

THE CHURCH OF THE ANGELS
SCHOOL OF THE ANTIQUARIAN SERIES
FRATERNITY OF THE PHILOSOPHERS
INSTITUTE OF PSYCHIC RESEARCH

Voice of ASTARA

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Editor: Swami Parampanthi



IN THE PRESENCE OF A LIVING SAINT

by Swami Parampanthi,

Sri Ramana Maharshi (Sri=gracious; Ramana=the name; Maharshi=the great sage), one of the great saints of modern India, was born in a Brahmin family in South India in 1879 on the 30th of December. He lost his father at the age of twelve. The whole family later moved to a bigger city and lived there in the home of a relative. Ramana was a normal, strong and healthy boy. He grew up like other children and was indifferent to his studies. He attended first a Middle School and then the American Mission High School. All seemed well and normal.

A Spiritual Experience

Then a great spiritual experience came to Ramana when he was only seventeen. Suddenly one day the fear of death took hold of him. He felt that he was going to die. This profoundly strange experience did not frighten the young boy; it triggered a deep meditation which in turn opened a great spiritual illumination and wisdom. From that time on, he remained for the rest of his life a man of God and Self-realization. Many years later Ramana wrote about this experience thus, "From that moment onwards the 'I' or SELF focused attention on Itself by a powerful fascination. Fear of death had vanished once and for all. Absorption in the Self (God) continued unbroken from that time on."

At this time Ramana left home and went to a city called Tiruvannamalai. There he remained the rest of his life. He meditated in caves and temples; he fasted, prayed and passed through many mystical experiences. The story of his God-dedicated life soon attracted thousands of people from all walks of life to him. A religious Retreat was established to carry on his work and mission. Grad-

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CREATES ASTARA LAMP

With justifiable pride, Astarian Geraldine Freeman wrote to tell us of the stained glass lamp her son handcrafted for her as a Christmas gift. Stephen, an Astarian too, promised her a lamp—but when he presented it Christmas Day, she'd no idea it would be so very special.

Steve is a manufacturer's representative for an electronics firm, but in his spare time he makes "Tiffany-type" lamps of genuine stained glass. He buys the glass in sheets, draws the design, then cuts each piece by hand, using a solder of copper and lead to assemble them.

The Astara lamp has 232 pieces and weighs ten pounds. The star is a deep, rich blue, and the lotus is amber which shines like gold when lit. The stem of the lotus is mother-of-pearl, and the copper-colored solder lines have an aged look.

Geraldine tells us: "The lamp now graces a corner of our living room, hanging from the ceiling. It's a conversation piece of the first order; not only because of the craftsmanship, but also its design which always prompts questions concerning its origin—and I'm always happy to tell them of *Astara, a Place of Light*. I'm proud to be an Astarian, and proud of my son who thinks enough of Astara, and what it means to me, that he would put forth such effort."

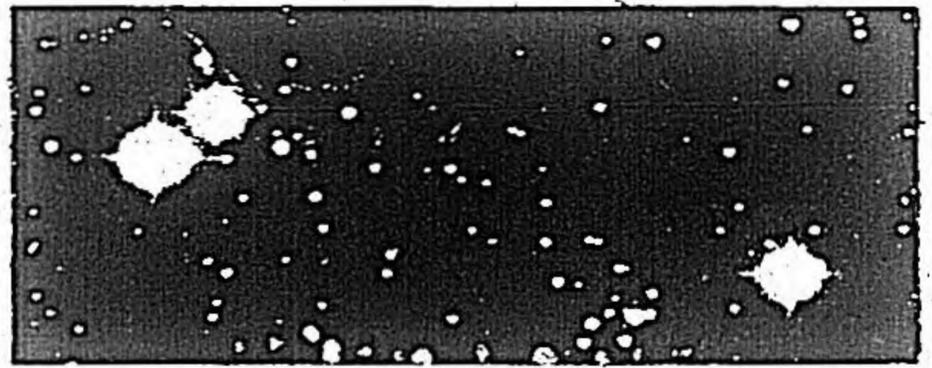
We agree!



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MARCH STUDY CIRCLE

THE GREAT MYSTERY OF THE COSMOS



Swami Parampanthi has initiated The Study Circle to explore in depth the wisdom of all ages—mystical, psychic and spiritual, in informal sessions on Friday evenings. The Study Circle meets in the Museum Room.

The emphasis in these studies is on practical techniques of self-improvement and understanding of the spiritual and psychic laws of the cosmos. Swami Parampanthi is also teaching simple Yoga, Yogā exercises, chanting and meditation. Already the response has been very encouraging. In these sessions there is exchange of ideas, fellowship and creative participation.

In the March sessions on Friday evenings, Swami Parampanthi will explore with his students *The Great Mystery of the Cosmos* involving the laws the PSYCHIC WORLD.

Friday: March 1: 7:45 P.M. *The Nature of Psychic Phenomena.*

Friday: March 8: 7:45 P.M. *The Psychic Or Etheric Body: Its Role and Destiny.*

Friday: March 15: 7:45 P.M. *What Is Astro-projection?: The Mystery of Astral Journey.*

Friday: March 22: 7:45 P.M. *The Dangers of the Psychic World: How To Avoid Them.*

Friday: March 29: 7:45 P.M. *How To Deal With Psychic Phenomena In Your Life.*

These five sessions will acquaint you
March 1974

with the mysterious world beyond, its laws and ways of operation and show you how you can participate in this world. All are welcome. Free-will offering.

PEOPLE AT ASTARA

Fred Stewart

Fred has been an Astarian for seventeen years, and a staff member for three. As Dr. Robert's executive assistant, he is a "Chief problem solver" at Astara.

Born in Massachusetts, Fred now considers himself a native Californian. In high school he was awarded a musical scholarship. Later he attended the Conservatory of Music in Miami, Florida. He plays the accordion, piano and organ.

Fred spent four years with a Navy band touring far east bases, later worked for the U.S. Post Office, and the Telephone company. Now he attends college at night to further his education in management.

His hobbies: music, swimming and camping. Other claims to fame are that of being "Head Usher," and Musical Director of The New Augmented Astara Symphonic Orchestra, Marching Band, Glee Club and Calisthenics Corps which entertains (?) Astarians and their friends each New Year's Eve.



March 1974

SUBCONSCIOUS MIND— FRIEND OR FOE?

By Hildegarde (Heidi) Olsen

Some theories hold the subconscious mind to be the direct channel through which one taps vast resources of knowledge and attains both materially and spiritually. Others, that it is the churning caldron of man's despair.

The subconscious is a powerful, unruly giant, having little reasoning power of its own. Like a computer, it carries out commands given by the conscious mind, also "remembering" what previously has been "fed" into it. However, the conscious mind is buffeted by sensory and emotional impacts from the world around us, and must be tamed and trained in order to "feed" into the subconscious the type of information which will make it a positive influence in our lives.

Superconscious Is Storehouse

The great storehouse of information . . . both divine and human . . . lies in the superconscious. This is the level of man's threefold mind which contains not only all memory but is tinged with God-Mind. On occasion the superconscious communicates directly with the conscious mind through flashes of intuition. (See Astara's lesson *Intuition—The Sense of Inner Perception*.) Often these impulses aren't recognized and by-pass the conscious level to enter the memory vaults of the subconscious. In this sense the subconscious IS a source of knowledge, deposited there FROM the superconscious.

The repository of the subconscious also contains seeds of hereditary fears, phobias and dis-ease. These forceful levels of mind, the subconscious and superconscious, meet on the battlefield of the conscious mind. THIS is the mind which determines whether the subconscious is to be friend or foe . . . whether it will imple-

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An Astarian in Need Never Walks Alone

He healeth the broken in heart, and bindeth up their wounds. (Ps. 147:3)

Dear Brother of the White Light:

May I please express our extreme gratitude and joy at the miraculous recovery of our son. Even though his injury was just a severely sprained ankle and torn ligaments, he was still unable to even stand the weight of a blanket on his foot, let alone apply pressure to even limp. He had been in bed for 2-1/2 days and in much pain, add to this great depression that comes to a 15 yr. old who becomes injured in his second basketball game of the season. He had not seen a doctor and the ankle was so badly swollen no one really knew the extent of the injury. Several torn ligaments would have meant a cast for 6 weeks and all his daily practicing, financial expense, rigid discipline and other obstacles involving social systems would have seemed in vain to him. My daughter and I phoned Astara Saturday about 2 a.m. We left the petition with the answering service. In the following mid-morning, Greg could actually walk.

I cannot tell you how happy he is and how grateful we are. He is now working out with his team and getting whirlpool massage at the school gym. He will be well enough to play again next week. We have instructed him how to receive the healing rays three times daily so he can help those healing him. This has happened for us with Astara before, with other things. We wanted to share this with you.

Deeply grateful,
C. & A. V. De M.
Salinas, Ca.

Dear Astara:

I had sent a petition for myself for overcoming a severe case of psoriasis.

It is completely healed for which I give thanks.

Love,
B. B. Glendale, CA

Dear Astarians:

On January 9th at 7:00 a.m., I wrote you requesting prayers for a member of my family who had suffered a second heart attack within hours from his first one. His heart had completely stopped, and after a massive area of damage, it finally began functioning.

I was telephoned at midnight and told he would not last until morning. After a sleepless night of prayer I mailed you the petition. The miracle occurred! He was sitting up within 24 hours, and asking for food.

He is still progressing, but has a blood clot surrounding his heart. Please continue your good work. I know from the vibrations I've received that Master Zozer is still at work.

Many thanks to Astara.

A. U. Fort Worth, TX

Dear Astara:

God bless you for helping my husband with your prayers.

His liver was not functioning right. The doctors could not find just where the obstruction was.

After your healing prayers, my husband felt better right away. It seems as if the obstruction had melted away, and gone back into its nothingness where it came from. He did not have to be operated.

Thank you for your prayers, and God bless you and the good work you are doing.

With love and blessings,
E. R. Cincinnati, OH

Dear Astara:

Just wanted to tell all of you the good news!

Recently I submitted a healing petition for a dear friend who had an incurable disease of the skin.

Our prayers were answered and she was able last Sunday to wear her shoes and attend church services. First time in months!

God bless all of you individually and your work.

M. M. Albuquerque, NM

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ually the foreigners began to arrive to seek his guidance and blessings. The first Western man to visit him was F. H. Humphrys; then came many others. Paul Brunton, the noted English author and mystic, immortalized Sri Ramana Maharshi in his books (*The Search in Secret India, The Sage of Arunachala, etc.*); Somerset Maugham came to see him and wrote about him in a classical essay entitled simply, "The Saint." Throughout his life in the midst of name and fame and people and friends, Sri Ramana Maharshi remained the same God-inspired Saint. The Saint passed away in 1950 on April 14th in Tiruvannamalai.

My Experience

I must confess that I first came to know about Sri Ramana Maharshi from Paul Brunton's fascinating book, *The Search in Secret India*. In fact, I read the book in the summer of 1948. At that time (more than 20 years ago! alas! how quickly time passes on!) I was a young seeker of truth, full of metaphysical questions about Soul, God and salvation. In early 1949, I embarked upon a long pilgrimage across India with my two companions. The journey took us from the blue hills of Assam (North-East) to the Southern tip of India across the South-Eastern half of the continent—a round trip of ten thousand miles.

In the month of December of the same year, we finally arrived in the secret city of Tiruvannamalai by train from Madras. The sun was setting; its crimson glow bathed the city with a mystic glow. Hundreds of passengers got out of the train; all had one destination: *The Ramanashrama*. The word had gone out that Sri Ramana Maharshi was about to leave the world. I can still hear the porters and tongawallas (horse-carriage drivers) shouting in unison, "Ramanashrama!" "Ramanashrama!" We arrived at the place at the outskirts of the city in

the evening. We settled down in our dormitory for the night. A young novice informed us that we would be able to see Sri Ramana Maharshi formally in the morning. He added that we might catch a glimpse of him that evening if we would hurry up to the main building. We came upon a small group of people in front of the building; all eyes were focused upon the door of the adjacent room. Very soon Sri Ramana Maharshi emerged from that room. He was dressed only in loin-cloth; his tali and slender body was bare; he was leaning heavily on the shoulders of his two devotees as he slowly and painfully made his way to the bedroom. His face was in perfect peace; his eyes as he gently turned toward us were serene and bright. With a slight nod of his head he acknowledged our salutations and smiled at us. I felt within me a



thrill of awe and delight; his presence was all power and grace. I felt uplifted and moved by an inner joy. His benediction and compassion were reaching me from a distance of ten feet enveloping me. The whole incident lasted for only a few moments. Yet within that short period of time I felt like a man reborn and renewed in the depth of a spiritual regeneration.

How I Felt

We went back to the dormitory for the night. I walked on air. My young mind was undergoing remarkable changes. The intellectual speculations about God, the interesting theories about the nature of soul and the pursuit of information were no longer exciting. For the first time in my life I realized

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WHAT ASTARIANS DO



Earl Geldmeier resembles Robert Mitchum, barely missed being cast as Tarzan (Lex Barker edged him out), is 51 and looks 40. He also is a "health gourmet," which might account for his youthful and muscular physique. As the business editor for the Dallas Times Herald put it, "He looks like he could play for the Dallas Cowboys!"

Earl, otherwise known as "Coach," owns a chain of health food stores in Dallas, Texas. His health restaurant is jammed each day with patrons eating "vegetable-meat" made of soybeans. "I like to watch people grow healthy before my eyes," he says.

A native of Reisel where his parents are retired from ranching, he gives them much credit for his interest in body-building, as well as his long time studies in metaphysics. He's been a member of Astaras since 1957.

Before going into business, Earl was an athletic coach with Dallas schools for many years, with a Master's Degree in guidance and counseling from Southern Methodist University. He entered the health food field as recently as 1971, and attributes much of his phenomenal success to Astarian principles.

March 1974

TWO NEW TAPES

A tape on *Medicine and Metaphysics*, a presentation by Dr. Theodore I. Bruck, noted European authority on the prevention of aging, is one of two new cassette tapes just produced by Astaras.

The second tape in the duo consists of two of Dr. Robert's Sunday morning presentations, *Aquarian Age Dynamics* and *The Growing Edge of the Possible*, both on the same cassette.

Dr. Bruck has been lecturer in Pathology at the University of Munich, head of medical research for the Ministry of Public Health in Berlin, Medical Officer for both the United States Occupational Forces in Germany and for the United Nations. He has founded a number of clinics throughout Europe and is doing research in the United States.

On the tape *Medicine and Metaphysics* Dr. Bruck discusses what religion can do that science cannot, what part if any that disease plays in the divine order, some of the causes of disease, and numerous other subjects.

The two offerings by Dr. Robert were recorded live at Sunday morning services. They are being made available on cassette due to the large number of requests by persons who heard the original presentations.

MEDITATION

To the good I act with goodness. To the bad I also act with goodness. To the faithful I act with faith. To the faithless I also act with faith.

I have three treasures. The first is called love; the second is called moderation; the third is called non-aggressiveness.

YOUTH GROUP

Meetings held the 3rd Sunday at 12:45 in the afternoon in the Museum Room.

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the striking difference between theory and reality, information and Self-realization, and the second-hand knowledge and first-hand experience. I decided, then and there, not to indulge in philosophical discussion with the Saint but to bask silently in the sunshine of his presence. For, to ask intellectual questions about the supreme Reality would be like measuring the depth of the ocean with a teacup.

Group Meditation With the Saint

The next morning we went to the main hall to see the Saint formally. In the middle of the hall Sri Ramana Maharshi reclined upon an easy chair; the pillows supported his back and head; he was dressed as usual only in loin-cloth; two devotees stood by him fanning him. (In South India it is always hot and humid.) The incense burned at one corner; facing the main door sat on one side of the hall, six Brahmin boys chanting Vedic hymns of peace and inspiration in perfect unison. We entered the hall, saluted the Saint by bowing low and sat in front of his chair on the seats that we carried with us. I took in the entire dramatic setting: the holy presence of the Saint; the wafting aroma of the incense; the sonorous chanting of the Brahmin boys; the silent figures of many races and ages sitting in deep meditation; and the gentle shuffle of bare feet as the late comers poured into the hall. Dominating everything was the compassionate presence of the Saint. Here was an old and slender man and here were hundreds of people from all faiths, all races and all occupations. He did not say a word—yet his towering presence united us all in a common quest for peace, illumination and Self-realization. The Hindus, the Christians, the Jews, the Muslims, the Buddhists, the Indians and Americans, the rich and the poor, the sophisticates and peasants from the nearby fields

forgot their accidental differences of birth, training and background and rose wave on wave to the summit of unitary consciousness in Oneness (Advaita) beyond name and form, beyond diversity and earthly limitations.

My Meditation Experience

I turned my mind inward in meditation and the soaring experience transcended for the time being the barrier of distraction and confusion. Suddenly I realized that Sri Ramana Maharshi was the unifying and transcending power, that he was a catalyst for our surging vision and realization, that he was making it possible for all of us present there to have a rare glimpse into the mystery and meaning of God, that it was the last and the best gift to humanity of a dying Saint! My vexing questions were forgotten; my problems of the moment were solved, my intellectual arrogance gave way to true humility of my soul which knows well that God is the only giver. I opened my eyes and looked intently at the face of the Saint. His eyes looked on dispassionately at his wasting body; the compassion radiated from his being for us and for all mankind. His face was in perfect serenity and from the depth of his hidden being came a glow that suffused his personality. His faith in God and Self and the sure confidence of his destiny, his supreme wisdom and the fifty years of uninterrupted spiritual life came to the surface for all of us to behold.

I was given far more than I had asked for. I, too, had an inner glow as I left the Ashrama two days later with my two companions. For, I was in the presence of a living Saint and his light touched me and for a few bliss-lit moments I had the rare honor to touch the light.

“Our greatest glory consists not in never failing, but in rising every time we fall.”
—*Oliver Goldsmith*

Two New Cassette Tapes



MEDICINE and METAPHYSICS
Cassette Tape 603, Special Series
Presented by
DR. THEODORE I. BRUCK

Physician, medical research scientist, discusses the relationship between medical science and religion.

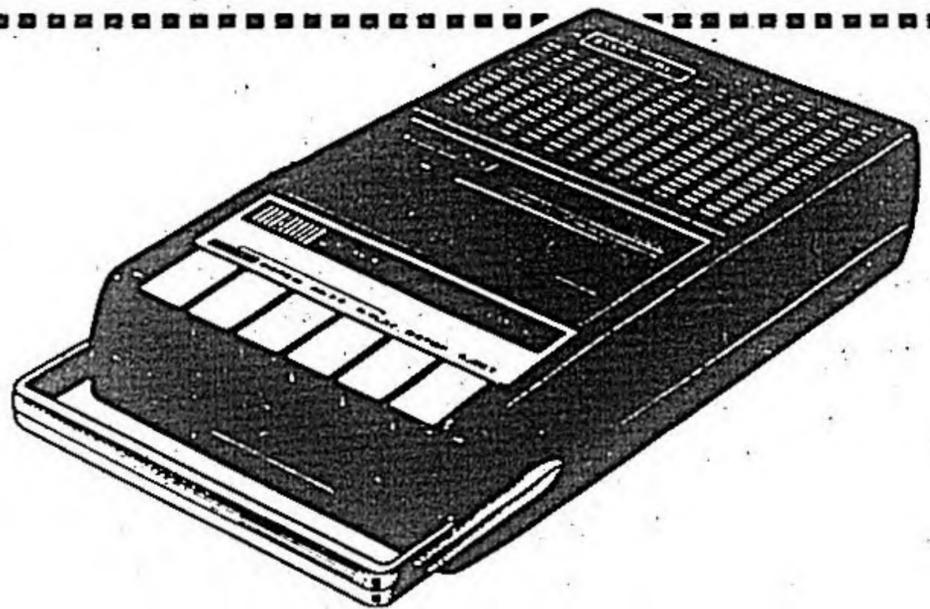
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AQUARIAN AGE DYNAMICS (Side 1)
THE GROWING EDGE OF THE POSSIBLE (Side 2)
Cassette Tape 106, Sermon Series
ROBERT G. CHANEY

Recorded live at Astara's Sunday services--gives new insights about your place in the Aquarian Age.

.....



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- #104 Miracles of Coincidence - View From the Outside
- #105 Does Your Pet Have a Soul? - Souls on the Way to Freedom
- #106 Aquarian Age Dynamics - Growing Edge of the Possible

QUEST ETERNAL SERIES

Suggested minimum donation for cassettes in series - \$3.95 each.

- #201 The Magic Mirror-By No Human Hand
- #202 The Search for Self-Identity - The Spiritual Polarization of Matter

MEDITATION SERIES

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- #302 Meditation Moods with Earlyne Chaney
- #303 Melodies for Meditation
- #304 Melodies for Inspiration
- #305 Meditations: East to West

RADIO & TV SERIES

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- #401 Robert Chaney Interviews Gloria Swanson
- #402 Steve Allen Interviews Robert Chaney

SPECIAL SERIES

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- #603 Medicine and Metaphysics - Presented by Dr. Theodor I. Bruck.

LESSON SERIES

Suggested minimum donation for cassettes in series - \$5.95 for one cassette, or two cassettes for \$10.00.

- #701 How to Use the Infinite Power of Spirit (Lessons 1 thru 4)
- #702 How to Use the Infinite Power of Spirit (Lessons 5 thru 8)
- #703 How to Meditate - Step By Step (by Swami Parampanthi)

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Compiled by
Irma I. Mills



ASTARA'S

BOOK LIST



March -
April 1974

- () The Holy Bible (Old & New Test.)...\$9.00
Translated from ancient Eastern manuscripts, by Dr. George Lamsa. (cloth)
- () Hidden Wisdom in the Holy Bible....\$1.85
by Geoffrey Hodson. (Vol. 1) paper.
- () Hidden Wisdom in the Holy Bible....\$2.80
by G. Hodson. (Vol. 2) paper.
- () Hidden Wisdom in the Holy Bible....\$2.65
by G. Hodson. (Vol. 3) paper.
- () Enter The Temple Called Beautiful..\$3.80
by Irene McDermott. Sections on beauty, health, abundance, love, truth, and faith. (new 1973 paperback edition)
- () The Dead Sea Scrolls....(paper)....\$1.85
by Theodore Heline.

3 titles by Gina Cerminara (cloth)

- () Insights for the Age of Aquarius.....\$7.50
A scientific analysis of the problems of religion.
- () Many Mansions.....\$5.70
Explores the possibilities of re-incarnation and karma. Based on documented records taken from the Edgar Cayce files on psychic phenomena.
- () The World Within.....\$5.70
Expands the theory of reincarnation into spiritual, physical and racial areas to demonstrate there is one eternal self which carries over into each successive incarnation.

- () The Gold of the Gods....\$6.60
by Erich von Daniken,
author of "Chariots of the Gods."
An amazing story of the discovery of artifacts, writings and drawings in solid gold, found in pre-historic caves and tunnels from Ecuador to ancient ruins on the Caroline Islands. Illustrated.
(new 1973 cloth edition.)



ASTARA

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by Michaeline Kiss. Gives detailed instructions with illustrations for yogic exercises. Also tells how to "follow the breath" and how to sit quietly for meditation.



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by Erene Haney and Ruth Richards. Age-old exercises with easy to follow instructions and fun illustrations that will help to keep young bodies pliant and active minds relaxed and entertained.



() Vegetarian Cookery.....(paper).....\$4.75

by Pietro Rotondi, D.C. Includes, along with excellent recipes, information on food substitutions; acid, alkaline and neutral foods and a list of vitamins with foods for each group.

() Your Vegetarian Baby....(paper)....\$2.85

Also by Dr. Rotondi, this little book gives care of the child from infancy to adolescence.

() Eating For Life.....(paper).....\$2.35

by Nathaniel Altman. All about vegetarianism. Discusses economy, ecology, animals, vitamins, anatomy and physiology, effects of vegetarianism on a meat eating athlete, and other subjects.

- () Numerology, The Romance In Your Name, by Dr. Juno Jordan....\$9.75
"Your name, the one given you at birth is a portfolio of facts, it is your autobiography, it can never be outlived." Dr. Jordan shows how the numbers that make up your name are mathematical symbols of Divine Law and Order for guidance in all material, mental, emotional and spiritual activities. This book is a study course for the student, and suitable as a reference book for teachers or counselors. Makes an excellent gift.
- () Let's Learn Astrology....(cloth)....\$5.70
by Patricia G. Crossley. A workbook for beginners. Illustrated with diagrams and work sheets helpful in setting up astrological charts.
- () Astrological Keywords....(cloth)....\$4.75
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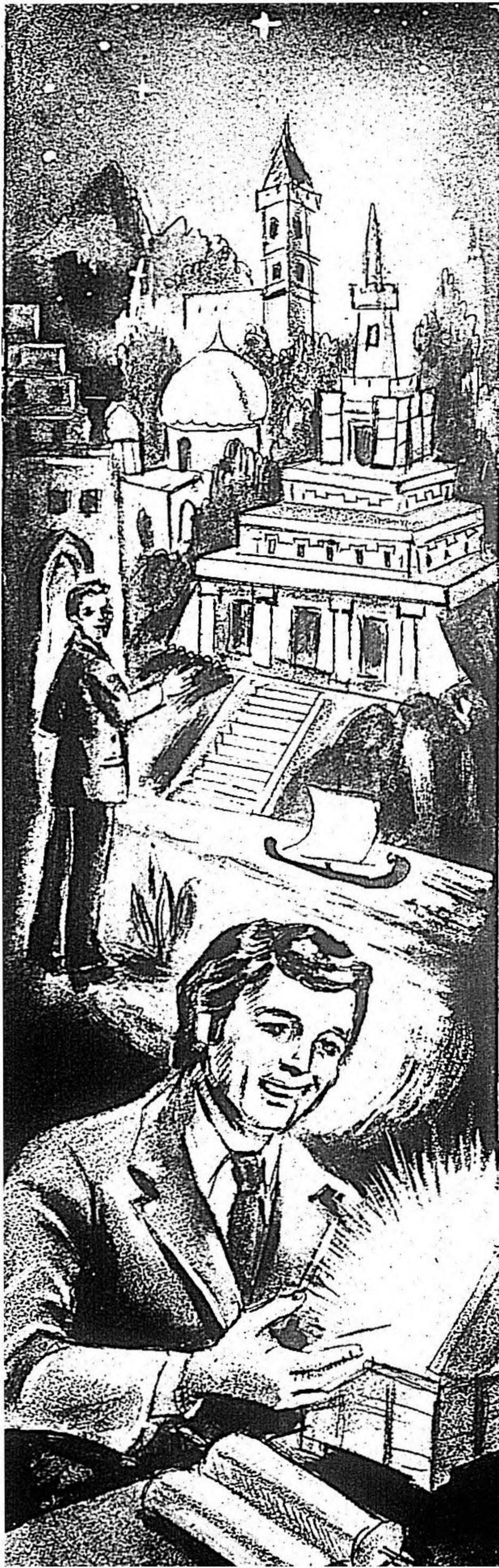
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Unseen Forces -- a study of the four basic elements in Nature.

An Essay On the Fundamental Principles of Operative Occultism -- explains some of the responsibilities of the person seeking knowledge in occult philosophy.

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THE QUEST IS ETERNAL: THE BENEFITS ARE IMMEDIATE

You must be the type of person who possesses an ever fresh desire to improve yourself, to grow in enlightenment on every level of your being. Therefore, you know better than most that each facet of wisdom gained, whether it pertains to present matters or the future, brings an immediate benefit to the seeker.

In the process of acquiring the kind of knowledge that is eternal, one immediately becomes related to the present in a more profoundly meaningful way—a “feeling of eternity” as it moves through the now.

For the seeker, Astara’s Degree Lessons can be an important part of the Quest Eternal. Turn to them often for that kind of knowledge, wisdom, and understanding which will be yours through the ages, yet bring benefits to you in the now.

*I feel my immortality o’er-
sweep all pains, all tears, all
time, all fears, and like the
eternal thunders of the deep,
peal to my ears this truth —
“Thou livest forever.”*

— Byron.

Degree Lessons Continuation Request

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For your convenience and saving, you may wish to send advance tuition for more than one month's Lessons. Check your preference in the squares below.



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Send 2 each month. (saves 20¢)
- I enclose \$11.40 for six Lessons.
Send 2 each month. (saves 60¢)
- I enclose \$14.80 for eight Lessons.
Send 2 each month. (saves \$1.20)
- I enclose \$18 for ten Lessons.
Send 2 each month. (saves \$2.00)
- I enclose \$35 for twenty Lessons.
Send 2 each month. (saves \$5.00)
- I enclose \$38 for twenty-two Lessons.
Send 2 each month. (saves \$6.00)

When requesting more than two Degree Lessons, they are mailed to you two at a time on the first of each month.

Lessons are usually sent via Third Class mail requiring up to four weeks for delivery in the continental United States unless you request First Class mail.

- Please send the Lessons I have requested via First Class mail.
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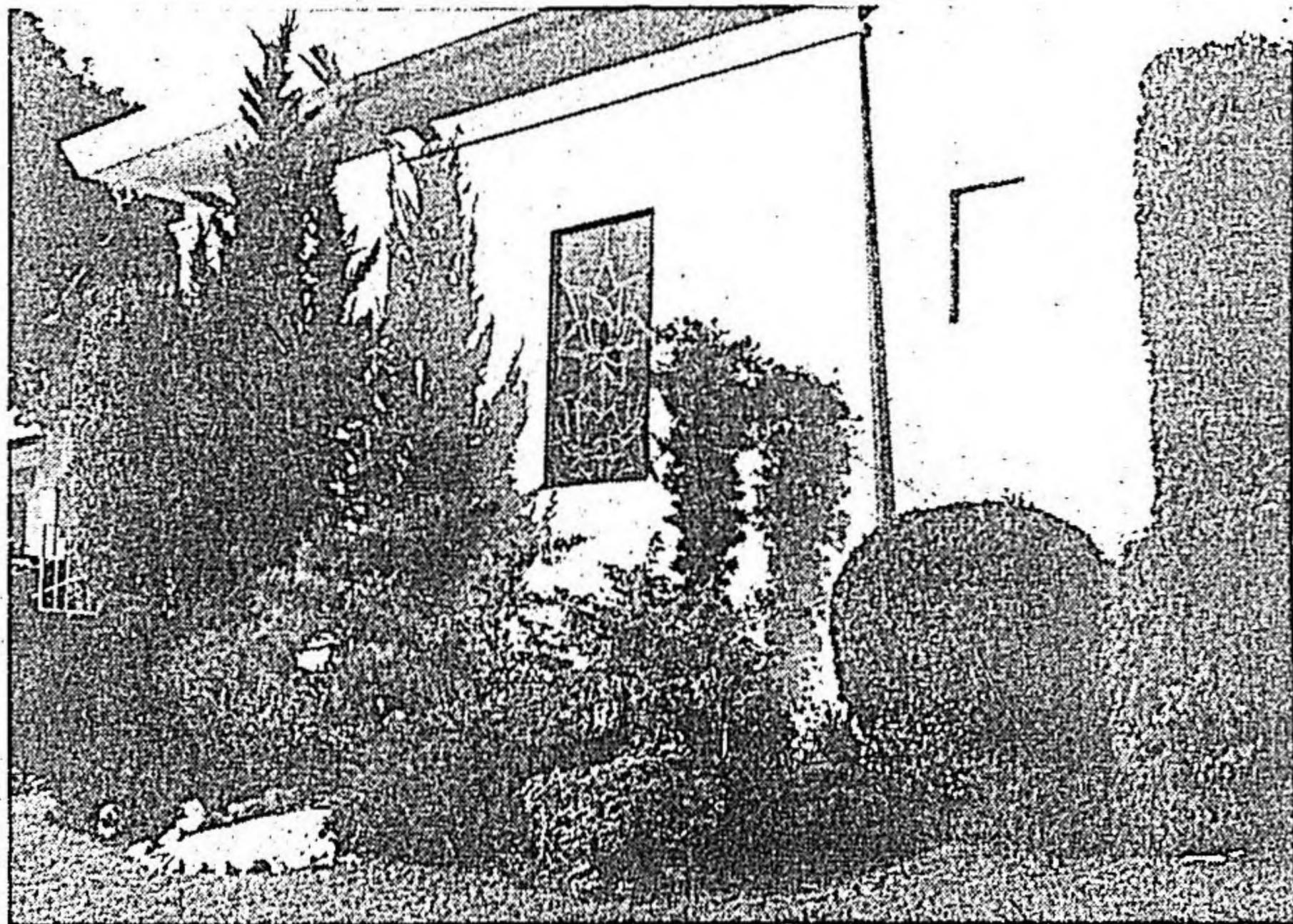
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State _____ Zip _____

- Check here if new address since your last order.

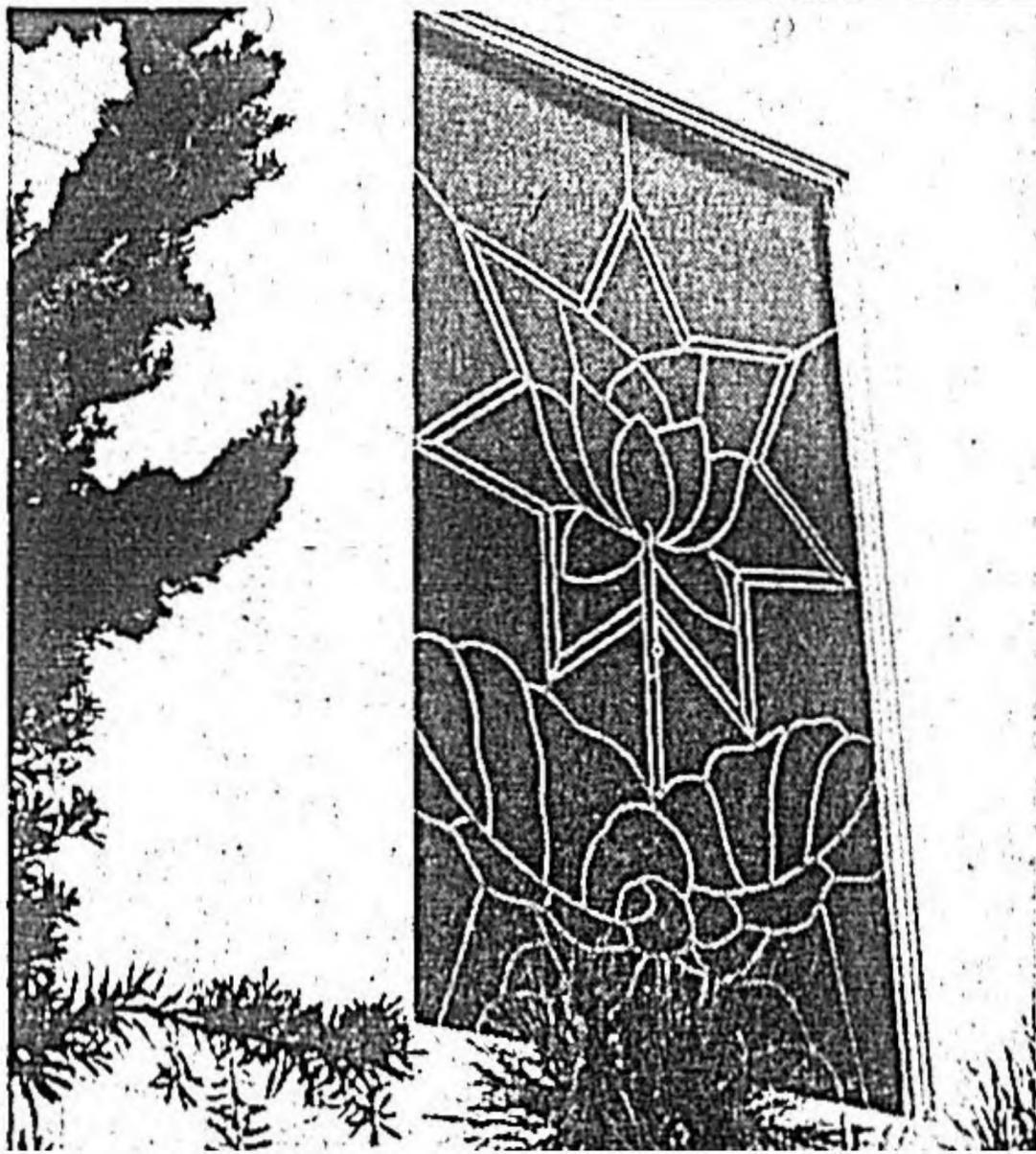
Degree Lessons Continuation Request

- Detach the above at perforation and insert in this envelope with your contribution.



From _____

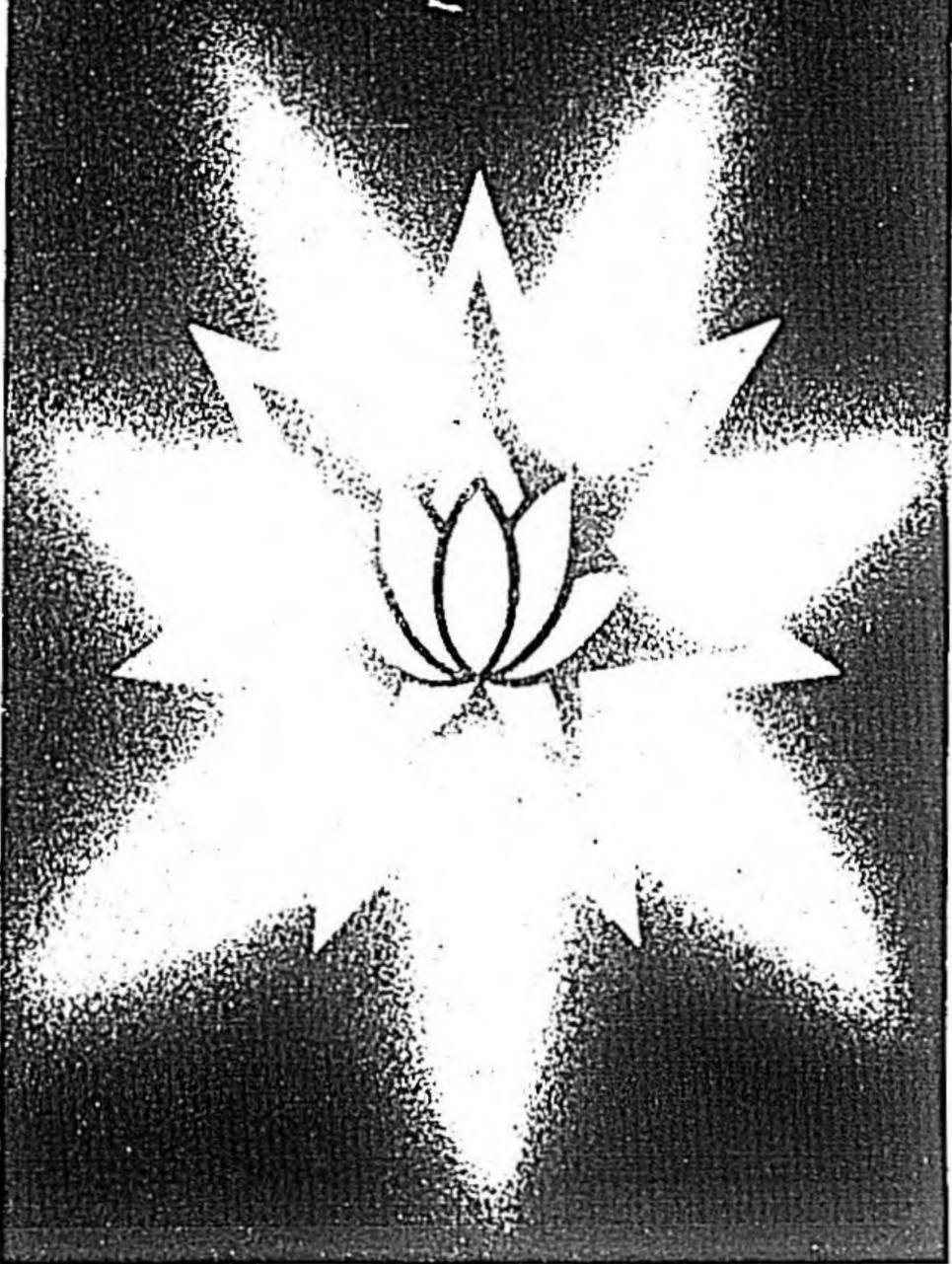
Stamp




Astara

261 South Mariposa Avenue
Los Angeles, California 90004

ASTARIAN HEALING PETITION



1. Fill in the Petition.
2. Concentrate a moment upon the Astarian Symbol.
3. Hold it between your hands with a prayer . . . then send it to us.
4. Each day sit in meditation for a few moments, visualizing yourself in an aura of White Light.

Please direct your prayers and spiritual healing energies to:

Name _____

Address _____

for the following difficulty:

NOTE: When requesting healing for someone else, write your own name and address on the back of this Petition. This is *IMPORTANT*.

Astara 261 South Mariposa Avenue Los Angeles, California 90004

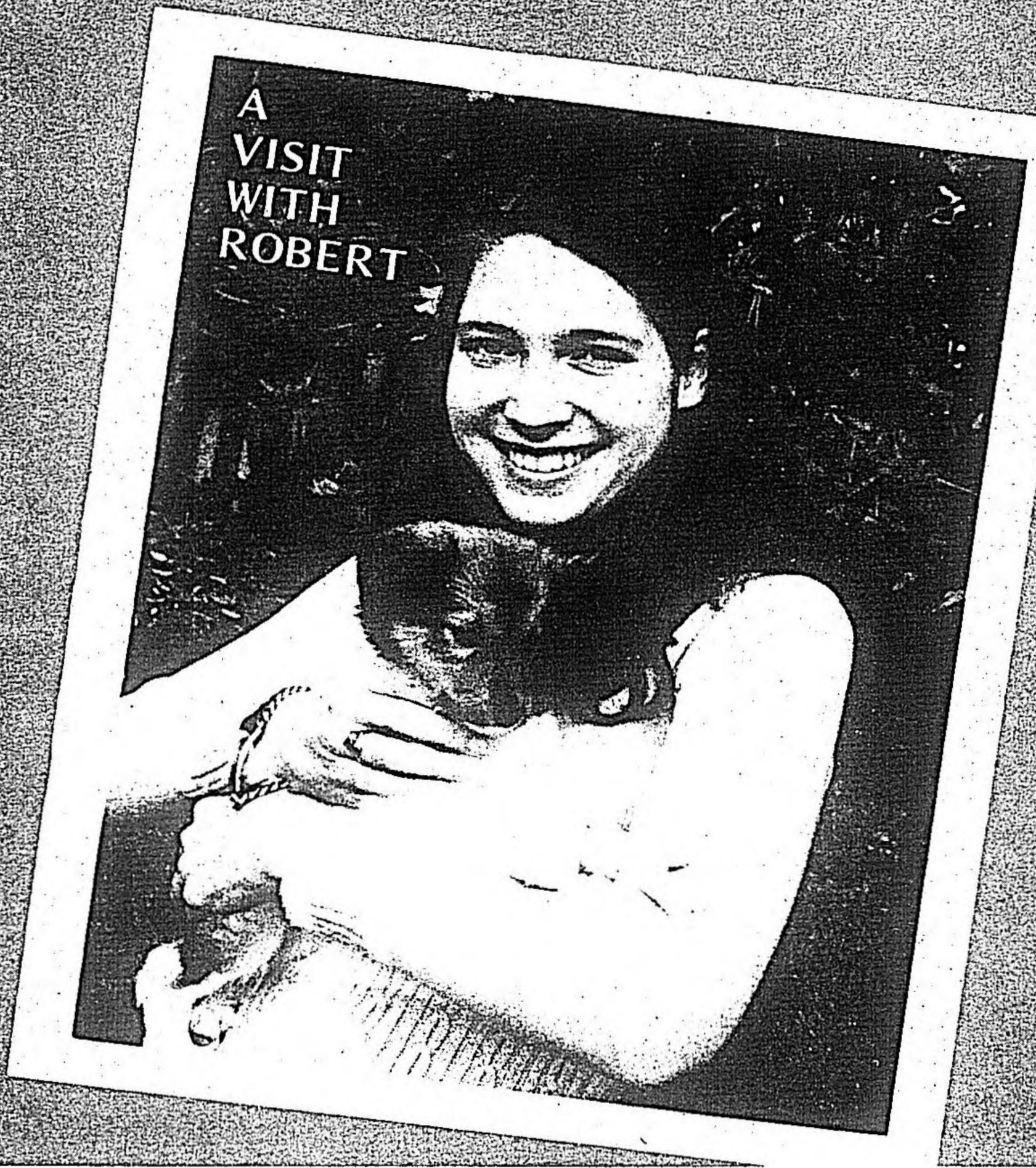
THE ASTARIAN AFFIRMATION

I am surrounded by the Pure White Light of the Christ . . .

Nothing but good can come to me . . .

Nothing but good shall go from me . . .

I give thanks!



March, 1974

Dear Fellow Astarian:

There's a new baby girl at our home. She arrived at the age of seven weeks, three days, and weighed one pound, nine ounces. Her name is Donnie.

She's a Sheltie, a mini-collie, and has already provided me with a lesson I'll try to remember, and profit by . . . the lesson that simple things are not only needed in our complex society, they are essential.

For instance, you should see how much meaning there

OVER

is for Donnie in a fallen leaf. She barks at it, smells it, tastes it, backs away and looks at it from every angle. She paws it, tosses it in the air, nuzzles it, rolls over with it, and prances with it around the entire yard.

I feel that Donnie's lesson for you and me, and for all of today's world, for that matter, is especially important in view of the increasing complexity of our society and all its related problems such as the energy crisis.

There's an unbelievable amount of energy in this universe, hardly any of it being put to practical use on behalf of humankind. There is a simple way, I'm sure, to convert it to the essential purposes of our lives.

But for the moment, we don't have such a method, and our lights and TV's and travel and other energy consuming activities are being curtailed. In addition to conserving as much as possible, what shall we as individuals do?

For my personal answer, I remember when there was a limit on similar commodities for a different reason . . . the depression of 1928-33. They were trying times, yet we survived, had a great deal of pleasure, and really profited because we had to use our minds, be creative, enjoying the simple things. Reading was one of the great yet inexpensive activities of that day. Family togetherness at home was an important by-product of lack of funds.

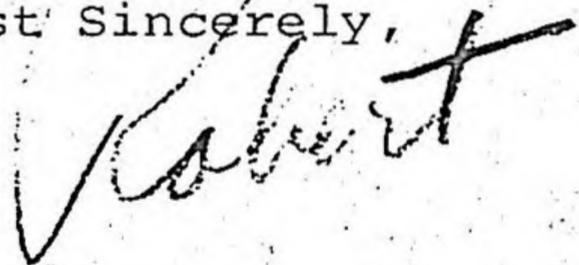
If we will be as original and creative with the various facets of our lives as Donnie is with her stray leaves, we'll be able to weather any storm, environmental, ecological, economical or personal.

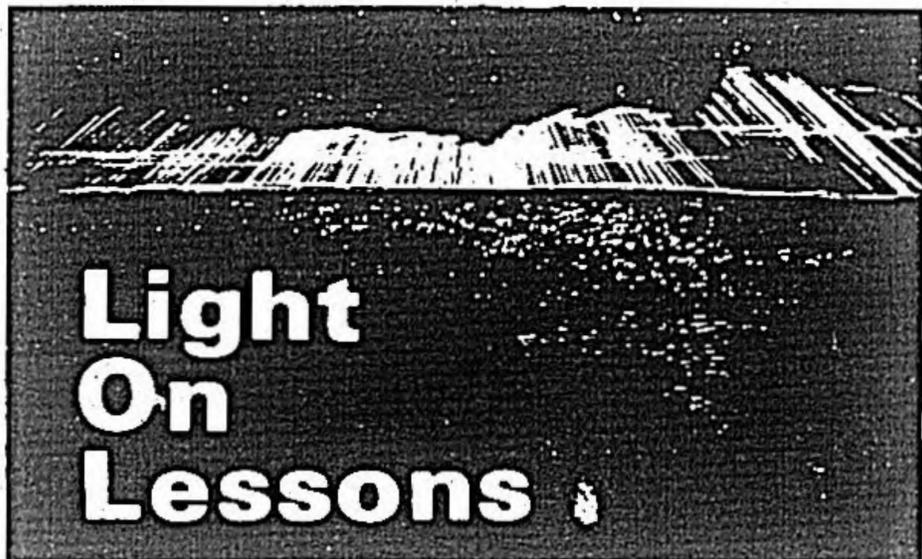
We'll be able to derive so much from the simple things that the frustrations of the complex will disappear.

And we'll grow in the process.

Best Wishes--

Most Sincerely,

A handwritten signature in cursive script that reads "Robert". The signature is written in dark ink and is positioned below the typed name "Robert".



Light On Lessons

ASTARA LESSONS ON THE DESTINY OF MAN—HIS SEARCH CONTINUES!

1. Man—Know Thyself!
2. The proper study of mankind is MAN.
3. Man is made in the image and likeness of God. Therefore he is ETERNAL.
4. That which is above is like unto that which is below, and that which is below is like unto that which is above.

All of which sums up the admonition that man is a miniature of Something Infinite, and to know this undefinable Something one must study and understand HIMSELF.

This fundamental truth will, in the fullness of time, permeate the mass consciousness of humanity and man will ultimately come to know that he is a god—albeit in the majority, a god in ruins. Yet even now, in the completely material man, there echoes the faint message that he is a king of his own domain . . . though he cannot find his kingdom. His truth-searching feet unceasingly travel through his daily rounds; his strained but eager eyes, opaque with distant memories, strive ever to pierce the mists of materialism that swirl before the star of his hopes; his vigilant hands grope endlessly for the star only to embrace the vacuous stardust; and his longing, lonely heart keeps an eternal quest for the key to the power which he knows surges around him—untapped, unperceived, mysteriously elusive.

Second Degree—Lesson 1

FIFTH DEGREE LESSONS AVAILABLE

Fifth Degree Lessons 6 and 7 may be ordered by Astarians who have progressed to that point in their studies.

Lesson 6 discusses PSYCHIC PHENOMENA IN THE AQUARIAN AGE and tangible evidence of life continuing in higher spheres.

Lesson 7, THE SCIENCE BEHIND MIRACLES, reveals many laws governing psychic communication and its relation to morals and spirituality.

If you are eligible for these Lessons, use the Continuation Request and envelope in the *Voice* as a convenient way to order them.

1974 GOALS

Of the dozen or so 1974 objectives we are attempting to accomplish, two of them are already attained or nearly so.

New carpeting has just been installed in four offices and several hallways. Further improvements will be made as funds become available.

A new “hardly used” organ has been installed in the sanctuary. The major share of the cost has been the donation of Mr. & Mrs. Miguel Ribera of Reno, Nevada. Approximately \$900 is needed to complete the transaction. The organ is a \$3,000 Wurlitzer.

You will be informed in future issues of the *Voice* as each 1974 objective is gained. Among the objectives are further improvements in the offices, painting or papering the Museum Room, a three-way directional sign between buildings, an Astara identification sign in front of the offices, and refurbishing auditorium seats.

If you wish to participate in one or more of these goals, let us know. We'll keep you posted on each project.

Con't. from Page 3

ment superconscious spiritual impulses or accentuate its own seeds of woe.

Conscious Mind Is Battlefield

If one can control the erratic behavior of the conscious mind and effectively direct its energy, he will then draw upon the resources of the superconscious combined with the immense power of the subconscious as it applies itself to carrying out the positive command given it.

The superconscious inspires and informs; the waking conscious interprets and "computes"; the subconscious brings into manifestation and, when properly "programmed," becomes a wonder-working genie.

WHO AM I?

I am more powerful than the combined armies of the world.

I have destroyed more men than all the wars of the nations.

In the United States alone, I steal more than \$500,000,000 each year.

I spare no one. I find my victims among the rich and the poor, the young and the old, the strong and the weak.

I cast my shadow over every field of labor, from the turning of every grinding wheel to the moving of every railroad train.

I massacre thousands of wage earners each year.

I lurk in unseen places. I do most of my work silently. You are warned against me, but you heed not.

I bring sickness, degradation, and death.

I destroy, crush, and maim. I give nothing. I take all. Yet, few avoid me.

I am your worst enemy.

I am *carelessness*.

IN MEMORIAM

We very gratefully acknowledge a donation to Astara from Wilhelmina Schlenkrich in memory of her husband George.

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HEALING CHRIST PICTURES

Astarians who have been waiting for pictures of the Healing Christ as an aid to meditation will be happy to learn that the long awaited new supply has finally arrived.

The special "glow in the dark" paper on which these pictures are made is next to impossible to obtain. After a wait of several months our supplier was able to obtain a limited quantity.

Your order for a Healing Christ meditation aid can now be filled promptly as long as the supply lasts.

MARCH GUEST

Reverend J. Gordon Melton, of Chicago, as Astara's March pulpit guest, will speak on the subject *Psychic Phenomena and Christianity*. He speaks Sunday, March 3, at the 11:00 a.m. service.

Rev. Melton, ordained in the United Methodist Church, is national supervisor of field services for the Spiritual Frontiers Fellowship. As an executive in the *Academy of Religion and Psychic Research* he will be in this area arranging a spring meeting of that organization at the School of Theology at Claremont.

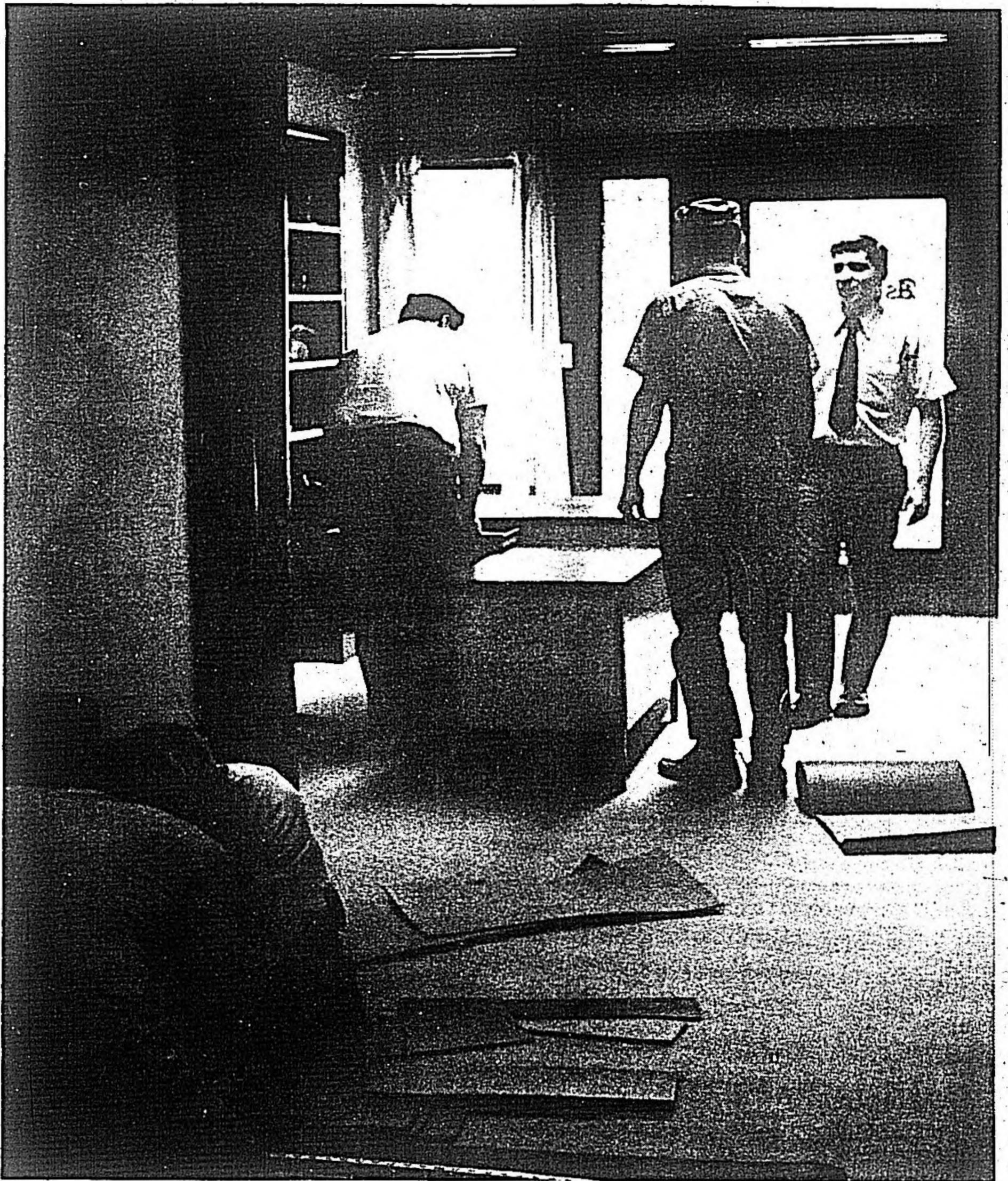
Rev. Melton is especially interested in "gifts of the spirit" and their part in the religious history of all time. He will discuss many of these gifts at his Sunday morning talk.

VOLUNTEERS

Astarians around the world are indebted to Los Angeles area members who volunteer their services in the offices from time to time.

There are a variety of office jobs, unskilled as well as skilled, always waiting for those who wish to help Astara by contributing time and energy. Help is always welcome and appreciated.

March 1974



Office work hardly ceases as desks are returned to place on newly laid carpet.

Count that man an enemy who shakes your faith in yourself, in your ability to do the thing you have set your heart upon doing, for when your confidence is gone your power is gone.

Orison Swett Marden

MATURITY is perseverance, sweating out a project in spite of opposition and discouraging setbacks.

MATURITY is unselfishness, responding to the needs of others. --Ann Landers

NEW TEMPLE ORGAN

A statement in the January *Voice* telling our intention to replace the 22 year old electronic organ caught the eye of Astarian Miguel Ribera, a restaurateur in Reno, Nevada.

Miguel and his wife possess a practically new Wurlitzer Model #4300-RD which they made available to Astara for only \$900, delivered free. The unit cost \$3,000 new just a short time ago.

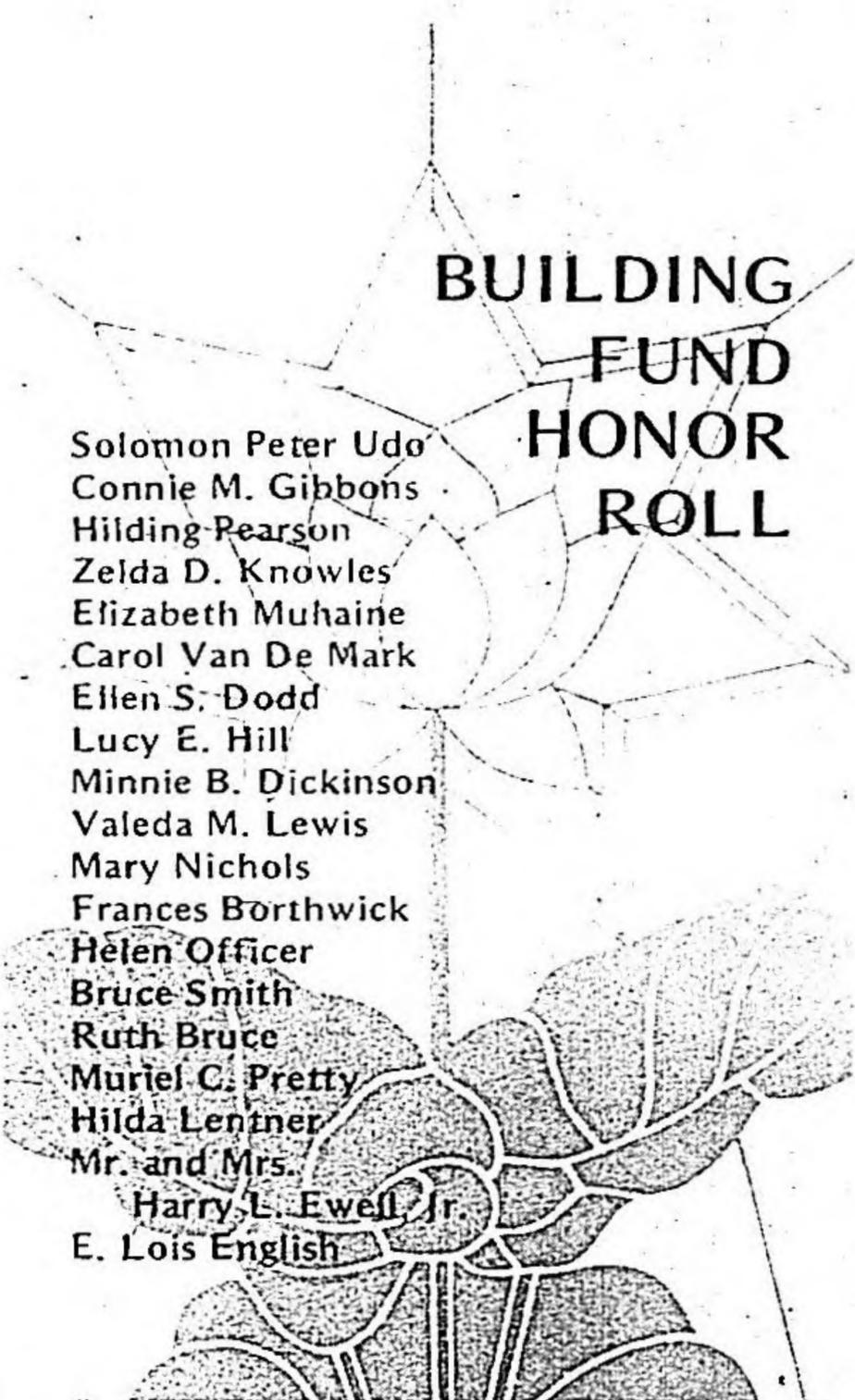
Our thanks to the Riberas for their prompt and generous gift which will contribute to Astara's services for many years to come.

CHUANG TZU GENIUS OF THE ABSURD

Chuang-Tzu, the disciple of Lao-Tzu, was a great exponent of Taoism. He wrote in many ways about the mystery and vision of Tao, the Cosmic Reality. In the following lines, Clae Waltham speaks about his genius and philosophy.

"Chuang stood against the rising tide of factionalism. He rebelled against dogmatic schools and sycophancy, hypocrisy and self-seeking. He spoke for a generation weary of hearing about benevolence and righteousness in the midst of slaughter. He advocated a return to simplicity in order to gain individuality. He rejected the mass behavior of man the bad animal, and urged a rediscovery of spontaneity. He believed that the only enduring discipline was self-discipline. All that contained the possibility of good, all that was constructive, and all that was evolutionary was summed up in the phrase 'the attainment of the Tao.'

"The Tao by definition had always been there—but Chuang Tzu made it explicit, flung its philosophy to all who, drowning in political upheavals and senseless carnage, could grasp it. Yet there was no direction given for attaining the Tao. It was talked about as a Way,



BUILDING FUND HONOR ROLL

Solomon Peter Udo
Connie M. Gibbons
Hilding Pearson
Zelda D. Knowles
Elizabeth Muhaine
Carol Van De Mark
Ellen S. Dodd
Lucy E. Hill
Minnie B. Dickinson
Valeda M. Lewis
Mary Nichols
Frances Borthwick
Helen Officer
Bruce Smith
Ruth Bruce
Muriel C. Pretty
Hilda Lentner
Mr. and Mrs.
Harry L. Ewell, Jr.
E. Lois English

LOVE

Astara's Lessons teach of the power of both visualization and of love. But you might ask, "What does love look like"? In the 4th century St. Augustine described it this way:

Love has the hands to help others.
It has the feet to hasten to the poor and needy; it has the eyes to see misery and want.

Love has the ears to hear the sighs and sorrows of men.

That is what love looks like.

I might add to our vision of love that love has a smile to spread happiness to others.

What can *you* add to our "picture" of love?

Calla Haack

but those who knew It did not speak it, and those who spoke it did not know It.

"Chuang was that chameleon of the Warring States who was part psychologist, part philosopher, part mystic, and hippie. That he laughed and played the clown is evidence of his humanity. More easily, with his cocked wit, he could have derided and humiliated. But he never wearied of talking with seekers. . . . He never tired of pointing the general direction—in a rough way.

"He was, of course, driven into the idiom of the absurd. When one has expanded his consciousness—call it satori, samadhi, enlightenment or mastery of the Tao—one's thought enters the paraverbal. Then to communicate with others who have not yet crossed that bar requires parable, metaphor, satire, or nonsense. The absurd becomes that third point to which both consciousness can relate, and through which ideas can be exchanged."

Clare Waltham

From his book, *Chuang Tzu—Genius of the Absurd*

ASTARIANS WRITE:

Dear Astara:

Thank you so very much for the truth and understanding that your Lessons have provided me with.

Please accept this humble offering that I pray will help you reach some other lost soul somewhere with your wonderful teachings.

Thank you for the help you have given me. No words can express what you have done for me. I find my confidence returning and the development of an inner strength that I have never known before. You are responsible for bringing me back to my God, and it is magnificent.

Again—thank you so very much for casting light into a soul that was so very full of darkness.

*Yours in prayer,
Reginald W. Hill
Des Plaines, IL*



Earlyne, Pam and Fred make final arrangements for Astara's literature table at the International Cooperation Council annual meeting.

March 1974

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SPEAKERS AT ASTARA FOR MARCH '74

Mar. 3: PSYCHIC PHENOMENA AND CHRISTIANITY
J. Gordon Melton speaking
Robert Chaney, Healing Service

Mar. 10: FEAR OF THE UNKNOWN
Rodolfo Silva speaking

Mar. 17: FROM SKEPTIC TO PSYCHIC
Robert Chaney speaking

Mar. 24: MEETING GOD FACE TO FACE
Swami Parampanthi speaking
Rodolfo Silva, Healing Service

Mar. 31: THE APPROACH OF THE MIRACULOUS
Robert Chaney speaking

Apr. 7: TOMORROW'S WORLD
Rodolfo Silva speaking



Astara

261 South Mariposa Avenue,
Los Angeles, California 90004
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J. Gordon Melton



Swami Parampanthi



Rodolfo Silva



Robert Chaney

Sunday Services at 11:00 A.M.
Telephone: (213) 387-7187