potatoes, caraway with turnips, anise or caraway with beets, mustard seeds with corn, celery seed with squash, thyme with asparagus and tomatoes. These combinations assist in developing in man's laboratory the medicinal compounds required to supply elements enriching the blood, and help to keep the body free from disease germs.

Sweet butter and honey with green sweet corn, will prove beneficial to the membranes in most temperaments.

Plenty of bathing and care of the body will be of advantage during the fall season; in many cases, a cold plunge, drying the skin with the hands, dusting a perfumed powder lightly over the skin, donning fresh garments daily, changing hose twice a day, or even to discard hose and wear sandals. Hum and sing and keep the mind happy, thus one will realize the unfoldment of the powers of body, mind, soul, spirit unto higher attainments, which is the process observed in all nature about us.

While nature goes to seed to breathe out its last of the season's efforts, man should all the more pause in the midst of the daily demands made upon him in these strenuous times and inhale a long full breath, prompted by a good thought of prayer. As a groan relieves the patient of excessive pain, to the mentally depressed comes a sigh of relief, to the tender-hearted is given a sob unto new hope and courage, even so comes the thought of a newer life upon wings of prayer imparting inspiration and revelation, prompted by the power of breath which is the conscious life of men.



MAZDAZNAN PUBLICATIONS

Health and Breath 6 Lesson Book.....	\$2.00
Power of Breath 10 Lesson Book.....	2.95
THE PHILOSOPHY OF MAZDAZNAN (New Book).....	6.95
MAZDAZNAN SCIENCE OF DIETETICS Reprint Bound.....	3.95
MAZDAZNAN SCIENCE OF DIETETICS Reprint Paper.....	2.95
Mazdaznan Avesta in Song.....	5.00
MAZDAZNAN MONTHLY MAGAZINE, Yearly Subscription..	2.95

Notice: Postal charges on Foreign Orders
for Books and Old Magazine Sets

PLEASE INCLUDE:

Four Percent Sales Tax City and State of
California, except on Magazine Subscriptions
and deliveries out of the State mailing

Harvest House, 870 Via De La Paz
Pacific Palisades, California
GLadstone 4-4314

MAZDAZNAN PRESS
1159 South Norton Avenue
Los Angeles 19, California, U.S.A.

