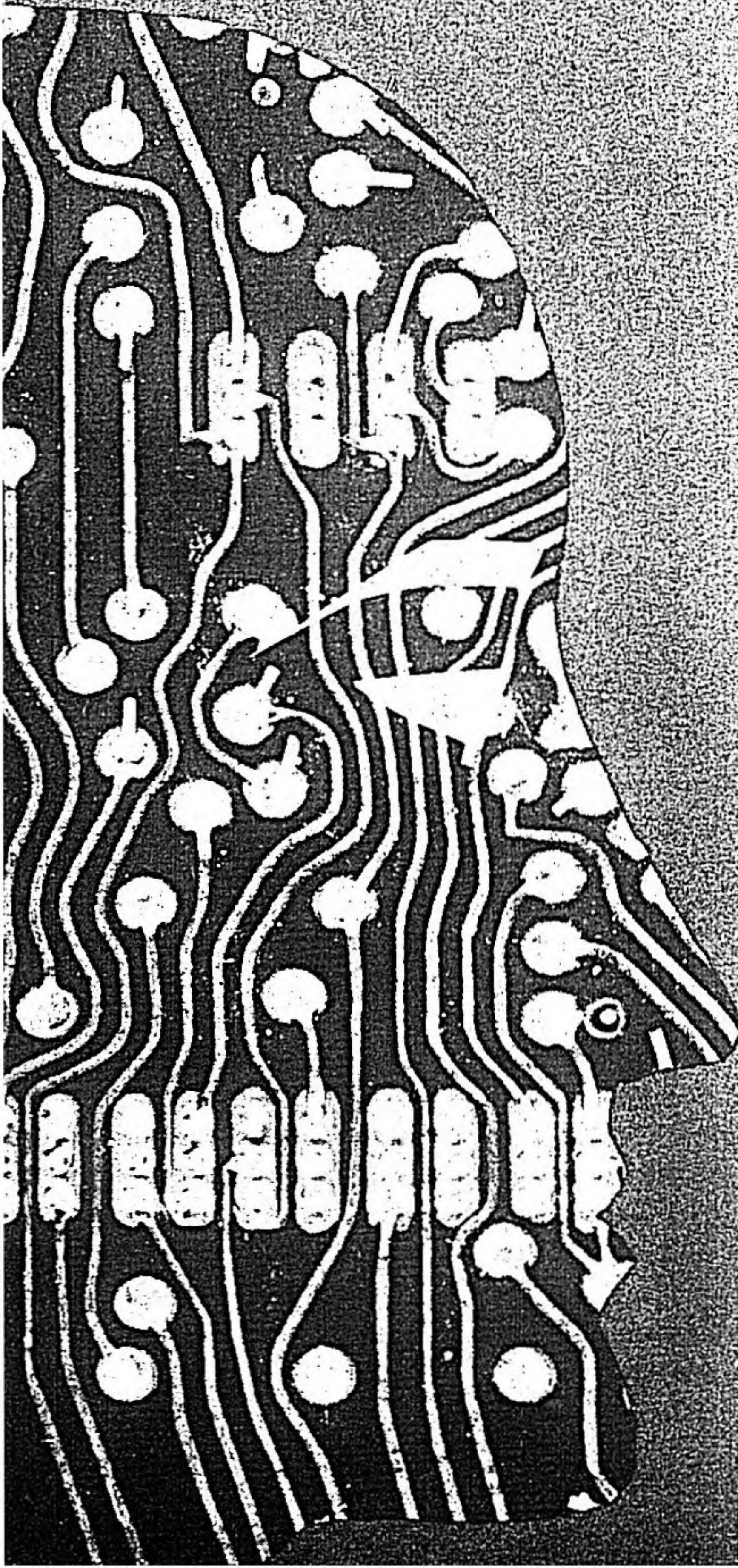


Voice of Astará

Published monthly by Astará, Inc.
Vol. 23, No. 9 June 1975
Editor: Swami Parampanthi



SCIENCE AND MEMORY

By Swami Parampanthi

The mystery of man has excited the interest of man throughout the ages. In a recent Newsday article published in the *Los Angeles Times* I came across some interesting information about the nature and function of memory, which I want to share with you.

Science has discovered that the brain, composed of 10 billion working parts, has enough storage capacity to accept 10 new facts every second. It has been estimated that the human brain can store an amount of information equivalent to 100 trillion different words. We use on the average a fraction of this storage space. In a life time of 70 years a human being may store information roughly equivalent to a mere trillion words!

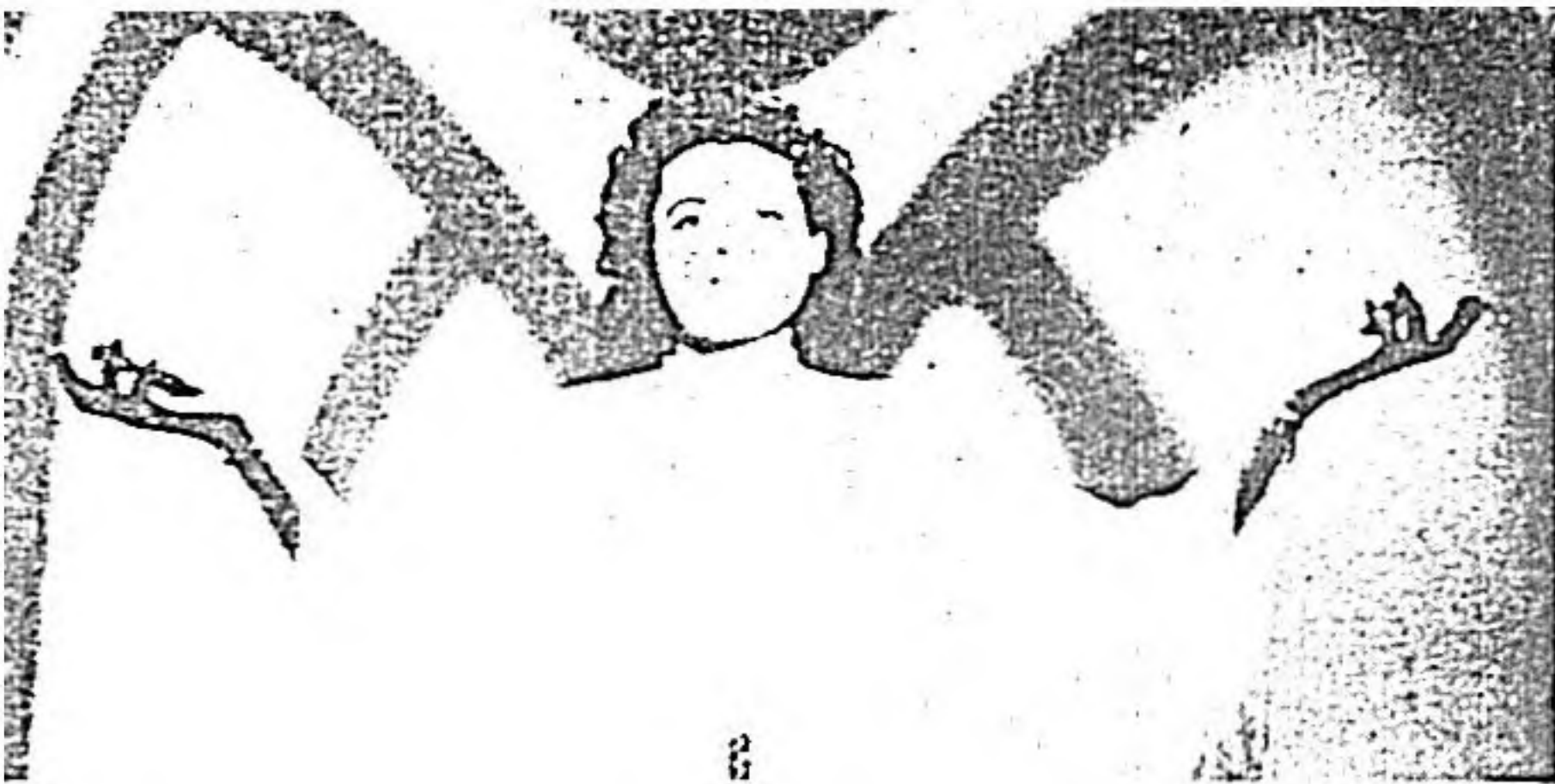
There are three fundamental components to memory: the capacities to observe, recall and record. There are at least three types of memory: sensory, short-term and long-term. Sensory memory is very short-lived, and if not acted upon immediately will disappear. Short-term memory is a new telephone number and forgotten as soon as another number replaces it. Your own permanent phone number is filed under long-term memory. Many long-term memories are for life.

Memory is not any one thing. It is not purely chemical, purely electrophysiological or purely any specific thing. It is a combination of many things including the above. In spite of scientific researches most of the facts of memory remain mysteries.

Memory expert Harry Lorayne

Continued on Page 3

JUN 2 1975



An Astarian in Need Never Walks Alone

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

PRAYERS MIRACULOUSLY ANSWERED

Dear Astara,

A few months ago, I telegraphed a Healing Petition for my brother, Jubilate Tychus-Lawson, in a hospital in Cotonou, Dahomey, who became blind suddenly one evening of the only eye he was able to see with (the other having been damaged by cork when someone opened a bottle of champagne many years ago). The eye specialist first decided to operate on the eye. After the telegram, he changed his mind and used injections and drugs. He was discharged home after a fortnight to come back for the operation 15 days later. He reported, but on further examination before the operation, the specialist was astonished to discover that the eye had completely recovered. He exclaimed: "This is a miracle! Mr. Tychus-Lawson, you must have prayed hard. Such cure could only have been done by an Almighty Hand!"

Both the specialist and my brother did not know of the Healing Petition. I know, and am convinced, that Zoser and you dear people at Astara, have had a hand in this miracle. Praise be to God and thanks for the wonderful work.

On the 7th of December, 1974, I again sent in a Healing Petition by telegram for Janet Olatunji, who was in coma as a result

of falling down and having a "stroke". This was 10 days previous to sending the telegrams. Unfortunately, she passed to the Great Beyond December 26th. I can confidently say that the Petition in this case was also answered, because if she had recovered from the coma, according to doctors, she would be an invalid for life, unable to leave her couch except by being carried by relatives. And so, God knowing the resultant effect if the Petition was answered the way we wanted it, gave His verdict. Praise and thanks be to God for saving us from the anxiety and heartache we, and she, would have had if she had to lay in bed.

Mark L. Tychus-Lawson
Lagos, Nigeria

I ASKED FOR PRAYER

Dear Friends at Astara,

I called you for your prayers on January 28. My son had been shot twice with a 38 gun. I mentioned that he was going into emergency surgery in a few minutes. I asked for prayer for him and his family.

Thank you so much. I know you all prayed because my son was in surgery for 5 hours to repair a severed artery which is serious. Yet he walked out of that hospital 5 days later, fantastic as it sounds, and he has been doing beautifully ever since.

Once again, thank you for never letting an Astarian walk alone.

Sincerely,
G.W. Inglewood, CA

LODESTAR SEMINARS

On Saturday, June 21, Astara presents *A Day With Swami Parampanthi*, who will discuss and explain the following subjects: An Introduction to Eastern Religions and Metaphysics, Symbolism: Its Esoteric and Creative Meanings, The Mystery of Reincarnation and Life After Death in Hinduism and Buddhism, Hatha Yoga and Yoga Psychology for Better Health and Expansion of Consciousness, and The Art of Relaxation and Meditation.

On Saturday, July 19, *A Day With Robert Chaney* will present esoteric teachings in Hermetic Wisdom, specific steps and ideas for developing your ESP, healing and an interesting psychic experiment.

Due to the interest in the May 17th Seminar, *A Day With Earlyne*, it became necessary for a second seminar to be scheduled. It will be held Saturday, August 2. This will be similar but not identical to the May session — response to individual questions and needs covering many different aspects of the Ancient Wisdom.

The meetings will be held from 10:00 a.m. to 4:00 p.m. The \$10 tuition (\$5 for a second person in the same family) includes lunch. Seating is limited and reservations necessary, so contact the Registrar, Rodolfo Silva, as early as possible.



*Dear Earlyne, Robert, Swami, Rudy, Jacelyn, Karinne,
(and everyone who made the Lodestar Seminar possible!)*

Thank you! Thank you from the bottom of my heart for the most beautiful day of my life! The Lodestar Seminar, Saturday (March 22nd) was pure delight.

And how can I tell you how I feel about you, about Astara, about Astarians? Love is truly the perfect word! Everyone I met Saturday expressed such love and genuine kindness, that it flows from all of us abundantly now.

Well, I truly feel as if I would like to "run away from home" and dash to Astara's front door. Don't panic. I won't, because I am sure there is a reason for my being in this space at this time. Yet, I do sincerely wish I could do more for Astara and Astarians from this area.

God Bless You All.

*Love and Peace,
Jan Landskroner
Fresno, California*

together — to an extent. To be intelligent you must have a memory. But the reverse is not necessarily true.

Long-term memory, the storehouse of a lifetime, enables us to remember incidents or objects in remarkable detail: our first car, our favorite dishes etc. etc.

Daring scientists are talking about the workability of getting transplant of memory molecules from someone who knows to someone who does not to transfer the memory from the former to the latter.

There is a great deal of speculation and controversy over the possibility of developing futuristic pills for learning and memory. At this moment it is a distant possibility.

It is generally held that we can't remember before we are 3 years old. We remember quite well after we are 4 years old. One prevailing theory is that infant's immature nervous system prevents him from storing memories.

Of course, there are always exceptions to the rules.

FUTURE KNOW HOW

The safety and security of the world must be safeguarded for future generations. Peace and security are basic human rights.

How can future generations be given a sense of integrity, security, stability, and a future full of opportunity and happiness?

How can they be given a sense of human unity and taught to live cooperatively with kindness and goodwill in their hearts?

How can they be trained to recognize a relation to young people everywhere and their joint responsibility for the future world along with the youth of other lands?

It can be done by the technique of goodwill which will establish right human relations between individuals and nations.

In every nation there are some people who think in terms of what is best for the whole of humanity and are working towards human unity. They realize the only hope is thru education and personal example.

It is for us, the older generation, to imbue the youth of today with the spirit of goodwill as the ultimate triumph of life.

We do this by the awareness of the *principles*, *practices* and *potency* of goodwill in everyday living.

The *principles* of goodwill are tolerance, respect and compassion toward everyone regardless of race, nationality and creed. The *practices* of goodwill are outlined in the Golden Rule and its *potency* is released thru its *practices*.

The triumph of the human spirit is the sought-after victory.

Margaret Doring



Gardening and landscaping at Astara is under the direction of Herbert Nakano.

PEOPLE AT ASTARA



Rev. Pearl Secrist

Pearl is Dr. Earlyne's personal secretary, taking over from Vi Appeman who semi-retired last year. Vi still comes in twice a week, though, to assist Pearl in this many faceted position. There are manuscripts to type, to be corrected and retyped; letters to write; correspondence to keep track of, and dozens of other major and minor details relevant to being Dr. Earlyne's right hand.

It's a long way from Indiana, but Pearl and Lester made it to Los Angeles in 1961. Both she and Dr. Robert are from the Hoosier State ... he preceding her here by a decade. Pearl married Lester E. Secrist in 1937 back home. They raised five children ... four boys and one girl. All are married, and have made the Secrists the proud grandparents of 13 grandchildren. How would you like to have *their*

birthday and Christmas lists!

Our Rev. Pearl began her spiritual seeking long before coming to Los Angeles. She studied The Science of Mentalphysics along with Astara. The pull to California became great, so the move here was made. She wanted to learn to speak for and teach Mentalphysics under the tutelage of the late John E. Dingle (Ding Le Mei). She started at the Institute as an office worker, then rose to the rank of manager until the Institute sold their property and moved to Yucca Valley. (The building is only a few blocks from Astara, and has been acquired by the Korean Methodist Church, so the area still serves spiritual purposes.)

In addition to being office administrator, Pearl lectured at the Mentalphysics headquarters. She rightfully earned her ministerial degree in 1968, and was so ordained. It was a natural transition that she come to Astara when Mentalphysics moved its base of operation, and Vi wanted to semi-retire. It was smooth as silk, for one door never closes but what another opens.

Pearl is a beautiful woman. There's not a line on her face to indicate she's had her share of life's problems; there is always the bright smile. It's because she lives what she teaches.

She's interested in so many things that it's difficult to pin her down as to hobbies. "Well, sewing and gardening and reading and counseling," she said. She added that she also loves to help Lester with his wood-working hobby in his garage workshop.

What a wife and mother. What a minister. What a friend and helper is Pearl Secrist.

—Heidi Olsen

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



SHARE AN EXPERIENCE OF

KUNDALINI and the WHITE LIGHT



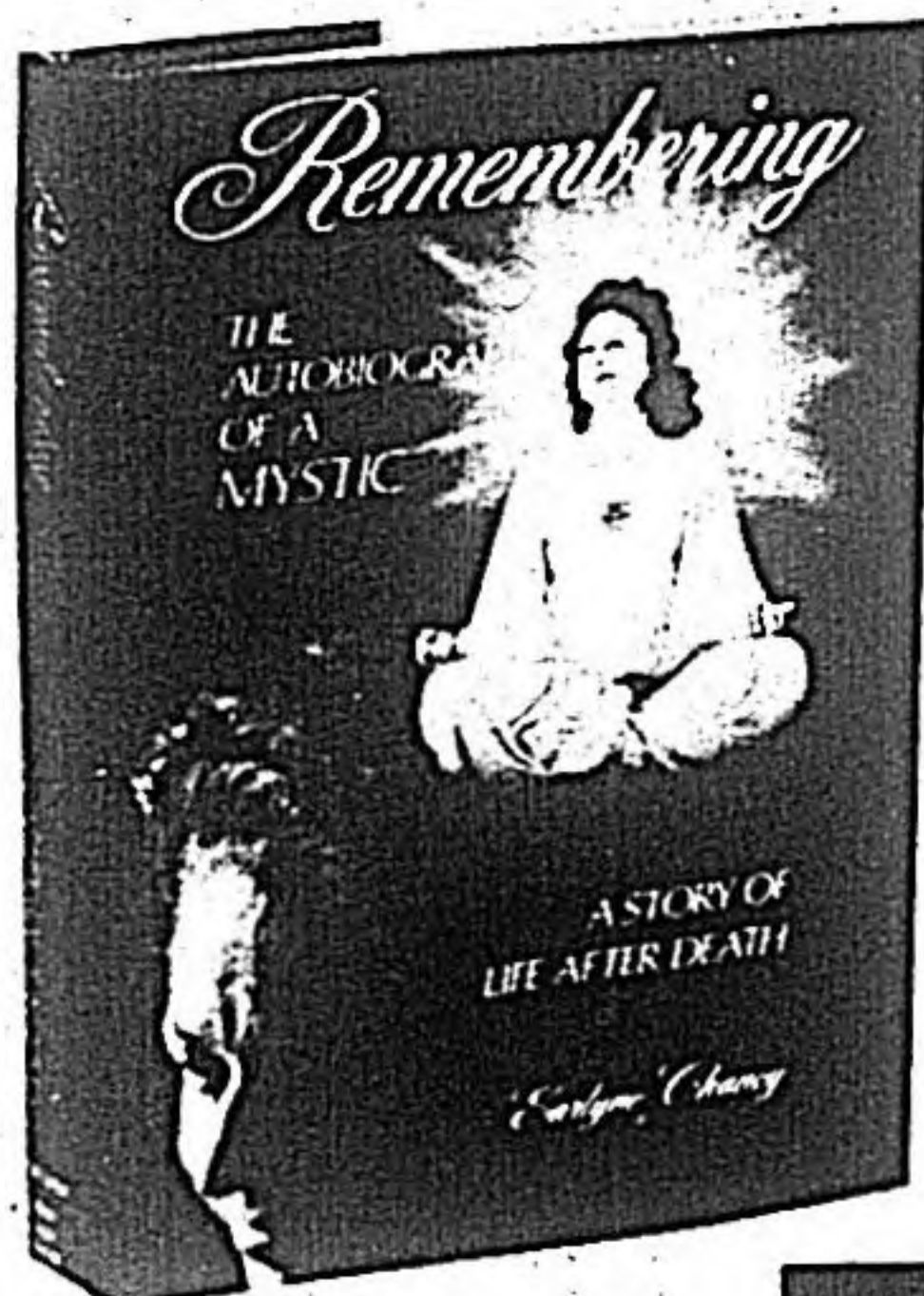
HAVE YOU EXPERIENCED AN EXPLOSION OF HIGHER CONSCIOUSNESS?

Share such an awakening with Earlyne Chaney as you read her remarkable account in *"Remembering — The Autobiography of a Mystic"*. She relates her face-to-face encounter with a Great Being from the Otherside, through whose guidance she experienced the awakening of Kundalini, the mysterious Serpent Power.

Psychic awareness, astral projection, the ability to heal — all became a part of natural functioning after her contacts with the Infinite White Light. She describes her search for the answers to life after death, her intense drive to attain Cosmic Consciousness through the practice of Lhama Yoga and Cosmo-Meditation, the techniques given her by her Master. And she describes how she was led to find one she had known, loved and remembered from a previous life.

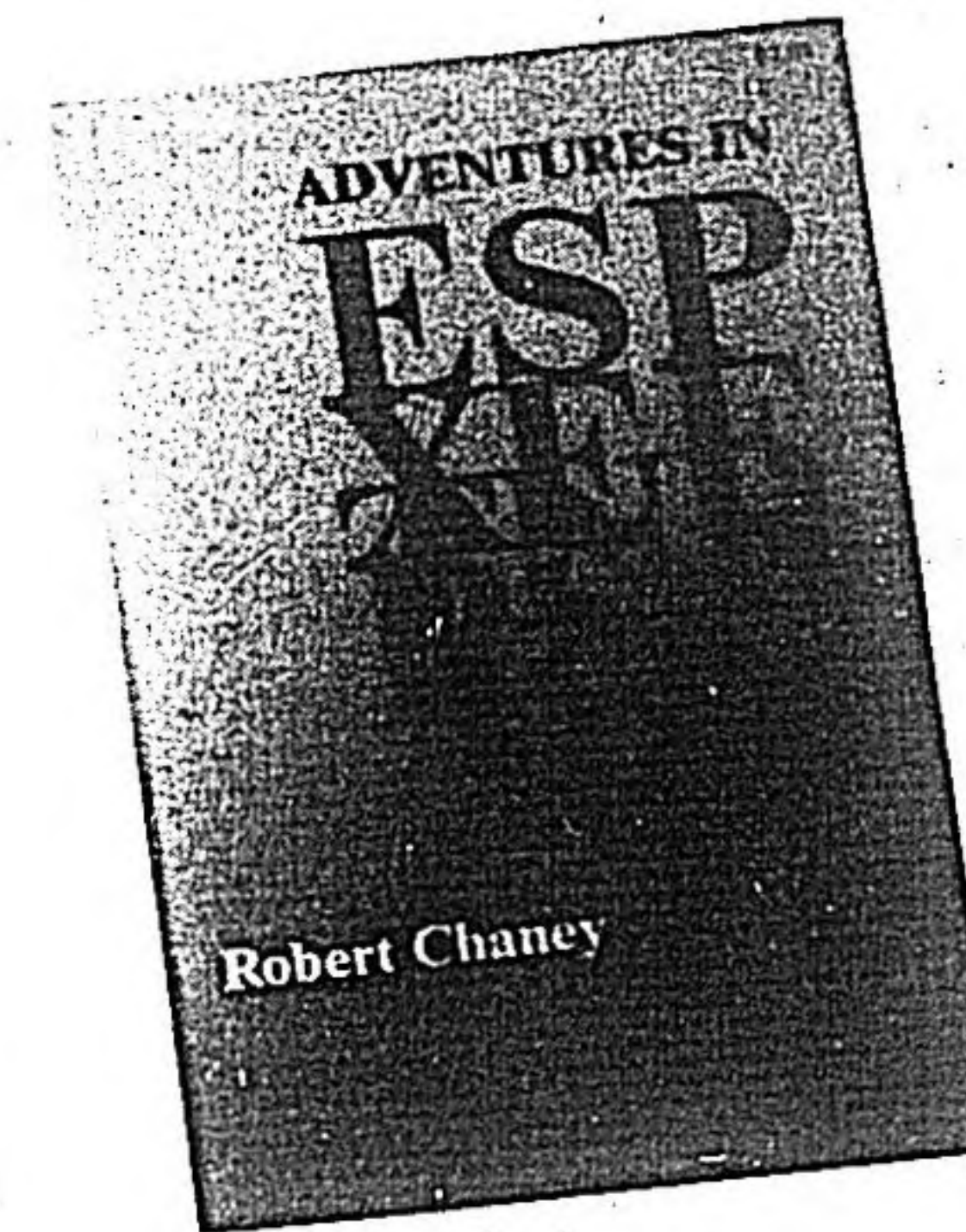
Share her journey of mystical experiences in *"Remembering — The Autobiography of a Mystic"*, destined to become one of the most important spiritual writings of our time.

Hard Cover \$8.50



"... a philosophically guided tour past the treasured milestones of memory in the romantically inspiring life of the modern mystic, Earlyne Chaney."

—Harold Sherman, author of *How to Make ESP Work for You and You Live After Death*



ADVENTURES IN ESP

By Robert Chaney

Would you like to focus your inner sight on visions of other dimensions, or on scenes a thousand miles away? Or know the history of an object, or its owner, simply by touching it? Could you use a time-tested formula to improve your intuition?

Adventures in ESP is a guide to fascinating inner areas of your Self . . . areas that hold all the promise of the Aquarian Age person.

You'll find it a clear, compact study of ways to develop the three psychic faculties most frequently used in the waking state — *Clairvoyance, Psychometry, Intuition* — plus additional chapters on *The Art of ESP* and *The Aquarian Age Consciousness*.

Here is a book of new age ideas, lessons and development exercises to help you use Extrasensory Perception, ESP, in your daily life . . . to help you solve problems, be more creative, harmonize your relationships with others, improve your business or profession, and experience a deeper and more enriching inner life.

Adventures in ESP is not a book of academic, technical material related to the usual laboratory experiments and group testing of research scientists. Rather it's an instructional manual of individual development for the person who already understands the theory and philosophy of ESP and wants to do something about it in his own life. It's a concise, compact workbook . . . one you will recall daily as your own experiences correspond to the principles and teachings it presents.

ABOUT THE AUTHOR

Robert Chaney left the business world in 1938 to use his psychic talents on behalf of others. He engaged in spiritual healing, demonstrated and taught numerous aspects of psychic phenomena.

Through lectures, classes, demonstrations and writings he has brought knowledge, comfort, peace of mind and personal attainment to thousands. His personal biographical data is found in *Who's Who in the West*, *Who's Who in California*, and in *Men of Achievement*.



Soft Bound \$3.75



“An amazing experiment in electric communication with the dead . . .”

BREAKTHROUGH (c) \$9.50
by Konstantin Raudive, Ph.D.

The accidental discovery in Sweden that voices of “dead” persons were being recorded on tape led to six arduous years of research and documentation of the results by Dr. Raudive and other eminent scientists and theologians who joined with him in an effort to understand what was happening. This breakthrough in communication between this world and the “next” is exciting for those who know, and for those who want to know, that life does continue on another dimension.

ESCAPE INTO THE PSYCHIC KINGDOM by Patrick Mahony (p) . \$2.80
PSYCHIC PERCEPTION by Jos. Murphy (p) . \$2.35
COSMIC POWER WITHIN YOU by Jos. Murphy (p) . \$2.35
THE PYRAMID & ITS RELATION TO BIOCOSMIC ENERGY
(14-pp Monograph) by G. P. Flanagan \$3.00
PYRAMID POWER by G. P. Flanagan (c) . \$6.95

Astara 261 S. Mariposa Ave. • Los Angeles, CA 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.

CHECK BOX BELOW WHEN ORDERING

- ☐ *Remembering — The Autobiography of a Mystic*
- ☐ *Adventures In ESP*
- ☐ *Creative Self-Transformation Through Meditation*
- ☐ *Breakthrough*
- ☐ *Escape into the Psychic Kingdom*
- ☐ *Psychic Perception*
- ☐ *Cosmic Power Within You*
- ☐ *The Pyramid & Its Relation to Biocosmic Energy*
- ☐ *Pyramid Power*

_____ Number of books ordered Amount \$ _____
California residents add 6% tax \$ _____
Total amount of this order \$ _____

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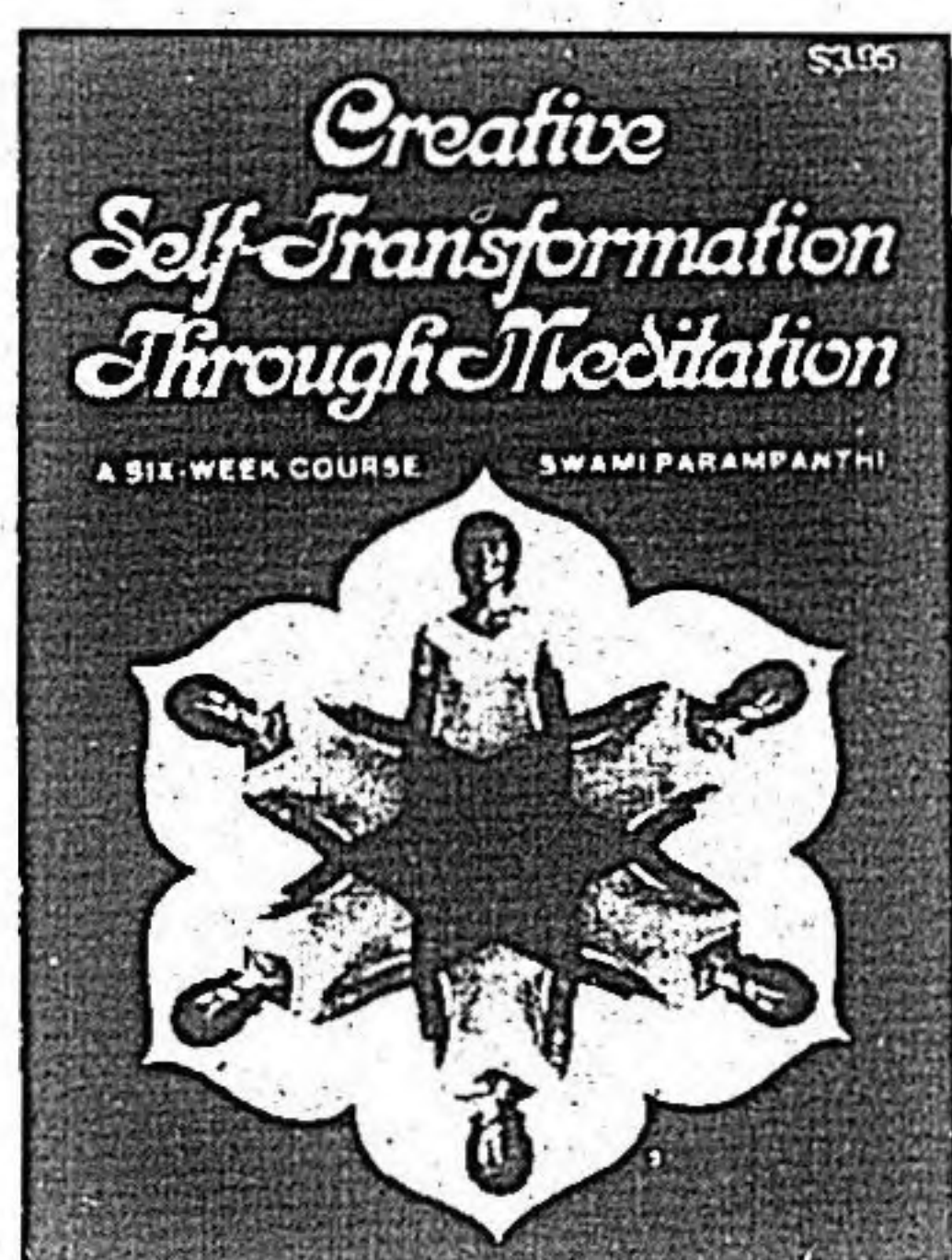
SEND TO

Name (please print)

Name and number of street

City State Zip Code

Soft bound \$3.75



CREATIVE SELF-TRANSFORMATION THROUGH MEDITATION

A SIX WEEK COURSE

by

Swami Parampanthi

To really change yourself in a creative way, to bring forth your inner potentials, go directly to the source of your highest inspiration and creativity ... your own inner being.

Many persons are introduced to meditation practices shrouded in so many myths that they never realize the benefits which are available through serene simplicity. *Creative Self-Transformation* shows how you can gain meditation's many benefits without withdrawing from the normal world.

Swami Parampanthi helps you discover that, without realizing it, you have actually been meditating all your life — and that by the application of a few simple self-disciplines you begin to utilize your own natural powers in a self-creative way, integrating your normal consciousness with its higher counterpart. To gain spiritual insight, or to become more creative, competent or capable, or to achieve any of scores of personal benefits, you will find that *Creative Self-Transformation* offers you the path towards greater success, self realization and fulfillment.

Swami Parampanthi realizes that the meditation practice which helps one person may not be best for another. He therefore provides alternatives and suggestions which enable you to originate variations of special benefit to your goals, circumstances and requirements.

In this compact soft cover volume you are given a goal for each week of instruction. You are then presented ideas, exercises and disciplines which traditionally have led to the realization of those goals, along with suggestions about ways to personalize them for your individual requirements and purposes in your world today.

If you want to be your *real self*, use the order coupon for *Creative Self-Transformation*, a treasury of instruction on the world's oldest and most helpful personal science available in one book.

ABOUT THE AUTHOR Swami Parampanthi

... was born in the shadows of the Himalayas in Assam, India, in 1928. His religious training began at the age of five under His Holiness Swami Muktananda Paramhansa, the family guru. After graduating from Hindu College, he studied six more years at Viraj Religious Institute, then did personal research throughout India and in the Himalayas with many teachers. He has taught and lectured throughout the United States since 1958 at universities, seminars, churches, clubs and is a staff member of Astara in Los Angeles.



THE ATTAINMENT OF ILLUMINATION

... is achieved in two ways.

One is through experience and studies — a process by which insight is gained gradually through analysis, comparison, and acquiring knowledge step by step.

The second is through a sudden burst of perception which may also be the consequence of experience and study, or may be the result of spontaneous intuition.

Astara's Degree Lessons lead to the attainment of illumination by both methods. The Lessons provide the foundation on which illuminative insights are gained . . . they clear the inner channels that lead to sudden and often unexpected intuitive insights.

And illumination leads to initiation — to being accorded the privilege of entering a higher stage of wisdom and being, the opportunity for still greater awareness, graduation to a higher state of Self.

Your next two Lessons lead you through these higher portals of Light. Use the Continuation Form on the reverse side for additional Astarian Lessons.

WORRY NOT ABOUT THE PAST,
IMPROVE THE PRESENT,
GO FORTH TO MEET THE FUTURE.



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 _____

-----Cut along dotted line-----

request for cosmic help



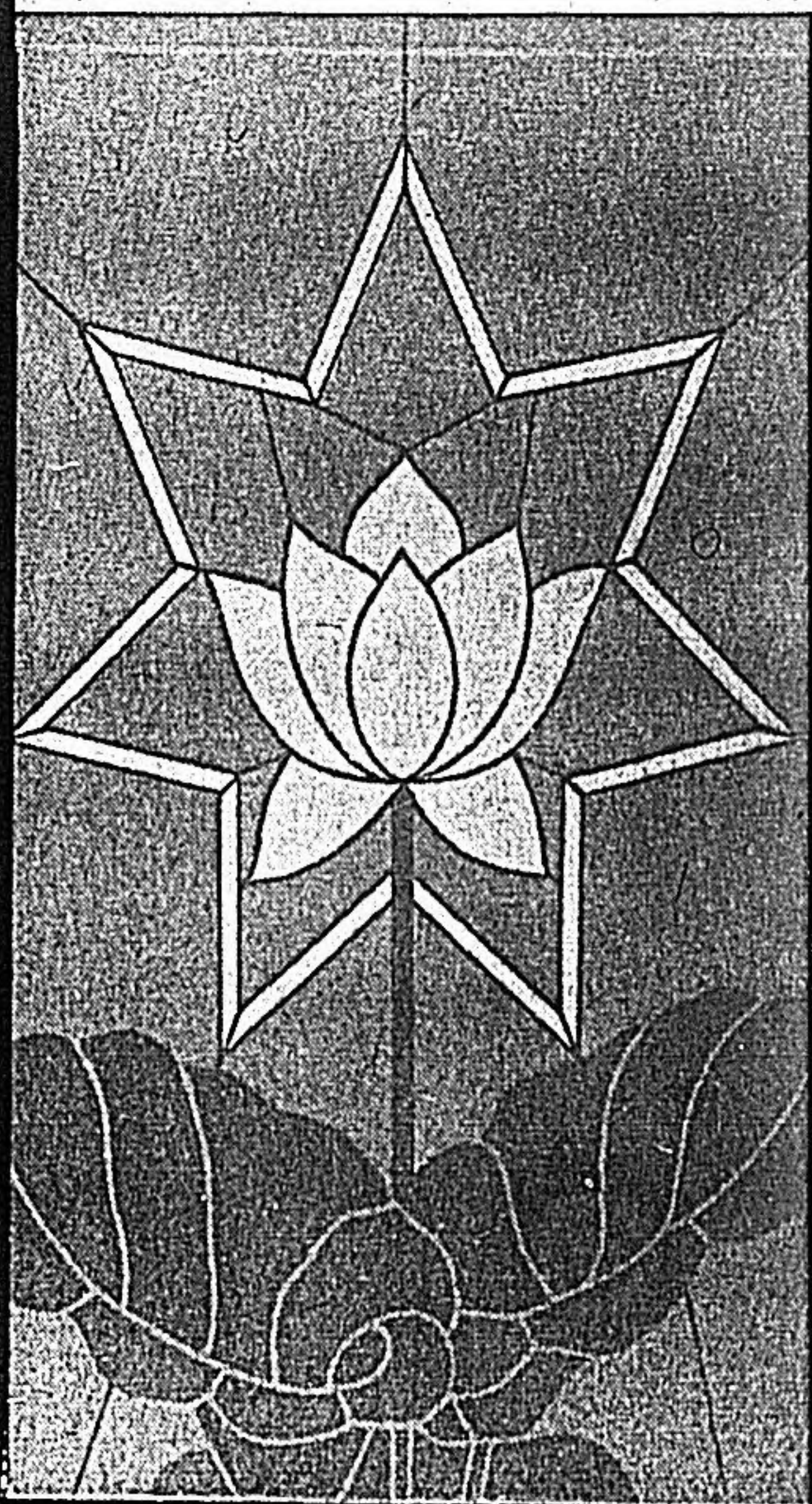
circle of the secret seven

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



Stamp



Astara

261 South Mariposa Ave.
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

LEWIS CSER LEAVES POSITION



It is with regret that we announce that Lewis Cser, Superintendent of Astara's print shop and a member of Astara's staff for over 14 years, is leaving to engage in electrical and building contracting. He already has an apartment house, a church and 22 homes to build so he will be nearly as busy as he has been at Astara.

Lewis has been an extremely valued staff member. His supervision of Astara's printing has brought us many commendations for superior work. He has literally saved Astara thousands of dollars through excellent management. As disappointed as we are at his leaving, we can only wish him the very best of good fortune in his new undertaking.

NEW PRINTER FOR VOICE

For the first time in nearly 24 years an issue of the *Voice* has been printed outside Astara's own print shop. This issue was printed by Griffin Printing Company of Glendale, California.

Two factors contribute to having the work done "outside." First, Astara's print shop has more than it can handle with Lessons and similar material. Second, the larger, high speed presses available elsewhere make it more economical.

In the future the format of the *Voice* may change slightly from issue to issue as we experiment with better ways to produce it, while at the same time reducing costs to make up for increased postage and other expenses.

THE NEW LEAF BOOK SHOP

The New Leaf is the name finally selected for Astara's public book shop located at 3811 West 3rd St., Los Angeles, just a half block from headquarters.

The book shop has been open about two months and with its stock of both used and new books, is performing a real service to members and to many others who are seekers on the path.

If you have used books that you would like to donate to the 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.

A VISIT WITH ROBERT



June, 1975

Dear Fellow Astarian:

How much is one half?

When we arrive at mid-year it's good to review what has been accomplished and compare it with the goals set up at the beginning of the year. Sometimes it seems depressing when apparently little has been done and half the year has disappeared.

It's then that I like to recall an old well-known poem by an unknown author:

'Twixt optimist and pessimist
The difference is droll;
The optimist sees the donut,
The pessimist sees the hole.

It has also been said that the pessimist sees half a glass of water as half empty, while the optimist sees it as half full.

So we have the choice of seeing this year as half gone, implying there isn't much use to continue striving for our goals during the time ahead.

Or we may see it as a full half year still available, during which we can re-double our efforts and ultimately harvest

the seed thoughts we planted last January.

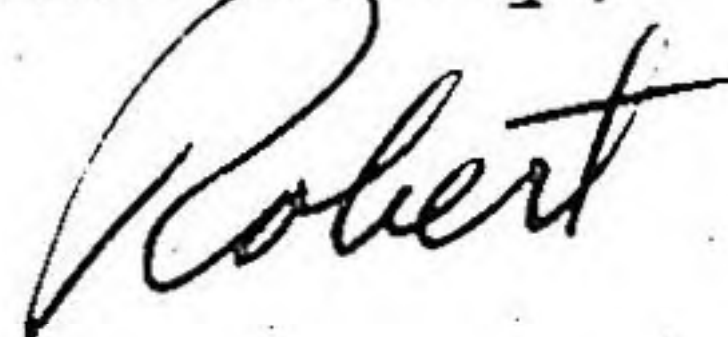
Remember that even though some of those thoughts haven't yet begun to appear on the visible surface of circumstances, they continue to germinate. It may take just a very little bit of assistance--perhaps a few sessions with the White Light, and a little more work--to bring them sprouting into the world, ready soon for harvesting.

So let's not allow the mid-year even appear to be half empty, for it really is half full, and soon we'll be filling the other half also.

Sita completes her first year of college this month, which is a stimulating kind of milestone. We'll soon be publishing the Light and Life Cookbook, just in time for northern hemisphere Astarians to test the recipes with many garden fresh vegetables. Earlyne and I, and the rest of your staff at Astara, will be busy filling the second half of the year with as much Light for you as possible.

Best wishes--

Sincerely,

A handwritten signature in cursive script, appearing to read "Robert". The signature is written in dark ink and is positioned below the word "Sincerely,".

REMEMBERING



My Dear Doctor Chaney:

I have just finished reading your wonderful book, *REMEMBERING, The Autobiography of a Mystic*, and to say I found it fascinating is to put it mildly! I was enthralled by this beautiful story of your Mystical Experiences and the proofs presented of a life after death, and the revelations of what occurs in the joyous continuity of life beyond this earth plane.

As I read of your Hollywood years, I well remember the first time I heard of you, when you were one of Hollywood's most promising young players and how every columnist wrote about you, predicting great fame and fortune for you. I was then advising and guiding some of Hollywood's greatest stars, and I knew that you even then had a certain mystical aura, which I called "The Magic Circle," that destined you for even a greater career than that of Stardom on the silver screen. I knew that one day your name would become world-famous and that as a Mystic you would find the truly great destiny which you deserved! God guided you to giving up your career as a Movie Star to go on to even greater glory serving Him and Humanity.

I have long admired your work, with your illumined husband, Dr. Chaney, in ASTARA, and I have attended your Services in your beautiful Chapel on Mariposa Ave., and I found both you and Dr. Chaney inspired and illumined with the True Light of Cosmic Spirit.

I believe everyone should read your great book, *REMEMBERING*, for it truly gives the answers to many of life's most baffling questions about life and death.

May your work continue to grow and prosper, blessing humanity with your messages of faith and inspiration.

With best wishes, I remain,

Your friend and admirer,
NORVELL

Anthony Norvell is a world-renowned Astrologer. The titles of the books which he has authored are too numerous to list. They are to be found in most book stores. Two of his principal books, "Metaphysics — New Dimensions of the Mind" — \$2.35 and "How to Control Your Destiny" — \$1.90, may be ordered from Astara's headquarters.

Thank you, Mr. Norvell, for your beautiful words concerning Astara and the Chaney's.

HEALING OUR PETS

Astarians know that healing works through the chakras (etheric force centers), the subconscious mind, and through conscious direction of the healing energies. How, then, can pets be availed of these healing potentials when they lack chakras, a subconscious mind or a Self-consciousness as do we humans?

Through Prana

Healing energy is all around us. It manifests as solar prana which permeates our atmosphere, unfelt, unseen. Mystics know, however, that this healing solar prana (White Light) is constantly inbreathed by all living things as a natural course of events and, more importantly, that it can be influenced by the force of thought . . . *for energy follows thought.*

An animal doesn't think in these terms. He is capable of love and emotion, and a certain degree of self-consciousness which gives him his particular personality. But he

knows nothing about invoking healing energies for himself. He belongs to a Group Soul and is not an individualized Self as are we.

Each species is overshadowed by its own Group Soul, of which each animal is a part . . . be it our dog or cat, our pony, our parakeet, hamster or pet monkey. This being the case, how can Astara's healing science help them?

Through You

Everything on earth, animate or inanimate, is surrounded by its own electromagnetic force field. Your pet radiates his; you radiate yours. The point to remember is that you can influence yours. He can't.

We know that the healing solar prana (White Light) is inbreathed as a natural process . . . and we also know that it can be invoked and concentrated by thought. It seems to follow, then, that if one mentally directs this pranic ether into the force field of his pet he, simply through the process of breathing, *must* in draw a greater degree of its healing quality since it is surrounding him in greater quantity. Further, one can also visualize this

Continued on Page 14

IN MEMORIAM

To the following people who remembered their loved ones with gifts to Astara, we give thanks.

Juan De Jesus in memory of his father, Luis De Jesus.

Catherine E. Smith in memory of her son, Ken.

Grace Eyerley in memory of her father, Anthony Chirieleison.

Hedy Milicevic in memory of her parents, John and Anna Hemm.

Karen E. Eckert in memory of her aunt, Mary Burt.

Frances Paelian in honor of her parents.

Martha Mobley in memory of Christie.

Robert and Harriett Edmonds in memory of Maree Chaney and Mae Jones.

Florence E. Heifner in memory of her husband.

Barbara K. Erickson in memory of her husband, Kenneth.

Susan T. Kiraly in memory of her husband, John J. Kiraly.

Carl Ufen in memory of his mother, Anna A. Ufen.

Mrs. Caroline Victor in memory of Oscar H. Kopp.

BUILDING FUND

Mrs. Mary A. MacLeod
Daniel G. Radakovich
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Mary N. Nichols
Sadée McAvoy
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Mary L. Stuart
Herb & Thelma Haskett
Joyce VanBlunk
Mrs. Gladys H. Delaney
Doris M. Bridle
Robert Rackley
Garnet S. Petley

Medallion winners

Herb and Thelma Haskett, AZ

Continued from Page 13

Light permeating the area of disease or distress.

Through Prayer

It is not outside the realm of possibility that Group Souls respond to the fervent prayers of one who asks healing for his pet. Remember that energy follows thought, and the heartfelt energy generated by one's prayers surely can't help but touch the heart of the overshadowing Group Soul. In response, this Group Soul might very well extend more of its energies to the pet, augmenting the process of potential healing you have already set in motion.

Since God gave man "dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth," it follows that it is also within man's dominion to exercise God's healing energies for every living thing.

—Hildegarde (Heidi) Olsen

BOOK PUBLISHING PROGRESSES

Astara's Library of Mystical Classics has achieved immediate acceptance among members of Astara as an outstanding series of spiritual books which bring Light to the seeking person.

More and more frequently we are also hearing from book stores who wish to provide their customers with one or more of the titles thus far published.

The type is now being set for the fourth book in the series titled *Light and Life Cookbook*. It is truly a new-age adventure in good eating and provides a 40 day transitional diet from meat eating to vegetarianism.

Light and Life Cookbook contains menus and recipes and innumerable tips on preparing food in ways that provide the greatest possible physical benefits — making the body a better instrument for the spirit which inhabits it.

Light and Life Cookbook will be sold in stores at the retail price of \$6.95, but a pre-publication offer will be mailed to you in a very few weeks enabling you to purchase it at only \$5.95. Be sure to watch for the mailing.

SPEAKERS AT ASTARA

JUNE '75



Patrick Mahoney



Joseph Murphy



Anne Francis



Earlyne and
Robert Chaney



Rodolfo Silva



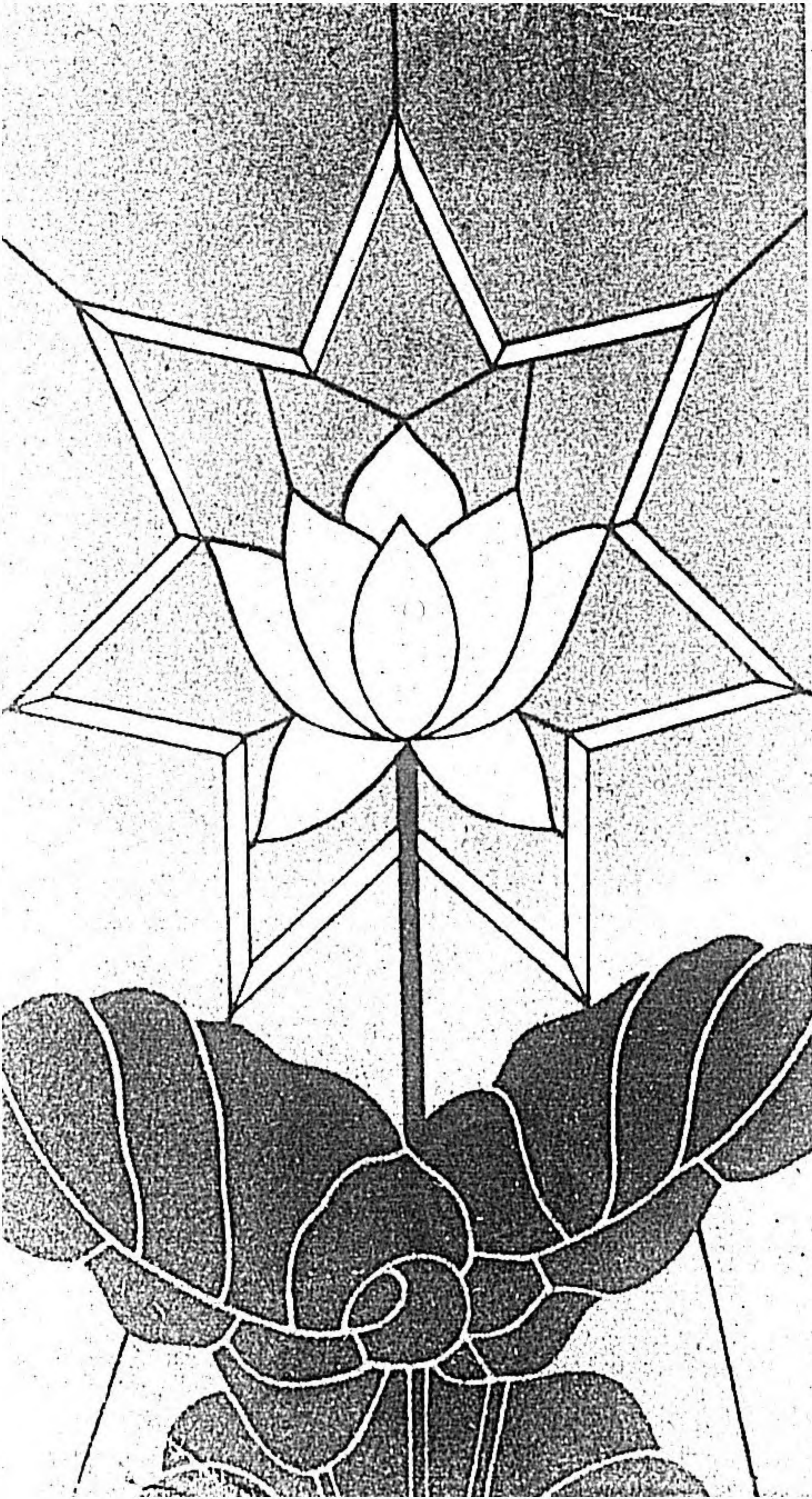
Swami Parampanthi

- June 1: THE UNCONQUERABLE TRUTH
Robert Chaney
- June 8: EXPLORING THE WONDERS AND EVILS
OF THE PSYCHIC WORLD
Patrick Mahoney, speaking
Robert Chaney, healing service
- June 15: THE LAWS OF SPIRITUAL WELL BEING
Swami Parampanthi, speaking
Rodolfo Silva, healing service
A special service, 2:30 p.m.
PSYCHIC PERCEPTION
Joseph Murphy, speaking
- June 22: BE YE TRANSFORMED
Anne Francis, speaking
Earlyne Chaney, healing service
HEALING CHAPEL, 2:30 p.m.
A special service conducted by
Earlyne and Robert Chaney — group
and individual healing.
- June 29: THE WARRIOR WITHIN
Rodolfo Silva
- July 6: THE UNFOLDMENT OF INNER YOU
Swami Parampanthi, speaking

Sunday Services at 11 A.M.

Telephone: (213) 387-7187

ORGANIST: Rose Diamond



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