

Voice of Astaro

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Editor: Swami Parampanthi



MEDITATION ON CHRISTMAS

Swami Parampanthi

The dawn touches the earth with the pure light of the sun, and the darkness disappears. The spiritual life is the illumination that shines upon man from within and from without as the grace of God.

In each moment of life, man faces the possibility of darkness and the hope and promise of the light. The choice belongs to him. Therefore, let us remember this truth in the moments of our decisions, in the acts of conscience, and in the visions of our life.

No man is alone in this vast universe. He is in the midst of the warm and benevolent power of God, who nourishes and protects every living being.

Therefore, let us learn to rely upon our souls, which are the living sparks of divinity, and upon God, who surrounds us by the infinite mercy and compassion of His Being and Presence.

The power of fulfillment is the birthright of man. Peace, happiness and illumination are the natural laws of life. Let us respond to these living laws with the might of our mind and the vision of our wisdom.

TURN TO ONENESS

Unity is the abiding law of the universe; love is the manifestation of the divine in us; peace is the doorway to the meeting of man with his great Creator. Let us turn our faces away from the darkened valley of our follies toward the shining summit of our Goal: a living unity with the living God.

Sincere action is the sure way to Self-transformation. Down the ages this has been the clear call and challenge of all religions and saviors. Let us dedicate ourselves to the spiritual life through action and contemplation.

Man desires and God fulfills; if the desire is right and pure, the fulfillment through the grace of God leads us to the

Continued on Page 6



PULPIT GUEST

Damien Simpson a national lecturer and founder of Universal Mind Science with centers in Long Beach and Mt. View will be speaking at Astara's 11:00 a.m. Sunday service on December 8th. His topic will be, "Things just do not happen, they happen just".

Damien after studying for the priesthood and monastery left to become involved in the business world.

After many experiences and trials he has become a teacher and leader of great magnitude attracting thousands of truth seekers by his common sense, easily understood approach to life.

He now has his own weekly radio show in San Francisco and Los Angeles. He has appeared on numerous television and radio shows and was the subject of a documentary filmed by International TV Productions, Samuel Goldwyn Studios. Damien has lectured in fourteen States and Canada and was chairman of the International Festival of Yoga and Esoteric Sciences for two years held in Switzerland and London.

He has been a guest lecturer on college campuses and universities including Stanford University, and for the Southern California Society for Psychical Research Seminar on Healing held in Long Beach and in Hollywood.

MEDITATION TEXT IN GREAT DEMAND

The second book in *Astara's Library of Mystical Classics*, Swami Parampanthi's *Creative Self-Transformation Through Meditation*, has aroused a large and immediate response throughout the membership.

The prepublication offer to members caused an almost instant surge of orders for the book. Obviously, interest in meditation is growing, and this book with its six-week course on the subject, is an excellent guide to success in the ancient art.

There are two special features of CST not found in other books on meditation. First, it offers a graded course leading to ever deepening meditation experiences — yet at the same time gives you many alternatives for being creative to fit the meditation to your personal needs and desires.

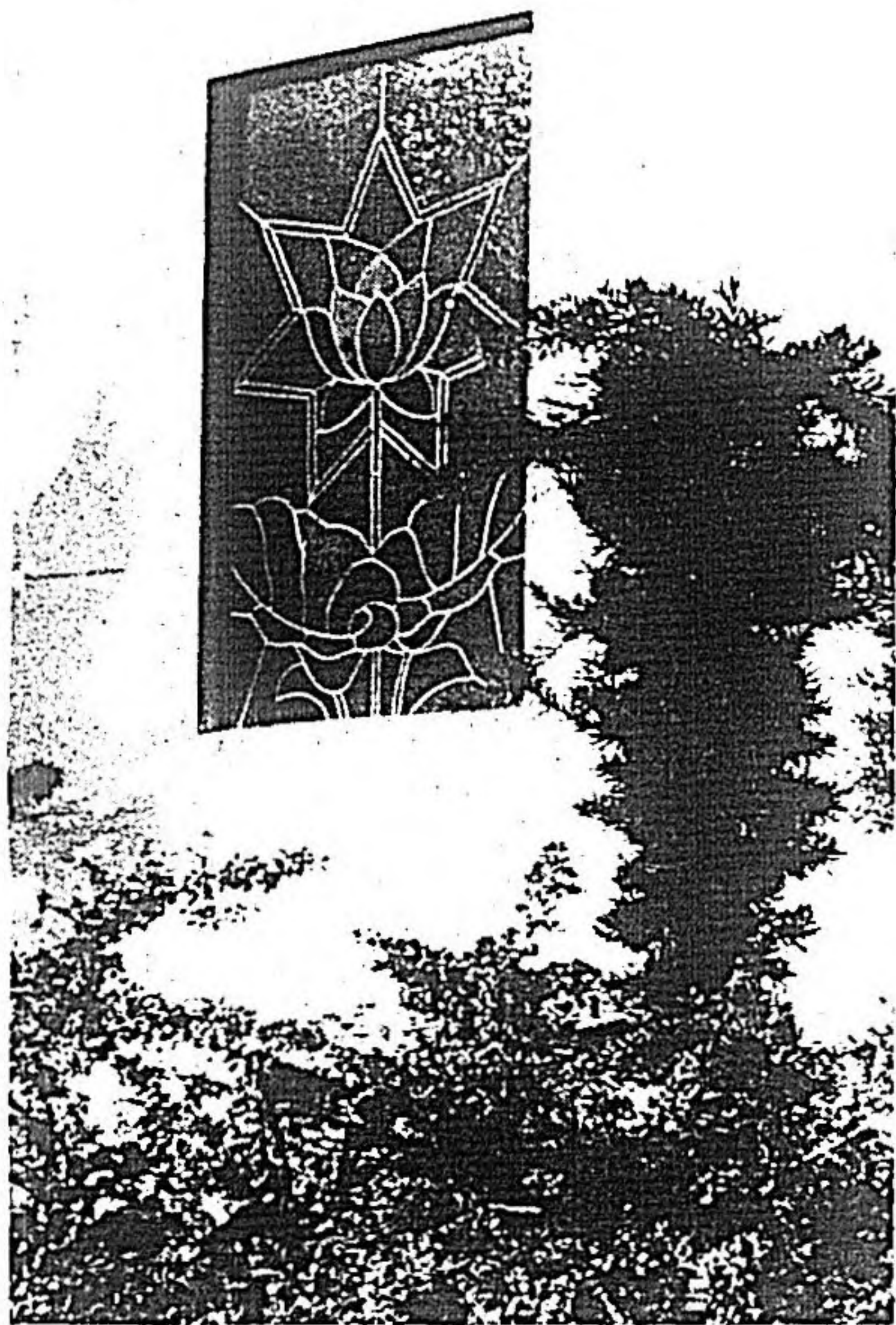
Second, the teachings and techniques have been especially adapted by Parampanthi to the Western world, following his many years of teaching experience with Western students. Many of the teachings are ages old; others are new. All are helpful.

NEW YEAR BELLS ARE RINGING

Astara's annual New Years celebration and spiritual observance will feature the movie *Bells Are Ringing*. The movie is a classic comedy starring Judy Holliday, Jean Stapleton, Dean Martin and Eddie Foy, Jr.

Additional entertainment at no extra charge includes another appearance of the famed *New, Improved, Augmented, Astara Symphonic Orchestra, Marching Band, Glee Club, Coordinated Calisthenics Corps and Dramatic Dance Troupe*.

There will be refreshments and fellowship and the program will conclude with a candlelight spiritual observance to welcome 1975. The festivities will begin at 8:00.



VISIT ASTARA AT CHRISTMAS

You can join your fellow Astarians at Astara this Christmas Season either in person or through the Christmas Prayer Card which is a part of the back cover of this Voice.

Directly under the pull-out card, you will find the special instructions for using it. We suggest filling it in immediately, and sending it on to us, so it can be placed in the manger by the Chaney's during the Christmas service.

Then remember to tune in with Astara Sunday, December 22, at 11:00 a.m. Pacific Standard Time, so that, wherever you live, you will be truly a part of the spiritual forces of that moment.

If your card does not arrive in time for the Christmas service, be sure to mail it anyway. The Chaney's will devote attention to it throughout the year ahead.

CHRISTIANITY: EAST AND WEST

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

The emphasis is on practical techniques for self-development and creativity through spiritual and psychic growth. Each evening program begins with simple Yoga exercises to help participants relax, and ends with a special healing meditation.

On Friday evenings in December in keeping with the Christmas spirit, Swami Parampanthi will teach a course on mystical teachings of Christianity in the light of esoteric wisdom of the East. The teachings of Jesus have an inner, mystical meaning which can best be understood in the light of the revelations of Eastern wisdom. In these classes, Swami Parampanthi will discuss and explore three fundamental doctrines of Christianity; the Mystical Christ, the concept of human bondage and the doctrine of Salvation.

CHRISTIANITY — EAST AND WEST

December 6: The Mystical Christ: Its Meaning and Mystery

December 13: The Human Bondage: Sin or Ignorance?

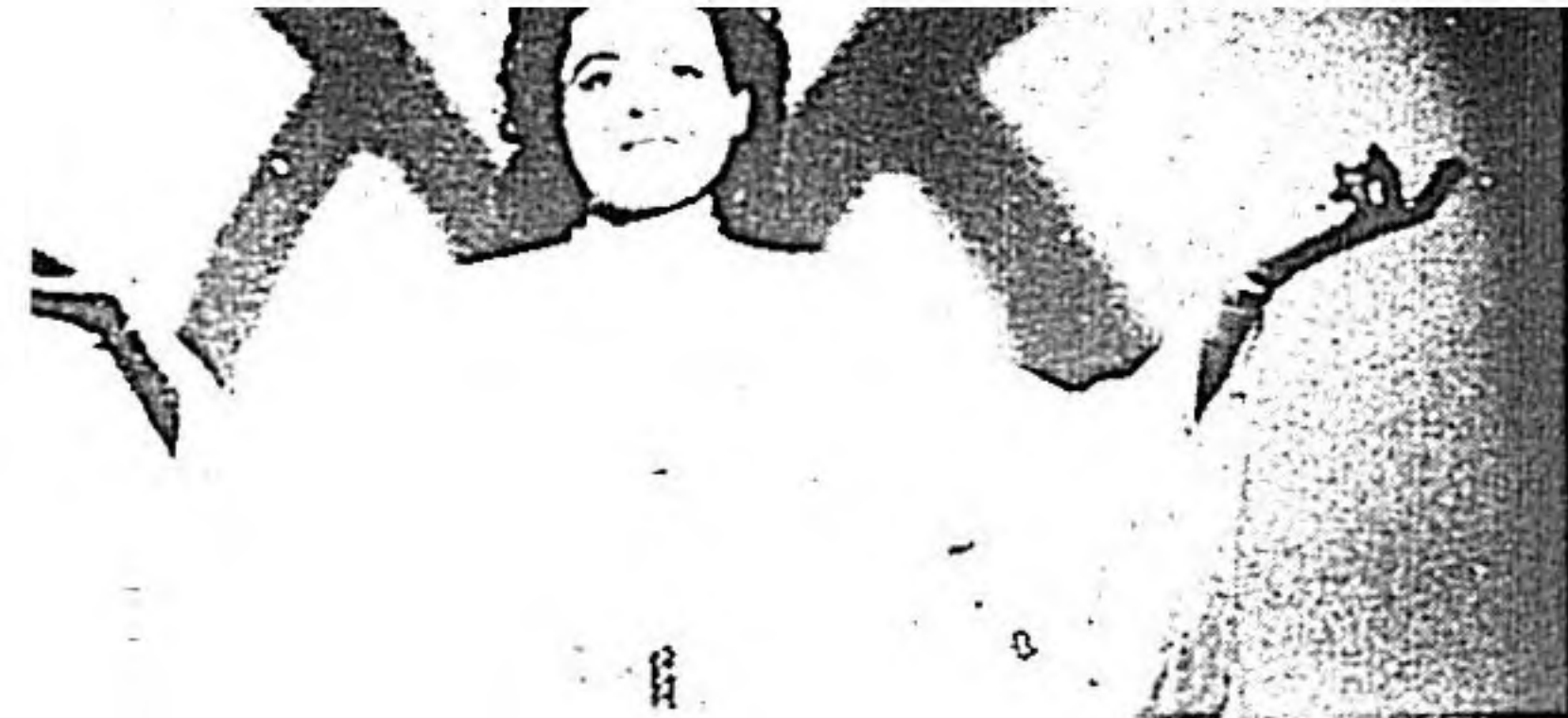
December 20: Salvation in Christianity: Through Grace or Wisdom?

Learn the special meaning of mystical teachings of Christ in the light of esoteric revelations from the East and make your Christmas celebration a unique event.

FREEWILL OFFERING!

YOGA CLASSES

The Wednesday evening yoga class presented by Jacelyn Eckman will not be held during the month of December. The classes will resume in January.



An Astarian in Need Never Walks Alone

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

THANK YOU FOR ASTARA

Dear Dr.'s Robert and Earlyne:

For a better understanding of why this letter is being written I will try to give you a brief outline history of my physical condition determined by Doctors October 31, 1973--arteriosclerotic heart disease, essential hypertension, osteoporosis, rheumatoid arthritis and diabetes. On December 31, 1973, surgery-thromboendarterectomy of the right side--then February 9, 1974, surgery-thromboendarterectomy of the left side. Both arteries were ulcerated and almost entirely blocked by plaque, and calcium deposits. Attending surgeons marveled at the fact that I had not had a fatal stroke.

In April of 1974 while reading I saw your advertisement and it seemed as though I was drawn to it. That day I wrote for information and in May of 1974 was accepted in Astara. After the third lesson of the First Degree June 11, 1974, I mailed a single healing petition asking for your help and direction. Also I have been receiving and studying the lessons regularly since my acceptance.

I have nothing to attribute the changes in me and my life to but Astara. The feelings are strange but satisfying to say the least. With Astara's help, the studying of the Degree Lessons that I have received and their application, I no longer have to take medication for the diabetes, and am able to control it with diet alone. As far as I am concerned,

this is a big step to take in less than one year. Other changes are the ability to control an extremely nervous disposition and temperament, the control of high blood pressure with medication, and am making great progress in ridding myself of a life-long condition of insomnia. My mental attitudes and daily life have smoothed out considerably. I am much more tolerant and, I feel and believe, a better person in general.

Thank you for Astara. It will be part of me and my life from now on. With love and light,

Sincerely, Eleanore L. Butcher
Long Beach, California

"TODAY I AM A HAPPY, PAIN-FREE PERSON"

Dear Astara:

This is exactly a year since I affiliated with Astara, and I write to let the offices and members of Astara know that my greatest joy today arises from the fact that I am an Astarian. And I will remain an Astarian all my life.

As soon as I joined Astara, night or day, whenever I lay down to sleep, I used to perceive vivid pictures in my mind of persons whom I could not identify. Later on (about two months) I ordered the photos of Robert, Earlyne, Zoser and the Healing Christ, and as soon as I saw those pictures I recognized the personalities who had contacted me.

When I joined Astara I had a very serious health problem. I always felt as if a mighty weight was pressing downward on me from the left temple. I almost

NOTE FROM DR. EARLYNE: May we have permission to use your name on your healing testimony? If not, we shall be happy simply to use your initials.

REFLECTION ON FREEDOM

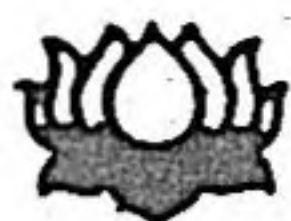
Man longs for freedom. Freedom is not a figment of imagination; freedom is not a biological need; it is not an instinctual drive in the physical sense. Freedom is not merely a stubborn exercise of willpower which is oftener than not used to gratify selfish desires. C.G. Jung is right in differentiating will from instinct, because will has a separate motivating function which can master and guide instinct. But it does not follow that exercise of free-will is freedom, because free-will may spring from arrogance, pride, and other dominant drives of man.

Freedom, in the final analysis, is the nature and essence of our true being. Mere so-called free actions are not freedom if they do not flow from the core of our being. Freedom is the ability to see the world as it really is. Freedom is absence of infatuation, conditioned ideas, prejudices, superstitions, and illusions of life. It is a release from the processes of reactions and blind identification with things and situations of life.

Freedom is a liberation from greed, envy, hatred, suspicion and the inability to love. Freedom is a movement beyond the lower forces of nature. Freedom is salvation from superficiality, hypocrisy, false values and negativity.

Freedom is a self-discipline which gives man a tremendous power; it is the cultivation of inner spirit through meditation, prayer, reflection, creative silence. The freedom of a river is in its journey to the sea, the freedom of man is in his regaining his basic divinity. Freedom is not a distant possibility, but the very nature of man, here and now. The ultimate freedom of man is attained when he is united with his soul and eventually with God!

—Author unknown



Continued from Page 1

fountainhead of true spiritual life. If the desire is darkened by selfish craving, pain and anguish are the inevitable results.

A merciful and compassionate God does not demand anything by holding before man the temptation of rewards and the fear of punishment. Only God within longs for God without. Therefore, the love of God flowing from man is the natural outpouring of the divine in man.

TURN TO FULLNESS

Let us turn to the Good Life with a song in our hearts spontaneously and naturally. Let us turn to love, kindness, peace, and wisdom in sheer joy and fullness of life without fear and faltering.

The religious life is the natural radiance of our being. When we speak the truth, we are inspired by it. When we fall by the wayside, we reap the whirlwind of disharmony. When we respond to the goodness of life by our inner goodness, we are lifted beyond the pale of despair.

We are not called to climb the heights of self-glorification, but to bring in our own lives, and in the lives of the many, charity and goodwill, and the sweet fragrance of our forgotten divinity.

In the midst of darkness, light persists; in the midst of wild unreason, there is the glimmer of pure reason; in the midst of pain, there is a hint of peace; in the midst of tears, there is an echo of a distant laughter.

In the true spirit of Christmas, let us join in spirit our great Savior, The Christ and proclaim with him the universal prayer: Blessed are the poor in spirit, for theirs is the kingdom of heaven. Rejoice and be exceedingly glad, for great is your reward in heaven. Blessed are the pure in heart, for they shall see God.

If I can line up the people who, back through the ages, have gone at life in ways I greatly admire, then I can feel all their strength supporting me, all their standards and values pointing the way in which I am to go.

Bonaro W. Overstreet

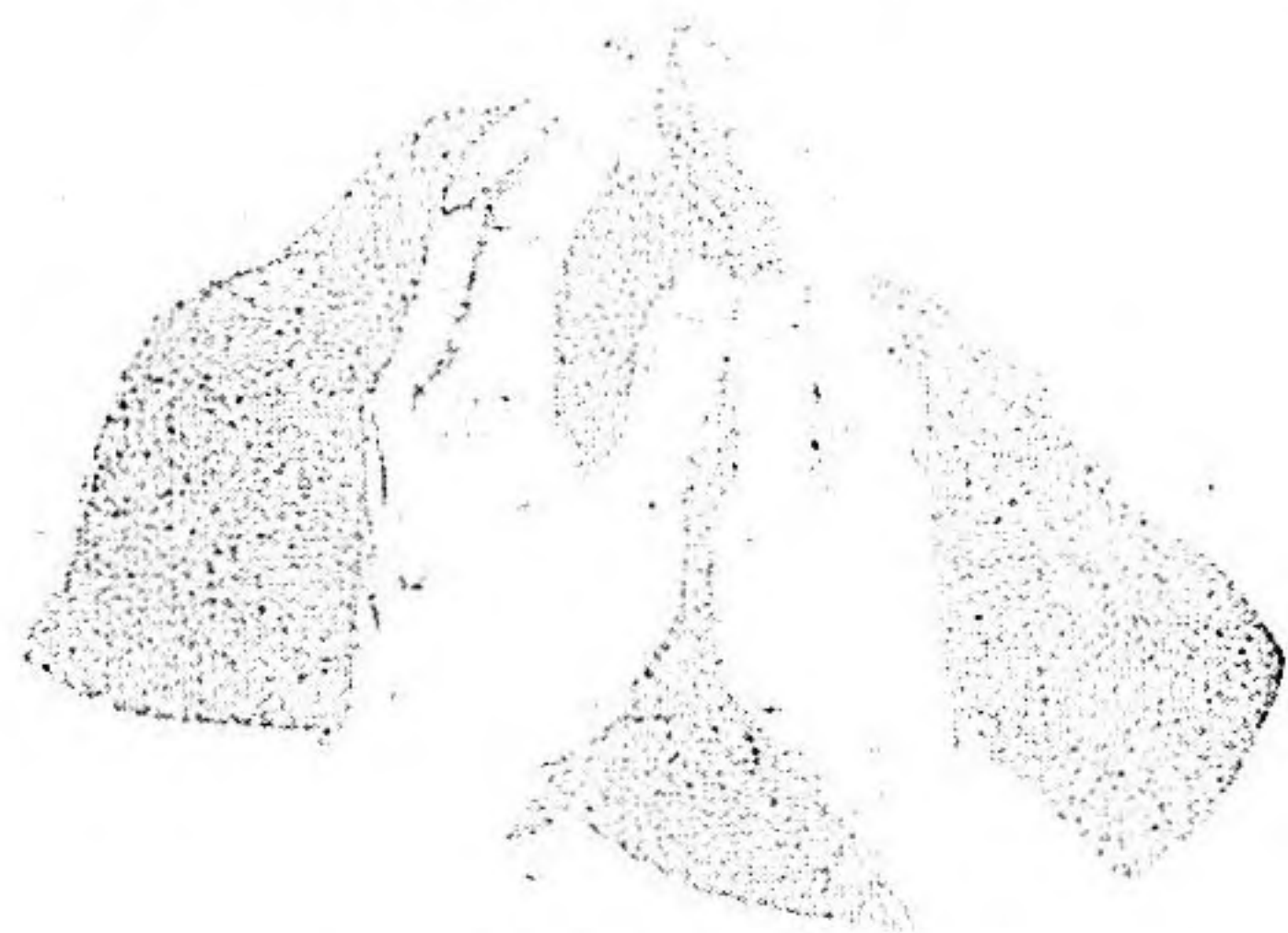
PRAYER PETITIONS

Astara has two kinds of prayer petitions, and each is worked with differently. There are the *healing petitions* and *requests to the Circle of the Secret Seven*. We suggest that Astarians follow the instructions regarding these two-types of petitions as explained in Lessons 2 and 3 of the First Degree.

Healing petitions should generally be used for healing prayers. Astara's Healing ministry doesn't work with the same kinds of problems as does the Circle, which concentrates more on personal relationships, material situations, desired goals.

Healing Petitions: When you or someone you know is in need of physical, emotional or mental healing, fill in the healing petition which is enclosed in the Voice each month.

Circle Requests: To ask assistance in other areas, write the nature of the need on this petition which is enclosed in every other issue of the *Voice*. (You may always ask for additional petitions of either type, and the office will be happy to send them to you. We'd appreciate a self-addressed, stamped envelope, though.)



Brevity Helps

Please make your prayer requests brief. You need not go into the depths of your problem. Simply state on your petitions what you are asking for, either from the Circle or the Healing Ministry. If you wish to go into greater detail to get it "off your chest," enclose an accompanying letter. It will be read with Astara's love.

If the areas of concern persist it is

suggested that healing petitions be renewed every month or so — Circle requests, every two months. Astara cannot acknowledge all prayer requests or reply to every letter, but you may be sure that thoughtful attention is given to each as it arrives at headquarters. The petitions are placed in Astara's prayer chest to receive the Chaney's personal "touch," having already been linked with Astral Astara from the moment you called or wrote.

GOD ALWAYS KNOWS, and Astara tries to put wings to your prayers.

REMEMBERING AS TEXT BOOK

An Astarian who meets regularly with a study group from her church has told us that she has been reading passages from *Remembering* during their discussions. She selects teachings from the book which are appropriate to the day's discussion topic.

Although her church is quite orthodox, she reports that nearly all in the group are deeply interested in the philosophy which *Remembering* represents. Thus, Astara opens doors to Light in unusual ways and unexpected places.

INTA QUARTERLY ON MUSIC

An article by Robert, *Music For Meditation*, appears in the Autumn 1974 issue of the *New Thought Quarterly*. He compares various types of music to help the readers determine for themselves which is most appropriate for their individual meditation sessions.

Music and Consciousness is the title of the issue which contains numerous articles on the effect of music on one's consciousness and spiritual aspirations. The *New Thought Quarterly* can be obtained at most New Thought churches or direct from the *International New Thought Alliance*, 6922 Hollywood Blvd., Hollywood, Ca., 90028, at \$1.00 per copy.

CONSIDER THE TATTOO

Although the tattoo today is mostly considered to be the result of a sailor's folly, there are other and ancient aspects to its checkered career, both noble and ignoble.

Hitler's infamous Storm Troopers reportedly were tattooed with an identifying mark, as were thousands of Jews who suffered persecution and death at their hands.

Tattoo As Art

The ancient art of tattooing is universal, many cultures having highly regarded such markings for their socio-religious significance — others for art's sake alone.

The Japanese, for instance, have been masters of the aesthetic use of tattoos since before the time of Christ. Even today a member of one of the famous tattoo societies may have his entire body covered with scenes from folklore, mythology and history, according to Dr. Victor Newcomer, professor of medicine in dermatology at the UCLA Medical School.

Primitive Man

Primitive man esteemed the tattoo as not only a decoration, but for protection against danger; as an aid in passing from puberty to adulthood; to insure good health; as a badge of status, and even a guarantee of good luck in love. The oldest evidence of the art, according to Dr. Newcomer, is found in tools that paleolithic man left on the floors of caves hundreds of thousands of years ago.

Civilized Man

The ancient Egyptians used the markings for religious purposes. Priest-Kings often tattooed the names of the gods on their chests and arms. Even today some Hindus bear the tattooed dot on their foreheads which denotes the area of the Third Eye.

It is told that an ingenious Greek warrior shaved the head of a messenger and tattooed secret information on his scalp. After his hair grew back, he easily

passed through enemy lines to deliver the message, once his head was shaven again to reveal it.

Tattooing during the Middle Ages was banned by the church in Europe as being a *barbaric, pagan custom*. It emerged from the "underground" during the late 19th century and, for a time, became high fashion. Since then the general fad for obvious tattoos has declined, and the tattooed man or lady is now a circus-sideshow attraction.

Still remain, however, the many men and women who wish to bear a permanent record of something or someone through the tattooer's needle. There is not a culture on earth today which doesn't engage in tattooing, for whatever reason — it is that universal a practice.

—Heidi Olsen

CHRISTMAS IN ALL RELIGIONS

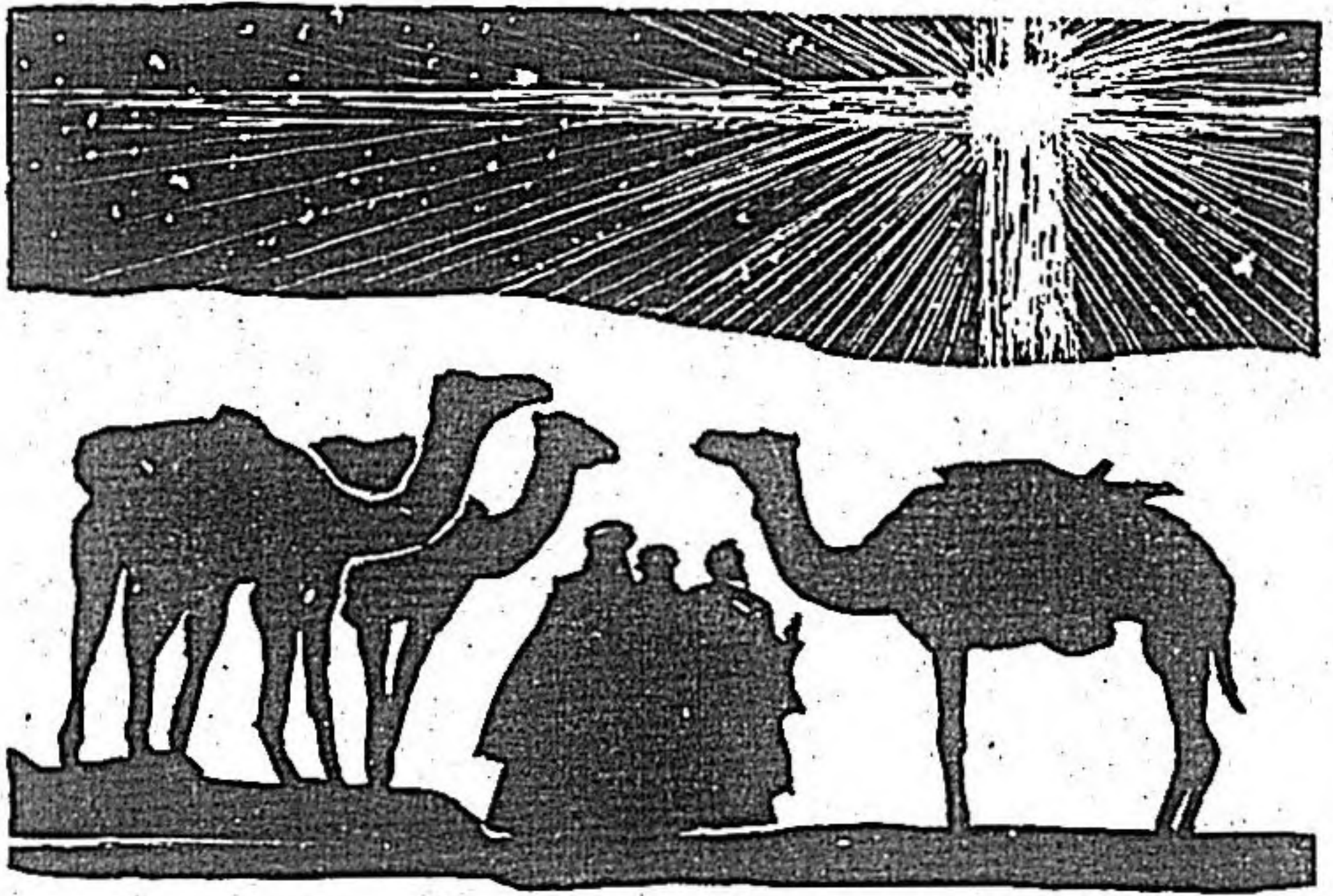
In one form or another, Christmas is hidden in all religions . . . not in name, of course, but in spirit. It is like a hidden pearl which, when found, is worth all one's possessions.

The basic idea of Christmas is the celebration of a birth, not merely of a person but of an ideal, a spirit, an essence divine that somehow became incarnate. *Why* such a process began is one of the great mysteries of all time, and *how* it began is one of the great miracles.

That it occurred in the life cycle of one such as Jesus is remarkable enough, but that it continues to occur and recur in each of our lives "passeth all understanding."

Every religion in its own way offers the possibility of an inner birth as a self-renewing spiritual achievement. This inner pearl is never come upon by chance. It is discovered only when one seeks it.





TO JOIN ASTARA'S CHRISTMAS OBSERVANCE . . .

1. Follow the instructions concerning the Prayer Card on the inside back cover of the *Voice*.
2. If you wish to send a Christmas offering to Astara, detach and fill in the other side of this sheet.
3. Place the Prayer Card, this sheet and your offering if you are including them, in the attached envelope and drop in the mail to arrive at Astara as soon as possible.

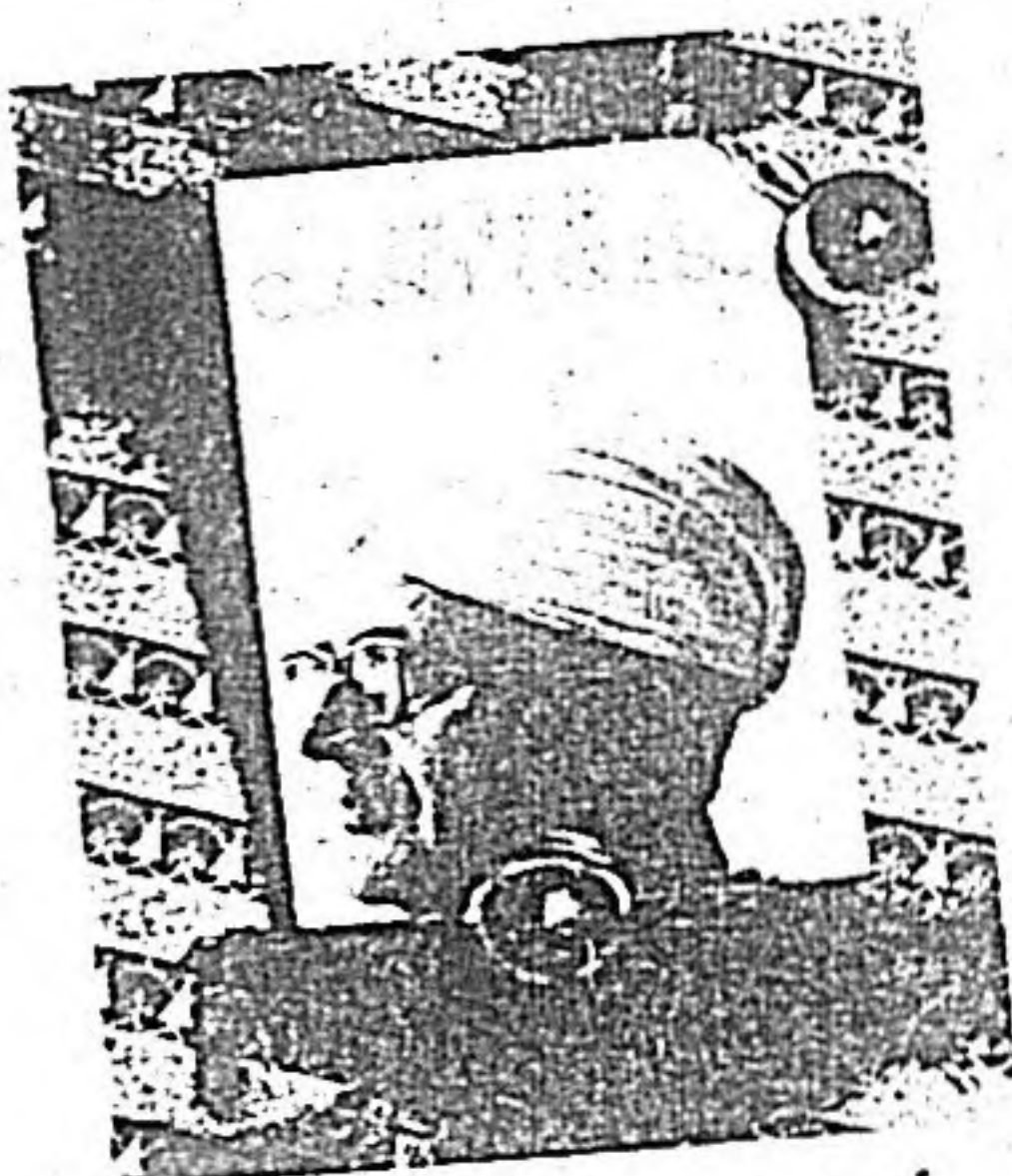
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ASTARA's Book List

Compiled by
Irma Mills



November -
December 1974



() HIGHER CONSCIOUSNESS...\$7.50

by Gopi Krishna. Writing from his own personal experience with Cosmic Consciousness, this author has given an added dimension to this treatment of what is, and what is not, higher consciousness, and the evolutionary thrust of Kundalini (soul fire) to the ultimate attainment of

cosmic illumination. Seven sections include: The Physical Aspects of Higher Consciousness; The Nature of Mystical Experience; Religion and Evolution; Yoga and Higher Consciousness; The Problems of Miracles and the Paranormal; Science and Kundalini; and Kundalini in the Evolution of Mankind. (cloth edition)



() COMPANIONS

ALONG THE WAY..(c)...\$6.60

by Ruth Montgomery, author of "A World Beyond," and "Born To Heal," gives her usual eloquent and dramatic treatment to this new book on karma and reincarnation. Received through automatic writing from noted psychic, Arthur Ford, she tells of previous lives they

shared, including one during the life and ministry of Jesus in Palestine. The comments about Mary, the Resurrection, and lives of other Bible personalities, give an added dimension to this account of life after death.

() PRAYER CAN CHANGE YOUR LIFE...(p)...\$1.85

by W. Parker & Elaine St. Johns. Experiments and therapy techniques that prove prayer can heal the mind and body at any age, anywhere, anytime.



Remembering

The Autobiography
Of a Mystic
by Earlyne Chaney

() \$8.50
Totally
revised,
new cloth
edition

This is a story of life after death that had its beginning in the early memories of a little girl. It is a story of her profound faith and deep inner searching for the truth about her visions and the "inner voice" which guided and taught her. It's a love story that brings tears and laughter as you read of struggles to learn, to cope and to succeed. From the first chapter, "Once Upon a Lifetime," to the final chapter, "Beat the Drum Slowly," this could be your story.

Astara

261 South Mariposa Avenue
Los Angeles, California 90004

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

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.....\$ _____

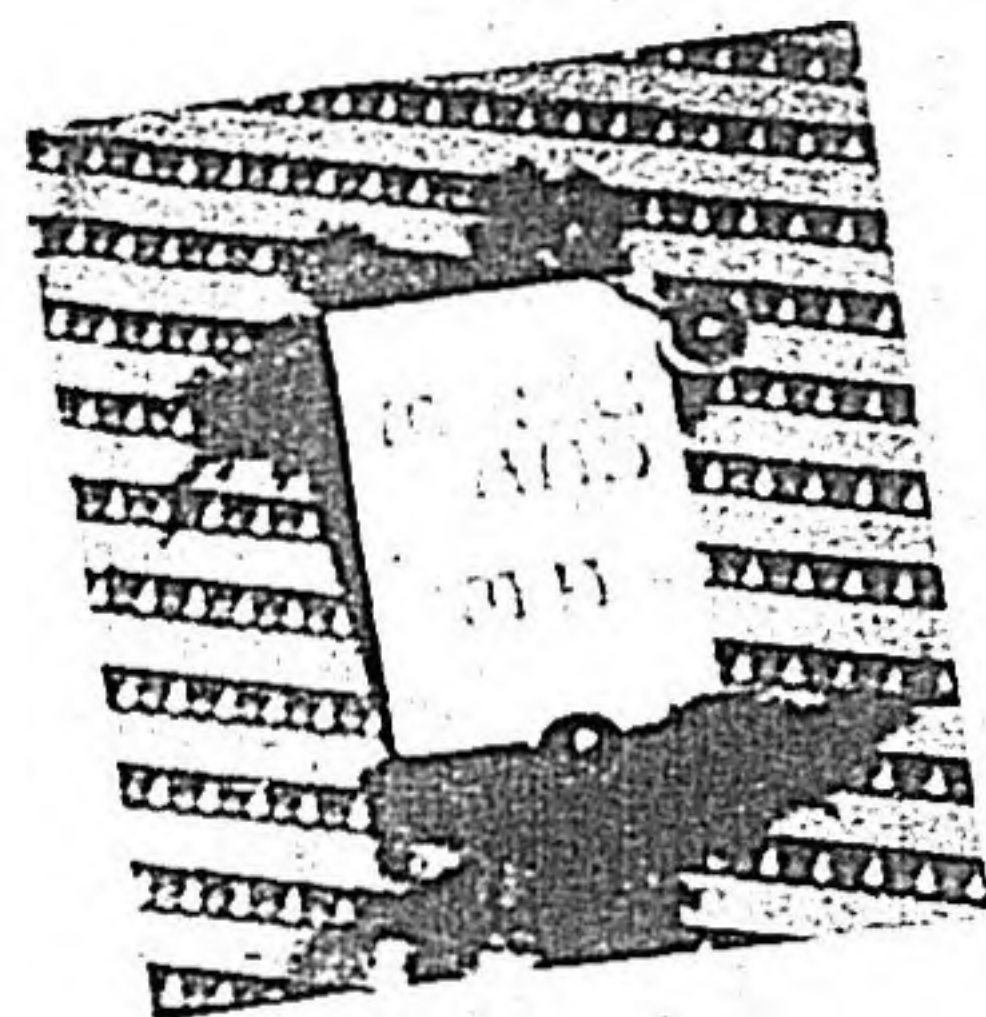
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SEND TO:

Name - please print. _____

Name and number of street. _____

City.....State.....Zip code...



() MUSIC & YOUR MIND. (c) . \$5.65

by Helen L. Bonny and Louis M. Savory. "Listening with a new consciousness," is the theme of this excellent new book. It explains how to reach and stimulate unexplored levels of human consciousness, and gives examples of how music can be used by individuals, groups and music appreciation classes. Suggests a variety of recordings suitable for opening the inner doors of the mind.

() TONING: THE CREATIVE POWER

OF THE VOICE..... (p) .. \$1.90

by Laurel E. Keyes. Gives methods for using the sound patterns of the voice to create harmony in ourselves and others.

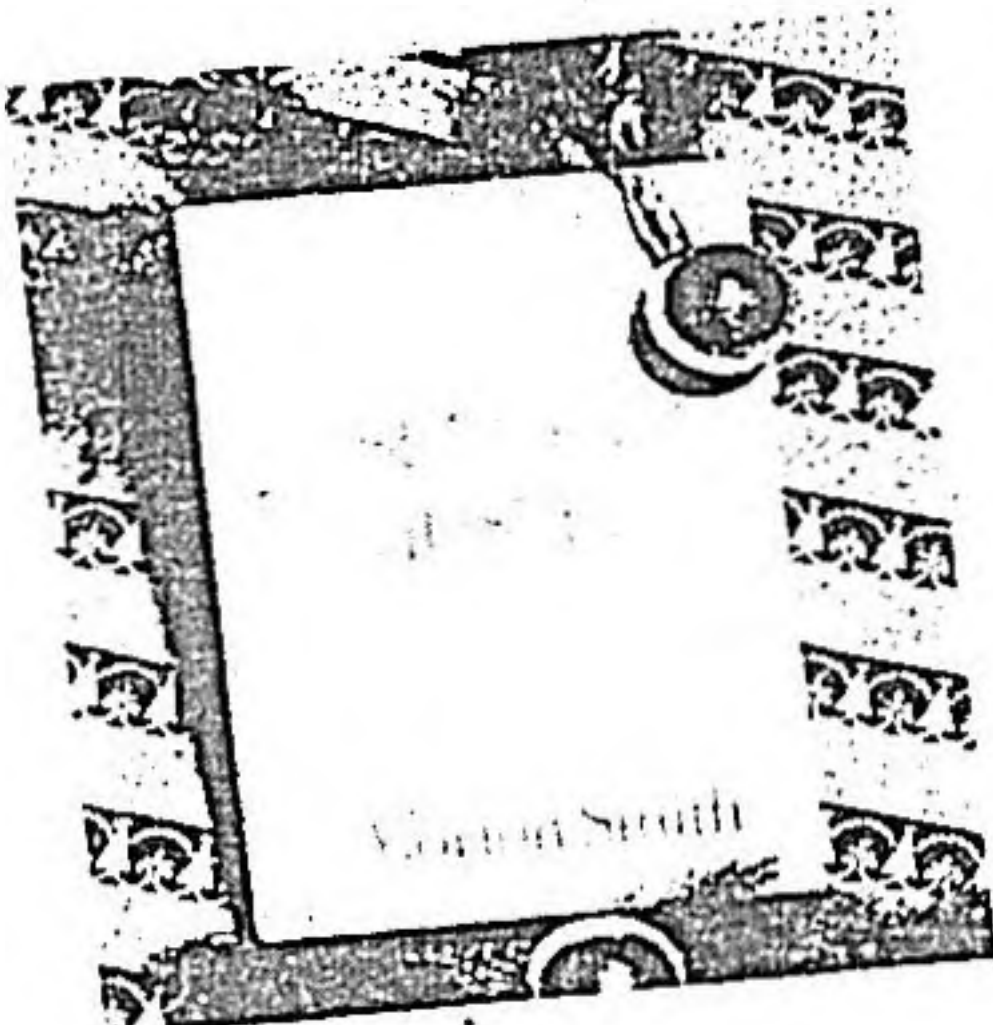
() INNER ECSTASY -- Marcus Bach.. (c) .. \$4.70

In this personal testimony to the "power and glory of speaking in tongues," Dr. Bach asks, "What is the essential reality of self-transcendence? Is its source the human psyche or the Holy Spirit?" He relates the power, and creative direction of the voice to the achievement of harmony between the inner and outer forces of our lives.



() BEYOND ESP..... (c) .. \$5.65

by Gilbert N. Holloway. Drawing from his own experiences, Dr. Holloway gives a personal knowledge to the explanations and interpretations of these "gifts of the Spirit" which are beyond ESP. Faith, prophecy, healing, miracles, discernment, tongues (glossolalia). He further tells you how to use and develop these spiritual gifts. Included are chapters on "Prayer Dynamics," "Space-age Thinking," and "The End-time Drama."



() THE SECRET GOSPEL. (c) . \$5.65

by Morton Smith. From a fragment of a letter found copied on the back pages of a 17th century volume in the Mar Saba Monastery in the Judean desert. Attributed to Clement of Alexandria, a 2nd century saint, this 1958 find is considered an important contri-

bution to the interpretation of the Gospel of St. Mark and its relationship to the other Gospels of the New Testament.



() HOW TO GET WELL... (c) .. \$8.50

Paavo Airola, Ph.D., N.D., nutritionist, naturopathic physician and award-winning health writer, compiled this handbook of natural healing. It is a drugless approach to health and disease and has a complete program of treatment

for major diseases. Includes diets, specific vitamins and supplements, as well as information on fasting, baths, and many other ancient and modern methods used in the treatment of common ailments.

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

by Pietro Rotondi, D.C. A "design for living" cookbook, with vitamin chart, list of substitutions, weights and measures, and vegetarian recipes.

() HELPING YOURSELF

WITH FOOT REFLEXOLOGY..... (p) .. \$2.35

by Mildred Carter. Techniques for relaxing entire body tensions. Illustrated.

() SECRET OF INSTANTANEOUS HEALING. (p) . \$2.35

by Harry Douglas Smith. Shows you how to place yourself in contact with the all-powerful Infinite Healing Forces of the Universe.

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:

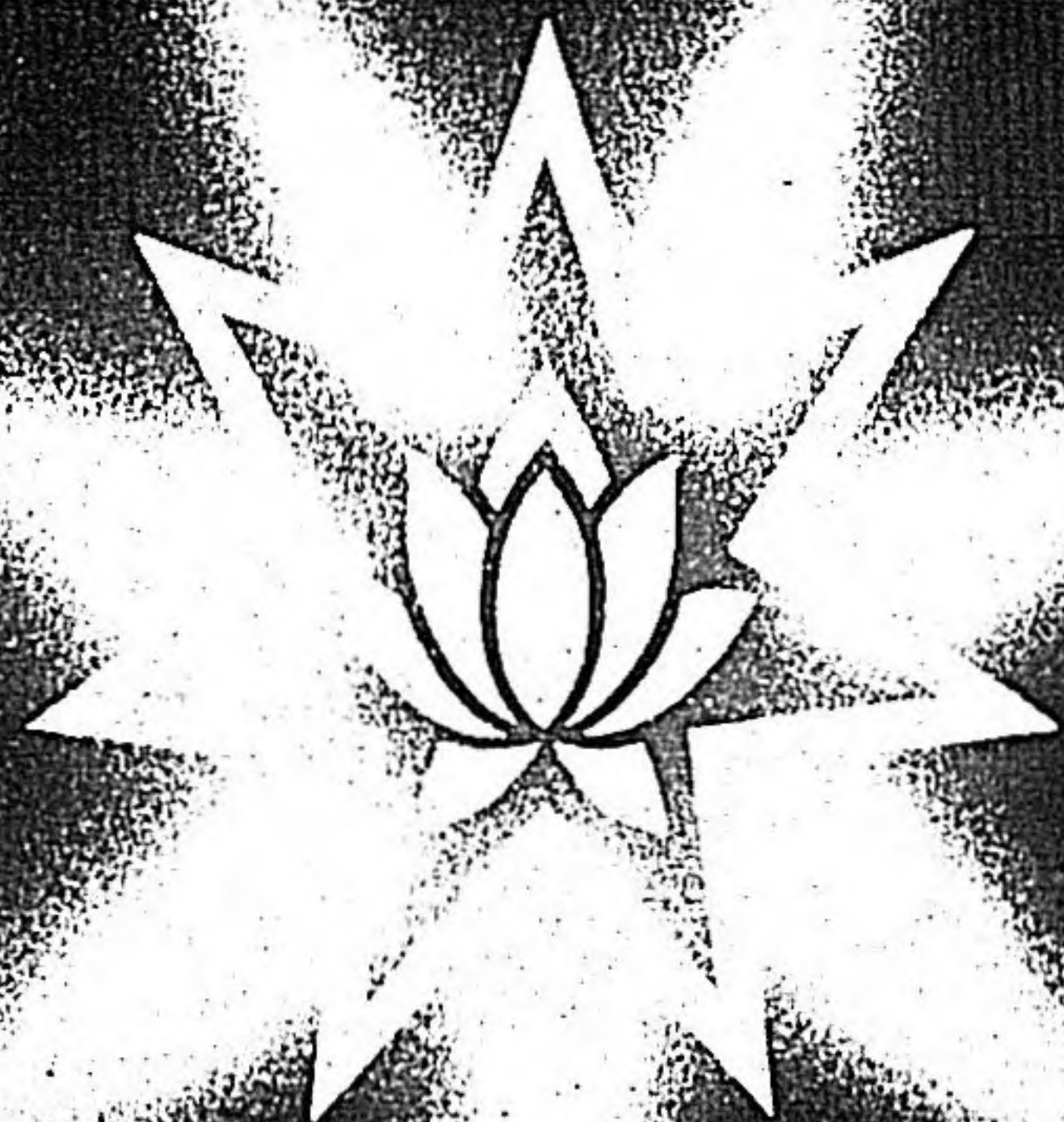
Name _____

Address _____

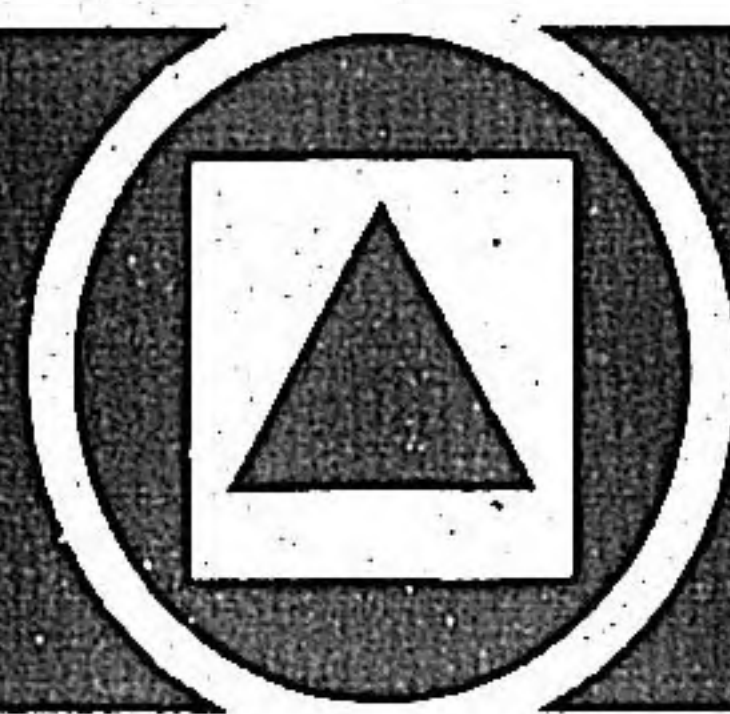
for the following difficulty: _____

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



request for cosmic help



circle of the secret seven

On this petition write clearly and briefly the nature of your need, then sign below.

Meditate with it a few moments before sending it to Astara.

Name

Address

All communications on this sheet are held in the strictest confidence.

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!



Give us, O God, the vision which can see Thy love in the world in spite of human failure.

Give us the faith to trust Thy goodness in spite of our ignorance and weakness.

Give us the knowledge that we may continue to pray with understanding hearts, and show us what each one of us can do to set forward the coming of the day of universal peace. Amen.

Astronaut Frank Borman's Prayer for Mankind, Beamed 230,000 Miles from Moon to Earth, December 25, 1968




THE SECRET OF THE DIVINE FIRE

Legend says that in the long ago a god named Prometheus, in a misguided effort to help mankind, stole the secret of the Divine Fire from Mt. Olympus and presented it to man.

The story of his punishment and final liberation comprises the Mystery Drama of man's search for enlightenment. Enlightenment is the goal of the search in which *you* are now engaged through the Degree Lessons.

But unlike those to whom the Secret of the Divine Fire was given ages ago, you have gathered an abundance of knowledge along the way which they had not yet learned. You have passed through initiations which give you the privilege of joining the great company of enlightened ones who share the inner wisdom. Still further enlightenment awaits you; use the Continuation Form on the reverse side of this page for additional Astarian Lessons.

*WHEN LIGHT GLOWS,
DARKNESS GOES.*



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



...there came Magi from the East...

From _____

Stamp



261 South Mariposa Ave.
Los Angeles, California 90004

A VISIT WITH ROBERT



December, 1974

Dear Fellow Astarian,

We're always telling young people they should mature and become adult in their viewpoints. And most young people do want to be considered the peers of their adult family and friends.

But about the worst thing that can happen to you, it seems to me, is to approach Christmas with any attitude except that of a young person. There is a special time in life when one has become wise about Christmas, but the magic of it lingers on in a mystical aura that transforms people, places, things and situations..and most of all, yourself.

I remember Christmases that were simple. The gifts we exchanged were mostly inexpensive items of clothing needed for the rest of the winter. There were galoshes, scarves and mittens and perhaps a sweater or even an overcoat. It's not easy to endow such prosaic essentials of everyday life with love but we did it. And we were

(OVER)

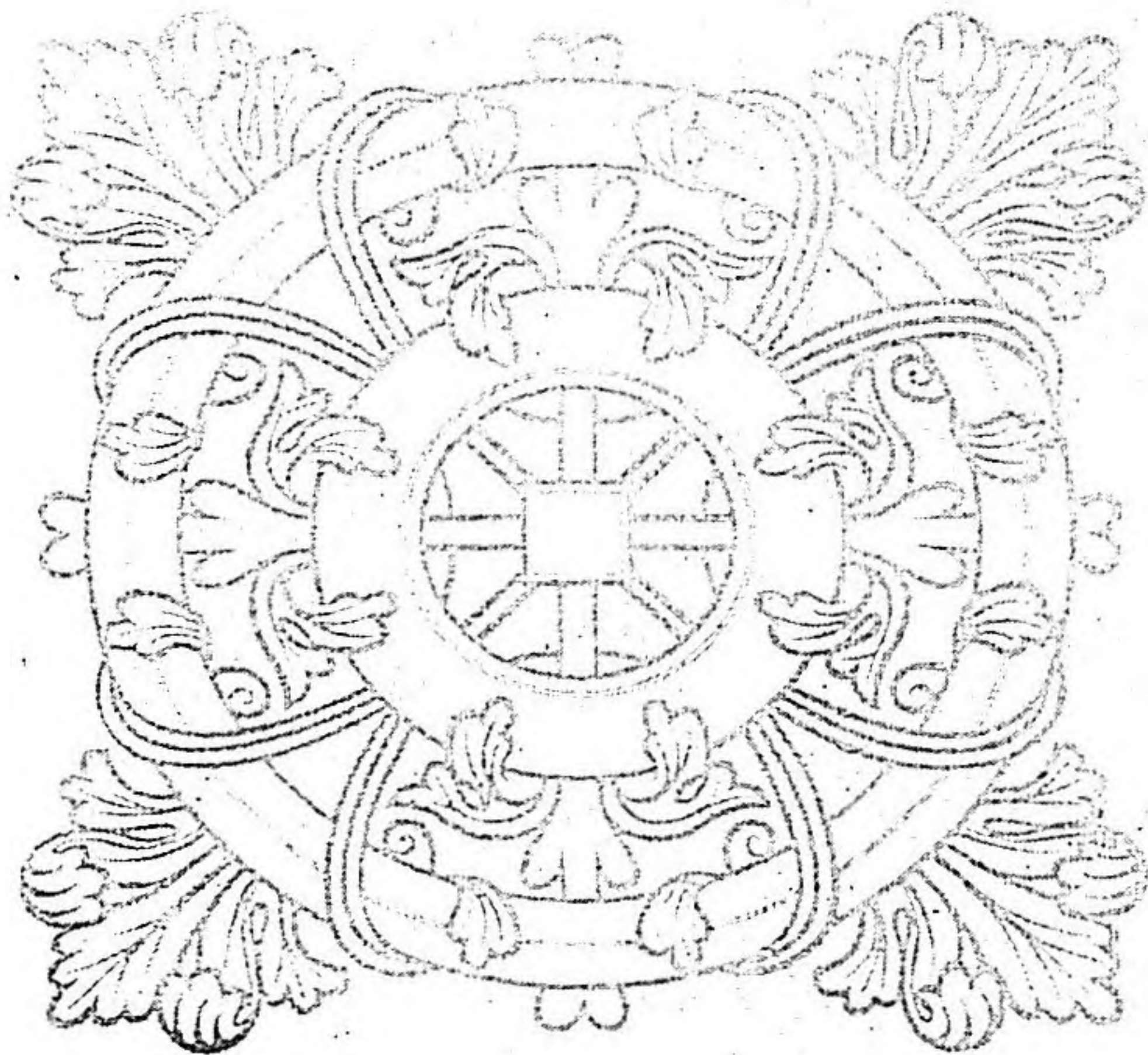
all transformed by it.

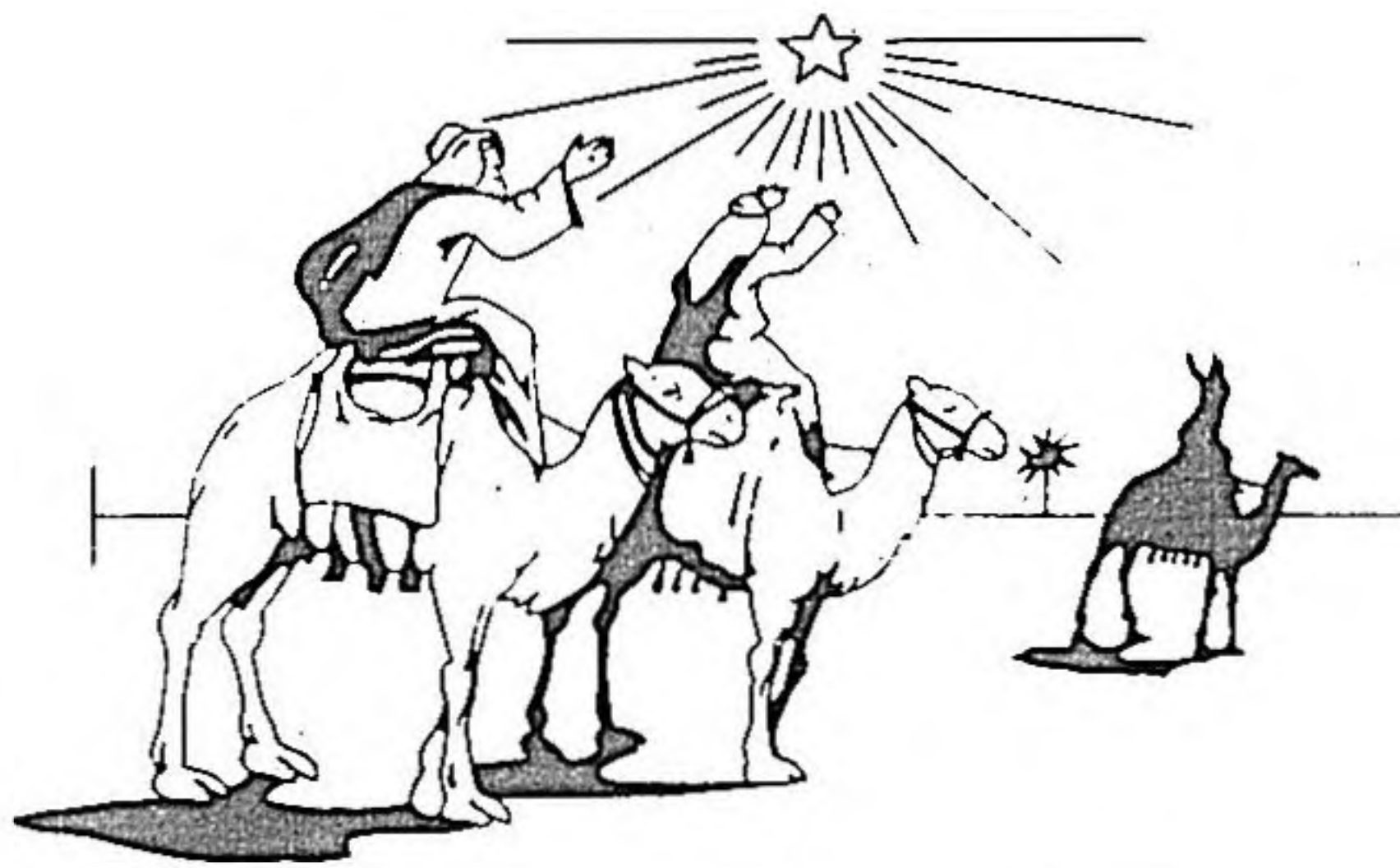
Really, I don't know exactly why I'm more or less rambling in writing this to you except that I'm remembering a wonderful feeling of long ago--a Spirit of Christmas--which I really think we should recapture this year if at all possible. So let's make an effort, you and me, to approach Christmas with young hearts. Not only will we feel the better for it, so will everyone around us.

Remember that the key words are simplicity and love--both are pearls of great price--and remember too that you have our very best wishes for your finest ever holiday season--

Most sincerely,

Robert





A CHRISTMAS FANTASY

Once again the Christmas season is here. It is always a time when we feel the warm glow of brotherly love, and even the fact that our Christmas tree is already beginning to drop its needles scarcely dampens the ardor of our excitement and anticipation. Yet, as we go about in a flurry of activity combing the stores for just the right gift for Uncle Fred, we are but re-enacting in a way a scene of 2000 years ago when the Magi brought gifts to the babe in the manger.

How different is the Christmas of today from that of long ago! But, in the heavenly realms might there not have been the same excitement and anticipation, for soon there would be the fulfillment of a celestial plan. A saviour was to be born in a babe who would grow to manhood and become the Christ incarnate — a Master who would teach us that love is life and life is everlasting.

Oh, to have been one of the tiny Cherubim hovering over the corner of heaven where preparations for his journey to earth were being made. To have seen the glory of the angels who came from far and wide to pay homage to this Great One who soon was to travel far away from his Father's house. Already heavenly messengers had been sent abroad to tell the people that unto them would be born a saviour. Already had Mary and Joseph entered the little town of Bethlehem and prepared a place in the manger.

Now the moment is approaching. Choirs of angels fill the ethers with the glory of their singing, and the archangels

draw near, blending their light into the one brilliant Light to illumine his way to earth where Mary awaits the birth of her son. Over Bethlehem has appeared a star. But, is it a star? Or is it the light of the heavenly host making a pathway down through the spheres to the manger. Who can say? Who knows?

The Christ came, and will come again — perhaps only in the spirit of his all-encompassing love which will fill the human heart, or perhaps to be born in another babe who will lie in another manger beneath another star.

—Heidi Olsen

AN ASTARIAN WRITES:

Dear Astara,

This is an attempt to express the profound appreciation I feel for all that Astara has done for me, and for those who have been influenced through my membership in Astara.

I have been a member for three and one-half years, and in that time I have become a new person. My values have changed from selfish and greedy ones to thoughts of sharing and understanding and self-improvement. The beautiful clarity of the lessons, and the timely inspiration of the Voice are both the guiding lights of my daily search on the Path of Light.

Thank you all for your selfless dedication to Truth and Love. I know that there are thousands who feel as I do but simply have not taken time to write. May God bless you and your wonderful work. Sincerely, R.W., Bogalusa, La.

CASSETTE OWNERS

Do you have friends who are cassette owners? If so, you might wish to introduce Astara to them through a special cassette tape prepared by Dr. Robert. On it he explains Astara and the benefits received from membership. Your request for one of these tapes will be filled without charge.

REFLECTION ON CHRISTIANITY



It is nearly two thousand years since the Lord Christ taught this prayer to His people: "Thy Kingdom come, Thy will be done on earth, as it is in Heaven." Thinkest thou that He would have commanded thee to pray for that which would never come? That prayer is also a prophecy . . . Strong and weak, rich and poor, antagonistic sects and hostile nations, which are like the wolf and the lamb . . . will act toward each other with the most complete love, friendship, justice and fairness. The heavenly Jerusalem is none other than the divine civilization, and it is now ready. It is to be and shall be organized, and the oneness of humankind will be a visible fact.

—Abdul-Baha

O God, we thank thee for this universe, our great home; for its vastness and riches, and for the manifoldness of the life which teems upon it and of which we are part. We praise thee for the arching sky and the blessed winds, for thy driving clouds and for the constellation on high. We praise thee for the salt sea and running water, for the everlasting hills . . . even the thornbush by the wayside is aflame with the glory of God.

—Walter Rauschenbusch

BEING CONTENT

He who does not know how to be content with what he has is poor, however rich he may be; but he who has learned to be content is rich though he may have very little. Excessive wants are the seat of suffering; and the labor of weariness of this world of life and death arise from covetousness. He who wants little and so is above the concerns of this life is perfectly free both as to body and mind. Contentment is the domain of wealth and pleasure, of peace and rest. The contented man is happy even though his bed is the bare ground; while the man who knows not the secret of being content is not satisfied even when dwelling in heavenly places.

—The Buddhist Scripture

A WORLD UNITED

That one indeed is a man who, today, dedicateth himself to the service of the entire human race . . . Let your vision be world-embracing rather than confined to your own self . . . Ye are all the fruits of one tree, the leaves of one branch, the flowers of one garden . . . The fundamental purpose animating the Faith of God and His Religion is to safeguard the interests and promote the unity of the human race, and to foster the spirit of love and fellowship amongst men. The earth is but one country, and mankind its citizens.

—Baha'u'llah



Cycles

If your physical, biological functions occur in cycles corresponding to phases of the moon, it is reasonable to assume that emotional and mental activities may have a similar relationship, though not necessarily the same peaks and valleys.

—Ten Steps to Self-Fulfillment.



God is my father . . .
Nature is my mother . . .
The Universe is my way . . .
Eternity is my kingdom . . .
Immortality is my Life . . .
The Mind is my house . . .
Truth is my worship . . .
Love is my Law . . .
Form is my manifestation . . .
Conscience is my guide . . .
Peace is my shelter . . .
Experience is my school . . .
Obstacle is my lesson . . .
Difficulty is my stimulant . . .
Joy is my hymn . . .
Pain is my warning . . .
Work is my blessing . . .
Light is my realization . . .
Friend is my companion . . .
Adversary is my instructor . . .
Neighbor is my brother . . .
Struggle is my opportunity . . .
Future Time is my promise . . .
Equilibrium is my attitude . . .
Order is my path . . .
Beauty is my Ideal . . .
Perfection is my Destiny . . .

Brought from the
 Phillipines by
 Harold Sherman



THE FLAME

O Lord, to find Thee is my desire
 But to comprehend Thee
 Is beyond my strength.
 Remembering Thee is solace
 To my sorrowing heart,
 Thoughts of Thee are my
 Constant Companions
 I call upon Thee night and day.
 The flame of Thy love glows
 In the darkness of my night.

Abdullah Ansari

As we approach one of the greatest of the Christian holidays, we realize that all of the world's great religions stress belief in peace, compassion, and love for one's fellowmen. In a world so torn by conflicts, so busy with mundane pursuits, it would seem a good time for us all to stop and think for a while of what we have in common as individuals, whatever our religion or country; and to consider what spiritual gifts we can exchange to bring about the peace and brotherhood that our world so badly needs.

At this CHRISTMAS season we should all take a little time out for reflection concerning our blessings, both past and present. Some two thousand years ago a tradition was started here in America that is celebrated, in one way or another, by people of all faiths. It is the time of the year to appreciate many of the things that we sometimes take for granted.

The Yuletide is a season of gratitude, hope, and faith. Gratitude for the blessings of health and the comforts we possess. Hope for a better world of peace and understanding among nations and men. Faith in our ability to do a better job of living and in our belief that we can grow and do the things that we should do.

In a thousand ways it has been said that the birth of Jesus Christ is the most important fact in history. TIME has been called "a fragment of eternity." If that be true, each second of time borrows its significance from a word which we can only pronounce, but never comprehend — "forever."

If modern man demands proof of the miraculous, let the season which we now commemorate point him back to the event that focused the gaze of the world two thousand years ago. A child was born. That child was, and is, God manifest in human form. Neither his birth, life, work or ministry can be accounted for other than by admitting the validity of the

miraculous. The era in which He was born is no less eloquent in defense of His miraculous birth than is His life and work. From the generation of crass, crude, vicious, utterly depraved political, social and religious conception and practice, came the loftiest and most complete ideal that the world has ever seen: An ideal so perfect that time has never added to it nor subtracted from it. The very conception of such a birth at such a time is miraculous. Nor are these facts less eloquent in defense of the miraculous than are His simplest utterances.

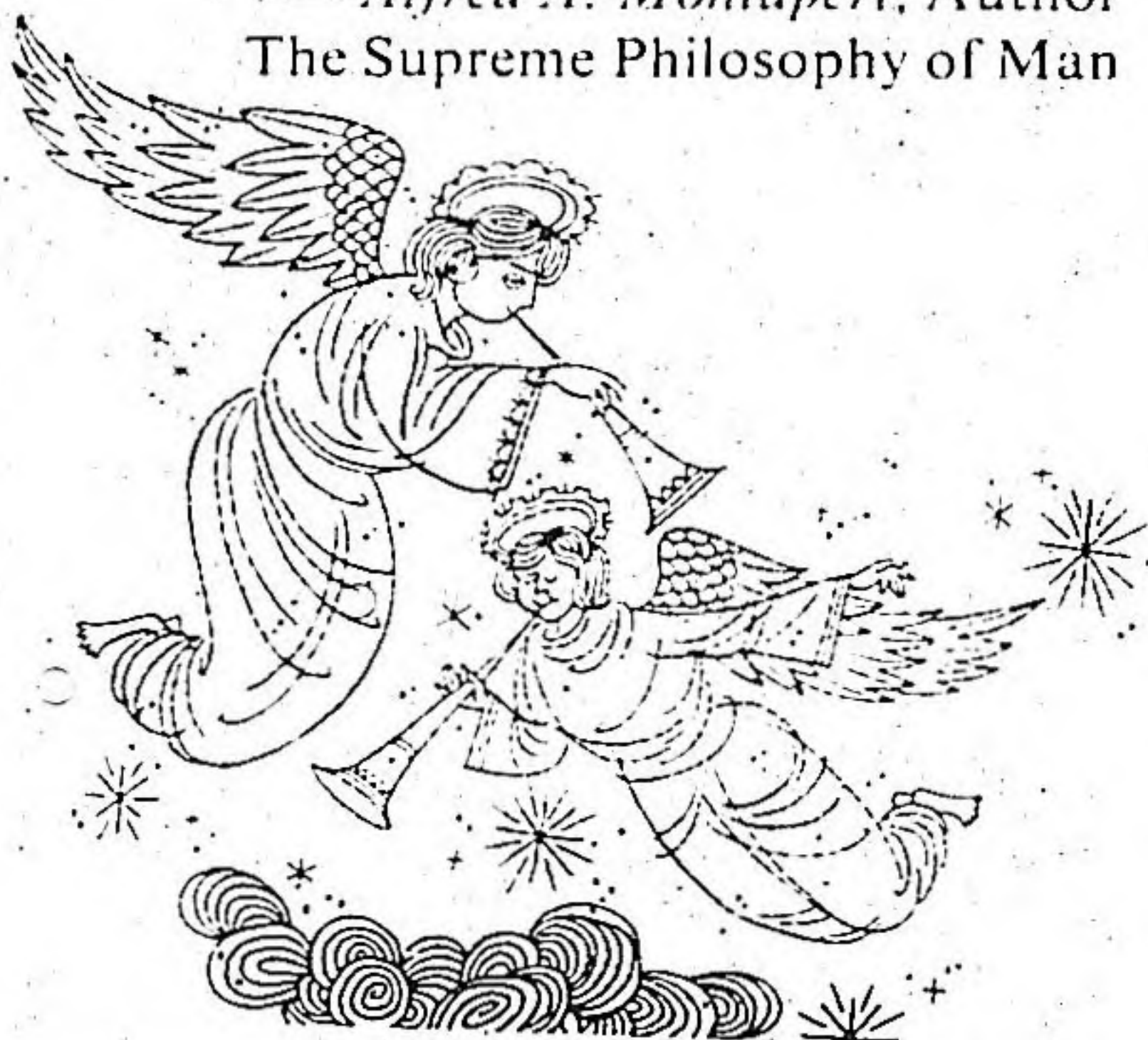
The simplest word He ever spoke is more profound than the profoundest word ever spoken by any other. When He said, "The words that I speak unto you they are spirit and they are life," He was not engaging in self-exaltation nor was He using a simile. LITERALLY by His words men, nations, kingdoms and empires live or die, survive or perish. Nor has the passing of the centuries changed that. Our day is a swift witness to the fact that without Him and His words men can do nothing.

Life, He said, is a Kingdom within you. You are potential eternity. You are time without beginning and without end. Eternity is "set in your heart." Joy is your birthright, freedom is your heritage, liberty is your habitat and you shall call "no man your master." I am the Life, He said, and you shall take your "inner parts" like a stream that waters a desert and then takes back to itself the fruits of its own life-giving power. You, He said, are neither slaves nor servants — not even to God. You are God's friends. Friends who share the very innermost secrets of His heart. He went further: You are, He said, equal with God — of the very essence; nature for nature, part for part and passion for passion. You are, He said so much a part of Me that I cannot be happy without you any more than you can experience life without Me. That is Christmas — God's answer to the whole ques-

tion of life.

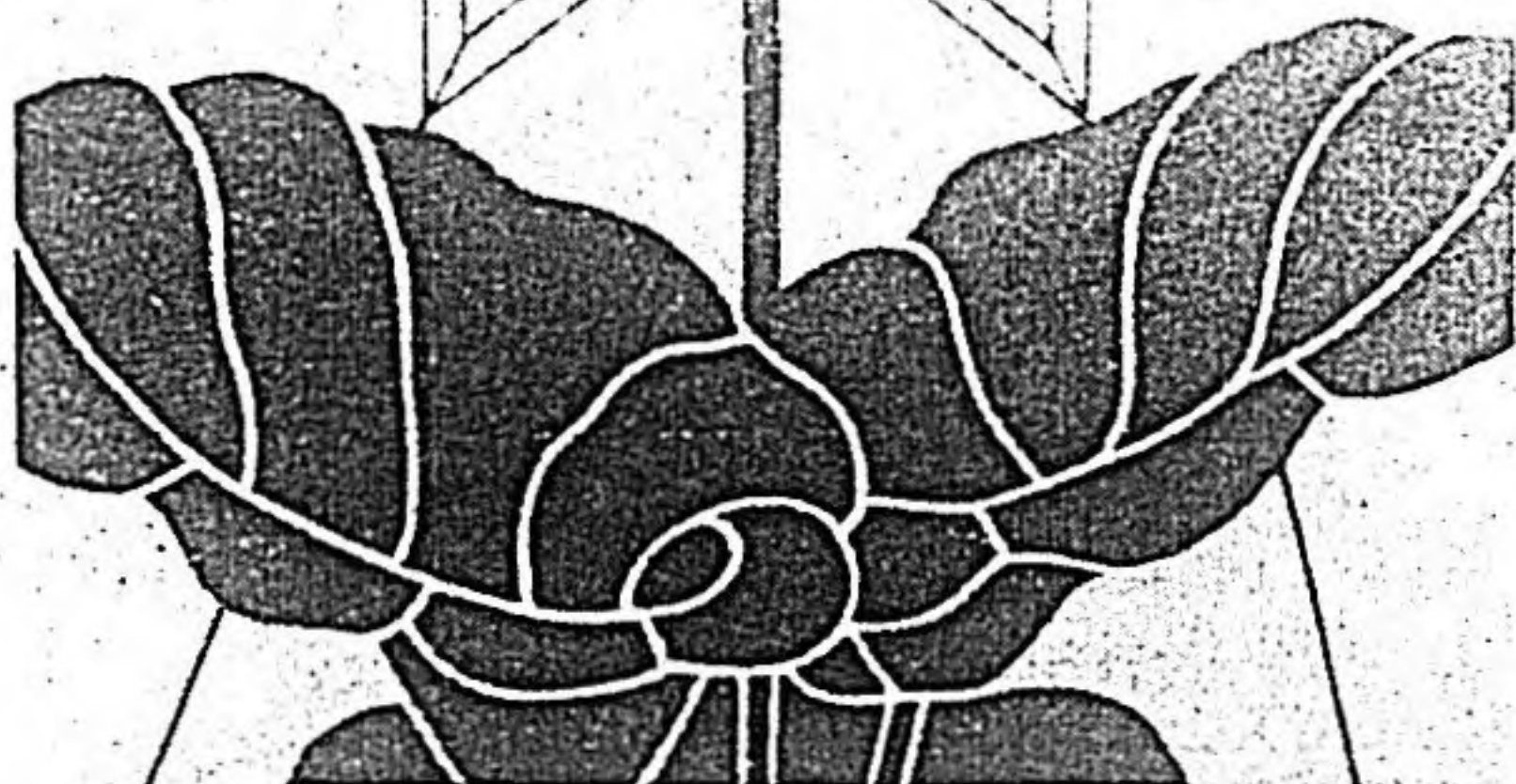
It will be the mark of wisdom if we, on this anniversary of His birth, pay Him more than lip service. Let us come, like wise men of old, to worship — and remain to be changed.

— Alfred A. Montapert, Author
The Supreme Philosophy of Man



BUILDING FUND HONOR ROLL

Daniel G. Radakovich
Minnie B. Dickinson
Oscar Lashley
Rose Palozola
Charles E. Hufford



IN MEMORIAM

To the following persons who made memorial gifts to Astara, and to those whose memories they honor, we express our appreciation and love.

Betty Herr in memory of her brother, Thomas Dixon Pitts, Jr.

Ada Knox Hickey in memory of Wesley.

Anna M. Hurst in memory of her husband's birthday.

Belva V. Kimball, Peg Mitchell and Florence Hill in memory of Flora E. von Tobel.

Mary N. Nichols in memory of Jennie N. Spurio, Mae C. Jones and Maree Chaney.

Kathleen C. Pitts in memory of Mrs. Flora B. von Tobel.

Leland F. Gipson in memory of his godmother, Mary Lee Lathrop and his wife, Doris.

John Beckmann in memory of his wife.

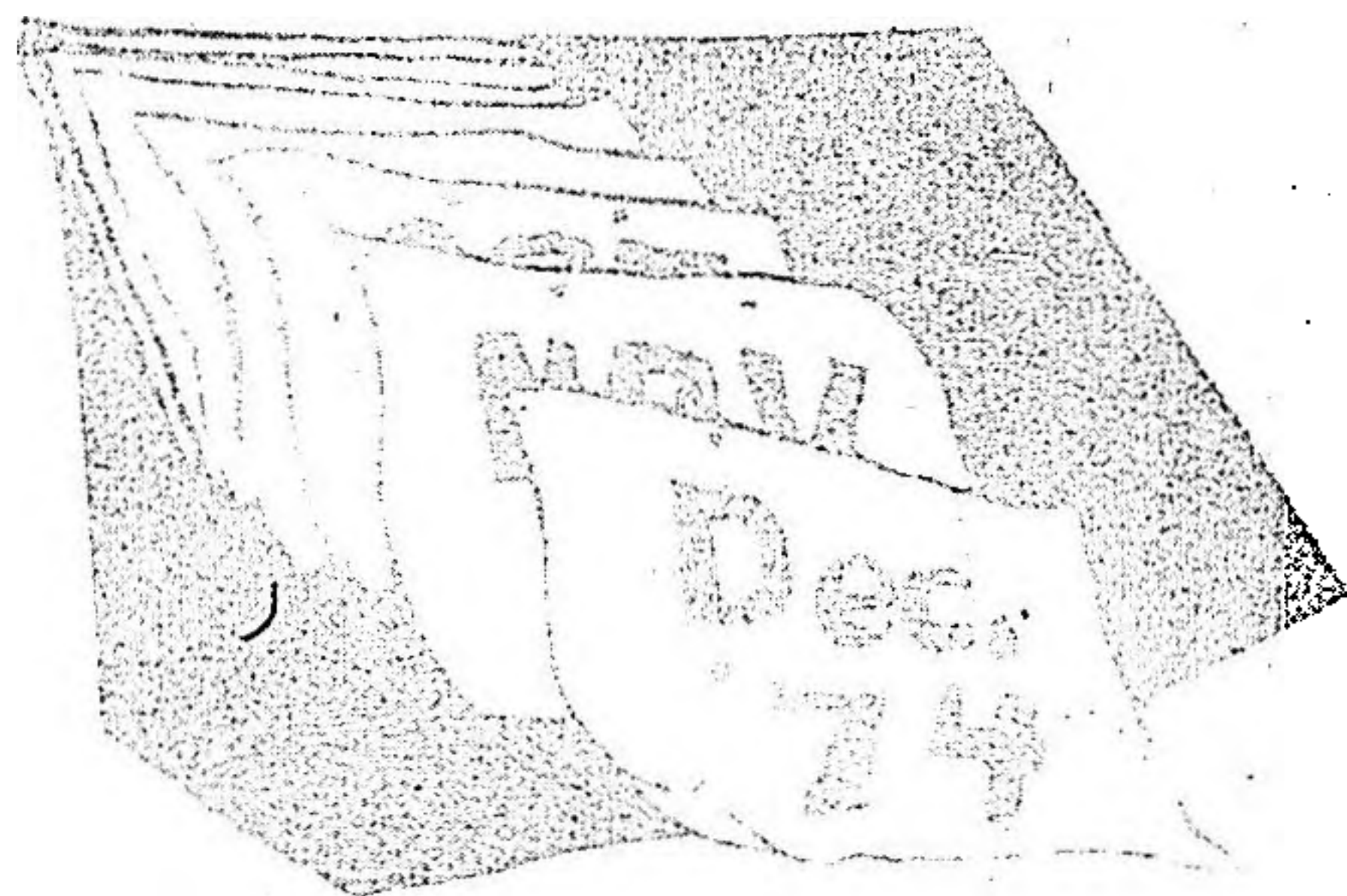
Wilner Mae Veigh in memory of his mother, Artie Hines.

Lorraine V. Hurdle in memory of her mother.

Rachel Lamoureux in memory of her father, John A. Christman.

Harriet von Tobel in memory of her mother, Flora E. von Tobel.

Margaret Stevens in memory of Flora E. von Tobel.



LOOKING BACK AT 1974

Because so many Astarians everywhere through their good wishes, calling Astara to the attention of others, and contributions, participate in Astara's accomplishments, we offer a brief review of the 1974 record.

Eight new Lessons have been added to the Degree series and three new cassettes were produced.

The largest accomplishment in terms of magnitude and effort was the establishment of the book publishing arm, *Astara's Library of Mystical Classics*. The first two books in the series, *Remembering* by Dr. Earlyne and *Creative Self-Transformation* by Swami Parampanthi have met with excellent success. Other books in the series will be announced after the first of the year.

In the very essential equipment portion of the picture, we received a new organ for the temple, obtained a new station wagon, a copy proofer for the print shop, a new telephone answering system, camera equipment, accounting equipment and carpeting for many of the offices.

In Los Angeles we enlarged the range of speakers and teachers at our Sunday services and classes.

Our thanks go to Astarians everywhere who have helped make these many activities helpful to those who needed them.

THE CASE FOR YOGA

Shelia Hansen of San Antonio, Texas, was unable to walk as a child due to polio. Two years ago she began practising yoga and the only remaining sign of polio is a slight limp when she is tired.

Her husband says that her state of mind and her physical health have never been better.

The amazing part of this documentation is that Shelia Hansen, already the mother of two daughters, recently gave birth to quadruplets — all girls!

- Dec. 1: **THE DIVINE IMAGE INCARNATE**
Robert Chaney speaking
- Dec. 8: **THINGS JUST DO NOT HAPPEN, THEY HAPPEN JUST**
Damien Simpson speaking
Earlyne Chaney, Healing Service
- Dec. 15: **A TIME FOR REFLECTION**
Rodolfo Silva speaking
- Dec. 22: **THE MYSTIC MANGER IN YOUR HEART**
Christmas Service with
Earlyne, Sita and Robert
- Dec. 29: **THE END AND THE BEGINNING**
Swami Parampanthi speaking
Rodolfo Silva, Healing Service
- Dec. 31: **WATCH PARTY, 8:00 p.m.**
Entertainment, Movie,
Refreshments, and a Spiritual
Observance to Greet 1975.
- Jan. 5: **THE INNER LIGHT**
Rodolfo Silva speaking
- ORGANIST: Rose Diamond

Telephone: (213) 387-7187



DAMIEN SIMPSON



SWAMI PARAMPANTHI



RODOLFO SILVA



ROBERT CHANEY

Use this space for your prayer request.

to participants in astara's christmas observance

1. Detach the above Prayer Card at the perforations.
2. On the card write a brief description of your greatest desire or greatest need for 1975 and sign your name.
3. Hold the card between your hands in prayerful meditation for as long as you are inspired to do so, while concentrating on your desire or need.
4. Mail your card to Astara immediately. Robert, Earlyne and Sita will place it in the manger during Astara's Christmas service, and direct attention to it regularly throughout the year.
5. If possible, on Sunday, December 22nd from 11:00 a.m. to 12:00 P.S.T. or its equivalent wherever you reside, engage in meditation and attempt to become attuned mentally and spiritually to Astara's Christmas observance.

Your astarta christmas prayer card

261 South Mariposa Avenue,
Los Angeles, California 90004
(Address Correction Requested)

TIME VALUE

Mr. Curtis Fuller
Enlo Magazine
500 Myndelth Place
Highland Park, IL 60635

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