

*The*  
**Occult Quarterly**  
A MAGAZINE FOR SPIRITUAL ILLUMINATION

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# Friendship

*The ways of the world seem darkened with lust  
And wars are waged for Ambitions Power,  
But all that's material will crumble to dust  
And the desire of Man will soar ever higher.*

*In the midst of all this din and fear  
And when Life's road comes to the end,  
There's no one close, as the change draws near  
But the memory of one, just one dear friend.*

*What a consolation to the heart that is seared  
By worldly foes that in evil seethe,  
Is a faith in friendship that is prepared  
To fight every battle to life's last breath.*

*Warm love lies in the heart of a friend,  
And sacrifice is made without a cry.  
'Tis faithful trust lasting to the end,  
That is stronger than bonds that tie.*

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## CONFUCIUS' PHILOSOPHIES



It is said that there is "nothing new under the sun," and it seems to me that this is true, in so far as Truth is concerned. The greatest wisdom of all ages is still the same, but appears at every generation with a new cloak of a different hue, but of the same material. The following are some of the philosophies of the sages of the time of Confucius, which are interesting to compare with the gist of the philosophies of writers at the times of Christ, the medieval days, and the modern era.

I. Here are the Nine Virtues propounded by Shoo King, Chinese philosopher from whose legends, Confucius gained wisdom:

1. Affability combined with Dignity.
2. Mildness combined with Firmness.
3. Bluntness combined with Respectfulness.
4. Aptness for Government combined with Reverence.
5. Docility combined with Boldness.
6. Straitforwardness combined with Gentleness.
7. Easiness combined with Discrimination.
8. Vigour combined with Sincerity.
9. Valour combined with Righteousness.

II. "Heaven is with him who seeks to illustrate his virtue."—from the Duke of Chow, Confucius' ideal.

III. "The superior man holds a distant reserve toward inferior people, whether or not they be relatives, friends, or enemies."—from a Disciple of Confucius.

IV. "Stillness and self-emptiness are life's highest attainable virtues."—from Laou-Tzse, metaphysician and opponent of Confucius.

V. "A sage will not enter a tottering state, nor dwell in a disorganized one. When right principles of Government prevail, he shows himself, but when they are prostrated he remains concealed."—Confucius.

VI. "The ancients were guarded in their speech and like them we should avoid loquacity. Many words invite defeat. Avoid also in engaging in many businesses, for many businesses create many difficulties."—from Statue in the ancient Temple of Lo.

VII. "A superior man will not receive rewards except for services done."—Confucius.

VIII. Five Great Evils of the World:

1. A man with a rebellious heart who becomes dangerous.
2. A man who joins to vicious deeds a fierce temper.
3. A man whose words are knowingly false.
4. A man who treasures in his memory noxious deeds and disseminates them.
5. A man who follows evil and fertilizes it.

—Confucius.

IX. The superior man strives for nine things:

1. In seeing, to see clearly.
2. In hearing, to hear clearly.
3. In expression, to be benign.
4. In demeanor, to be decorous.
5. In speaking, to be sincere.
6. In his duties, to be respectful.
7. In doubt, to inquire.
8. In resentment to think of difficulties.
9. In opportunities to gain, think of righteousness.

X. Three things to avoid:

In youth, when physical powers are not settled, avoid lust.

In manhood, when the physical powers are in full vigour, avoid quarrelsomeness.

In old age, when animal powers are decayed, avoid covetousness.

—Confucius.

These philosophies seem to have a tinge of Hindu teachings; Brahmanism touches these writings; and even Christianity compares to at least some of these virtues and advices. Truth is impossible to hide, no matter how much Governments and Religions attempt to do so. It appeals to both Reason and Intuition, eternal faculties of eternal mind.

## PSYCHIC UNFOLDMENT LESSON IV

By  
Royal Eugene Parks

—o—

Spiritualist Mediums should not rest content when they have pierced the veil of the unseen realms but should continue striving for greater individual enlightenment, for thereby others will become enlightened for the glory of the Infinite.

It takes more than the ability to contact the Spirit World to become a prophet. It takes a strength of character and deep understanding. These can be acquired by righteous living, studying the finer things of life, such as: music, drama, literature, sculpture and by pondering over the revelations of Occult learning such as Astrology, Theosophy, Numerology, Yogi philosophy and Mysticism as well as the wisdom of the different Gods various nations of other ages have set up, with their corresponding Prophets and Saviors.

This method of study tends to make one step outside of himself into other spiritual vibrations; a sort of projection of the psychic strength is the result—a definite understanding of the Fourth Dimension of all things. Psychic energy controlled or uncontrolled is still life energy. Try to conceive of the vast progression of the human race if all this psychic energy were controlled. "Heaven on earth, good will toward man," would then be a definite reality and not a vague prophecy.

Practice seeing the other fellow's viewpoint. Live for others' advancement. By consecrating one's life to the service of God is automatically giving it to the service and help of humanity.

Mediumship of the spirit world begins with the ability to read the souls of those in the flesh as well as in the spirit world. Mediumship is soul-reading, which is always unbiased by personal thought judgement or prejudice.

Keep the inspirational faculties uncolored by the rays of personal temperament that is of the earth. Mediums get the best results by practicing looking at all manifestations of life from an impersonal viewpoint.

An interesting phase of mediumship is the interpretation of dreams, as many of them are important. The Bible speaks of dreams as being sometimes prophetic or suggestive of future events. This belief has existed in all ages and in all countries. Modern examples of prophetic dreams are so numerous and important that this great field of learning should be analyzed carefully by occultists, psychics and students, as well as other great learned people. Dreams are relatives of visions. They are revelations (all of them) if correctly understood. Vivid dreams, as a rule, are followed by some event relative to it.

In the Scriptures, God revealed through the prophet Joel: "And it shall come to pass, afterward, that I will pour out my spirit on all flesh, and your sons and daughters shall prophesy, your old men shall dream dreams, your young men shall see visions, and also upon the servants and the handmaids in those days will I pour out my spirit."—Joel, Chapter II, verse 28.

All history both sacred and profane record the fulfillment of dreams so that the most sceptical were made faithful.

Dreams, to be significant must occur to one while in a tranquil, and healthy sleep. A dream that is not remembered is of less importance. The more vivid the memory of a dream, the more important it is.

Study your dreams with a spiritual analysis, that you may find revelations of worth. Read the language of Nature, the dialect of the mountains, the voice of the winds, the whisperings of flowers, the roaring of mighty waves, and the utterances of the fires of nature, whether it be the flash of the lightning, a candle flame or the eruption of a volcano, or the fires within. Study the echoes of the stars, the parables of the earth, for in every pebble is a story perhaps romantic or mysterious. Know that in everything seen and unseen is Wisdom, Purpose, Infinity, and eternal Power.

At sometime in the great Eternal Now all evil, unuseful, or misunderstood, the Great Alchemist, God, changes into good, useful and wise phenomena.

The greatest height of psychic unfoldment on the earth plane is to utterly give over all earth possess-

ions, even the body itself, to the service of one's own conception of God—to consecrate oneself to the Almighty. It is the separation from the Almighty that is the source of evil and distress.

Forget the outward physical manifestations of Life and recede into the Silence of your soul, which Silence can only come when the mind is peaceful and at rest. (This can be made possible by the Will). This will reveal to you the mysteries of Being, Life, God and the Wisdom of All Ages.

Heaven can only be reached in one way at one time. The way is Self-renunciation. The Time is when all souls are perfect in the sight of the Almighty, which is all-loving, all-wise perfection. Thus we realize that the Spirit World is not Heaven, but only a step of progression leading to the ultimate perfection of all.

"Quench not the Spirit, and despise not prophesyings," is an admonition for all the human family to remember, that the laws of evolution might be fulfilled.

A spiritual medium is one who is sensitive to the visible and invisible forces of Nature—Gods rays of vibration both conscious and unconscious. A Psychic is one who has the ability to control this sensitiveness that it becomes a beneficent power to mankind.

Persevere, beloved, be patient and aspire eternally; be not satisfied with the consciousness of having gained the first step of Psychic Unfoldment, but go on and on and on. Be calm within, for in reaching heights of power there are dangers of falling; don't look back, only see the goal ahead—Freedom, Happiness, Evolution, "Heaven on earth, good will toward man."\*

\*Note—This is the last of this series of lessons which started with the January issue of the Occult Quarterly, 1934. Back numbers of the Quarterly may be had for fifteen cents each by addressing the Publisher. (These lessons are not the same as those offered in the course of study advertised in the Occult Quarterly, known as Adepts of Universal Mysticism.)

So long as we Love, we serve: so long as we are loved by others I would almost say that we are indispensable and no man is useless while he has a friend.—Robert Louis Stevenson.

## TIBETAN PHILOSOPHIES

"You will grow—when your tongue is rendered harmless through the influence of LOVE.

Training of the intuition to recognize spiritual truth should be the subject of your efforts.

Live as souls, and not as children to be nursed and cared for in a nursery run by rules and orders.

As souls, men derive their life from the ocean of the universal and not from the tiny well of the particular. Carrying their little pitchers, they find their way to that ocean, and for themselves they draw into their receptacles that which they need.

Aspirants learn to be master and adept by handling their own physical plane affairs and their astral idiosyncrasies. This they must do in the light and strength of their own souls.

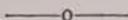
When a man is beginning to live as a soul, and his consciousness has shifted away from the world of illusion then he can be useful. The first lesson he has to learn is a sense of values in time and space and to know that we work with souls and do not nurse the personality.

You have need to learn the lessons of accepting guidance from your own soul, and of learning to work with harmony and impersonality on the physical plane with the group or groups to which your destiny impels you.

Learn the lesson of self-forgetfulness,

Seek nothing for the separated self,

Stand firmly on your own feet,  
Look for aid within yourself."



## THE SIXTH SENSE

*Spirit voices of the air,  
Filmy faces, beautiful and fair,  
Hover close and to me cling  
While melodies of love they sing.*

*Spirit Whispers do I hear  
As their glowing forms draw near;  
They gladden this lonely heart of mine  
And my darkest thoughts are made to shine.*

*Visions of glory do I see;  
Uncarthy beauty of ecstasy  
Carry my soul to unknown heights,  
Thrilling my Being with heavenly sights.*



## THE SPIRITUAL REVELATION

By  
Niles Stein



In entering upon the border of the vast Unknown, the weary grope midst distressing shadows of earthly fear. They are not familiar with the guiding souls out of the throng of earth limitations which exist in the spiritual world of lasting life and love. We are at all times surrounded by invisible beings, impressing courage upon our troubled hearts, assuring us all is well and that the cessation of earthly life is only the harbinger of a greater expression of spiritual attributes, which enlarge and manifest after the body of flesh has been laid aside. After the change of death we enter into a greater paradise to continue the effort here begun.

Thus many have taken leave of the physical body, with the sorrowful expectancy, some with no expectancy whatever, due to the abusive teachings which have made war between faith and courage. All that seemed real had come to its close. All that had appeared beautiful, they cling to with hope to the last earthly breath, endeavoring to look ahead, they see nought but dismal shadows for they have been blinded by fear. But after all, the glad some surprise greets them, for lo, the change brings the awakening. The journey is over; there is the radiant beams of Eternal Truth, the blessed welcome into the new world by loved ones, who had come long in advance and were prepared to greet those that were yet to come.

The richer promise had been fulfilled. They were in the midst of those precious souls, whom they had loved and over whose fragile, earthly bodies, had grieved with burning anxiety. What joy abounded when they again beheld them and to be like them.

There they are assigned to a better understanding, the undoing of a mis-spent life on earth. They become aware that in the former life they were the prey of false prophets, blind leaders of the blind, a woeful disappointment. They have had no satisfaction for that life in the earthly school of preparation was one of fear and doubt which had

blinded them from the Truth of Immortality.

Had they received the teachings of Truth, fear would have crumbled at the might and power of demonstrated courage. They had fear of God, fear of their fellow-beings, fear of hell, and as for preparatory lessons, they were given only faith, which shatters sometimes in the last trying struggle between the elements in that last hour, when life should be the Victor.

Such has been the fate of many, they were forced and driven through fear, to follow out some prescribed method of worship, which chained their spirit in bondage, which held no outlet for spiritual expression, as well as no apprehension of life beyond the tomb.

The soul of Man is filled with that Divine Instinct which promotes him, through love, to the urge of worship. It has been upon this power, that the crafty, have in years past set to govern and alter this birthright of individual spiritual development. They have endeavored to pursue his natural desire with unnatural limitations and set up boundaries and obstructions to hold him within the limited quarters of his earthly domain. Thereby closing out the spiritual senses and attempting to destroy his spiritual gifts.

The lowly Teacher of Nazareth was eager to bring to humanity an understanding of the Spiritual senses and an acquaintance with the Father. He was at all times governed by Infinite Love. Unselfishly He ministered to the needs of all. Many have set out to worship in His Name but have come very short in ministering to Universal welfare. They would rather monopolize man's religious freedom, and bound the souls of men in jeopardy. "Woe be unto the Pharisees, hypocrites, for ye are as graves which appear not, and the men that walk over them are not aware of them."

"We should be grateful today for the Infinite blessing which is being so abundantly given in the Spiritual Baptism of this age, which is being brought about particularly in the administering of the light of Spiritualism. It comes as the first gleam of a breaking dawn, following a long vigil throughout a night of sorrow and despair. It speaks with tender love to the sinner and makes him know himself.

It carries health in its benediction of good will to all and heals the sick.

Jesus was the expression of God in the flesh, and called each struggling soul, "Come, learn of me, for I am meek and lowly of heart." "Now are ye the sons of God." His relationship with the Father was in no way selfish; He was eager that all should come to the realization of their relationship in a like manner, and thus institute a Universal Brotherhood.

We who have partaken of this heavenly banquet of Truth, as delineated through the Gospel of Spiritualism, rejoice that it has come to again establish the operating law of Spirituality, that souls shall no longer set out upon the sea of death filled with fear. Instead the law shall be revealed to them and death shall be to them the messenger of the morn and in the valley of shadows, Life speaks as of yore, "This day ye shall be with me in Paradise" and "Lo, I am with you alway." This is the Infinite, eternal law of God, divinely expressed through the art of His creation.

Man has been disobedient to the voice of His creator, and has placed confidence only in what man's reason has taught, but like the prodigal child, he is returning to his Father's house, lamenting, and torn in spirit. The eternal Love of the Father will ever admonish the blessing and welcome him home—Peace revealed, in higher consciousness.

Just why the human family are prone to err and resist the loving promise of the Father and accept false doctrine, is the question of Now as well as of the past. Jesus said, "Even the Spirit of Truth whom the world cannot receive, because it seeth him not, neither knoweth him; but ye know him; for he dwelleth with you and shall be in you." Still the world will not receive, for it knoweth him not, and they will resist the Truth.

According to Ecclesiastics we should each contribute our utmost. "Resist the devil (Ignorance) and he will fee from you, draw nigh to God (Wisdom) and he will draw nigh unto you."

Seek the Truth, persevere to the end, thereby eradicating false beliefs. Remember the promise is Eternal. Recall and acknowledge in prayer—"Deliver us from evil"—and you are requesting deliverance from

the captivity of erroneous beliefs, which bind your spirit in fear. Lay aside the doctrines of superstition, evil and bondage of hatred and prejudice that you may become renewed in body, mind and soul with the freedom of grace, love, tolerance.

Whichever course for good, you may pursue, Infinite Love will inspire you if you will but attune your spiritual ear, listening for the still, small voice within. For the Father has given His angels charge over you to keep you in all your ways, and of the angels, He saith, "Who maketh His angels, Spirits," etc., (Hebrews: 1:7.) Therefore, attune the life wave with harmony, for then we shall become receptive to the spirit world, and catch the voice of the angel throngs, being transmitted to us, at all times and seasons. They are our loved ones promoted to their rich reward. They are God's messengers showing us the Way, the Truth, and the Light, leading to His Kingdom of Eternal Life!

Spiritualism is the beacon light of Truth, shining undimmed by clouds of bondage. Humanity has long been held in captivity, bound by chains of fear, ruled by crafty exponents of error; but the Deliverer is at hand, angel helpers are releasing the chains. Like unto Peter of old, who was held in the stocks and bound within the prison as a punishment placed upon him for expounding the gospel of a glorious life of blessed good and freedom for all, and who was released through the intervention of the angels.

Spiritualism is the corner stone that the builders of false beliefs have endeavored to reject, because of its freedom, its glory, and edification unto God. It is the glorious revelation of Prophecy which priestcraft desired to use for selfish gain. Beware of wolves in sheep's clothing, for the Truth is at hand. It stands at the path of your understanding, knocking at the door of your consciousness. Lo, if you open unto that Truth, it shall enter in and abide with you. You may sup with the Angel throng.

The stone (Truth) so long rejected, has at last been recognized. Watch and pray, and in an hour when ye think not, the light of Truth shall appear to you and you shall be no longer in darkness. If you do your work well, presently you shall know the Truth, and the Truth shall make you free!

## GOD AND HIS KINGDOM

By  
Tessie Tanner  
Spiritualist Missionary

Seek Ye First the Kingdom of Heaven  
and All Else Shall Follow

God? Just what is God? Each and every one of us have wondered about this. Some of you actually picture him as a person, a king, sitting on a throne with a beautiful river flowing by. To picture God that way is all very well and good—but it is only symbolical. God IS King—the king who rules over Good—100% good means God. You can't add or subtract from God. God is 100% good, has always been, is now and ever will be.

And God is so supremely good that he can see only the good in you. He cannot create any evil. He judges you according to your goodness, and sees you only as you are good. Jesus was 100% good, and verily he was God. When the thief was dying on the cross next to Jesus, did Jesus reprimand him for his misdoings? No,—he promised him Paradise. Did Jesus reprimand the woman at the well? No,—he told her if she had asked, he would have given her the living water of life.

The creative power of Evil can only discern the evil in one! It fears the good. So you see, the more we master the evil in us, the closer we are one with God. We must be good to draw God to us, as he recognizes only the good in us.

God is spirit. We all know that—we don't question that point. We know it from within.

God's throne is the throne of Wisdom; the beautiful river flowing by is the river of Truth; and the beautiful light surrounding his throne is the Light of Faith. Without faith there is no light.

So you have it all. God is good. Good rules supreme. Through light, wisdom and truth you enter the kingdom of heaven,—a spiritual kingdom; and when you have found that kingdom, nothing else will matter. It is priceless. You will cherish it more than your life, and money cannot buy it.

But how can one seek? Through prayer—prayer to a spiritual God to educate one spiritually. One can't go to God and ask him for material

things, a job, money, etc. You must first ask him to show you how to enter the Kingdom of Heaven. All else will follow.

Then you must do your part. You must strive to do only good,—good in deed, word and thought. See only the good in others. Fight all the evil that comes your way,—for after all, a kingdom is worth fighting for.

And when you enter that spiritual kingdom of God, you will be so happy, so illuminated with its wonders, so at peace, you won't even think of material things,—they will just automatically shape themselves.

—o—

### THE QUEST OF LIFE

*The soul of a man treads a path of  
Night,  
Footsore and bleeding, the sideroads  
unheeding,  
To gain a goal of Eternal Light,  
That Death might be killed and Sin  
forgiven.*

*The way is strewn with thorns of woe,  
And tears the flesh; but silently suffering,  
This Pilgrim trudges onward tired and  
worn—  
A soul that is brave, patiently enduring.*

*Darkness and storm reign everywhere,  
Tempting voices, his way try to turn,  
But ahead he plunges, burdened with  
care,  
For he is faithfully desiring to seek  
and learn.*

*At last, a light looms up ahead;  
'Tis Hope strengthening this sorrowing  
soul,  
And with a fervent prayer, he earnestly  
pleads  
For life and courage to reach the goal.*

*He was victorious, this brave, true  
mind,  
And sacrificed all, in a glorious strife.  
His goal was won—'twas "Love to  
Mankind,"  
And his soul was honored for his  
Quest of Life.*

ROYAL E. PARKS.

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If you enjoy reading *The OCCULT QUARTERLY* and would like to have us send a complimentary copy to your friends who might be interested, send us their names and address.

## SOUL AND SENSE

By

Rev. A. C. Flower  
Grand Rapids, Mich.

Men are not punished for their sins, but by them. "Expression is necessary to life." Soul grows through exercise of its attributes just as muscles grow strong through use. Life is expression, and repression is stagnation—Death. Yet there is right expression and wrong expression. If a man allows his life to run riot and only the animal side of his nature allowed to express itself, he is repressing his highest and best, and therefore those qualities not used atrophy and die. Sensuality, gluttony and the life of licentiousness repress the life of the soul and it never blossoms, and this is what it means to lose one's soul.

All down the centuries thinking men have noticed these great Truths. Again and again one finds individuals leaving the life of the senses and devoting their lives to the life of the Spirit. Through the knowledge gained, by investigating the great Truth of Spiritualism and living it's sacred teaching—that the spirit of man is immortal and if one develops the spirituality and attributes of the soul, great wisdom is his reward. Follow the teachings of higher living, Love, Kindness and Helpfulness. "Do unto others as you would have others do unto you." By doing this, one prepares his home not made with hands of flesh but by spiritual power, eternal in bliss, assuring one of happiness here as well as in the "Home of the Soul."

\* \* \*

*"Oh Brother Man, fold to thy heart  
thy Brother  
Where Pity dwells. The Peace of God  
is there  
To worship rightly is to love each  
other,  
Each smile a hymn, each kindly deed  
a prayer."*

—Whittier.



The Man who constantly contended against evil, morally and physically, outwardly and inwardly, may fearlessly face death, well assured that radiant Spirits will lead him across the luminous bridge into a paradise of Eternal Happiness.—Zend-Avesta.

LET THE STARS BE YOUR  
GUIDE

By

Ethel Russell Wood, Astrologer  
Asbury Park, New Jersey

When traveling along a road, if you should come to a pile of rocks, in front of which is a Detour sign, would you not heed that sign and go around thereby saving yourself endless trouble? Astrology can be the Detour sign to warn us of trouble. You would not think of taking a long journey without a road map or at least directions. Why try to live your life without a road map or guide? Almost every one has been troubled at times by not knowing which road to take and very often, after much thought, take the wrong one. We cannot go back. It is useless to stand still. We must go forward. It is impossible to swim against the tide. We must go with it. The Stars as a Daily Guide are invaluable and if we heed them the gain will be ours.

Every town and city has its signposts giving the names of each street. Without these or the knowledge of the names one would be at a loss how to get to their destination. In the same way Astrology, by the use of signs, points out the right way. If we do not know about them or take the trouble to observe them we either do not reach the right destination or we travel a long distance out of the way.

When you understand these forces that operate, you can to a large extent, control the effect of events on your self. You will understand life's purpose better and be less impatient.

Astrology may be characterized as a "Scientific Philosophy" that explains and directs life. Its study and understanding will give you new strength and hope. It will help you to overcome fear and show you how to face all problems. It has been likened to a "Searchlight" which beside showing you your real self, will help you to understand your real powers and make your life more rounded out and complete.

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# EDITORIALS

## — THE ETERNAL NOW —

### THANKSGIVING

**S**UPERSTITION has played a great part in the development of fear and ignorance in the welfare of mankind. Yet experiences of suffering are necessary to make humanity realize that to err without learning is to err again and to suffer the effect of that error as well. One should be thankful that the law of cause and effect exists for in it is the secret of Eternal Progression!

Humanity should also give thanks to the Omniscient God that the Unseen World is a reality for a sense of the perception of reality gives one a definite foundation on which to build his Temple of Life. Many should also appreciate the power of thought which enables one to have terrific strength to overcome the evils and sufferings that they have placed upon themselves as well as to create good destiny in the future by thought power and will, which is Divine.

Mankind should also give thanks to the Omnipotent Creator for those great courageous souls of Science who are ever conquering new worlds and who bring uncontrolled nature closer to Religion. One should also realize that it is "more blessed to give than to receive," and that those who have more of worldly or spiritual possessions than others that there are also others that he can give to and help. Nothing can be more noble than to consecrate one's life to the service of humanity.

The peoples of all Nations should keep in their consciousness a thankfulness for the Omnipresence of God in all things and in every manifestation of Life, seen and unseen; whether known or unknown—God is there. God is present in all kingdoms, whether animal, vegetable or mineral.

Every day should be a day of Thanksgiving for the Eternal Love, Wisdom and Forgiving Spirit of the Lord of Hosts, not only in prayer, but in word and deed as well. Above all, be thankful that you LIVE and that the life now being lived is ETERNAL!

### WOODLAND MOMENTS

(A Recollection of Summer at Baileys Harbor, Wis.)

A path of brown leaves winds its way  
Through sentinels of fir, oak, and brush;  
Patches of white clouds scatter the sky,  
The silence is broken by the song of a Thrush.

A lonely daisy, snowy white,  
Nods its humble head, graceful and fair.  
A wandering breeze stays its flight  
To whisper secrets, mysterious and rare.

A cricket chirps modestly to his mate;  
The fresh life-giving perfume of the Fir  
Fills the air—an incense of Fate,  
For it springs the magic door of Thought ajar.

An Indian trail whispers its tale  
Of bygone loves and of savage chant  
Before the moon Goddess, silvery pale;  
It speaks of strange life, wild yet content.

A cheerful symphony eddys and recedes  
From a nearby brook, glistening with grandeur  
Among foliage of green fern and sprayed  
With dewey beads of diamond drops of moisture.

The sunset glows in gold and scarlet  
Among the blue shadows of distant clouds,  
Throwing a mantle of silent twilight  
Over the far away hills like shrouds.

Moments rush by and Time seems void  
When human souls vibrate to the Song  
Of Summer Woodland, colorful and proud;  
And the revelation dawns that all life is One.

A tinkle of a cow bell far away  
Reminds one of human existence and one's Trust,  
In which rests Nature's greatest play,  
The Drama of Life, Eternal and Blest.

To study the lessons of flowers and fern,  
The birds, trees, hills and grassy sod;  
And of water, fire and air is to learn  
Of the Wisdom, Love and Eternity of God.

—Royal E. Parks.

### THE BIRTH OF CHRIST

**M**ANY nations have set aside one day in the year for the edification and remembrance of the birth of Christ, the Savior.

Also many races have established a day of celebration and glory for the birth of their Saviour and Teacher, such as Buddha, Confucius, Mohammed, Zoroaster, etc. One should remember the Birth of Christ every day until he witnesses the power of the forgiving spirit of his Redeemer, and has faith in that Savior to erase his debt of sin. The loving power of the Almighty God of wisdom has established in the invisible world a Spirit of Forgiveness for all and those who believe, this Spirit will become visible in their lives and abolish the debt of sin from their conscience and consciousness.

The Redeemer existed in the Spiritual World before it was incarnated in the Great World Teacher Jesus, of Nazareth.

Know that the birth of Christ fulfilled the law of Prophecy that was given many centuries before and that it's reality does not depend upon belief—but Faith in Truth, whether visible or invisible Truth.

Let us always remember that this Spirit is with us always knocking at the door of our consciousness waiting to enter and abolish the suffering of Sin. The Christ Spirit is the off-spring of the masculine Principle of God,

Wisdom; and of the feminine principle of God, Love. The Name of that Off-Spring of Life is Infinite Forgiveness!



## TRUE YOGA

*"He who does good, comes to the temple gate.  
He who loves, reaches the shrine."*

By

Helen Arriel

(Reprint from the Occult Digest)

Before any worthy effort can be made to understand the unimaginable splendors of the spiritual life, the soul must be aroused: every fine and uplifting desire to make the life more constructive is the result of a spiritual awakening. In the language of a great thinker "Ours is the search of the heart for something greater than itself which is still itself."

Asia has cherished in her brooding bosom, for uncounted centuries, a secret that is man's heritage. This secret is the Yoga, the method of self-involvement, (or in Western terms, self-development) whereby the seeker for union is enabled to perceive the shining of the Inward light—Himself. This self is within, and the mind which is normally centrifugal, must be controlled, quieted and turned back upon itself. This is well expressed in a passage of the Upanishads—"The self-existent pierced the openings of the senses so that they turned forward, not backward, into himself. Some wise man, however, with eyes closed and wishing for immortality, saw the Self behind."

In the realm of material sciences, if the electrical engineers did not first build a perfect system of generators and power stations, the electrical force or energy in the atmosphere would have no vehicle on the plane of gross phenomena, whereby its effects could become manifest. So it is with man, the seeker for union, or the knight of the Holy Grail. This union is man's conscious realization of his Ego or individual self, with his Atma or soul or Buddhi, which is pure intelligence. The process by which this union is accomplished is through the Arts and Science of Yoga, the precious secret of the East.

The Science and Art of Yoga is not a notion or theory of some imaginative, unstable mind, but is science which was most carefully gotten together and written centuries ago, by men who are classed among the Gods. These men knew the great weakness of man and how necessary it is that he use every possible means at his

command. The Sankhya philosophy is the theory and Pantajali or Yoga is the practice. The practice of Yoga is the contribution of the East to the spiritual life of the West.

The word Yoga is from the Sanscrit. Its root meaning is addition. It has seventeen different meanings and eight different powers. The name Yoga is all inclusive, without any reference to any of the different kinds of Yoga. These various branches refer to different practices which were written to suit the different temperaments and types of consciousness. They are merely different paths leading to the same central point—Divine union. All the various branches of Yoga are governed by the same fundamental laws.

To achieve this union man must commence with the ground work, his physical structure or his body. In the initial stages of this process man is concerned solely with the work of rebuilding his body. Just as a child goes first to the kindergarten to begin the work of organizing his mental powers, that he may be ready for his college in later years; so man is here beginning the work of rebuilding his body and mind that he may have an instrument ready for the great work of union in later years. It is the work of discipline and training that now claims his attention and not the end result. Having the attention placed upon the results of action all too often defeats the work in hand; non attachment to the fruit of action is an important mantra to reflect upon at this stage.

The physical body with its nerves, muscles, circulation and metabolism must be in as nearly perfect condition as possible; there must also be a broad intellectual survey of the principles of the Sankhya Philosophy and Yoga. The same thing obtains here as in any field of academic endeavor. One cannot understand or work with the higher mathematics until the fundamentals have been mastered. The spiritual nature is pure, simple and enduring, but this altar of holiness can only be reached through the stairs of man's physical body and its powers.

The rewards of this work, while it imposes hardships upon the student in many ways, are great beyond compare. The giving up of some things which tend to involve the life in the external phenomena are replaced by a new sense of values and

a life of great mental awareness. Unless the man of today will realize the importance of undertaking the great work of training that he may reach his spiritual nature, or divine union, he will remain with the great masses of humanity that are slowly passing out of the picture of Cosmic things to another great night of Brahm.

Hatha Yoga with its laws is man's hope, it teaches him the control of his bodily powers, it is a process of training that makes for perfect bodily health. This training involves bodily cleanliness inside and out. This process extends over a period of several months and must be accomplished before the next step can be taken: Right diet, this has nothing to do with diet as understood in Western terms, right living (thinking) and postures are the various steps in these early stages. These many postures are a perfect system of exercise that make for harmony and rhythm of the entire bodily function, and are primarily for the purpose of making the student remain quiet over a period of time, and this in turn tends to restrain or slow down the modifications of the thinking principle. Next comes breathing, or the use of the subtle essences of breath which is prana, as it enters the body through the nostrils; for breath is but an effect and not the cause. However, breathing has no place in this preliminary work and man is not now concerned with it, he must graduate into it as it were. The Yogi works for and obtains an activity or an awareness in every part of his being, that places him in command of his bodily and mental powers. All Yoga work is for sustained action.

Hatha Yoga and its practices presumes no spirituality as does Raja or Royal Yoga, but its foundations are laid upon the highest of moral virtues, and it imposes a life of purity upon its devotees and there can be no Raja Yoga until Hatha Yoga has been mastered. After months and sometimes years of self-discipline and rebuilding of the temple of Self, the student is then ready to understand and work with Raja Yoga. Contrary to all Western belief there is no real line of demarcation between these two great Yogas, they are inseparable, each depending upon the other for its use and support. A proper understanding of Hatha Yoga and its laws and principles will safely

guide the student along the path of spiritual culture.

It is the great shame of the white race that writers and teachers have claimed Hatha Yoga as the path of shadows and Black Magic and perversions of sorts, with its terrors of insanity caused through the power of breath and the opening of the chakras. Where there is true knowledge of the laws governing the bodily and mental powers there is no fear and no harm, rather it is the attempt to practice Raja Yoga without first knowing Hatha Yoga, that leads to disorganization. It is like going on a long journey over an unknown road without lights or maps to guide you. When an individual has reached the place of understanding of mental power and its use he is above using it for unworthy ends, for he has paid too dear a price for his knowledge and his sense of values has undergone a very definite change, despite whatever his original motive may have been. Again, this statement is contrary to all Western occultism. If the student will but investigate the lives of these people who have made claims of having known Raja Yoga and Samadhi (Union) they will find, that on the face of it, their lives and work refute such claims.

These individuals brought to their work no knowledge of what they were seeking, or any traditional knowledge of Indian thought and culture. They assumed things that were not written in the books and scriptures they were attempting to translate, and the hopelessly wrong claims and false statements which have flooded the world of spiritual culture are the results of their impoverished imagination. This statement applies to the many leaders of Metaphysical and Occult movements which have endeavored to bring the spiritual sciences of the East to the Western world.

Nowhere in these ancient books can knowledge be found to verify and support the statements in the books and teachings of these teachers and writers. The seventeen different meanings of Yoga are:

- 1—Union or method of union, to add.
- 2—To add any outside thing to any other outside thing.
- 3—To mix one thing into another. (As sugar added to water.)

4—To unite cause and effect together. (As a spark and the effect fire.)

5—The method of properly decorating. (As the shoes on the feet and not on the hands.)

6—Some symbolized work which reveals an internal meaning as a cable code. (Proverbs and aphorisms are also called Yoga.)

7—To try to hide one thing and try to show another. (As a magician would do.)

8—Physical exercise.

9—Composition in language.

10—Significance of words. (What it may disclose to the individual alone, what it stands for to one person only, as the word Nature, just as each one conceives it.)

11—Any skill or dexterity. (Mental, spiritual, or physical.)

12—Method to protect what one possesses. (To preserve anything in a proper state, as canned fruit.)

13—To find means for acquiring things required by deep contemplation.

14—Conversion of one substance into another. (As water to steam.)

15—To unite two souls together.

16—To produce a current of thought with any specific end. (To do any mental feat such as the solution of a problem, example—detective story.)

17—To suspend all mental activities to concentrate the heart to one particular point.

From this list it can be seen that Yoga can be used as generously in any of these realms as in spiritual culture. It is according to the prefix and the suffix that we know the text and kind of Yoga. Each one of these different meanings have a special science and art. From the meanings we pass to the eight powers or miracles of Yoga:

1—To reduce the physical body into the lowest form of Tanmatra.

2—To reduce the weight to the lightest possible measure.

3—To increase it to any unlimited size and weight.

4—To bring near the objects desired at a moments notice.

5—Whatever desires come to the mind things begin to happen according to these desires.

6—All substances whether material or supernatural come under control.

7—Control over Prakriti and Karma.

8—To convert one element into another.

These eight powers or miracles are the end result and are obtained only through long and persistent effort and arduous labor over many lives. There is no romance or the satisfying of vanities in true Yoga, and there is no short cut or high-powered efficiency method to Samadhi or divine union, Yoga is the way—illumination its reward.

★ ★ ★

"God is Law, say the wise, O Soul  
And let us rejoice,  
For if He thunder by law,  
The thunder is yet His voice.  
Speak to Him then, for He hears,  
And spirit with spirit may meet;  
Closer is He than breathing,  
And nearer than hands and feet."  
Tennyson.

—o—

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## FAITH, HOPE AND LIFE

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A faith in the all-wise Father naturally produces patience, hope, cheerfulness, and all other dispositions of the mind that alleviate those calamities which otherwise one would be unable to remove.

As the apostle Paul said, "Faith without love is nothing," and he so explained that love is the fulfilling of law and is all that God requires of man. So also the apostle James said, "Faith without works is dead." Meaning the same law works as did Paul, by Love.

Faith lacking is like a bird without wings, it may hop about but can never fly. But when joined together then he may soar to Rest.

Hope is the anchor of the soul as faith is the cable. Hope is necessary in every condition of life. Man is ever wishing, and never satisfied; ever changing, and never fixed; ever anticipating and seldom realizing.

Hope is the sustainer and inspirer of great deeds. We might say, "All things are possible to him who hopes." It is the mainspring of human action. Such hopes of future happiness, desires of something better than earth, moves man heavenward and Godward. Let us ever hope, knowing that the dark may be the night, but bright will be the dawning of the day. Such is the natural law.

Life will always be what we make it. It is the mirror of our own individual selves and our souls advance is measured not by years but by usefulness.

A kind act, a pleasant work, a friendly smile—how little the cost but yet how much they mean. As it is written, God's gift to us is Eternal Life. We have two bodies, one the natural body, the other, the spiritual body. The passing from one body to the other through the change called death, is no more than passing from infancy to manhood, from manhood to old age.

Let us so live that when this change comes to us, we may fall asleep only to awaken in the beautiful home of the spirit, Life of the Eternal, World of happiness without end!

—Edith Young, Litchfield, Ill.

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H. Kazemzadeh-Iranschaehr

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**SILENCE**

When, weary of the troubles of this restless existence, thou seekest refuge in my Temple—enter in silence.

To be silent signifies not merely keeping the lips closed, but also stilling heart and mind. The gross vibrations of thy selfish thoughts and desires may defile the fine atmosphere of the Temple and poison the power of its healing forces.

Therefore, remember, my child, thy responsibility in this matter: Ere thou canst enter the Temple of Mine, thy soul must cast off all earthly garments and wear only the heavenly garment of silence.

Only then wilt thou be surrounded by the blessed radiations of the Temple.

Joy and Peace will fill thy whole being.

Thy soul will be bathed in floods of light and harmony and will be clothed with the golden robe of bliss.

Thy soul will be redeemed through the healing influence of Silence.

**ACTIVITY**

Blessed art thou, redeeming Energy! Through action the world has been created.

Cosmic activity has caused evolution. Through constant action the universe will reach its goal.

Thou canst not escape fate by being inactive.

Thou wouldst never be born unless work awaited thee.

Thy work, however, must be constructive and not destructive.

Strive after perfection through action.

Remember, the Gods and the Logos, filled with the expectation of seeing thee gain the heights, are calling, "Divine Brother, Forward!"

**DUTY AND LOVE**

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throughout her pilgrimage. The ring bore the inscription, **Duty.**

When the soul received the ring of duty she said:

"Father, what shall I do when this ring is lost?"

Whereupon God answered: "My child, I have placed another mighty ring within thy heart whence it can never be lost. Within this ring My Own Name is inscribed, which is **LOVE.**



### A SONG

*There's a beautiful world of nature  
Where Romance and Happiness reigns.  
'Tis a land of blissful adventure  
Through colorful vales and mountains.*

*Together let us wander  
To this land of misty dreams;  
Together let us ponder  
Over life and what it means.*

*Friendship's the name of this sphere,  
some say*

*Where hearts are entwined in love.  
I long to unravel its mystery  
And tell it to the stars above.*



"I shall go not only to meet great men, but also my son. His Spirit, looking back upon me, departed to that place whither he knew that I should come, and he has never deserted me."—Cato.



"Is it not strange that after all I have said to convince you that I am going to the society of the happy you still think this body to be Socrates. To die and be released is better for me."—Socrates.



### A HEALING THOUGHT

*"We send you a healing thought, dear friend,*

*As by the spirit led,*

*Whose power can cure the deepest hurt*

*And even raise the dead.*

*We send you strength for weakness, friend;*

*We send you love divine;*

*We send you health and happiness*

*And joy of heart and mind.*

*The Infinite Intelligence*

*Would give us only good;*

*We pass along these blessings, friend,*

*Which are our daily food."*

—Selected.



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## MY HALO

*Sometimes I think that I shall know  
The secret of life's eminent glow;  
But if I do, it will be because  
I have learned the secret of Nature's  
Laws.*

*'Tis not for me to gain this knowledge  
As from a book, or from a college;  
But I shall get it through life's hard  
knocks,  
And from despair that my heart rocks.*

*Then I shall know that it is for me  
To suffer and endure, happy to be;  
For all this is indeed not in vain,  
If from it all, the secret I gain.*

*The secret of love, the secret of grace,  
The secret of God's light in my face;  
For I shall glow with heaven's light,  
And I shall feel His hand of might.*

*Then I shall have passed the test of  
pain,  
And have pure spiritual peace attained;  
And I shall know all my brothers be,  
What I do for them builds a halo for  
me.*

TESSIE TANNER.

—o—  
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