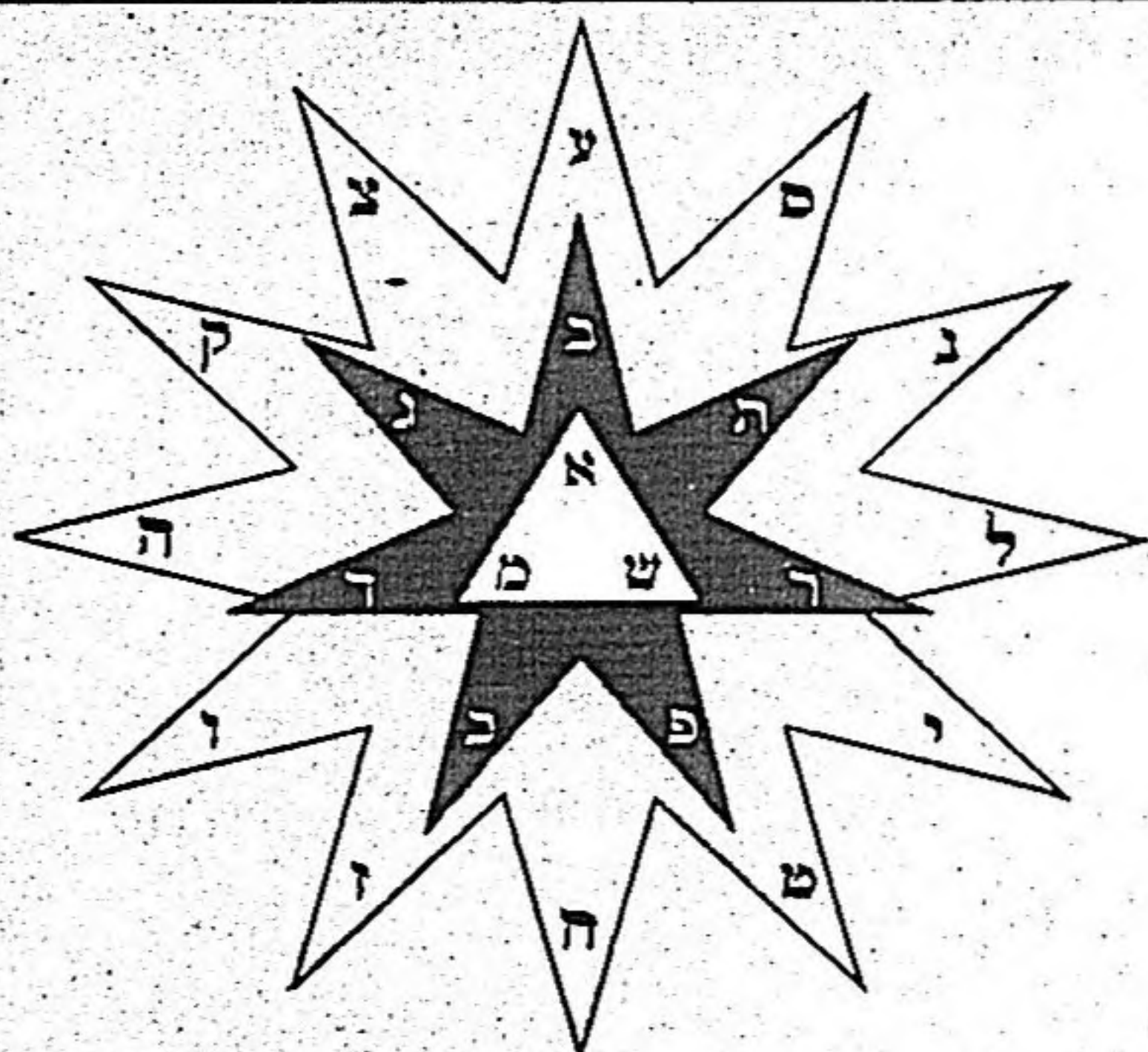


# Voice of Astaro

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Editor: Swami Parampanthi



## A NOTE ON THE KABBALAH

By Swami Parampanthi

### The Origin

The word Kabbalah is derived from the Hebrew root KBL (Kibel), which means "to receive". Thus it truly describes the ancient tradition of "receiving" the secret doctrine orally.

The Kabbalah is a philosophical and mystical system. As a practical way, it is based on the "numerical correspondences between the various aspects of human life and the universal laws."

According to one ancient tradition the Kabbalah was taught by God to a group of angels. After Adam's fall, the angels taught the secret doctrine to the children of man to help them regain the grace of God.

According to another version Abraham received the secrets of the Kabbalah directly from God, at the time of the covenant. Abraham taught the secret doctrine to his son Issac, who gave it to Jacob. The last in the line to receive it was Jacob's son, Joseph. However, Joseph did not transmit the Kabbalah further and its secret died with him.

After several generations, the next link in the Kabbalistic chain, Moses was born. Moses in the Kabbalistic tradition is seen as a symbol of the transmutation of the Hebrew people — from slavery to freedom. Moses received the Kabbalistic wisdom from God when he went to Mount Sinai.

It has been said that Moses veiled the teachings of the Kabbalah and gave them in distorted form, in the first four books of the Bible. The fifth book, Deuteronomy, does not

*Continued on Page 6*

Final Letters.	Figure.	Names.	Corresponding Letters.	Numerical Power.
Mother	א	Aleph	---	1
Double	ב	Baith	B	2
	ב	Vaith	V	--
	ג	Gimmel	G	3
	ד	Daleth	D	4
Single	ה	Hay	H	5
	ו	Wav	W	6
	ז	Zayin	Z	7
	ח	Cheth	Ch	8
Double	ט	Teth	T	9
	י	Yood	Y	10
	כ	Caph	C	20
	כ	Chaph	Ch	--
Single	ל	Lamed	L	30
Mother	מ	Mem	M	40
Single	נ	Noon	N	50
	ס	Samech	S	60
Double	ע	Ayin	---	70
	פ	Pay	P	80
Single	פ	Phay	Ph	--
	צ	Tzade	Tz	90
Double	ק	Koof	K	100
	ר	Raish	R	200
Mother	ש	Sheen	Sh	300
	ש	Seen	S	--
Double	ת	Tav	T	400
	ת	Thav	Th	--



## PULPIT GUEST



M. S. McDonald, M.D. speaks Sunday, April 13 on the subject *Biofeedback: Science Now Proves You Are The Master*.

Dr. McDonald is a graduate of the University of Washington School of Medicine and practices internal medicine in Ventura County and Tarzana.

Dr. McDonald is a pioneer in using biofeedback training in the treatment of medical disorders. His belief that man's natural state is one of well-being leads to the use of man's internal faculties to achieve that state. Biofeedback techniques are an important part of the process and Dr. McDonald will explain many of the astounding results during his presentation at Astara.

## BOOK SHOP OPENS FOR PUBLIC

The special Astara Book Shop, available to the general public, opened March 1st, offering both new and used books.

Even though there were no advertisements announcing the opening, there was still considerable patronage on the first day. The shop is located at 3811 West 3rd Street, just half a block from headquarters. It will serve as a public retail outlet for the books Astara publishes as well as other publishers, and used books in related fields of thought. The shop will be a service to the community and a means of interesting additional persons in Astara's teachings.

The shop is open Monday thru Saturday. The headquarters book shop will remain open Monday thru Friday as always, including Friday evenings for the classes and Sundays for the church services.

If you have used books that you would like to donate to the public book shop, we will be happy indeed to receive them. The knowledge they contain will thus be passed on to others and additional revenue will be provided for Astara. Thanks for your help.





## APRIL STUDY CIRCLE

### Four Mystic Pathways

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 p.m. in the Museum Room. The emphasis is on practical methods of self-development and spiritual illumination. Each evening begins with simple Yoga exercises to make the student relax, and ends with a healing meditation.

In four Friday evenings in April, Swami Parampanthi will explore with his students the Four Mystic Pathways toward God-realization and mystical enlightenment. They are:

Tantric Mysticism of Tibet  
Mahayana Mysticism of China  
Sufi Mysticism of Middle-East  
Bhakti Mysticism of India

These four Asian mysticisms have been practiced for thousands of years in the high mountains of Tibet, in the remote valleys of China, in the rolling deserts of Middle-East and in the plains of India, purified by the sacred river, the Ganges. They have produced fantastic revelations, great mystics and profound wisdom which form a unique heritage of supreme knowledge and can still guide people today to their spiritual illumination.

**April 4: Tantric Mysticism of Tibet: the secret doctrines of psychic visions.**

**April 11: Mahayana Mysticism of China: Paranirvanic Pathway to Bliss and wisdom.**

**April 18: Bhakti Mysticism of India: Pathway to Divine Love.**

**April 25: Sufi Mysticism of Middle-East: Pathway to Fana and supreme Truth.**

APRIL 1975

**SPECIAL:** Cash Bateman speaks on Dreams, Thurs., April 17, 7:30. Donation \$2.

## ROBERT IN THREE SEMINARS

During the month of April Robert will be participating in three seminars that may be of interest to Astarians.

On April 12 he speaks at 9:30 a.m. on the subject of *New Frontiers in ESP* at a seminar on the theme of *Expanding Levels of Consciousness* sponsored by the *Community Church By The Bay*, Drs. William Parker and James Bonacci, Ministers. Information regarding the seminar may be obtained by calling (714) 645-9650.

On April 16 at 7:00 p.m. he speaks on the subject *Transcending The Sense of Self: Practical Mysticism*, as part of a lecture series titled *The Worlds Within Us* directed by Dr. Bruce Tracy. Information is available from UC Extension, Room 102, Administration Building, Irvine, Calif. 92664.

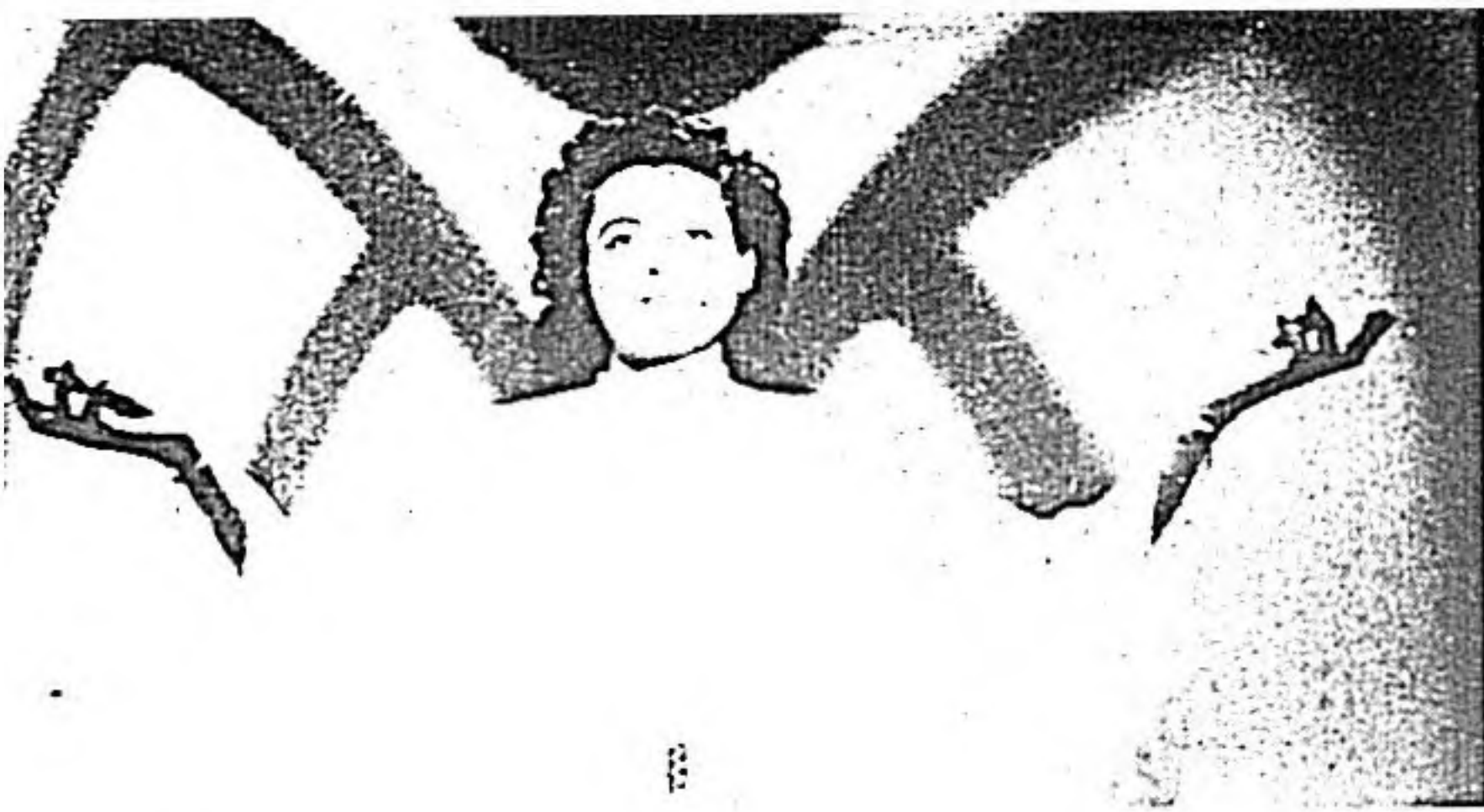
On April 19 Robert will conduct a day-long seminar from 10:00 a.m. to 4:00 p.m. on the subject *Awareness, Creativity and Self-Fulfillment*, sponsored by the Universal Mind Science Church in Long Beach. Information is available by calling 434-1494.

Dr. Robert will be happy to meet members of Astara at all these meetings.

→ These spiritual pathways and their unique revelations contain great truths, insights and revelations which can show the seeker of today how to live, practice spiritual disciplines and transform themselves into enlightened beings. Plan to attend these sessions. All are welcome! FREE-WILL OFFERING!

VOICE OF ASTARA / 3





# An Astarian in Need Never Walks Alone

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

## I HAD BEEN COMPLETELY HEALED

Dear Astara,

I want to thank you for healing my back.

For several years I was suffering from arthritis in my lower vertebrae combined with calcium deposits. Every morning it was an agony to get up and out of bed as I had to look for means of help to hold on to in order to get on my feet. Getting up from a chair also caused problems - I had to be in a 90° position first before I could straighten up and take my first steps.

At the Christmas Service on December 22 Dr. Robert announced that whoever wanted to see Dr. Earlyne for blessings or healing could form a line. Because everybody went to see her I decided to go too, not knowing what of me had to be healed, as I already was used to my condition and had learned to live with it as the doctor had told me to do.

When Dr. Earlyne touched me I felt a wonderful current going through my entire body.

It was not until I got home that I discovered that I had been completely healed, because for the first time I could get up from a chair with no trouble at all. Every morning I can get up now without help from the bedpost. It is such a wonderful experience.

Thank you Astara and thank you Dr. Earlyne. I am very grateful.

E.T.v.d.V., So. Pasadena



## I WAS ENTIRELY PAIN FREE

Dear Doctors Robert and Earlyne:

I'm writing to tell you how grateful I am to you and Astara. I diligently followed your lessons on four steps to healing. Before I sent in my healing petition, I was becoming rather crippled with arthritis. Less than a week after I sent in the petition, I was entirely pain free. I feel so good and more alert, and I know it isn't just my imagination.

I want to continue on with the lessons. I know I have much to learn as Astara is what I've been searching for all my life, and my real education is just beginning. So many good things have happened to me since I first wrote to Astara. I am most grateful and happy.

When I first started following your instructions, as I was sitting in the dark one night, someone looked in on me with dark, sort of stern-looking eyes and dark hair, with a faint glow about the head. I couldn't believe my eyes, nevertheless that person was there! It's true, an Astarian in need never walks alone. May your good works go on forever.

L.J., San Antonio, Texas

## I FEEL LIKE A NEW PERSON

I never knew a human spirit could be so low, not until I began to receive the Degree Lessons. They are of great value to me. I feel like a new person.

I have had a gland problem since I was nine years old. I am now 31. All the doctors that I have visited during the years, have not been able to do what Astara has done in the short time I have been a member.

Thanks are due to you and the Great Ones forever.

O.J., Paterson, N.J.



*Continued from Page 1*

have any Kabbalistic traces in it.

The true teachings of the Kabbalah were transmitted by Moses to the seventy elders of the tribes of Israel. From then on the esoteric doctrine was passed on orally through the generations. Thus, the secret knowledge was guarded by a select few.

### **The Kabbalistic Books**

The oldest book about the Kabbalah is the Sepher Yetzirah, the Book of Formation. The tradition has attributed it to Abraham. However, modern Kabbalist scholars hold that its probable author was Rabbi Akiba, who flourished during the time of Emperor Hadrian, A.D. 120.

The Sepher Yetzirah is primarily concerned with the origin of the universe and of mankind. It describes "by means of the Hebrew alphabet and its numerical correspondences, the gradual evolution of the Deity from negative into positive existence." The 22 letters and numbers one to ten are called "paths." Together they are known as the "Thirty-two Paths of Wisdom."

The other important book of the Kabbalah is the Zohar, the Book of Splendor, which is the greatest source of Kabbalistic knowledge in existence. The Zohar explains the essential attributes of the Deity, and diverse emanations that came from the Infinite Light. These radiations form the Tree Of Life, which is the foundation of the Kabbalistic Doctrine.

Rabbi Simon ben Jochai, who lived during the time of Emperor Titus (A.D. 70 — 80), was the first to put most of the wisdom of the Zohar into writing. He was a disciple of Rabbi Akiba, who is the author of the Sepher Yetzirah.

The Zohar is the classic text of

Kabbalah. During many generations the Zohar was guarded and transmitted by the followers of Rabbi Simon ben Jochai. Then, finally, in 14th century Spain, a Rabbi named Moses de Leon published the Zohar.

However, Hebrew scholars were not entirely satisfied with this story of the origin of the Zohar. In fact, many modern Kabbalists believe that Moses de Leon was the sole author of the most important parts of the Zohar. Whatever may be the truth about its origin, the fact remains that the Zohar is indeed a great book of great wisdom.

After the Zohar was written, it was taken to the Hebrew community of Safed, where the ancient teachings grew and flourished.

The three most important books of the Zohar are:

1. The Siphra Dtzenioutha which is the foundation of the Zohar.

2. The Idra Rabba which describes the mystical "Body Of God" in the form of Adam Kadmon.

3. The Idra Zutta which is a monologue of Rabbi Simon ben Jochai before his death.

Besides the Sepher Yetzirah and the Zohar there are two more great books on the Kabbalah. They are:

1. The Sepher Sephiroth, which describes the evolution of God from a negative to a positive existence.

2. The Aesch Metzareph, which is an abstruse chimico-Kabbalistic treatise.

*Author's note: Most of the material of this article has been drawn from the excellent book, A Kabbalah For the Modern World, by Migene González-Wippler.)*



## MORE SEMINARS!

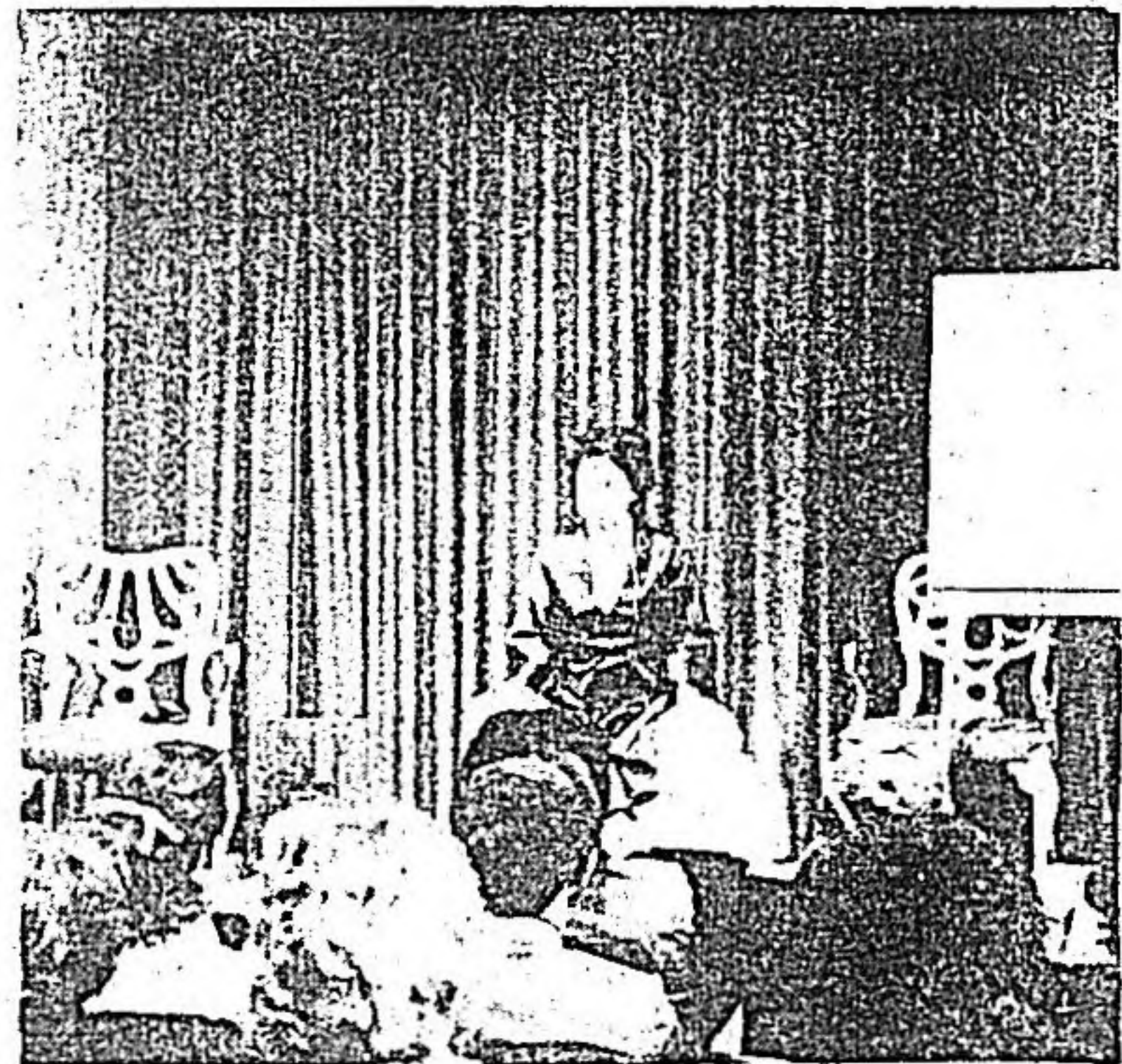
Attendance and enthusiasm for the Lodestar Seminars presented in February and March have inspired us to extend the seminar concept. More seminars will be held in May, June and July.

On May 17 "A Day With Earlyne Chaney" will present a seminar featuring Earlyne and Teachings of the Ancient Wisdom. Earlyne's seminar will also include a healing session and an experiment in electronically taping voices or other signals from other dimensions of life, if possible.

On June 21 we present "A Day With Swami Parampanthi" who will give special instruction in meditation, self-improvement from the Eastern viewpoint, the use of chants, mandala, etc.

On July 19 "A Day With Robert Chaney" will present esoteric teachings in Hermetic Wisdom, ideas about development of ESP, healing and a psychic experiment.

Seating is limited and attendance at these seminars is by reservation only. Tuition for each seminar is \$10.00 and includes lunch. The seminars are held during the day from 10:00 a.m. to 4:00 p.m. A reservation may be made with Dr. Rodolfo Silva, registrar for all the seminars. Out of town visitors may write to Dr. Silva concerning motels in the vicinity.

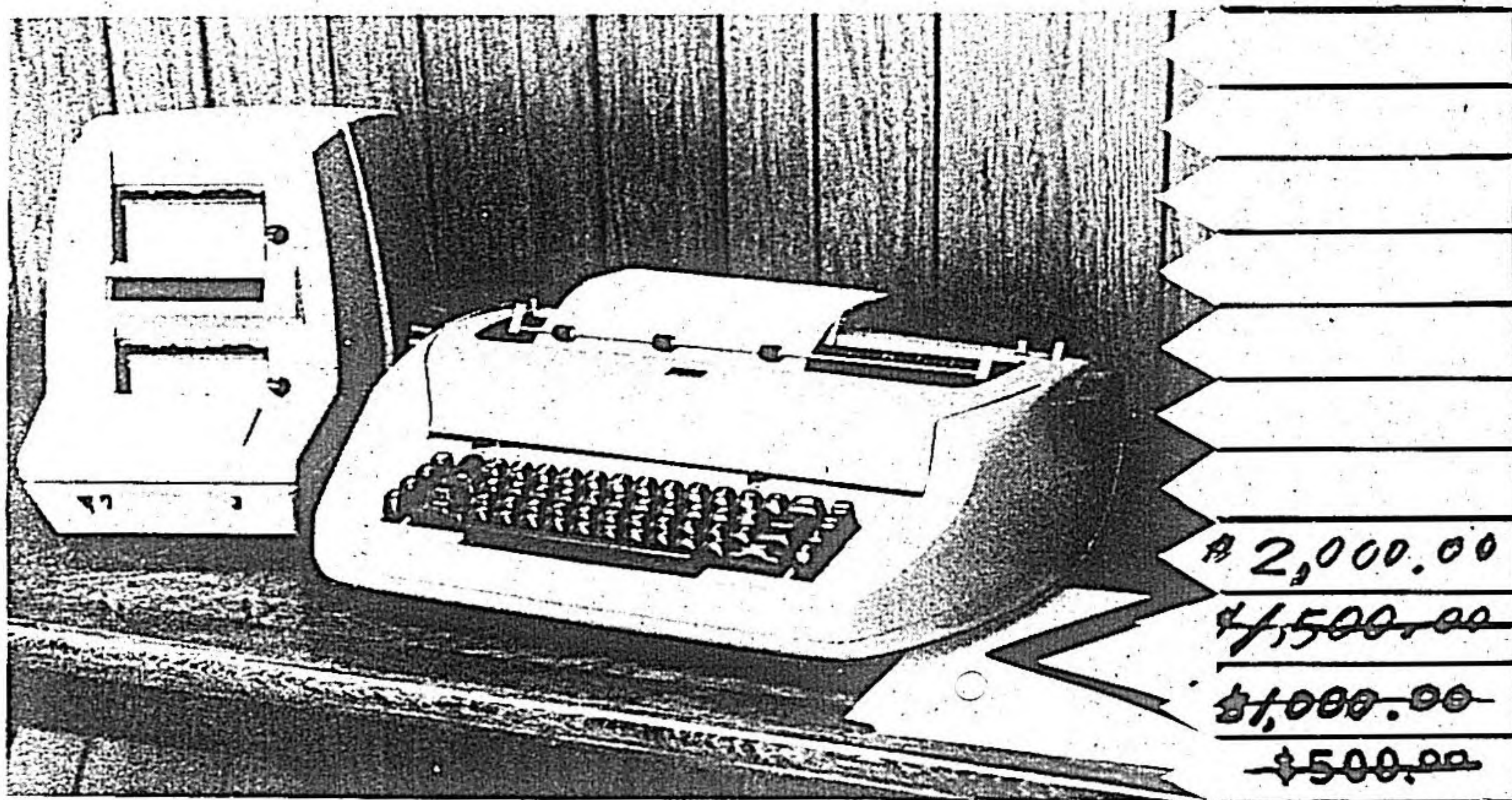


*Teachers pose, books are autographed, classes hold interest, students enjoy lunch on the lawn . . . Astara's seminars are great experiences.*





# AUTOMATIC TYPEWRITER

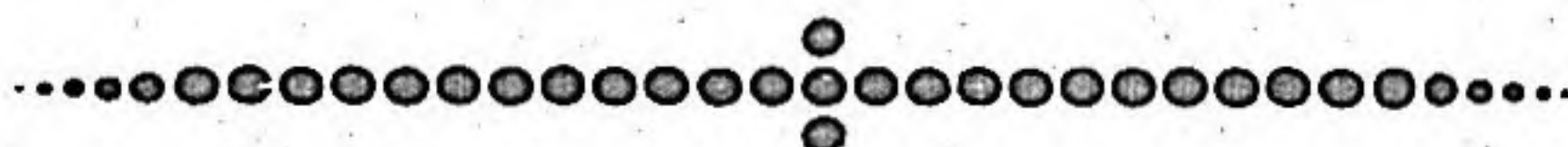


To help with the flood of correspondence that flows through Astara's offices, we have just purchased a new automatic typewriter that types at 175 words per minute from a cassette tape.

This high-speed automatic typewriter is a replacement for an older model that has served us for years but is no longer able to function.

The purchase price of the typewriter is \$6,372. Donations thus far plus a \$500 tradein total approximately \$2,500, leaving a balance due of \$3,372.

If you would like to donate toward the purchase of this typewriter, please just write the word "typewriter" on your offering envelope in this month's Voice. Thanks for your help.



## GOOD RESPONSE TO ROBERT'S BOOK

Pre-publication orders for Robert's book, *Adventures in ESP*, have been arriving at headquarters for several weeks. It is hoped that books will have been mailed to those who ordered by the time this *Voice* is received.

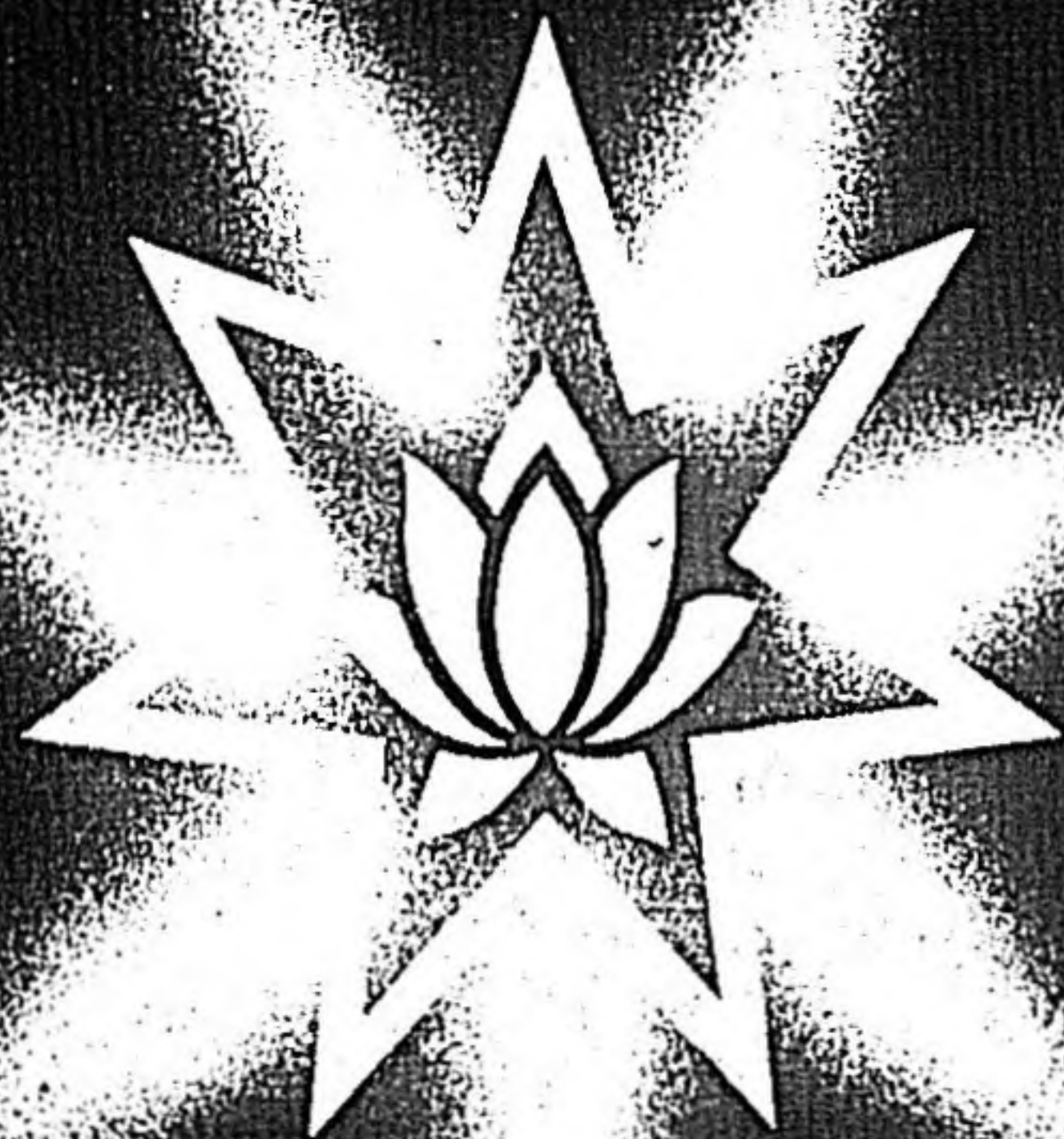
*Adventures in ESP* is a combination of three of Robert's earlier study lessons, Clairvoyance, Psychometry and Intuition, plus three additional chapters. The original study lessons were distributed for many years at \$2.00 each. With the

three additional chapters the new book, *Adventures in ESP*, bears the retail price of \$3.95.

An outstanding feature of *Adventures in ESP* is the fact that personal development instructions in the three psychic areas, clairvoyance, psychometry and intuition are devoid of extraneous matter. It is basic and is the distilled form of the knowledge Robert has gained in these areas during 40 years of investigation, study, research; teaching and personal demonstrations of the principles involved.



# 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

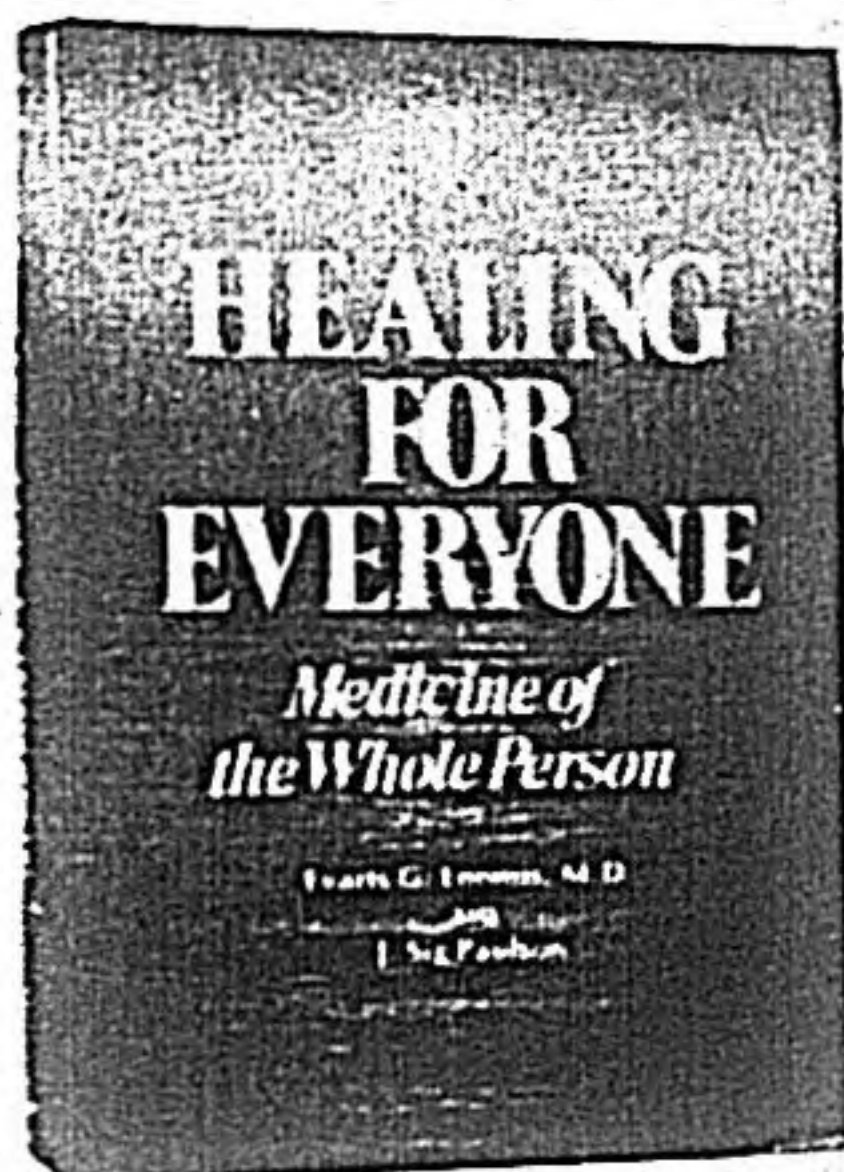


# ASTARA's Book List

Compiled by  
Irma Mills



March --  
April 1975



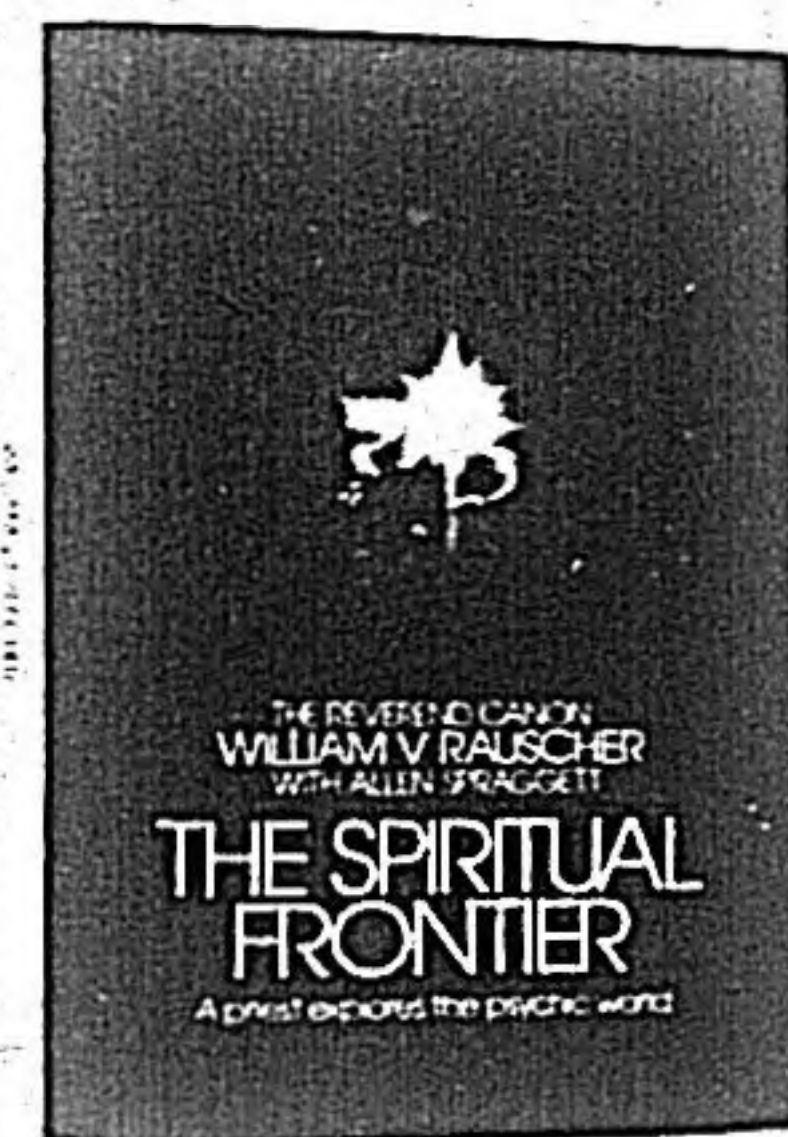
( ) HEALING  
FOR EVERYONE ....(c)...\$8.50

by Evarts G. Loomis, M.D.  
and J. Sig Paulson

In this new book on "medicine of the whole person," a physician and a minister have blended their talents to explore the physical, mental and spiritual elements that make up the complete human being.

Dr. Loomis gives an in-depth treatment to the importance of nutrition, exercise, the glands, harmony and balance in medicine, and the individual's progress through illness to Self-realization.

The concluding chapter gives the minister's viewpoint. Rev. Paulson says, "Our health is the universal activity of wholeness (God, Love, Life) individualized in us according to our desire, decision, delight."



( ) THE SPIRITUAL  
FRONTIER.....(c)...\$7.50

by the Rev. Canon William V. Rauscher with Allen Spraggett.

"A priest explores the psychic world" is the theme of this absorbing new book that takes a penetrating look at the truth and beauty in honest talents demonstrated by professional mediums, and the deplorable, unwarranted

fraud often resorted to by the dishonest psychic. Related instances of scientifically inexplicable healings, evidences of "reincarnation," and other paranormal events should be of interest to the skeptic as well as the believer. While warning against the dangers of irresponsible psychic pursuits, Canon Rauscher maintains that true psychic research is compatible with Christian thought.



Reg. price: \$3.95 Astara members discount price: ( ) \$3.50

**CREATIVE  
SELF-TRANSFORMATION  
THROUGH MEDITATION**  
by Swami Parampanthi

Meditate for better balance in your life — physically, emotionally, mentally and spiritually. Meditate to transform yourself creatively, arousing inner potentials you already possess.

Swami Parampanthi rightfully assumes you are an individual with personal tastes and needs in meditation as in food and dress. In this book he enables you to create your own experiments and personal meditation program. You need not attempt to fit yourself into the same mold with thousands of others. From the meditation methods given here, make your own creative combinations expressly suited to your purposes.

*Creative Self-Transformation* gives you six graduated lessons, one for each week, each with a number of variations adaptable to your own point of focus in life. With these lessons you renew your mind, you transform your life with meditation methods held in the highest esteem by sages for six thousand years, yet which are in perfect accord with today's world.

**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.....\$ \_\_\_

\* \* \* \* \*

SEND TO:

\_\_\_\_\_  
Name - please print.

\_\_\_\_\_  
Name and number of street.

\_\_\_\_\_  
City.....State.....Zip code...



"Man is the delegate of God to do his will on earth, and man can heal the sick, control the spirits of the air, and raise the dead. So man is God on earth, and he who honours God must honour man, for God and man are one..." -- The Aquarian Gospel

TOTALLY REVISED ..... ( ) \$8.50

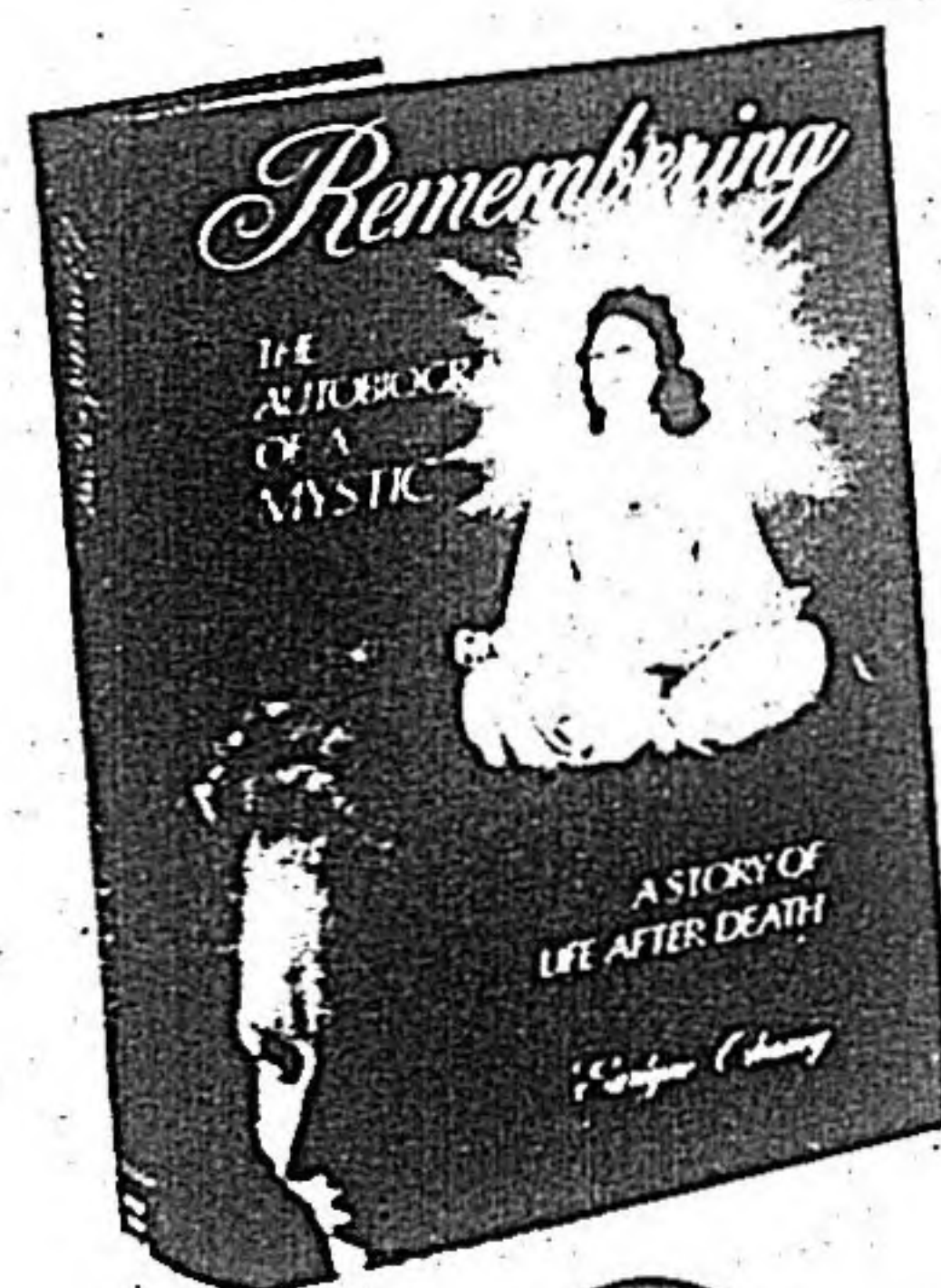
## Remembering

THE AUTOBIOGRAPHY  
OF A MYSTIC

By Earlyne Chaney

*Do you believe  
unseen beings  
guide our lives?*

Do you believe a Great Master from the Otherside of life can guide one toward a marked destiny and mission? Do you believe in life after death? — and that a loved one can return to tell of continued life? Do you believe we have lived before? Do you believe you can dream again and again of someone from a past life? — and then find them again in *this* life? Do you believe yoga, meditation and certain spiritual disciplines can lead to experiences in Cosmic Consciousness? — experiences which can change your life? If you believe any of these things, share the journey of Earlyne Chaney as she unfolds her true story in *Remembering — The Autobiography of a Mystic*.



"Remembering contains a continuous stream of sensible advice about the Path toward Self-Knowledge through personal effort. In India we call this 'sadhana.' These insights are beautifully illustrated in this admirable book."  
— Swami Satyananda of India



( ) MYSTERIES OF TIME AND SPACE..(c)...\$7.50

by Brad Steiger

Impossible fossils, unsettling relics, photographic anomalies...graphically described and illustrated with thirty photographs. A solution offered for the underlying patterns of such mysteries is that "the process

is still going on, leading the investigator on to a grasp of the next universal lesson. Also dramatically recounted are sightings of UFO landings, and experiments that suggest a simple electrical field can open a gate between the worlds. The archeological findings are from research by Ron Calais.

( ) PROBABILITY OF THE IMPOSSIBLE..(c)...\$9.50

by Dr. Thelma Moss. From experiments and research in locations around the world, scientists are finding that some of the oldest primitive beliefs are verified, and that "ordinary" people often are gifted with psychic powers. Dr. Moss takes you step by step from everyday experiences through unusual events that happen only rarely. Included are many previously unpublished Kirlian photographs of human and plant subjects.

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

edited, Krippner & Rubin. Illustrated photographs of usual and unusual phenomena.

( ) GRAPHO-THERAPEUTICS.....(p)...\$3.75

by Paul de Sainte Colombe. Graphology.

( ) IDYLL OF THE WHITE LOTUS.....(p)...\$1.20

by Mabel Collins. Mystical novel.

( ) PSYCHO-PICTOGRAPHY.....(p)...\$2.35

by Vernon Howard. Art of visualization.



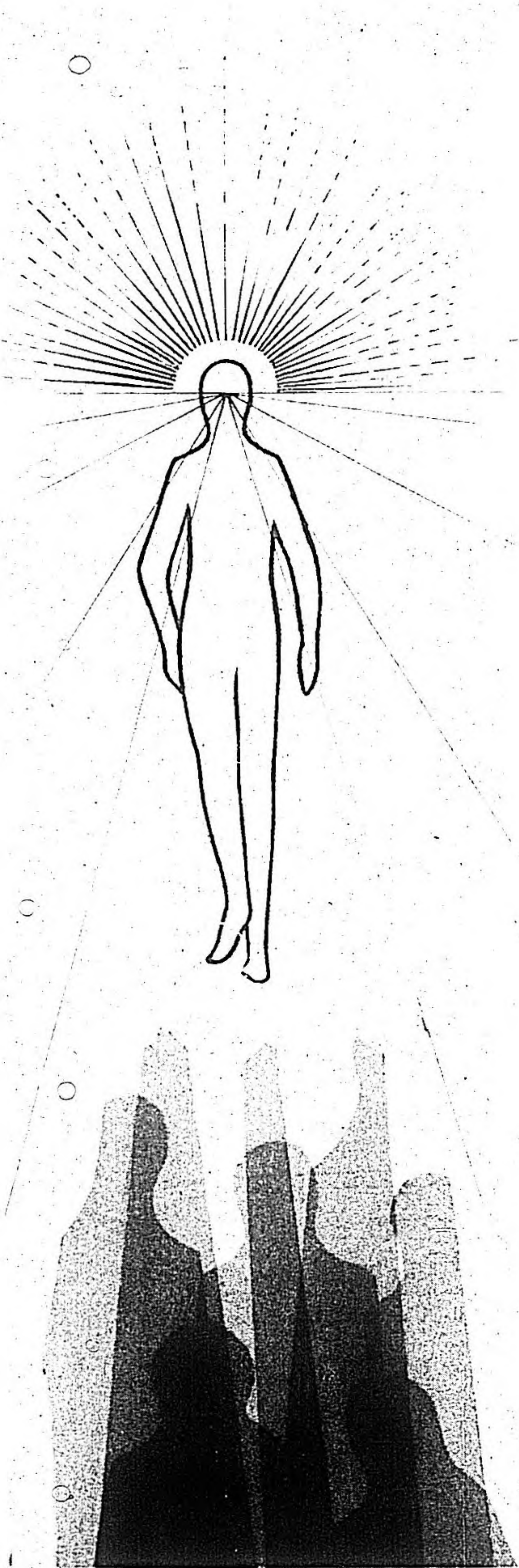
## OUT OF THE MISTY SHADOWS . . .

. . . emerges the dawn of a new age. And striding in the forefront of man's journey to that golden dawn are those venturesome spirits who, even while the shadows lie about them, see the shining radiance of the new man.

Lustrous visions of eternity's higher levels become visible to those who open their inner sight. The mechanism of spiritual optics, the channels of deeper perception, come to those whose knowledge differs from that of ordinary man, those whose wisdom transcends common knowledge.

The teachings in your next Lessons provide this kind of illumination. They are for those who aspire to lead the way . . . Those few who are becoming focal points of light for the many who follow . . . those who sense a personal destiny that places them in the vanguard of the transition to the next plateau of human understanding and accomplishment.

Use the Continuation Form on the reverse side of this page for additional Astarian Lessons.





# 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.





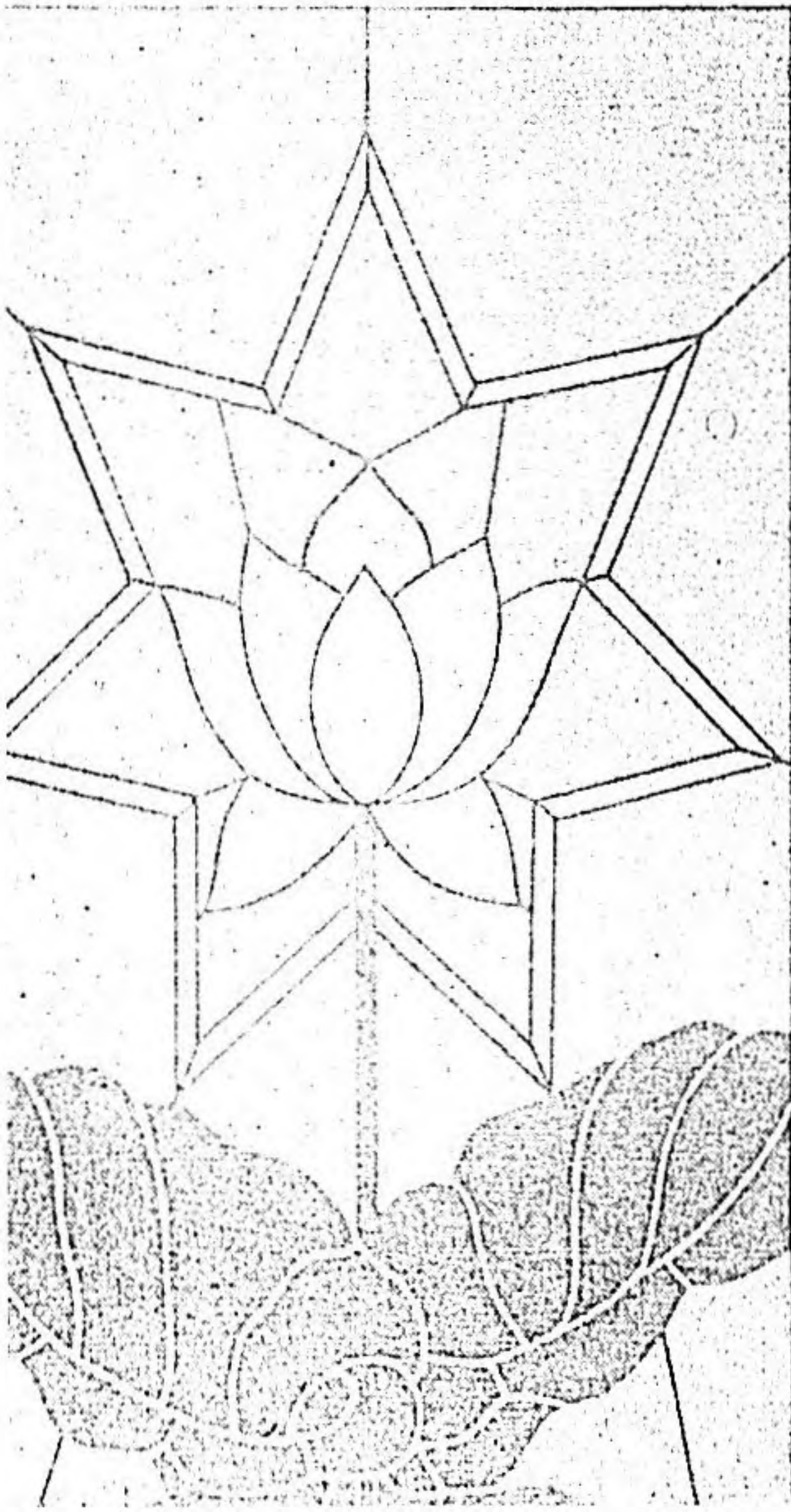
THIS MESSENGER IS DIRECTED TO ASTARA FROM

NAME\_\_\_\_\_

ADDRESS\_\_\_\_\_

CITY\_\_\_\_\_ STATE\_\_\_\_\_ ZIP\_\_\_\_\_





Stamp



Astara

261 South Mariposa Ave.  
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





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*



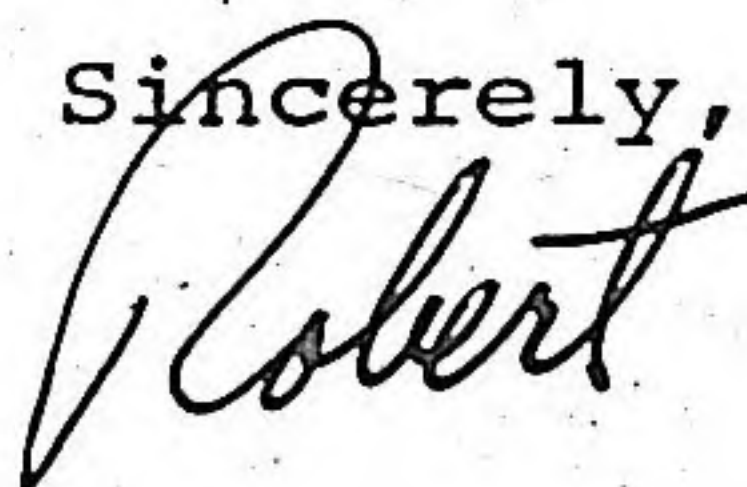
Lessons 16 and 17 of the 5th Degree are being printed and will be ready for distribution soon. Adventures in ESP is also at the print shop. We're doing it ourselves instead of sending it out as we did Remembering and Creative Self-Transformation. It will have to go elsewhere for binding, though, as we don't have that type of equipment.

The Lodestar Seminars in February and March were really exciting days. All the attendees and the staff found a "oneness" that added a rich dimension to the teachings. One person seminars, in May by Earlyne, in June by Parampanthi and in July by myself, are on the way--details are in a Voice article. Meanwhile, I'm participating in three seminars elsewhere during the month of April.

On the table before me as I write is an old pair of bookends, rescued from the basement, empty, and waiting to be taken to the bookshop. They'll be used again for the first time in several years. I suppose it's silly and childish, but I wonder if they're happy at the prospect of once again fulfilling the purpose of their design and manufacture. After all, that's what all of us really want to do.

If the books and lessons in your home want to fulfill their purpose, you'll have to read a little every day. I'll join you, and as always send my best wishes--

Sincerely,

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



## FIFTH DEGREE LESSONS READY

Two new lessons in the Fifth Degree are now available to Astarians who have progressed to that point in their studies.

Lesson 16, continues the two-part study entitled *How Practically To Practice the Love of God in the World of Men* begun in Lesson 15 by Burton Bigelow. Lesson 16 describes the three levels of love — human, spiritual and divine and shows how one may progress from human to spiritual love and then finally to divine love. It also shows how love can practically help one attain fulfillment through daily work, aspiration, even disaster. The last part of Lesson 16 describes in detail the nature of divine love and how one can receive it. The Lesson ends with a supplementary chapter on the use of the elements (earth, air, fire, water and ether) for successful meditation.

Lesson 17 is entitled *The Wisdom of the Ancients, Part One*. It describes the schools of the mysteries. It explains the concepts about the Absolute God-Being (Brahman) contained in the *Vedas*, the sacred scriptures of Hinduism. Lesson 17 explains particularly the nature of Ananda or Bliss of God and other fundamental attributes of Divinity. It continues further the study of the nature of God contained in the *Upanishads*, a part of the *Vedas* with emphasis on God as Energy and Being, the relationship of man and God, microcosm and macrocosm. The Lesson is concluded with a history of Masons and Masonic drama through the centuries. It has a supplementary Lesson on *How to Attain Perfection*.

If you have progressed in your

## HUMANS ARE OLDER THAN YOU THINK

A group of 15 scientists from the United States, Germany, France and Ethiopia have recently been searching for human fossils in northeastern Ethiopia. One find has been sensational.

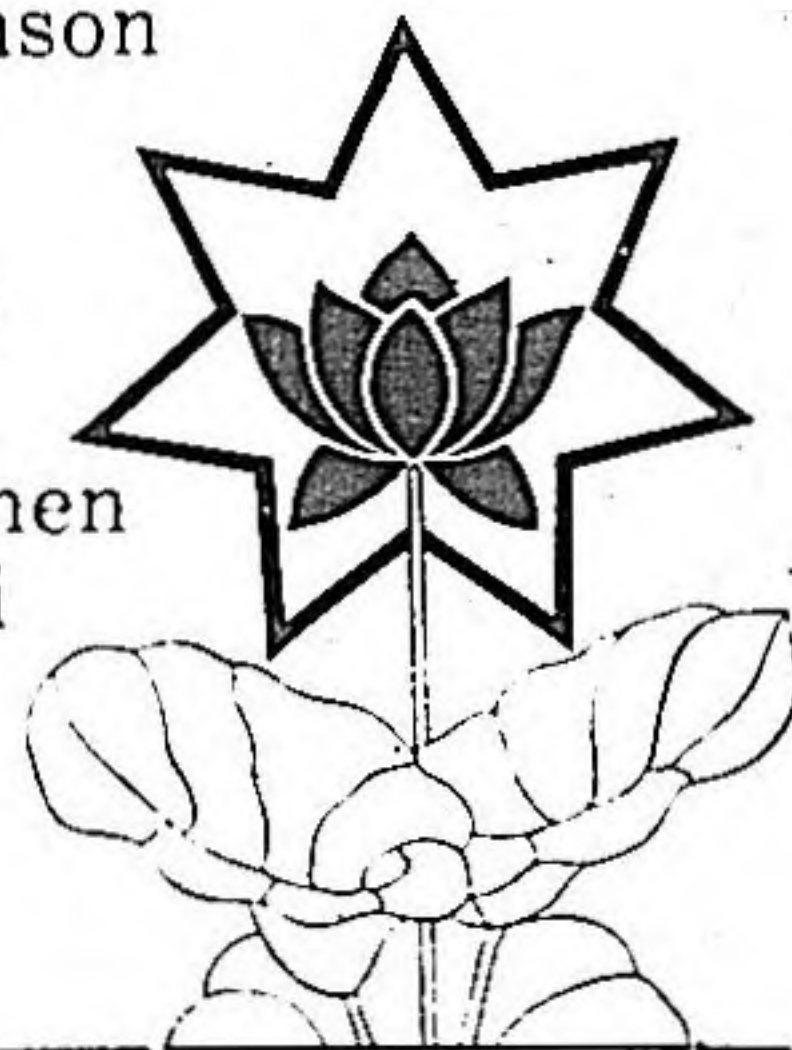
A three man team from the group has found human fossils, well preserved, dated between three and three and a quarter million years old by scientific testing. The fossils were with animal fossils approximately four million years old and may be that old themselves.

This find puts the age of genus homo about one and one half million years older than previously believed.

It is also believed that the findings indicate that the humans in question originated outside of Africa and probably migrated from the Arabian Peninsula which was then still partly connected with the African Continent.

## BUILDING FUND

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→ studies through Fifth Degree Lesson 15 you may request the above Lessons by using the continuation form in this month's *Voice*.



## "REMEMBERING"

*Earlyne, Beloved Sister in the Path of Light.*

*Words fail to describe the joyful emotions we experienced when we received "Remembering", and then we read the dedicatory note so graciously autographed by yourself.*

*Before thanking you for such loving thoughtfulness we wanted to first read the book, every line of it, and now that we have done so we feel that we know you better, just as brothers and sisters should know each other.*

*It is no mystery that we have always surrounded you with the deepest feelings of admiration, an admiration made up of love, of trust and devotion. But what to say now that, after reading your book, our increased knowledge of you has deepened those feelings and has given them a new substantial foundation.*

*The best word is always the one that has not been said, and the best compliment is always the one that is not expressed in words. Therefore we will let only our prayers thank you and compliment you on a work of mystical love so well done, and may those prayers of ours attract more and more people to read your book and to learn and to profit from it as much as we have, and bring them closer to God as it has done for us.*

*After all is not this the ultimate reason for all your writings and the best reward for your labor of love? You may use this letter and our names in the Voice. And may we add our hope and best wishes that our words of appreciation may move thousands and thousands to go through the wonderful experience of reading "Remembering."*

*Simone and Danielle Vitale  
Burbank, California*

## MINI-MEDITATION

by Hildegarde (Heidi) Olsen

Tom is my three-doors-down neighbor. He doesn't have a car, so saves his big marketing for Saturday morning when we have a standing date to shop together. He's the delight of the checkers because he usually finishes his marketing before I, and patiently waits for me to come through the line. Then he bags my purchases like a pro, thus relieving the harried checker of this time consuming duty which, in turn, speeds up the line for the stoically impatient shoppers behind me.

Driving home one Saturday he told me a story which his priest had regaled the congregation with. It's charming, but has lots of food for thought in it too. I hope you've not heard it before. If you have, still let me share it with you for a Mini-Meditation from which to draw your own conclusions. It goes like this:

Mrs. X was very well off. She was neither good nor bad. More passive than anything else. She didn't pray much, and really didn't care much about others. Oh yes, she'd rise to the occasion when called upon for help, but not very enthusiastically. *The thing to do, you know.*

When Mrs. X died and went to heaven, St. Peter met her at the Pearly Gates. "I'll walk you to your home here," he said. They approached a beautiful mansion and Mrs. X thought surely it was hers. St. Peter went on by. Mrs. X wondered at this, but surmised there would be a far more impressive estate on down the Golden Street. After all, look at what she'd done for charity and things like that!

As they walked along The Street,  
*Continued on Page 13*



*Continued from Page 12*

its gold began to look tarnished and the homes and their surroundings became less and less impressive. Mrs. X wondered at this too, especially when St. Peter turned into the walkway of a small, unprepossessing house. He opened the door and motioned her in. She was non-plussed.

"This?" she exclaimed. "This dreary house is mine?"

"Yes," St. Peter smiled with sadness in his eyes. "Remember, Mrs. X, we can only construct a home in heaven with the building blocks the person himself sends up to us."

## A LESSON IN THOUGHT

By: Muriel Noyes Gilchrist

There are always people who reflect back to us our highest and best in thought. Then, there are those whose task is to reflect our "lesser thoughts" (those erroneous beliefs we still have tucked away in the recesses of our subconscious).

We should think of these as "friends" too, for they are only letting us know, however subtle is the way, that here is something we need to correct. No, we aren't doing "his thinking for him" but only altering some belief-form of our own. Everything has a meaning and a purpose, so that which annoys, disturbs or confuses, is actually a friend, for it discloses a "gap" where we have not as yet seen the ALLness of God.

Our Real Self knows nothing *good* is missing, but the mortal senses have contributed many beliefs which were made by "judging from appearances." The mortal self looks for worldly things and external props to satisfy it. If it would turn to the Real Self, more real satisfaction would be the result, for this

*Continued on Page 14*

## WHAT TO DO WITH BOOK MANUSCRIPTS

We are frequently asked to read book manuscripts for the purpose of helping aspiring writers perfect their skills and for advice about possible publication. Inasmuch as several hours of work would be required with each manuscript, it is of course impossible to render this service.

We suggest that you contact the English Department of your nearest university, either in person or by mail, and inquire whether or not a manuscript analysis service is available. Usually a member of the English Department will be available to read your manuscript and give you an objective viewpoint concerning its possible publication. He or she may also be able to direct you toward specific publishers who might be interested in your manuscript. Naturally there must be a fee required for this service.

May we point out that it is better to pay a fee at that particular point in your writing efforts to a qualified analyst than it is to pay a large sum of money to a subsidy or vanity publisher who cares only about charging you for printing and who will not make any appreciable effort toward promoting or distributing your book.

## IN MEMORIAM

Our thanks go to the following persons who have made memorial gifts to Astara:

Martha Mobley in memory of Christie.

Calla Haack in memory of her mother, Yvonne Ferrari.

Anne E. Coughlan in memory of Helen and Garabed Paelian.





Real Self is one with the Supreme Knower.

When the intellect and emotions are in conflict, the feeling experienced is either jealousy or envy, so we need to learn what is meant by "control of the emotions." It is not pretending, nor making believe, but rather a form of deeper understanding.

Think of people you truly love. Isn't the reason you love them because you understand them?

If you'd had the same background, education and experiences as the ones you dislike, you'd be "just like them" . . . but you didn't, so naturally you find them a bit more difficult to understand. All persons do not have the same skills, and some simply do not yet know how to express their meanings clearly enough. If you can understand this, you will know that there is no reason to feel insulted or offended by anyone.

Friction can wear away stone, steel and iron, so we note that friction is often a cause of upset emotions. If we can change the beliefs which manifest as various inharmonious conditions, we reach the level of the Real Self.

Because turbulent emotions are born from what one gives most of his attention to, such as "what's wrong with . . ." there is a resistance, and it is resistance that causes the friction. Patience, then, added to the understanding, is what helps in many ways.

As we give more attention to the Supreme Knower within us, we find that we are not quite as inclined to think the thoughts that upset the emotional balance. "God is ALL, in All," is not easy for some to comprehend. Habits of a mental nature are hard to set loose, so when we find

we are easily disturbed because of a dearth of attention in what we think of as a *truly loving* way, we had better see about how to reach this Real Self.

When we do, we find we think God's thoughts. When we do this, WE DO to others what previously we wished "others would do for us." We wanted compliments. Okay, now we look for things we can sincerely compliment. We wanted service. Now we see how much we can give. We aren't "looking to get" anything. We are the Giver. Now there is no such thing as giving and not receiving, for to receive we must give of our best.

Going into meditation, you know you are to put your attention off sights and sounds, people and events . . . and think only of what God is. Fulfillment. *Full* means All that is good. *Fill* means being filled with the Holy Spirit. You are all the Substance . . . every element, law, good, and blessing, of what the Holy Spirit is. *Ment* is what is meant by the purpose of your being. You are to become MORE of a place from which Divine Blessings flow out. Then, you are ready to experience Realization, which is a complete awareness of the Law of Cause and Effect.

You know the cause is mental. As the right and good thought goes into the emotional level, doubt, fear and whatever else is negative, leaves. Your desire-picture is the Real and True condition, the way God created it. When this is induced into your consciousness, your desire will manifest even if everyone else's thought has to change also. You have arrived at the FEELING center. The Divine Plan is always for greater degrees of GOOD for yourself and those whom your consciousness touches.





## *Principles For Astarians To Live By*

Is it possible to enumerate the principles of an institution whose members search for the mystic meaning of ALL religions and philosophies?

Among many others, these principles include the following ideas:

1. You are essentially a spiritual being in the image of God, possessing many unsuspected qualities.
2. Your present life experiences are giving you the opportunity to:
  - a. express talents previously acquired;
  - b. discharge accrued obligations (karma);
3. Awaiting your discovery are:
  - a. the relationship between your physical faculties and spiritual attainment (example: yogic disciplines);
  - b. the relationship between your interior faculties and spiritual attainment (example: meditation, intuition).
4. The scriptures of all religions are capable of esoteric interpretation; in fact must be so interpreted to be rightly understood. Teachings of the ancients possess the eternal truths but they must be reinterpreted for today's world.
5. Higher dimensions of life surround you. They may be perceived in part through an expansion of your consciousness while yet on this physical plane. There are residents of these higher dimensions whose lives are often intertwined with yours.
6. This is the beginning of an age in the spiritual calendar when new qualities of mind and spirit are to be discovered and developed (example: telepathy).
7. Every spiritual truth must be consistent with science. The laws of the universe are as valid when applied to spiritual matters as to material.

These and other principles are explained in detail in the printed Astarian study material, on Astara's recordings and in public meetings at headquarters.



April 6: **THE AWAKENING**  
Rodolfo Silva

April 13: **BIOFEEDBACK: Science Now Proves You Are The Master**  
M. S. McDonald, M.D., speaking  
Robert Chaney, healing service

**HEALING CHAPEL, 2:30 p.m.** A special service, conducted by Earlyne and Robert, devoted to the restoration and rejuvenation of the whole person.

April 20: **THE NATURE OF TRANSCENDENTAL CONSCIOUSNESS**  
Swami Parampanthi, speaking  
Rodolfo Silva, healing service

April 27: **A NEW LOOK AT THE SIXTH SENSE**  
Robert Chaney, speaking  
Earlyne Chaney, healing service

May 4: **THE SECOND MILE**  
Rodolfo Silva



M. S. McDonald, M.D.



Swami Parampanthi



Rodolfo Silva



Earlyne and Robert Chaney



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261 South Mariposa Avenue,  
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