

CHURCH OF ALL RELIGIONS
SCHOOL OF THE ANCIENT MYSTERIES
FRATERNITY OF ALL PHILOSOPHIES
INSTITUTE OF PSYCHIC RESEARCH

Voice of Astara

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Vol. 22, No. 11 AUGUST 1974
Editor: Swami Parampanthi



THE METAPHYSICS OF MUSIC

by Irma Glen

"Music is a moral law. It gives soul to the Universe, wings to the mind, flight to the imagination . . . It is the essence of order and leads to all that is good, just, and beautiful, of which it is the invisible . . . and eternal form".

Plato

Have you ever tried music as a bridge to higher Consciousness?

Are you aware that certain music can lead you to that Kingdom within you where all is light and love and joy?

From deep Inner experience I tell you that you may expect a wonderful new spiritual awareness when you pray through, and with, the divine art of music.

In order to realize our true nature and direction, we must quiet outer activity and come into communion, communication and union with the Source of life WITHIN. There is a place where we may encounter and blend with God in Consciousness, and consequently, experience the Presence of the Christ indwelling.

Meditation and Music are two ways that help us know and feel this Infinite and Eternal Presence. Not all so-called music will do this, of course. Music is sound, but all sound is not music. There is much false music in the world today. In much of the busy-ness of outer city life there is cacophony and discord as opposed to the euphony of spiritual living, and in order to hold to the Center of Being, where all is changeless harmony, we need periods of regular attunement to the Divine.

Life is a symphony; at the heart of everything, Something sings!

Certain scientists agree that the universe is not composed of matter, but that it is a great musical system. As far back as Pythagoras it was stated that ethereal harmony is produced by the

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PULPIT GUEST



Khight Alx Dhiagh, teacher, author and actor, speaks Sunday morning, August 11, on *The Dynamics of I Ching*.

Khight Dhiagh is the founder and Director of the *Taoist Sanctuary* in Beverly Hills. He is the author of *The Eleventh Wing*, a book about the philosophy and dynamics of I Ching.

After earning a Ph.D. in Psychology, and spending nearly two years in seminary, Khight Dhiagh became disenchanted with traditional religious views and directed his efforts toward the Taoist way of life. His philosophy is rich with ancient wisdom for modern needs.

AUGUST STUDY CIRCLE

CREST-JEWEL OF DISCRIMINATION

Swami Parampanthi presents the Study Circle to explore in depth the wisdom of all ages—mystical, psychic, and spiritual, in informal sessions on Friday evenings at 7:45 in the MUSEUM ROOM.

The emphasis is on practical techniques for self-development. Each evening the program begins with simple Yoga exercises to make the students physically and mentally relaxed, and ends with a special

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meditation conducted by Swami Parampanthi. To many students attending the sessions is the experience among other things of a vibrant healing meditation.

In three Friday evenings in August, Swami Parampanthi will study with his students SANKARA's CREST-JEWEL OF DISCRIMINATION. Sankara was one of the great mystics of 6th century India. He has been called by many one of the great founders of Hinduism in its present form. His *Crest-Jewel Of Discrimination* contains special gems of Eastern wisdom and techniques for psychic unfoldment. This particular book has guided millions of people for more than 1400 years.

CREST-JEWEL OF DISCRIMINATION

August 2: Crest-Jewel Of Discrimination: The Mysterious Path of the Yogi

August 9: Crest-Jewel Of Discrimination: The Path Of The Golden Light

August 16: Crest-Jewel Of Discrimination: The Path the Sakti-Vilas, The Play Of Psychic Energy

August 23: No meeting

August 30: Healing through Self-Acupuncture, Se Han Kim teaching

These four sessions (one conducted by a guest speaker) will enlighten and open new vistas of wisdom, psychic and mystical for you, and help you in attaining insight and enlightenment. FREE-WILL OFFERING!

PLOTINUS ON SELF-IMPROVEMENT

"Withdraw into yourself and look. And if you do not find yourself beautiful, yet act as does the creator of a statue . . . he cuts away here, he smooths there, he makes this line lighter, the other purer, until a lovely face has grown upon his work. So do you also: cut away all that is excessive, straighten all that is crooked . . . and never cease chiseling your statue until . . . you see the perfect goodness established in the stainless shrine."

August 1974

SPECIAL CLASS



Se Han Kim, M.D., master researcher at the Acupuncture Research Institute of the West Coast Medical Group, will discuss *Healing Through Self-Acupuncture* Friday evening, August 30 at 7:45.

Se Han Kim studied the ancient, traditional art of acupuncture with the famous monk, Nam Am, in the Korean mountain Temple of Pyo Heoon. There he also studied Chinese medicine, healing with herbs and Moxiabation (heating stimulation treatment).

INMATES STUDY ASTARA LESSONS

A letter recently arrived from the librarian at a California correctional institution indicating the growth of interest in mystical teachings.

In part the letter said, "There has been an increasing awareness and interest in various spiritual philosophies and techniques . . . Study groups are being formed among the inmates for the purpose of raising their consciousness level and spiritual awareness."

Astara provided some of its non-degree study books for the library of this institution.

There are several inmates in various localities throughout the U.S. who are studying Astara's degree Lessons. They pay the tuitions required through earnings at their prison jobs. We admire these persons for their interest and efforts.

MINI-MEDITATION

by Hildegarde (Heidi) Olsen

There is a story in our family about my great-grandmother whose spicy ginger cookies were the best around. Everyone wanted the recipe, and she graciously obliged. Still, no one's cookies tasted as good as hers, and they wondered why. What they didn't know was that she'd cagily left out one ingredient when she gave them the recipe.

As she lay on her death bed, with family gathered around, she beckoned to her eldest daughter and whispered in her ear, "A pinch of cayenne pepper." Then, having released her secret, she expired.

Perhaps the reason why most people live, as Thoreau said, lives of quiet desperation is because one ingredient is missing which would otherwise make their existence a brighter one. It is the ingredient of being able to laugh with others and at oneself. Laughter is a wonderful lubricant to grease the sticky wheels of life. To find humor in even the most dreary situations can make them bearable, and even lead to their solution, because one can then begin to detach himself from the nagging worries which beset him, and turn his mind to altering the state of affairs.

We all have problems to cope with. Some are greater than others. We all have our victories and defeats. It's how we handle them that is important. It's easy to laugh when one is "up." The trick is to find humor in the problems themselves to joke about.

It's like the woman who was telling a neighbor about her efforts to bake a loaf of homemade bread. "How did it turn out?" the neighbor asked. "Awful," she pouted . . . then brightened, "but it makes a great doorstep!"

Holding the mirror of laughter to one's face can cause the frown of defeat to turn into an optimistic vision.



An Astarian in Need Never Walks Alone

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

HEALING AFTER "ELECTRIC SHOCK" FELT

Dear Earlyne:

I sent you a healing petition last month asking for help with two misaligned vertebrae. I had seen several doctors in the past concerning this problem and they were unable to alleviate the pain.

About two weeks after I submitted the healing petition, I was awakened during the night by a tremendous "electric shock" throughout my body. When I examined the vertebrae in my neck I discovered them to be perfectly aligned! The constant pain I've had in that area is now completely gone.

I am so deeply grateful to you and the Master Zoser. Thank you and God bless you.

Love and Peace, M. M., Golden, CO

HOW QUICKLY PRAYERS ARE ANSWERED!

ATTN: R. & E. Chaney:

I have to tell you what happened to me today. I have no job in my field "secretarial," so I took a part-time job as a domestic for the present.

Today I went to the basement to take the clothes out of the dryer. When the elevator came, two porters removed two empty cases that had contained a queen-size bed and spring. While waiting for the men to remove the cartons, I said to myself, "I wish I had a nice bed to sleep

on." Then I smiled slightly to myself saying, "Astara will get it for me, plus all else I've asked for."

The elevator went from the basement to the 30th floor. I walked in the door of my employer of today and the lady said, "B-, is that you?" I answered, "Yes." She said, "Come here, I want to ask you something. Can you use this mattress?" I got lost in the rest of her words. I became numbed because her mattress is brand-new, almost! I must have given some indication in the positive that I could, but I cannot remember. I was only thinking how quickly Astara answers some prayers, and that now I would have a nice mattress to sleep on again. Then, it dawned on me that she was giving me not only the mattress but also the box spring! To me, this day has happened a miracle!

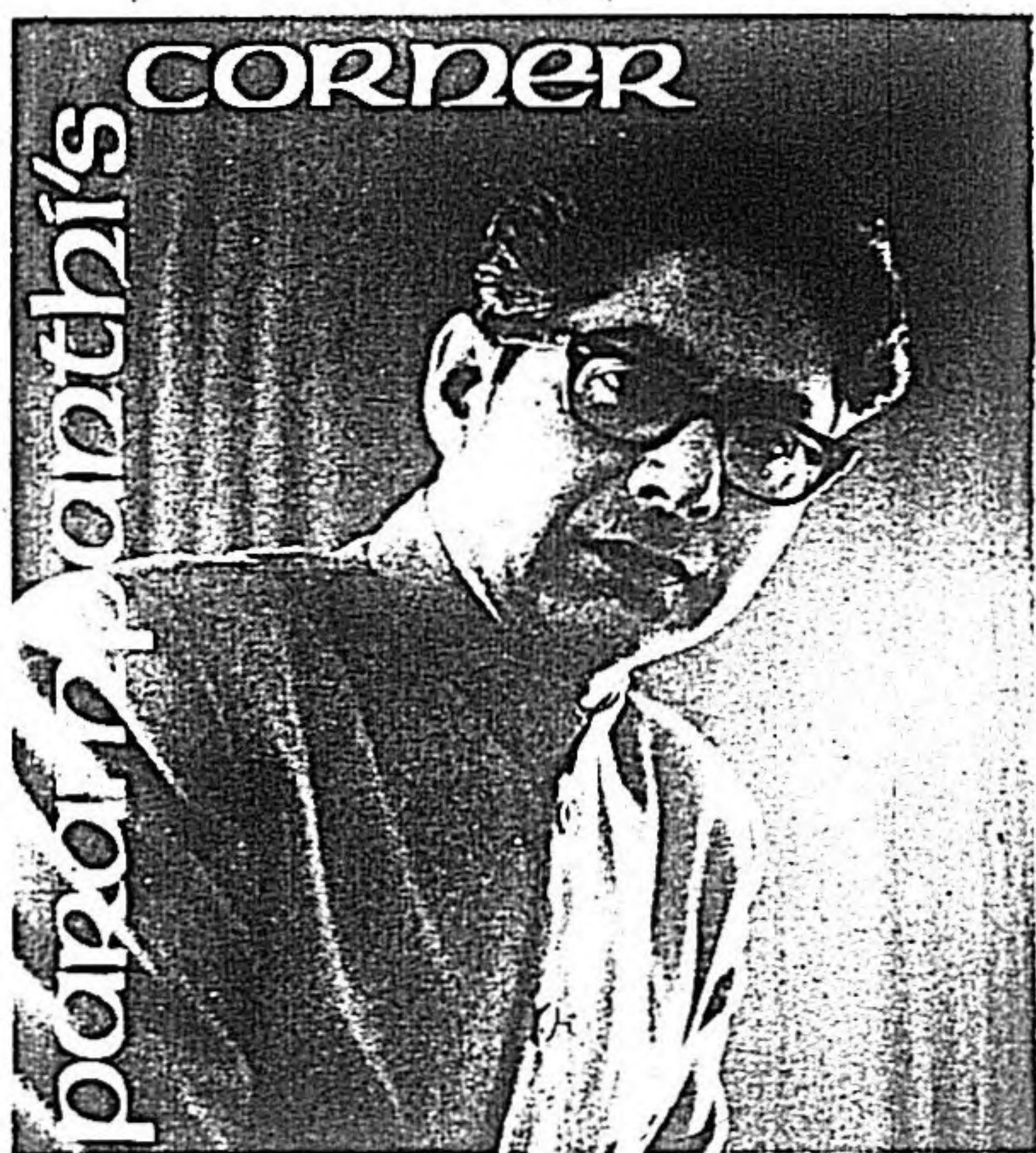
I know that I have been trained by you that these things would come to pass, but try to imagine how I feel now...so very, very soft, aglow and happy -- thanks!

Within the deeps of Astara they have recorded my need and intentions as I received more than a bare existence.

I might take this opportunity to add that even though I am at present alone in a small hotel, on a bare subsistence level, no one can understand how young I'm looking...always smiling, as if I have a secret which I do -- you, Astara! Now I guess I will be smiling more than ever. (Smile.)

I only feel bad because there are so many millions of people who have no contact with Astara and Zoser and the beautiful White Pure Light of The Christ.

Goodnight darlings, B. M. B., NY CITY



THE ENLIGHTENED LIFE

Men and women all over the world continuously search for a hundred different goals: wealth, social position, happiness in marriage and companionship, gems of wisdom, adventure on high seas and in distant lands, name and fame in special accomplishments. Yet true enlightenment remains the one glorious summit of man's possible achievements.

For, enlightenment is the magical and mysterious key to all other attainments. It is the light that shines in all things; it is the experience that gives depth and fullness to all goals in life. What is this unique state of enlightenment?

It is the pure illumination of being that permeates our entire life. It is not a static achievement which adorns a home like a rare painting. It is a condition of mind which continuously throws light upon the variegated paths of man. It is an indefinable wisdom which makes the gathering of all knowledge an exciting adventure. It sees things and beings as they really are and as they should be with infinite compassion and understanding. It helps us master ourselves, walk tall and straight, find courage and

insight in the midst of despair and know the ultimate meaning of life.

It opens one by one the windows of life to welcome the immense Reality without to the infinite Reality within. It helps us explore and examine the total life in all its wonderful variety with calm objectivity and patience. It teaches us the value of silence and humility and the utter meaninglessness of arrogance and pride, fanaticism and cruel dogmatism which suffocate us.

True enlightenment leads us from the darkened caves of selfish, narrow and blind existence to the open universe of freedom by making us intensely aware that life is for the asking, that life is a knowing, expanding and unifying dynamism. It endows our life with intensity to know, with urge to love, with grand affirmation of all that is true, beautiful and good.

True enlightenment makes us ashamed of our follies, of our pettiness, of our bickerings, of our gossips, of our negative emotions that spread gloom and emptiness upon the shining moments of our life. It leads us to the living mystery of Eternity where God, His grace and our soul reign supreme forever.

Is this most precious gift of life open to all of us? The answer is a resounding YES! For, enlightenment is not the brilliance of intellect but a gentle glow of wisdom open to all. It is not a sophisticated cleverness shining with polish and glamor; it is a silent unfoldment of the inner spiritual power inherent in all individuals.

True enlightenment comes readily to the willing soul on the threshold of striving; it comes to the sincere seekers of truths, to men and women who are dedicated to all that is noble, valuable and meaningful in life. It comes silently like a sweet dream or a sudden flash of lightning in moments of inspiration and abiding meditation. It is patiently waiting in each of us in the tumult of our

hectic life like a soft music.

Let us search for this light that outshines all glitter. Let us search for this iridescent diamond with an eager mind, with a dedicated heart, with unfailing persistence. Let us pause and ponder, reflect and meditate whenever time permits for the birth of true enlightenment in our souls. If we are really true to our souls and if God smile upon us we shall touch the distant shores of enlightenment, here and now.

PAPER SHORTAGE

All kinds of printing and publishing suffer delays these days because of paper shortages and other production problems. At the time this is printed we are not certain to what extent this may influence the publication of Earlyne's autobiography, *Remembering*.

If you have ordered a copy, please be patient. We will send it to you just as soon as the supply arrives from the bindery. The exact date cannot be foretold. We want you to have it as soon as possible, hopefully by late August. Thanks for waiting.

MEDITATION RECORDING RELEASED

Starmist is the title of Astara's newest meditation recording. It contains original meditation prose and poetry, written and spoken by Dr. Earlyne—and original organ music composed and played by Dr. Irma Glen.

One Astarian who has already heard the recording, said, "I find it the most inspirational tape I have ever listened to. It has a perfect blending of words and music."

Starmist is available on cassette tape and on an LP record album. Be sure to check your choice carefully on the order form elsewhere in the *Voice*.

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rhythmic vibration of the celestial spheres upon which the stars and planets are thought to move. The new theory is that the Cosmos is essentially waves of light.

Listen to Silence

In every cell there is light and color and movement. All forms of life are waves of flowing energy, and sound is the result of this vibratory movement. There is music all around us had we but ears to hear it. When you become quiet enough, you may listen inwardly and hear the "Sound of the Silence", the unheard melody of the Innersphere. You may even hear the Music of the Spheres! Only remember that you must become very still, and listen with the ear of the soul.

We have heard that the mystical sound of AUM, in Hinduism one of the sacred names of God, is heard in all of nature. We hear It in the song of the running brook, the wind in the trees, the hum of bees, the rhapsody of singing birds, the ocean's roar, the conch-shell, and even in the rumble of distant traffic.

Today some of us are composing music for the purpose of ennobling the character and raising Consciousness to transcendental levels of Being. Personally, my music is composed in prayer, and is played and recorded in prayer, so when it is listened to prayerfully, a trinity of Consciousness is formed.

There are many recordings, not necessarily 'sacred', but of high quality which will speak to the best in a person. Each learns for himself what appeals and is most effective for him. Usually the third movement of a symphony has the inspirational, quieting quality that one needs as a prelude to Communion and God Realization, but there are many uplifting compositions available.

Above all, let us know that the Great Musician playing the Cosmos, plays in us, too, and we must learn to trust Him and set the instruments of our mind, body, and heart in tune with Him again **WITHIN**.

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HOW TO USE E-S-P IN BUSINESS

Do you use your "sixth sense" in your vocation?

ESP means extra-sensory perception, a sixth sense or intuitive perception of things that cannot be known by logic or normal observation. But by some inner process this information does find its way into your conscious mind.

Socrates in philosophy, Crookes in science, James in psychology, Blake in literature, to name but a few, used this inner faculty in their respective callings.

An outstanding example of ESP in business is the success of Henry Ford. Some of his most important ideas flashed into his consciousness during deliberately planned solitary walks in the woods. These excursions away from the din and pressure of making a million cars provided the opportunity for a "subliminal up-rush" which he never ignored. And even though it seemed illogical he never allowed his executive assistants to dissuade him from an idea created in this manner.

One of my friends occasionally wakes up in the morning with an inner impulse concerning a stock. He buys or sells

according to the impression, always in small quantities and always with success. But when he tells his secret, or when he tries to "make a killing"—he loses! Can you explain it?

What Triggers ESP?

There are no rules to this business of ESP, but there are basic principles which usually seem to apply.

It seems that beneath Freud's layer of subconscious confusion there is a deeper (or higher, according to which terminology you wish to use) layer of alert mentality which possesses superior faculties. This layer or area of your mind can often ascertain facts without use of logic or research. On occasion it can even precognize, or know the future.

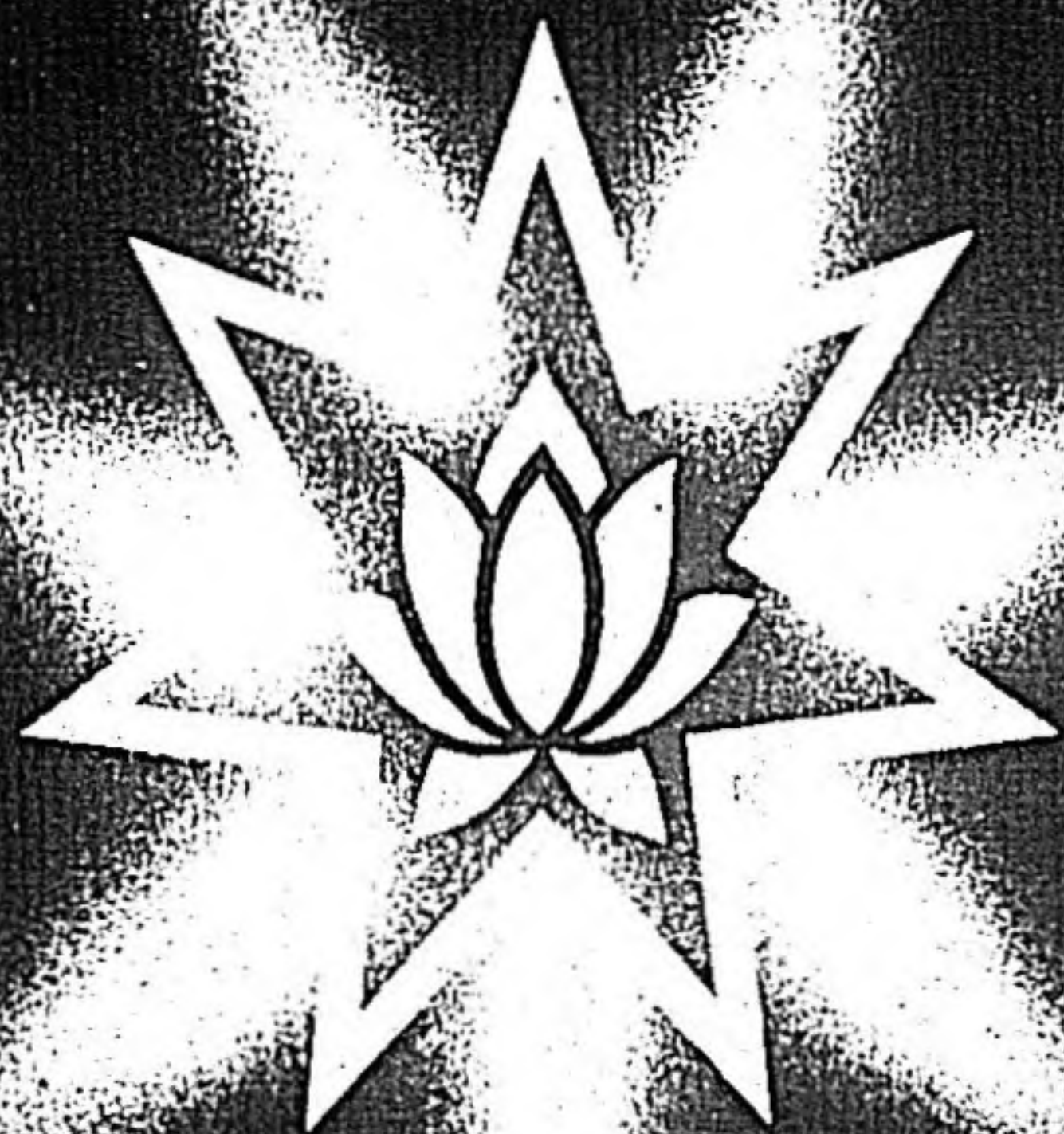
Ford's lonely walks, my friend's dreams, triggered the activity of this fantastic layer of consciousness. What will do it for you?

Most anything that severs the normal world from your mind will help. Perhaps a game of golf. Or a shower or a movie. More than likely a daily few moments of complete relaxation, a releasing of the tension in your mental muscles, will help most. In short, meditation. Whatever you wish to name it, it will help you use ESP in your vocation.



Marvin Mohler points out features of the portable organ he donated to the Young Adults Marching Band. Conner Martin and Fred Stewart, of the Young Adults Club, appreciatively accept the organ on behalf of the group.

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!

()

Dear Astarian -

Give me a message,
✓ I'll deliver it to
Astara's Headquarters
for you.

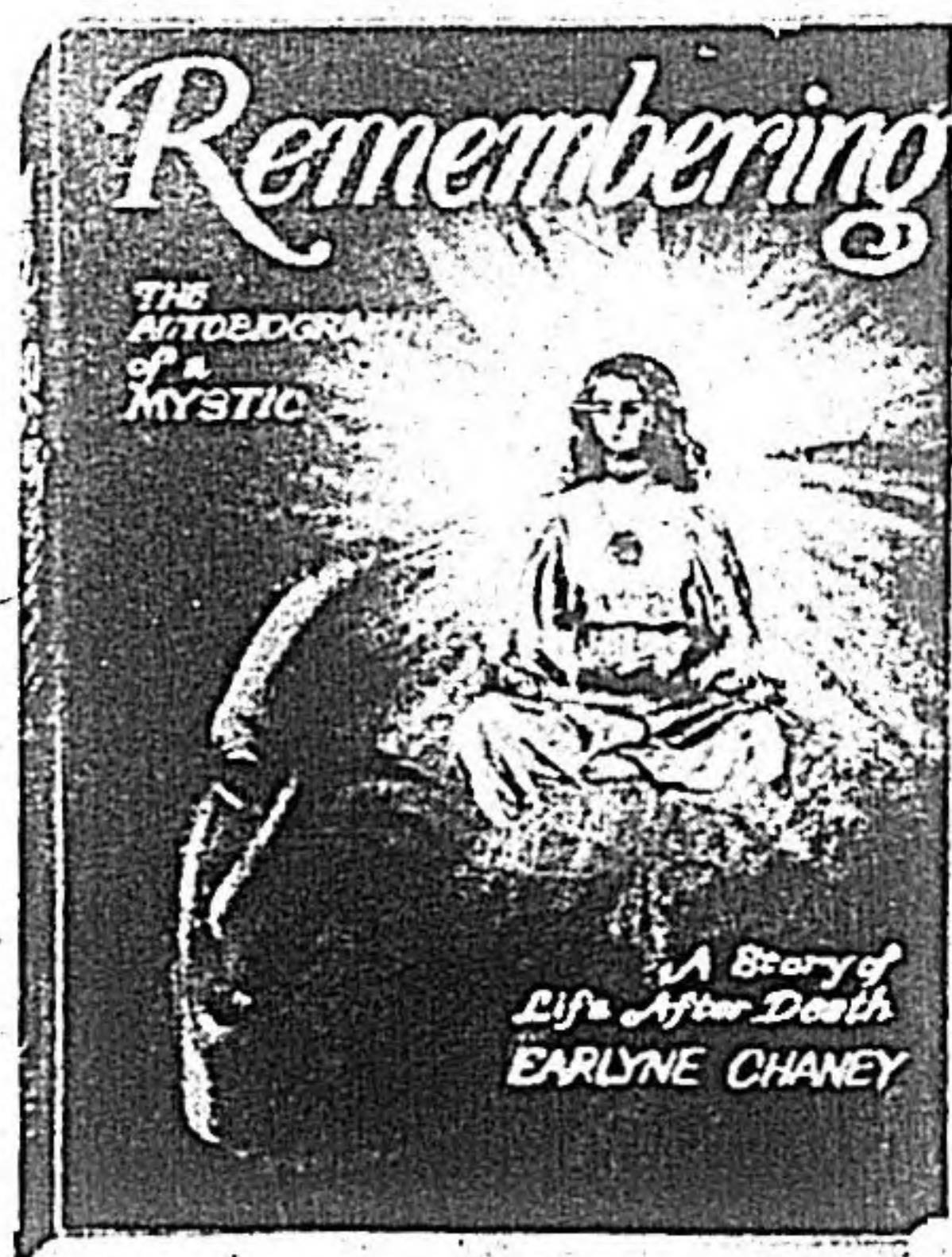
As your Messenger
Envelope I'm ready to
carry your Healing or
Cosmic Help Petition,
request for lessons,
Donation, or any letter
you wish to send.

Just slip me out of
the Voice. For you, I'm
ready to serve any
time.

Sincerely,
Your Messenger Envelope

TOTALLY REVISED....

NEW HARD COVER EDITION.....\$8.50 ()



Remembering

The Autobiography

Of a Mystic

by Earlyne Chaney

Do you believe in Guardian Angels? In Life After Death? Do you believe you have lived before?

This is a true, wonderful story of a girl's search for a love from the past...of a

Great Being who guided her life from a humble beginning to eminence as a teacher whose mystical writings are sought by other seekers the world over.

From its first chapter, "Once Upon a Lifetime," to the ending, "Beat the Drum Slowly," your own laughter and tears will mingle as you read of Earlyne's struggles to acquire philosophical maturity...to comprehend her visions and dreams...to overcome the conflict between fame and philosophy.

How this remarkable book, "Remembering," parallels your own life, your own hopes and trials, your own seeking, only you can measure the understanding and inner strength you receive from it. This story could be your story. It could change your life.

Dr. Marcus Bach says of REMEMBERING, in his foreword to the book, "It is the kind of book that everyone would like to write, for every life is a story...it follows a line of expanding consciousness which spins a unique scenic plot."



ASTARA'S

July -
August 1974

BOOK LIST

Compiled by
Irma Mills

"...Till we all come in the unity
of the faith, and of the knowledge
of the Son of God, unto a perfect
man, unto the measure of the stature
of the fullness of Christ."

(Ephesians 4:13)



Astara

261 South Mariposa Ave., Los Angeles

Each price on this order form reflects
the 5% discount allowed on each title.
All sales are final. No refunds or ex-
changes.

Please allow at least three weeks for
delivery in the United States.

* * * * *

____ Number of books ordered. Amount \$ _____

California residents add 6% tax.... _____

Total amount of this order.....\$ _____

* * * * *

SEND TO:

Name (please print)

Name and number of street

City

State

Zip



() THE INNER ECSTASY. (c). \$4.70
by Marcus Bach. "The
Power and the Glory of Speaking
in Tongues."

At a time when people are so aroused and wondering about exorcism and the need for it, this book is most apropos because it answers pertinent questions about the human psyche, and the Holy Spirit.

Dr. Bach, with his superb gift as a storyteller and with deep spiritual insight, takes you into the heart of the matter. He says his own baptism of the Holy Spirit set him on a quest through the years that delved into the inner lands and frontiers of faith. He believes that the lure of the Unknown is inescapable and that the pull of the supernatural is coded into every life. He says, *Ecstasy is where you find it, at least until the moment it finds you.*"



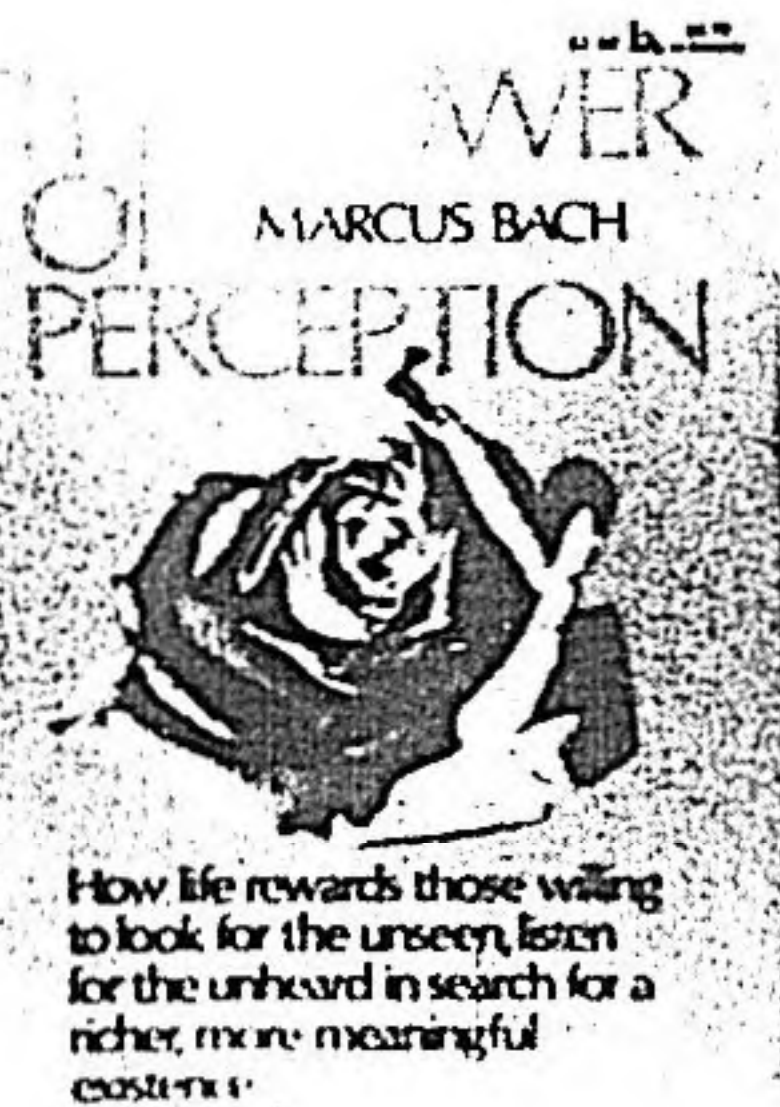
() The BRAIN
REVOLUTION..... (c). \$9.45
by Marilyn Ferguson

Scientific, philosophical, and intensely interesting... this new book presents experimental evidence from many of the country's leading scientists on research into the phenomena of the human brain.

"We do not need to have a superbrain created, we already have one," is the basis of the "brain revolution." Among the subjects discussed are: biofeedback training; mental illness; learning; drugs; acupuncture; an intelligence that masterminds healing; the ability to hear microwaves not yet converted to acoustic sound.

the
BRAIN
revolution





() THE POWER OF PERCEPTION... (p) ..\$2.40

What do you see when you look at a rose? What do you hear when you listen to the Voice within? What do you feel when you identify with others? You will enjoy the humor and spiritual insight of Dr. Marcus Bach as he relates many of his own experiences to show how rewarding life can be when you look for the unseen, and listen for the unheard.

() THE BOOK OF ENOCH THE PROPHET... (c) ..\$6.20

Lost in obscurity for about 1500 years, this ancient Ethiopic manuscript was discovered in 1773 by Scottish explorer, James Bruce. The copy given to the Bodleian Library at Oxford was later translated in 1883 by Richard Laurence, LL.D, Archbishop of Cashel. Exact reprint, 1973.

() GATEWAYS INTO LIGHT..... (p) ..\$4.50

Flower Newhouse, in this new book on the processes of Western meditation, gives various modes of meditation; when, how, and what to meditate on; healing; the role of prayer; atomic healing; reception; joys of contemplation; and pleasures of the "great adventure" of meditation.

() THE KIRLIAN AURA..... (p) ..\$3.75

Edited by Stanley Krippner and Daniel Rubin. Photographs, with explanations, of many unusual "unseen" events in the galaxies of life, such as: substance extending from a healer's finger; the aura; cosmic flow; electricity. Indexed.

() VEGETARIAN COOKERY..... (p) ..\$4.75

By Pietro Rotondi, D.C. Along with an abundance of excellent recipes are classifications of foods, information on vitamins, and inspirational ideas. Indexed.

GOLDEN MOMENTS OF STUDY PROVIDE THE WISDOM OF A LIFETIME

• Imagine what an opportunity it is to have the wisdom of a lifetime condensed into just a few hours' study! • In each Lesson of Astara's "Book of Life" you have available the essence of a lifetime of wisdom, specially prepared for your golden moments of study. This is the way to true and lasting self-improvement that sets your efforts apart from those who are interested only in the shallow surface of life. • The Lessons ahead help you avoid becoming a victim of fate by becoming a master of destiny. Use the Continuation Form on the reverse side of this page for additional Astarian lessons.

*A WORTH-WHILE LIFETIME IS COMPOSED
OF PROFITABLE MOMENTS*



Degree Lessons Continuation Request

Postal delivery requires three to four weeks in the U.S.

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.



Astara 261 South Mariposa Avenue • Los Angeles, Calif. 90004

I have checked below the tuition payment I prefer. Please send the Degree Lessons to me accordingly.

- ☐ I enclose \$4. Send next two Lessons.
- ☐ I enclose \$7.80 for four Lessons.
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 \$25 for fourteen Lessons.
Send 2 each month. (saves \$3.00)
- ☐ 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.
I enclose an extra 50¢ for each two Lessons (50¢ for 2; \$1 for 4; \$1.50 for 6, etc.)

Name (please print) _____

Street & No. _____

City _____

State _____ Zip _____

- ☐ Check here if new address since your last order.

Degree Lessons Continuation Request

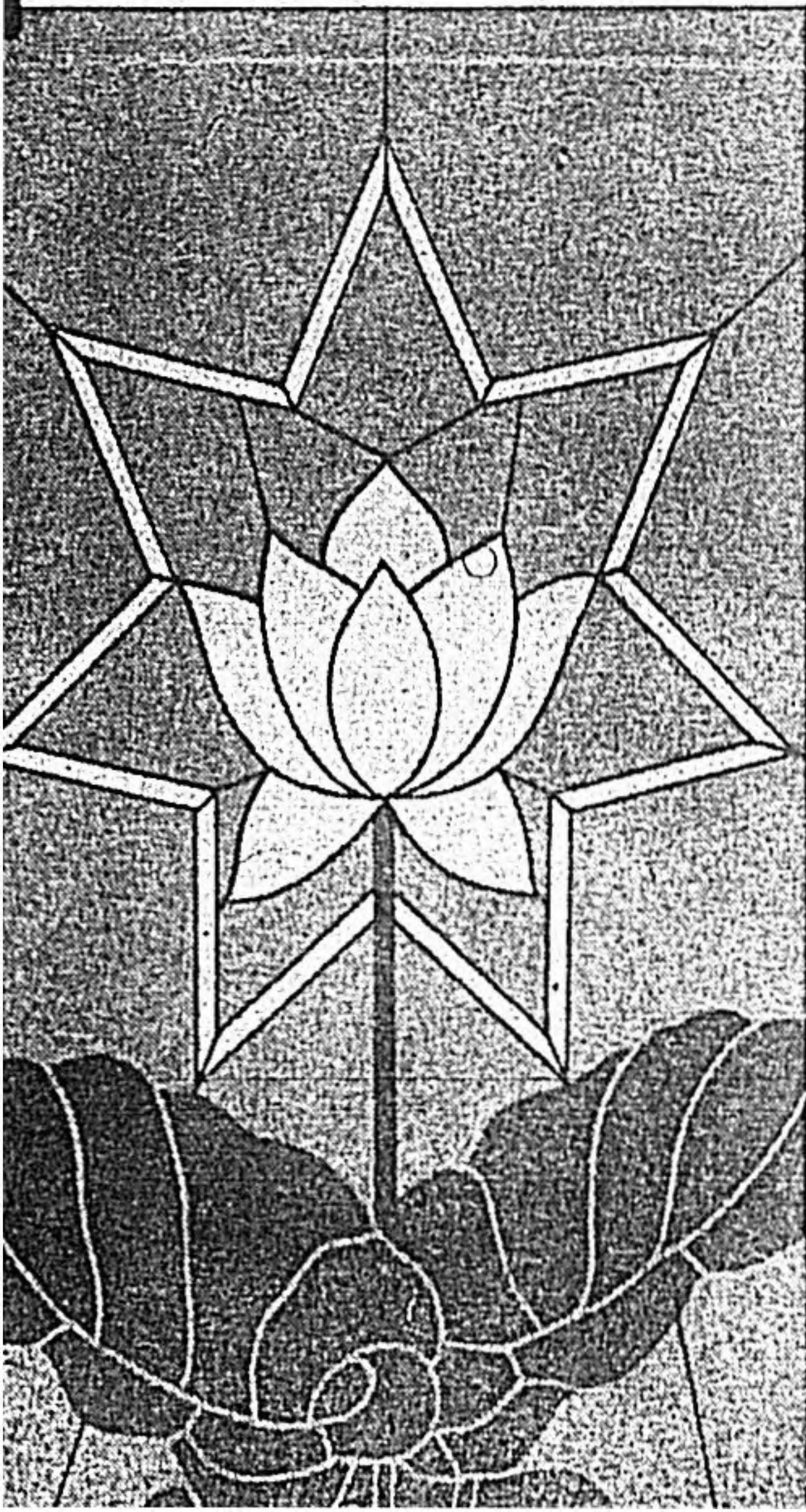


THIS MESSENGER IS DIRECTED TO ASTARA FROM

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____



Stamp



Astara

261 South Mariposa Ave.
Los Angeles, California 90004

Starmist

A recording specially created
for your meditations

*Includes mystical musings spoken by
EARLYNE CHANEY*

*And enchanting melodies played by
IRMA GLEN*

Two gifted people have created a spiritual mating of poetry and music on this recording--a beautiful ecstasy of inspiration and creativity.

If you will relax, close your eyes, and breath slowly as you listen, the troubled pool of your consciousness will be stilled, and its placid surface will reflect starmist. You will know the Presence in your own heart.

Starmist offers you the true way of the Self that leads to the Reality of Spirit.

Available on 33-1/3 LP records or
cassette tapes

SEE REVERSE SIDE FOR ORDER FORM

IRMA GLEN . . .

. . . is one in whom the worlds of music and religion coexist and express simultaneously.

At the age of fourteen she was a concert pianist. At fifteen, she toured Europe and South America as the world's youngest professional orchestra leader. For many years, she was staff organist for NBC in Chicago and Hollywood. Across theater footlights and over the air waves, she thrilled countless thousands with her ability to present every musical form, Classic or Popular.



Then, to her doctorate in Music, she added another in Religion, was ordained, and has combined the two professions in pulpits and at organs around the world. The Spirit speaks in her original compositions.



EARLYNE CHANEY . . .

. . . traveled a long, fascinating journey on the way to her place as an outstanding writer and teacher of the mystical and esoteric.

The path of her life led through a career in drama (movies and stage) before the tragic loss of a loved one turned her toward the worlds whose dimensions are beyond the physical. She describes the journey in her book, *Remembering, The Autobiography of a Mystic*.

She is one of the founders of Astara, and the original creator of Astara's published Lessons, which reach members in scores of countries. The prose and poetry on this recording are her compositions.

ASTARA 261 S. Mariposa Ave., Los Angeles, CA 90004



Available on a donation basis. \$3.95 covers the cost of production, handling and mailing.

Please send a Starmist recording as checked below.

- ☐ 33-1/3 LP record for phonograph
- ☐ Cassette tape for cassette player

I enclose a donation of \$_____

Name (please print) _____

Street and number _____

City _____

State _____ Zip _____

A
VISIT
WITH
ROBERT



August, 1974

Dear Fellow Astarian,

Hardly anyone in today's world has been totally indifferent to the use of drugs in connection with the search for enlightenment. Is it good or bad? Are the results valid or not?

Let's take a look at the last question first. There is no doubt but that using drugs alters the nature of one's consciousness, at least temporarily. Under the influence of drugs, things not otherwise visible are seen. Emotions not otherwise experienced are felt. Desires not otherwise considered surge to the surface of awareness.

There have been conflicting reports by researchers, both accredited and self-styled, about the legitimacy of these results. A number of persons have asked my opinion about drugs as a vehicle for attaining spiritual experience, so I thought I'd offer it to you in this letter.

First, if one believes that purity is pertinent to the realization of spiritual attainment, then of course the introduction of drugs immediately adds an impurity to the process.

(OVER)

Then if medical science tells us, which it does, that drugs do not heal, why should we assume that they confer spiritual attainment. If they did, addicts would be saints.

Further, to the best of my knowledge, there is no drug known to medicine which does not have side effects not related to the work it is supposed to accomplish. A prominent psychologist I met some years ago told me that the eventual side effects of various consciousness altering drugs are insanity or death. I keep thinking of that famous circus family who shoot themselves out of a cannon into a net a few yards away. They suffer broken legs, backs, and various other side effects. It's a poor way to fly.

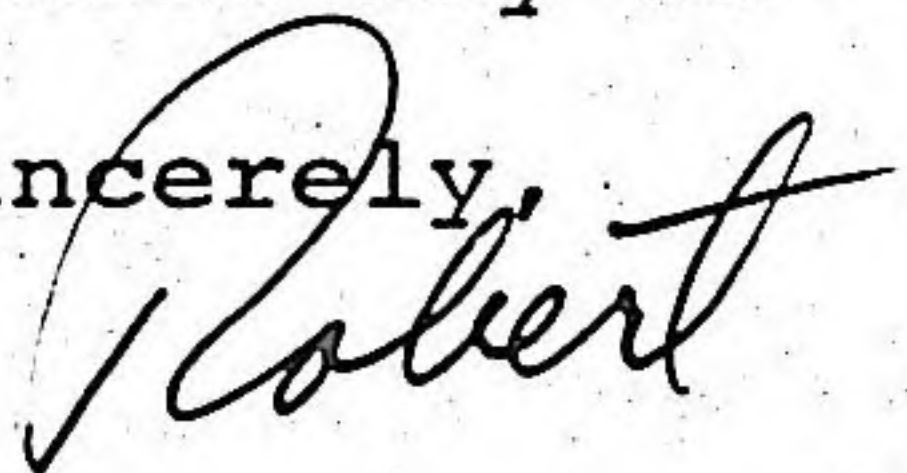
It seems to me we should look at it this way: drugs are a violent disruption to the psychic centers -- what we seek is development of those centers... drugs destroy nerve endings and inner communication systems -- what we seek is to improve and expand those systems.

Spiritual enlightenment is an all-pervading, stable state of consciousness. Using drugs in an attempt to attain this state does produce unusual experiences. But the difference between an unusual experience in consciousness and a stable state of consciousness is vast, and should be carefully noted.

In the final analysis, the continued use of drugs as a way to find enlightenment is a denial of self-responsibility. It's a simple way of saying, "I'd rather not earn it myself." If you don't earn it, you don't get it.

That's my opinion, along with my very best wishes, whatever your opinion may be--

Sincerely,

A handwritten signature in cursive script, appearing to read "Robert".

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WHAT ASTARIANS DO



Samuel Avital is acclaimed as America's leading proponent of the ancient and silent art of Pantomime, in which all human emotions and experiences are conveyed without use of words. It is no paradox that in a world full of noise, of frenetic advertising and empty conversation, *silence* calls to us. "The unique art of Mime is the cosmic language, the music of the soul," as Avital puts it. This is a proven statement, for he has travelled the world, performing to audiences in every country, "speaking" only in Pantomimé and being understood.

He was born of Jewish Kabbalists in Morocco. At 14 he ran away from home to Israel where he worked and studied for ten years. His leanings toward the theatre took him to France where he decided to devote his life to drama and dance. While at the Sorbonne, Avital learned of Etienne Decroux, a master of Mime, who became his teacher. He had found his artform.

In both his art and his life, Avital tries to overcome barriers between people. "Once I give myself to you, once I penetrate into your own space physically or spiritually, there is produced a creative

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vibration, and that is *love*. Without that, there is no life."

It has been said that Pantomime is pure theatre at one extreme, and pure language at the other. A friend says of Avital that he has found the delicate balance between the two, especially in teaching Mime to his students.

He taught in the Theatre Department of Southern Methodist University in Dallas, Texas, and presently conducts an experimental studies course at the University of Colorado in Boulder where he makes his home. He also holds private seminars and "workspaces" which develop techniques and skills of the art, as well as awareness of inner and group consciousness.

"Through discipline of the body we can discover individuality, and the goal is constant awareness of one's inner feelings and thoughts, and from there, to those of others." Mime, he believes, is an extension of the life force, the channel for man's energies, and a symphony for the spirit.

If, as Shakespeare suggested, all the world is a stage, don't you wish more of the players were Avitals?

Hildegarde (Heidi) Olsen

ASTARIAN WRITES

Dear Blessed Ones:

These words of a song remind me of Astará

*"In this world of ordinary people,
Extra-ordinary people, I'm glad
there is you . . .*

*"In this world of over-rated pleasures
and under-rated treasures, I'm
glad there is you . . ."*

*I bless you for the glorious work you
do in God's service on this earth.*

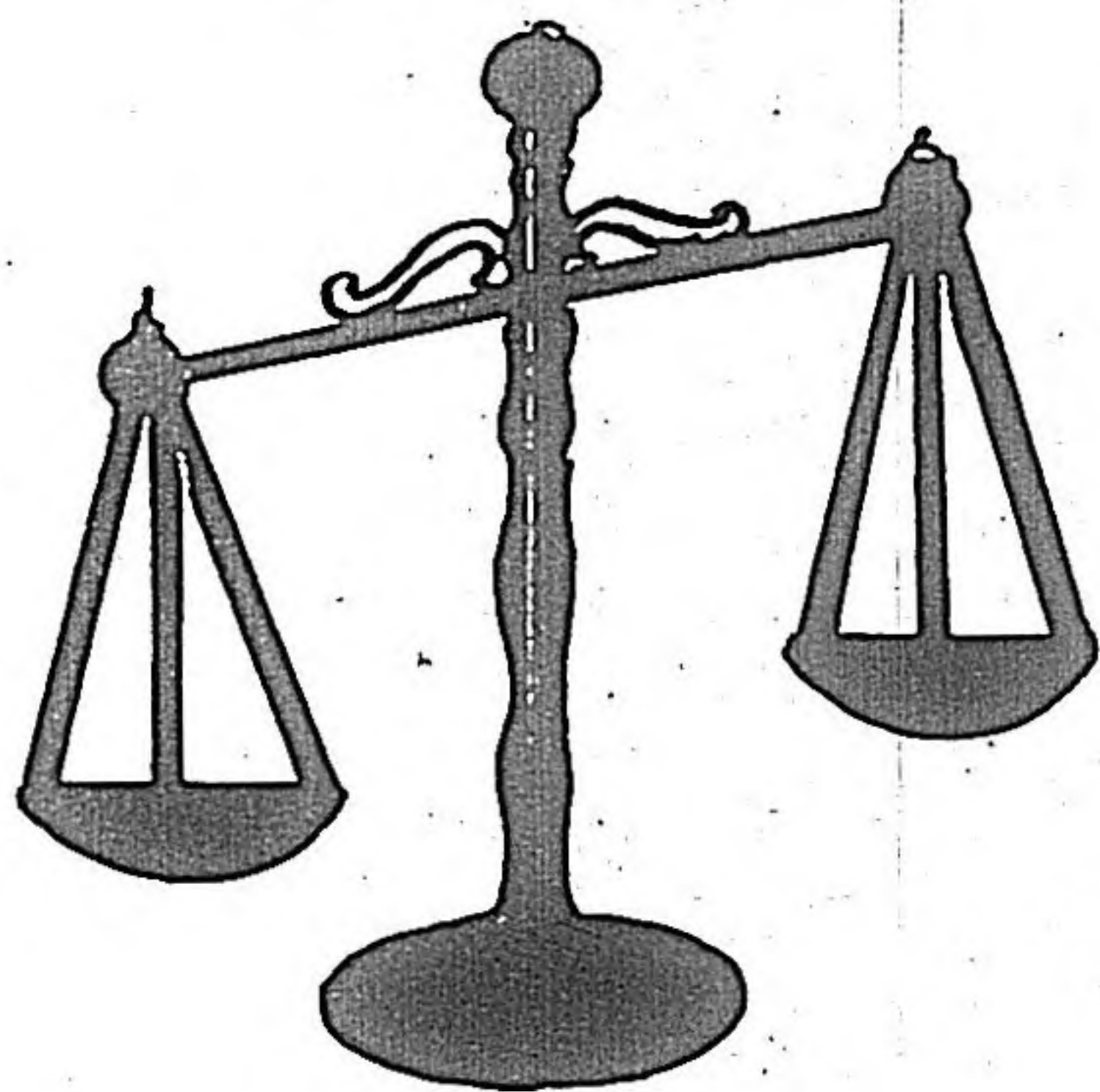
*The most under-rated treasure is your
lessons So much has been happen-
ing internally from their guidance and
your love.*

*Most Sincerely,
Vivian Binder*

Voice of Astará / 11

STUDIES IN KARMA

By Gregg M. Rolla



The Scales of Justice

In Astara's Fourth Degree it is stated: "Divine Justice takes into consideration every circumstance, even that which seems casual and transitory . . . Even minor incidents are registered and viewed in their relation to other occurrences."

Such a teaching is substantiated in the Edgar Cayce material. Whatever we think or feel or do will sooner or later manifest itself within the physical octave of universal manifestation, whether at present or some other future time. How true is the Biblical adage: *"As a man thinketh in his heart, so is he."*

According to Cayce, pride can karmically result in every tangible physical suffering—particularly when it has expressed itself in forms of mockery and scorn. Cruel laughter and a sharp tongue seem to be the equivalent of a negative physical act resulting in compensation.

One reading traced a polio victim to an early Roman incarnation who jeered, mocked and took pleasure watching Christian persecution. "The entity lost through this experience," the reading

stated, "not from doing his duty, but from jeering at those who held an ideal. The breaking of the body this time was an experience necessary for the awakening of the inner self, and the development of spiritual forces."

"Condemn not," reminded another, "that you be not condemned. For indeed, with what measure you mete it shall be measured to you again. *And what you condemn in another, that you become in yourself.*"

There are, in fact, seven cases of physical disabilities in the Cayce files which are connected with egotism. In view of this factor, Dr. Cerminara remarks:

"Though at first glance the penalties may appear disproportionate to so trifling a matter as laughter, on deeper consideration the justice becomes more apparent. He who laughs at the affliction of another is condemning a set of circumstances for which he does not understand the inner necessity; he is despising the right of every man to evolve through even the meanest form of folly; he is deprecating the dignity and worth and divinity which inhere in every soul, no matter how low or ridiculous the estate to which it may have fallen.

"He is, moreover, asserting his selfhood as being superior to the selfhood of those he laughed at. The act of mockery is an act of self-assertion in the most ignoble sense of the term."

Suspended Karma

A most intriguing, if not perplexing fact, in dealing with what we term past lives is how karma seems to be somewhat "suspended"—that certain actions set into motion in one lifetime will not necessarily manifest themselves until many lives hence. This is viewed in the Cayce material, especially when dealing with past incarnations on the legendary Atlantis. According to Cayce, Atlantis possessed a very advanced civilization surpassing ours today. Its downfall was attributed to the misuse of its scientific

and intellectual achievements.

As we know, even today, the more advanced a civilization becomes, the more complex it becomes. However, with such complexity emerge many opportunities and possibilities for individual development. Thus, the opportunity to redeem corruption (social, political, intellectual and spiritual) set into action by individual thought force on Atlantis would not exist until a high attainment of civilization was once again freed upon the world.

"The need to wait for an appropriate culture epoch," observes Dr. Cerminara, "seems to be a major factor in determining karmic suspension. It would seem to be related to some cyclic progression of history and some rhythmic alternation of groups of souls in their periods of embodiment and non-embodiment on this planet."

Another factor determining suspended karma is the soul's ability or inability to cope with its actions. Inner strength is needed to meet karma successfully. Some opportunity must be given the soul to acquire this strength, otherwise the karmic obligation would be too great for the entity to bear. It would be so overwhelming as to result in retrograde evolvment.

Many people who came to Cayce were perplexed over the suspension of their personal karma. One person asked: "Why did the entity wait until this incarnation to make good the karma from the Roman period?" The answer, simply, was: "Because it was unable to do it before." Of course, this individual had had many incarnations between the two in question, but these were, more or less, for the benefit of developing the strength needed to meet her karma.

As a conclusion, we might propose that a debt cannot be paid in full justice if there exists a deficiency within the soul. The lesson could not be learned. The scales of justice could not weigh equally, nor assure proper retribution.

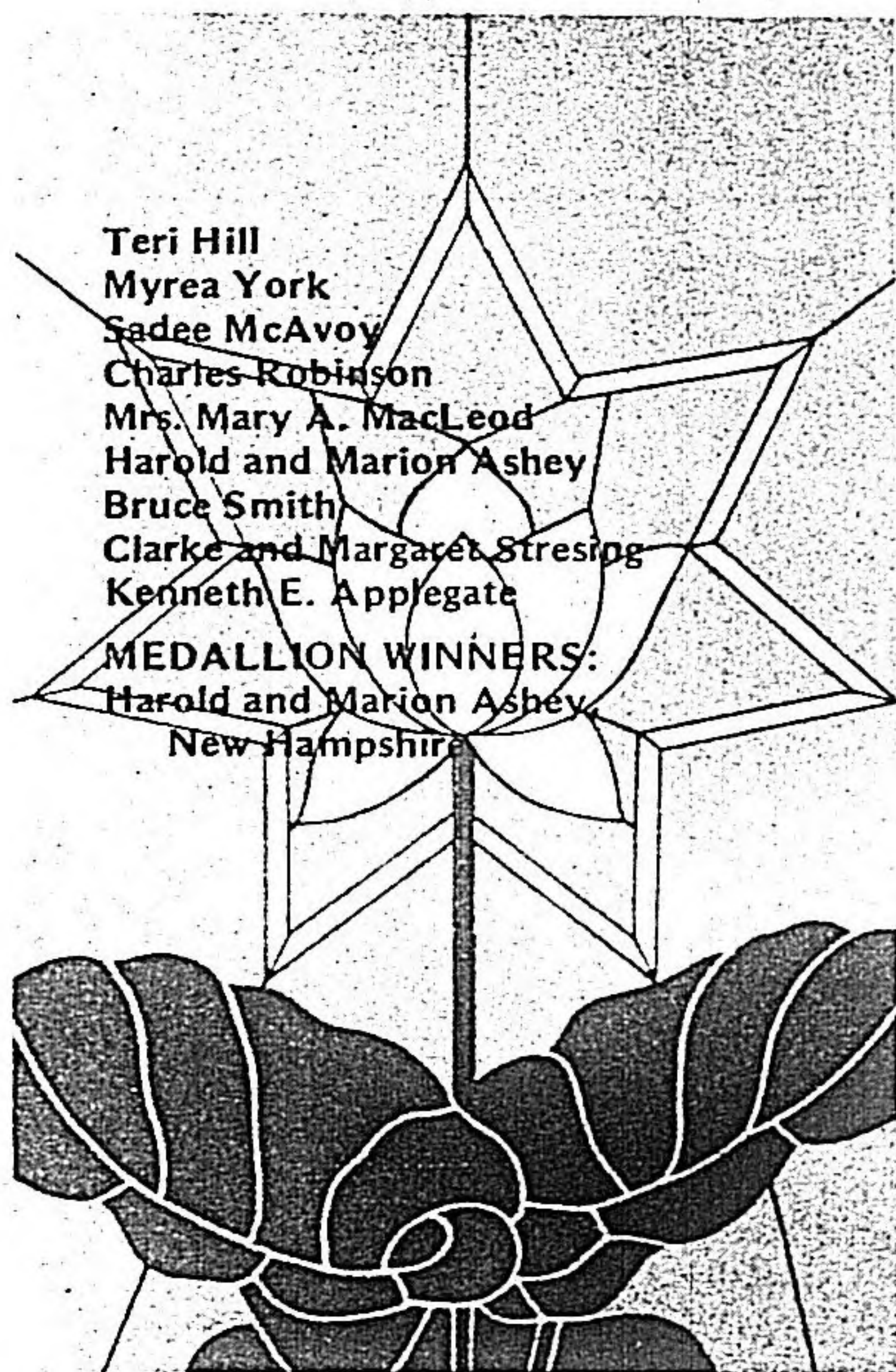
AN OPEN LETTER TO GOD

Dear God:

I'm sorry you made Sunday where you did. You see, it is like this - we could attend church much more regularly if your day came at some other time. You have chosen a day that comes at the end of a hard week and we are all tired out. Not only that, but it is the day following Saturday night . . . Saturday evening, you know, is one time we feel we should enjoy ourselves so we go to the movies or a party, and so often it is after midnight when we reach home. It is almost impossible to get up on Sunday morning. You have chosen the very day we want to sleep late, and it is mighty hard to get the children off to church school and especially when they have it so early. Then, there are the dishes to wash, and we always have some things we just have to wash out . . . I mean no disrespect, dear God, but you must realize you have picked out the day on which we have the biggest dinner, and the very time we must be preparing dinner . . . Then, too, you must think of John. He is cooped up in his office all week and Sunday morning is the only time he has to tinker with the car and to mow the lawn. When he gets into his old clothes and his hands all greasy, you couldn't expect him to be able to get off and go to church . . . I am telling you these things, dear God, because I want you to get our viewpoint. It is not our fault that we are not able to get to church on Sunday morning. We would like to go and need to go. But it must be clear to you the real reason we cannot go is because you have chosen the wrong day. If you will select another day, we will be glad to go to church and church school and be more faithful.

*Sincerely yours,
I.M. Busy*

Remember to tell us your new address. Lessons are lost when sent to an address at which you no longer reside.



Teri Hill
Myrea York
Sadie McAvoy
Charles Robinson
Mrs. Mary A. MacLeod
Harold and Marion Ashe
Bruce Smith
Clarke and Margaret Stresing
Kenneth E. Applegate

MEDALLION WINNERS:
Harold and Marion Ashe
New Hampshire

FUN NIGHT #2!

The Young Adults Club of Astara is sponsoring a second Fun Night Saturday, August 17, at 8 p.m.

The group is presenting the movie, *Tea House of the August Moon*, starring Marlon Brando and Glenn Ford.

A \$1 donation entitles you to all the festivities of the evening, including another hilarious concert by the YAMBs—*The Young Adults Marching Band*. Refreshments—potluck.

If you are interested in participating in the Young Adults Club Activities, please send your name, address and phone number to: Young Adults Club, c/o ASTARA, 261 S. Mariposa Ave., Los Angeles, CA 90004

Regular meetings are held the 3rd Sunday of the month at 12:45 p.m. in the Museum Room.

Voice of Astara / 14

MEDITATION

“There is an act of the mind, natural to the earnest and the wise, impossible only to the sensual and to the fool, healthful to all who are sincere, which has small place in modern usage and which few can distinguish from vacuity. Those who knew what it was called it MEDITATION.

“It is not READING, in which we apprehend the thoughts of others. It is not STUDY, in which we strive to master the known and prevail over it till it lies in order beneath our feet. It is not REASONING, in which we seek to push forward the empire of our positive perception. It is not DELIBERATION, which reckons up the forces which surround our individual lot and projects accordingly the expedient on the right . . . Its view is not personal and particular, but universal. It gives us no matter for criticism and doubt, but everything for wonder and love. It furnishes immediate perception of things divine, eye to eye with the saints, spirit to spirit with God, peace to peace with heaven.”

—James Martineau

IN MEMORIAM

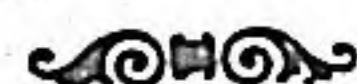
The following persons have made memorial gifts to Astara. We express our deep appreciation for receiving these memorials.

From Wilma E. N. Crump in memory of Dr. W. Ross Sutherland, Jr.

From Harriet Kraus, Dr. M. O. Moore, Lena Neiman, Bernice Penkert and Katharine Ulrich in memory of Dr. Earlyne's and Lila Klockenter's mother, Mae Jones.

From Elizabeth Lawrence and Muriel C. Pretty in memory of Dr. Robert's mother, Maree Chaney.

From Lilly Ann Kramer in memory of both mothers.



August 1974

TEACHER GIVEN HONORS



Astarian Pearl Phillipson, an elementary and junior high teacher for over 40 years, was recently honored by the Laguna Beach school board for her service.

Pearl is retiring from teaching but plans to keep busy at a career in writing . . . her subjects to be children's stories, spiritual healing, and mystical tales from the Orient.

Pearl used Astara's meditation recordings to begin each school day in a period of meditation with her students. She reports that it increased learning ability and decreased the need for discipline. Our congratulations to Pearl on her many achievements.



Earlyne & Astara's designer & artist John Costello check the first copies of the dust jacket for Earlyne's book Remembering—the Autobiography of a Mystic.

August 4:
SUNDAY
11 AM
YOUR PAGE IN THE
AKASHIC RECORDS
Robert Chaney, Speaking
and Healing Service

August 11:
SUNDAY
11 AM
THE DYNAMICS OF I CHING
Khig Dhiagh, Speaking
Robert Chaney, Healing Service

August 18:
SUNDAY
11 AM
The Stoners
Rodolfo Silva, Speaking and Healing Service

August 25:
SUNDAY
11 AM
FOUNDATIONS OF HUMAN RELATIONSHIP
Swami Parampanthi, Speaking
Rodolfo Silva, Healing Service

September 1:
SUNDAY
11 AM
THE HUMAN SIDE VS. THE DIVINE SIDE
Robert Chaney, Speaking and Healing Service


Astara

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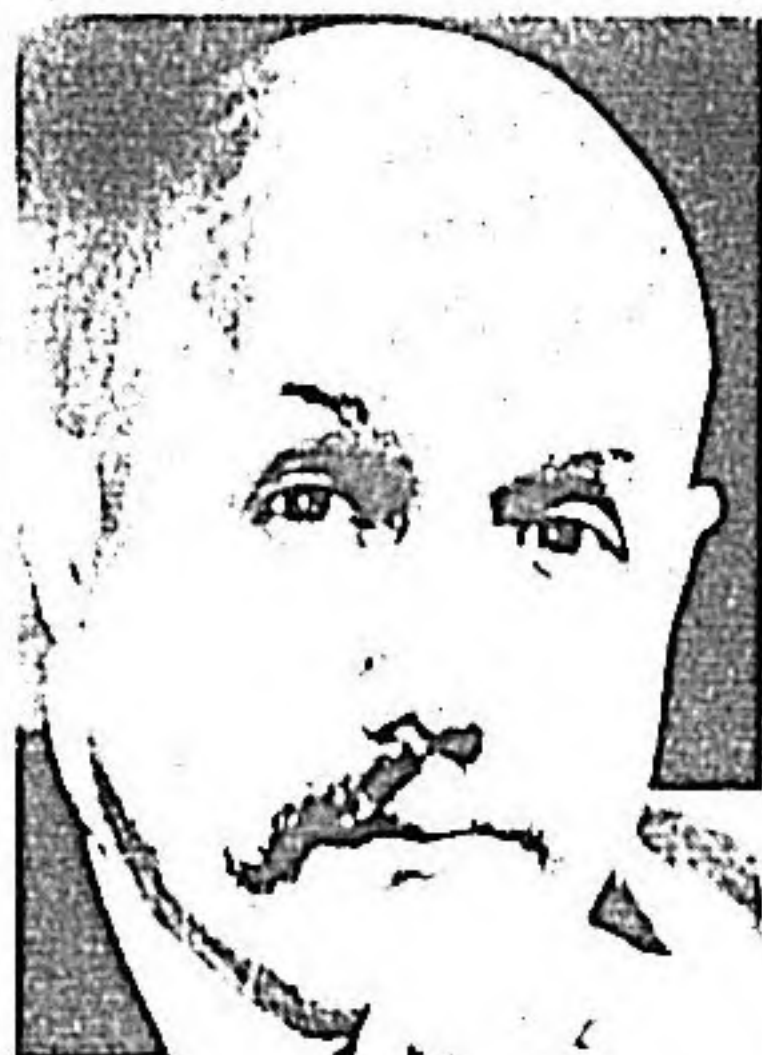
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