

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

# Voice of Astara

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Editor: Swami Parampanthi



## SOMETIMES A MIRACLE

by Marcus Bach

I would be the last to put a limit on the power of the adventurous life. People are always doing things which I thought could not be done, going to places which I thought could never be reached, and finding things I thought could never be found.

Sometimes there are miracles.

I met such a man one night at the home of a friend on the West Coast. He was a slender, middle-aged, scholarly man with rimless glasses. We had been talking about life's unexplored and unexplained dimensions when he told me his remarkable story.

At sixteen he had been blinded, the result of an accident, and subsequently he had been provided with a seeing eye dog. The dog, Saga, became the light of his life. The dog acted as his eyes when he went to college, and when he got his degree, Saga was on the platform with him.

Some years after graduation he and Saga were walking one night on a New York street near his home. Suddenly he heard the terrifying screech of brakes and the onrush of a careening car. The dog was jerked out of his hands. Then he heard people scream. Frantically he searched about him, only to discover that Saga lay dead at his feet.

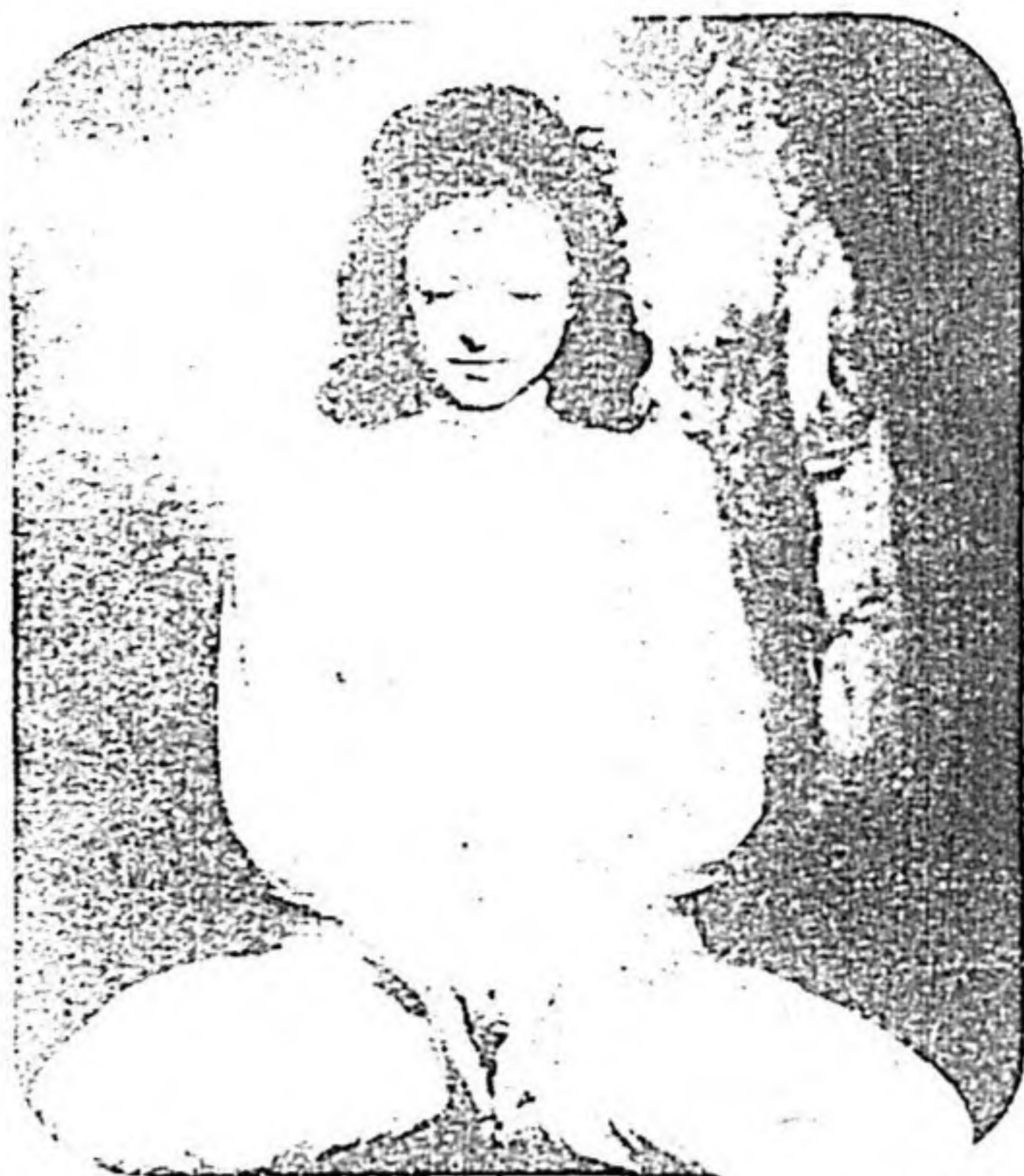
He said he stood there knowing that part of his world had been destroyed, feeling rather than hearing the voices of the people around him. A policeman asked him for information. He replied but he hardly knew what he was saying. Then he heard someone whisper to him, "Come, I will take you home."

"Dazed and confused," he related, "I took the dog in my arms and let the stranger take me to my apartment. He

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## A DAY WITH EARLYNE CHANEY



### MEET WITH THE AUTHOR OF "REMEMBERING—THE AUTOBIOGRAPHY OF A MYSTIC"

Saturday, November 1, 1975

10:00 a.m. to 4:00 p.m.

Scottish Rite Temple

4357 Wilshire Blvd., Los Angeles, Ca.

Dr. Earlyne uses color slides and personal demonstrations to illustrate her teachings about the subtle anatomy of your Self; your initiation in the Clear Light at the moment of death, reincarnation and karma, the Bardo and Judgement which depend upon your awareness of the Light, techniques which lead to spiritual illumination and initiation, yogic techniques, and other subjects as time permits. Bring your questions concerning ancient wisdom and mysticism. A day with Dr. Earlyne is like a day in the Mystery Schools. Tuition is \$10.00 (\$5 for a second person in the same immediate family). Includes lunch. Seating is limited and reservations are necessary. Contact Registrar Rodolfo Silva as early as possible.

## FIFTH DEGREE LESSONS READY

Two more lessons in the Fifth Degree are now available. Lesson 20 continues with the following teachings: Jesus - Man, Myth, or Christ; the Conflict between Church Dogma and Doctrine; the Christian Trinity and Hindu Trinity; the True Meaning of Christmas; the Mystic Christ; the Need of Salvation.

Lesson 21 covers the Salvation by Planetary Migration, the Meaning of the Sacrifice of the Christ Spirit, the Mystery of True Baptism, the Fall of Man, Karmic Law of Redemption, and other topics.

If you have progressed in your studies through 5th Degree Lesson Number 19, the above lessons may be requested by using the enclosed continuation form.

## WHAT ASTARIANS DO

How would you like to be secure in your position as an optician manager, and then suddenly be thrust out into the art world as a painter? That's what happened to Astarian *John J. Browne* of Denver, Colorado. He tells us that one day when he was meditating he was "informed" he should paint professionally. He struggled for weeks about the possible loss of financial security, but the split was finally made. He's now on his way to becoming a recognized artist.

His paintings (watercolor, gouache and acrylic) were exhibited at the International House Gallery last July. The reviews were excellent, and more showings are forthcoming. John's work encompasses the beauty of nature and things of the spirit. He specializes in the Oriental fine brush art of *Sumi* which he encountered firsthand when stationed in Japan as

*Continued on Page 3*





a Marine. Sumi involves deep meditation on whatever subject is to be rendered, be it a tree, rock, river, bird or flower. The artist, at the moment of executing his work, must transfer into the drawing something which will remain forever, affecting all who see it. It should continue to emanate the same sensations he experienced when painting it.

John didn't just one day go out and start to draw. He studied photography, advertising and commercial art, anatomy, sculpture and fine arts painting at The High School of Art and Design and The School of Visual Arts in New York, but his inspiration came from Japan. There, he also mastered the ancient arts of Kung Fu, Karate, and the Samurai art of the sword—not for defensive purposes but for the spiritual philosophies behind them.

He still enjoys these activities, as well as swimming and boating, treks on the tundra of the Rocky Mountain passes which Colorado is famous for. He also plays the guitar "for pleasure only."

He and wife Lucie, also an Astarian, began their journey with us last January. John sums it up by saying, "Astara's meditative techniques helped me realize my potential to

## A TIME TO GIVE THANKS

This is the season for Thanksgiving. How better can we show our gratitude to the giver of all good, than to worshipfully give to Him our best devotion and sacrificial service?

Even as our forefathers paused at Thanksgiving to show appreciation for their blessings, we pause once again to express our gratitude for the good fortunes we enjoy.

As we gather together to ask the Lord's blessings at this Thanksgiving season, may we reap through His bounty—harvest of joys that will brighten each day of the year.

Thank you, Lord, for your blessings and guidance. We are thankful for good health, good friends—and that we can laugh. Thank you, Lord, for being so kind, and blessing us with a family and home so fine.

Thank you, Lord, for the food we have, there are many who are hungry. Thank you Lord for the opportunity to work, there are many who have no work. We are thankful that we can see and enjoy the flowers, the rain, the fog, the sunshine, the sunset, the birds that fly, and the big beautiful sky.

Many will be travelling far and near. But whether we eat at home, or with a friend, don't forget to bow your head and say a word of thanks to the God above for your health and strength, and for His love.

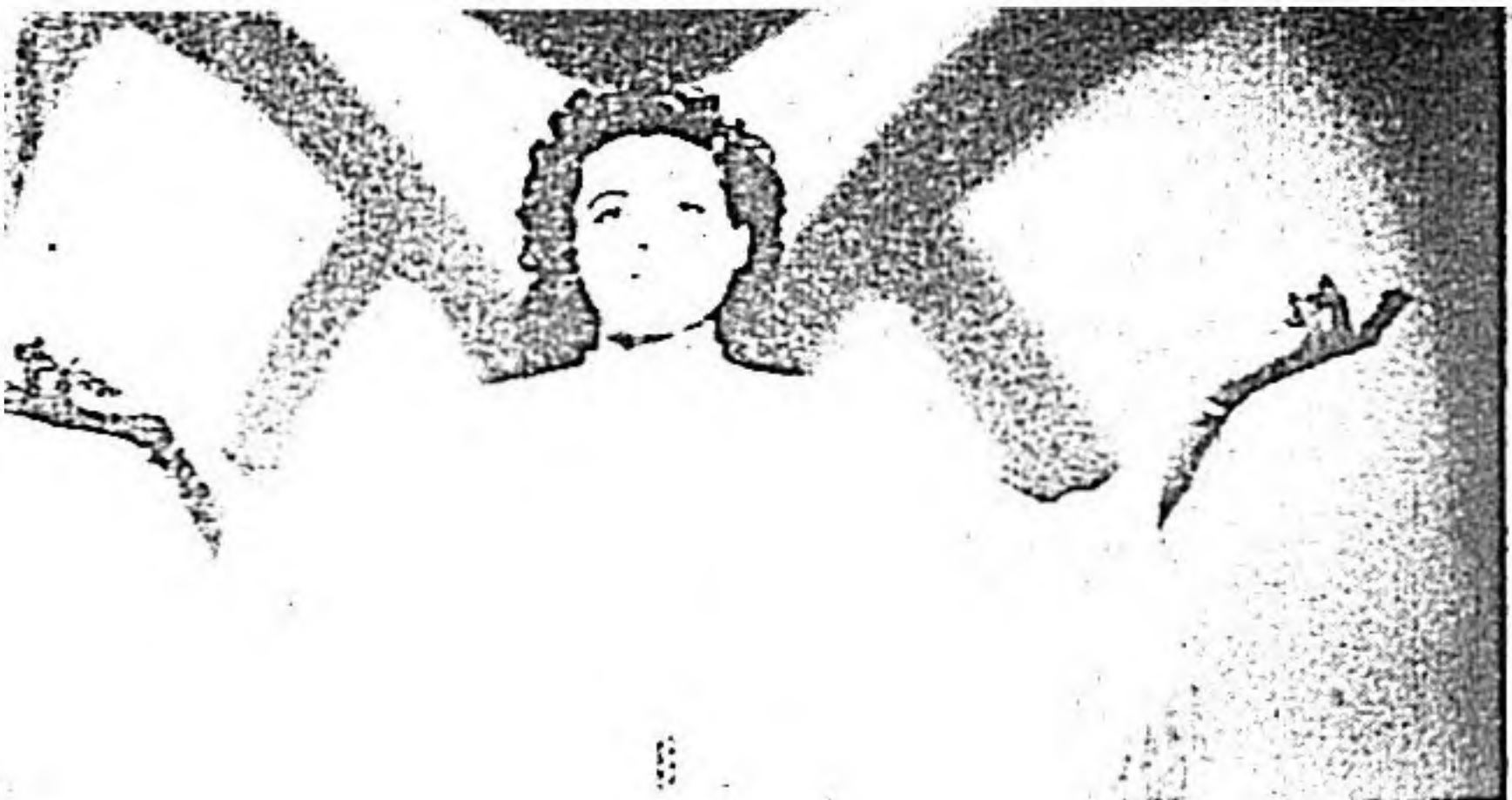
*Alfred A. Montapert, Author of  
Distilled Wisdom*

focus my energies so I could buckle down to seriously consider a professional career in fine arts painting."

Right on, John . . . and keep your artist's tools ever handy to capture the soul of what you see.

*Heidi Olsen*





# An Astarian in Need Never Walks Alone

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

Dear Friends:

I wish to express my sincere gratitude to Astara. After many years of searching for a way to bring science and the religions of mankind into harmony, Astara had the answer. Words cannot express what the Degree Lessons have meant in my life.

A short time ago, I sent a Healing Petition for a recurrent cyst on my right hand which I have had for 12 years. Surgery was performed twice, and the cyst always returned immediately. The doctors had no hope of ever removing it successfully. Since the cyst involved certain nerves, there was almost continual discomfort and some limited motion of the hand. Within a few days of sending the petition, the discomfort disappeared and the complete motion of the hand was restored. As if this were not healing enough, the cyst slowly began to reduce in size until within four weeks all that remained was the scar from the surgeries.

I will now be striving to substitute any negative thoughts with those of a positive aspect in order to obtain a permanent healing.

Love,  
S.J.W.  
Columbus, Ohio



Dear Fellow Astarians,

Not too long ago, I sent in a "Cosmic Help Petition" for my husband. He was drinking very heavily and was so surrounded by negative vibes that he had no feelings for anyone outside of our own immediate family.

Now, with deep appreciation and thanks to the Secret Seven, he has slowed down his drinking considerably, and has much better feelings for other people.

Astara, you have been one of the most wonderful blessings in my life. Before I found you, I had strayed from God, and I had no identity of my self. Now, thanks to your wonderful Degree Lessons, I have at last realized who I am, as an Astarian. And I send thanks to God daily, for leading me to you.

You have been the greatest inspiration and guidance that I ever could have dreamt possible on this earth.

I pray that I can be a stepping stone for others, to help lead them into the beauty of Astara. I offer these names, that perhaps you will send Astarian literature to, in hopes that they too can find themselves and God through Astara. (Two names follow.)

Sincerely yours,

T.N.

Canton, OH



*Continued from Page 1*

went in with me. We wrapped up the body of the dog and after a moment the stranger asked, "Do you mind if we kneel and pray together?" I said to him that this was about all there was left to do, and got down on my knees.

"I never heard a prayer so full of power. He was so confident about the presence of God that even when he prayed for the return of my sight, I believed him. I remember how I gripped his hand before he left: Then I went to bed and tried to sleep. In the morning when I awoke, I saw light streaming in through the window. I saw things I had never seen before. I saw the wrapped body of Saga. I saw my room. I was afraid to believe it. I dressed and hurried into the apartment across the hall, crying, 'I can see! I can see!'"

Later he went to the police station. He reported that he was the man whose dog had been killed, the blind man. The officer called several members of his staff and asked him to repeat what had happened. They wanted everything in great detail. Then a policeman said, "There is just one thing wrong with your story. No one took you home. There was no stranger with you. You insisted on going to your apartment by yourself and we watched you go. There was no stranger."

But to him, even now as he told me the story, the stranger was real. *Someone had been with him.* The fact that he could see was also real and it was real to me. And I thought as I looked at him and listened to him that, perhaps, if we but had the faith to adventure and believe, nothing would be impossible.

*The above article is an excerpt from the book "Make It an Adventure," Copyright 1975 by Dr. Marcus Bach and published by Astara's Library of Mystical Classics.*

## POEM

### THERE IS NO DEATH

By Elizabeth Myers

*Oft, in the twilight of a day's end,  
As I gaze at the sunset of brilliant hues  
The purple shades of night  
Cover the canopy of the skies  
With luminous stars  
Beacons of hope and Light.*

*My thoughts turn to the far-flung  
shores  
of Eternity, in the immensity of space  
And drift to the memories of a Love we  
shared.*

*When came the day, and you were gone  
To what far-distant shore?*

*Where are you, my soul cries,  
As suddenly  
I felt your presence near,  
Whispering of Love undying  
Telling me you have just stepped  
Through the door  
Into another dimension  
Of beauty, peace and Light  
Waiting for me  
On the other side of the door.*

*Telling me love endures forever more  
Gently, I hear, again  
I am here beside you  
When you need me most  
Nothing of God is ever lost  
I am here, WE LIVE.*

*As your presence fades away, I hear  
The echo of your voice  
Along the star-filled skies  
And know, we will meet again  
For we live Eternally.*



## NOVEMBER STUDY CIRCLE

### FORCES MOLDING HUMAN DESTINY

Swami Parampanthi presents the Study Circle every month 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 methods of self-development for spiritual illumination and wisdom. Each evening begins with simple yoga exercises and ends with a healing meditation.

In four Friday evenings in November, Swami Parampanthi will explore the four fundamental forces that mold and govern man's destinies:

- Nov. 7: The Karmic Heritage & Human Destiny**
- Nov. 14: The Parental Influence in Human Destiny**
- Nov. 21: The Socio-Economic Forces & Human Destiny**
- Nov. 28: The Psycho-Spiritual Powers in Human Destiny**

Swami Parampanthi has studied deeply the forces that mold human life in the East and West, and he has come to certain revelations which he will discuss in detail in these sessions. All welcome. Free-will offering.

## BUILDING FUND

Mrs. Mary A. MacLeod  
Lola M. Hoag  
Connie Veloz  
Mary N. Nichols  
Ruth Binz  
Aberemieka Ngofaka  
Rev. Ruth O. Holliday  
Gus Schumann

## PAM SARGENT HEADS BOOK DEPT.



Pam Sargent, who has been with Astara since 1971, has been appointed head of the retail book department. We are happy to welcome her in this capacity.

Pam's responsibilities include a search for new and interesting books that will help Astarians in their studies, purchasing books for both the convenience shop at headquarters and the public book store, and preparing the book lists that appear monthly in the *Voice*.

Pam's previous work with Astara also included correspondence with many members and assisting Dr. Robert with the Creative Giving and the Life Income Programs. She still functions to some extent in these areas, but her new duties require all her time. Later, another staff member will be appointed to fill her previous place.



# THE JOY OF COMMUNICATION

By Swami Parampanthi

The whole universe is in a state of perennial communication. The sun shines upon the world; the moonbeams dance in the night; a hundred different things in nature unfold the drama of call and response. In the realm of human beings, communication is the life-breath of existence. A human being is especially endowed with this gift of communication.

A human being has hands to gesture eloquently in joy and hope; he has words that ring with inspiration, love and wisdom; he has laughter which is the celebration of life; he has tears that well up from the depths of his heart to express a thousand emotions. Above all he has the gift of touch which is equal to a million words and he has the creative silence which is the end and fulfillment of all words, laughter, tears and gestures.

A human being without communication is incomplete. He is, then, shut in by his own isolation. His self-expression has no witness or approbation; his laughter rings in a vacuum of negation and emptiness; his words and emotions return to him in a hollow mockery, unreceived and unreciprocated by others. It is death in the midst of living. For man is a living being, seeking the Other. This Other is a friend, a companion, a wife, a husband, nature, universe and God.

We have been in this stream of communication since the beginning of time. It is true that in rare moments we establish a perfect communion with other human beings or nature or soul; and other times we fail, though an intense longing pulls at our heart-strings. It is wise to explore the

*Continued on Page 11*

# WEDNESDAY CLASS

Would you like to learn how to work with the healing energies? How to do absentee healing? Telephone healing? How to rid yourself of emotional blocks?

Who were the healers of old? Are they here still assisting us? What were their methods? Can we use these methods today?

To learn about spiritual healing and to tune into your own unique capacity for healing, come to the Wednesday classes given by Jacelyn Eckman.

This month's series will be especially oriented to group work . . . putting into practice what you learn.

Classes are at 1:30 and 7:45. Free will offering.

# DREAMS CLASS

C. C. Bateman, Albuquerque, New Mexico, nationally known dream counselor, returns to Astara to present a special class on Dream Analysis Saturday afternoon, November 22nd at 1:30. Tuition is \$2.00.

During a four year residence in the Far East, Mr. Bateman received instruction from a Tibetan Lama. He is a former U.S. Marine and test pilot.



*Fred Rayser, president of the Rayser Advertising Agency presents a plaque commending Astara as a valued client of ten years. The Rayser Agency prepares the advertising which appears in national publications.*



# ASTARA's Book List



Earlyne Chaney whose quest for truth led through Hollywood to world-wide prominence as a teacher of mysticism.

## Remembering

THE AUTOBIOGRAPHY OF A MYSTIC

By Earlyne Chaney

*REMEMBERING* is . . . a story of life after death . . . and love beyond death . . . the story of a quest for a love from a past life whose eyes haunted her dreams . . . of contact with a Great Being from the Other Side whose influence brought illumination to one in search of Light.

### *Do you believe unseen beings guide our lives?*

Do you believe unseen beings sometimes guide and guard those whose destiny is marked for greatness? *Remembering* tells of such a being — his appearance and his prophecy to a girl whose search for God led her away from orthodox religion and into mysticism . . .

### *Do you believe in life after death?*

Do you believe our loved ones can, under certain circumstances, return to bring solace and guidance to their bereft? *Remembering* tells of the pilot whose death in a plane crash changed the life of this same girl — how she turned from a career as a movie actress to search for the meaning of life and death and immortality. And how he returned to tell her he still lived . . .

### *Do you believe you have lived before?*

. . . and that you can dream dreams of the one whose love endured from the past? *Remembering* tells of the girl's lonely search for the beloved and how the pilot, from the Other Side of life, guided her to find the eyes that haunted her dreams.



Robert Chaney whose love, haunting her dreams of a long-ago life, guided her way into a new light.



Cpt. Marvin Moore the pilot who pierced the veil of shadows to tell of continued life.

This autobiography of a mystic is a true story of life from a humble beginning to a film career, then to eminence as one of today's outstanding authors of mystical teachings whose writings are sought by mystical seekers the world over.

*Remembering* by Earlyne Chaney is a life-changing experience. A journey through its pages is an upgoing path into the starmists of your own soul searchings, vague rememberings of other lives, other loves, other hopes, your own yet-to-be dreams.

*"In Remembering Earlyne Chaney demonstrates through a recounting of her own life how a movie star from Texas evolved into a mystic."*

—Brad Steiger, author of *Mysteries of Time and Space* and *Revelation; The Divine Fire*.

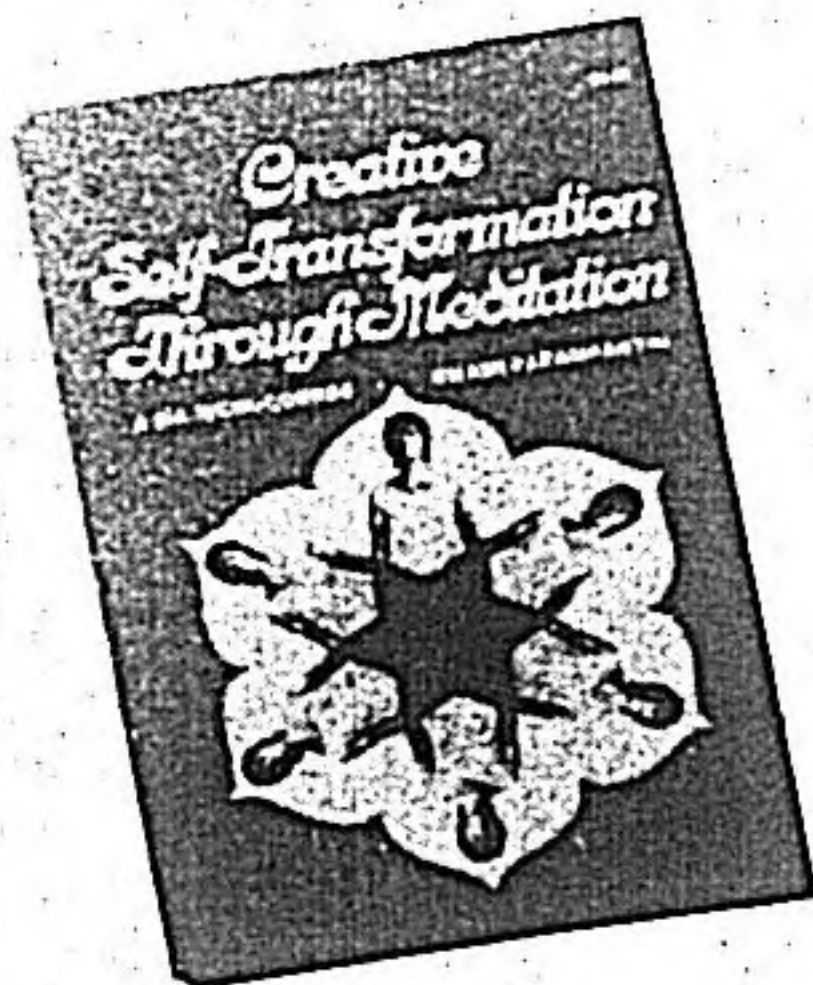






**Nov/Dec 1975**

Compiled by Pam Sargent



## **CREATIVE SELF-TRANSFORMATION THROUGH MEDITATION**

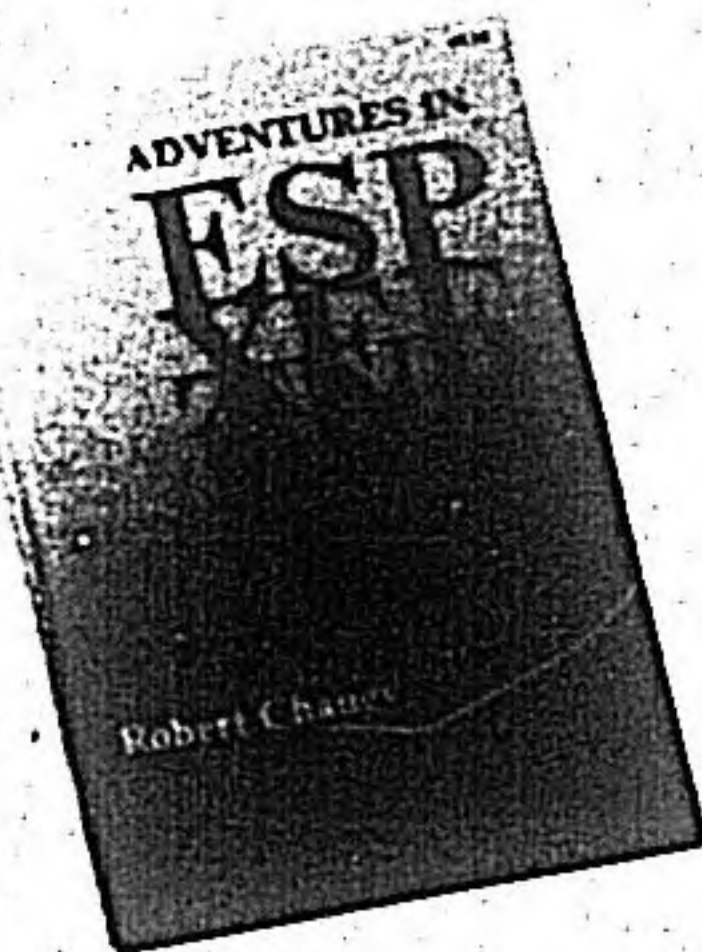
by Swami Parampanthi

### **A SIX WEEK COURSE**

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

Swami Parampanthi helps you discover you've actually been meditating all your life — and 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 scores of personal benefits, **Creative Self-Transformation** offers you the path towards greater success, self-realization and fulfillment.

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.



## **ADVENTURES IN ESP**

by Robert Chaney

Could you use a time-tested formula to improve your intuition? 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, simply by touching it?

**Adventures in ESP** is a fascinating guide to unexplored areas of your inner being ... areas that become revealed to the Aquarian Age person.

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 a concise, compact instruction manual to help you develop, use and apply ESP in your everyday affairs.



PROBABILITY OF THE IMPOSSIBLE

(Reg. \$10.00/Members' price \$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.

INSIGHTS FOR THE AGE OF AQUARIUS

(Reg. \$7.95/Members' price \$7.50)  
By Gina Cerminara. A scientific analysis of the problems of religion. Her humor and insight show the reader how to overcome problems of doubt, fear and intolerance by putting them into a proper perspective.



**Astara** 261 S. Mariposa Ave. • Los Angeles, Calif. 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

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| <input type="checkbox"/> <i>Remembering—The Autobiography of a Mystic</i> ..... \$8.50       | <input type="checkbox"/> <i>Insights For the Age of Aquarius</i> \$7.50      |
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|  | <input type="checkbox"/> <i>Sunrise</i> ..... \$1.90                         |

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ESCAPE INTO THE PSYCHIC KINGDOM

(Reg. \$2.95/Members' \$2.80)  
Patrick Mahony, an authority on the supernormal, teaches how to expand the inner life and develop ESP.



YOU ARE NOT THE TARGET

(Reg. \$3.00/Members' \$2.85)  
Laura Huxley gives many recipes for living and loving that are for anyone who wants to find harmony within the many sides of his personality.

\* \* \* \* \*

WHITE EAGLE TITLES

These beautiful teachings, channeled through Grace Cooke, make wonderful gifts of inspiration and upliftment.



SPIRITUAL UNFOLDMENT I ..... (c).... \$2.40

White Eagle's sound, practical advice and guidance on how to develop psychic and spiritual gifts, including healing.

SPIRITUAL UNFOLDMENT II ..... (c)... \$3.30

Describes the nature and the work of man's unseen companions of the fairy and angelic kingdoms, and how he can train himself to see and co-operate with them.

PATH OF THE SOUL ..... (c)... \$2.85

The great soul tests or initiations undergone by every soul on its journey towards the "man made perfect".

SUNRISE ..... (c)... \$1.90

The nature of the life beyond, and how man, while on earth, can build a bridge between the two worlds so that death cannot separate him from those he loves. A book to comfort and inspire.



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



## FELLOW SEEKERS AT ASTARA:

I wish to be active in Astara in as many ways as possible. Therefore, I am sending with this Messenger Envelope a monetary gift which represents that action on my part.

Just as Astara is part of me through its Lessons, letters, healing and other services, so do I feel myself to be part of Astara by contributing the enclosed. As I see Voice articles telling me of each objective gained in 1974, I will know that I have helped make them possible.

The amount I have enclosed is \$\_\_\_\_\_

(please print)

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

(U.S. residents may deduct contributions from U.S. income tax.)



TO SEND A DONATION TO ASTARA, DETACH THIS PANEL AND  
ENCLOSE IN THE ACCOMPANYING MESSENGER ENVELOPE



# 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:

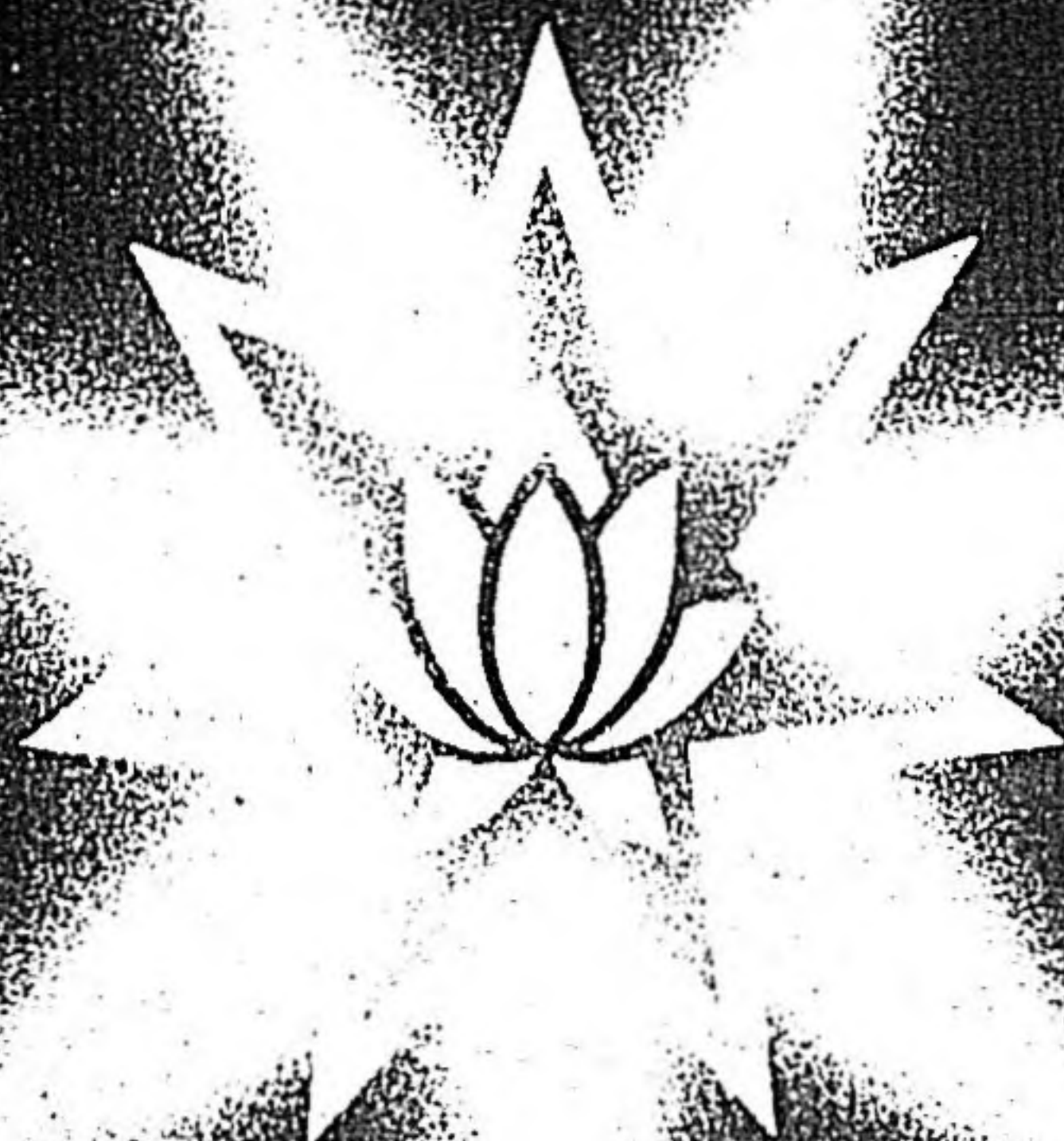
Name \_\_\_\_\_

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!



# ABOUT REMEMBERING



SPIRITUAL ADVANCEMENT OF THE INDIVIDUAL (S. A. I.) FOUNDATION, INC.

7720 SUNSET BLVD.  
LOS ANGELES,  
CALIFORNIA 90046

(213) 876 - 5011

" SAI NILAYAM "  
TECATE,  
CALIFORNIA 92080

INDRA DEVI, Founder President  
RICHARD BOCK, Vice President  
JANET WESTIN, Hon. Secretary  
ROBERT SILVER, Hon. Treasurer

Nov. 1, 1975

Anyone who reads "Remembering" will be able to better understand the ways through which the Infinite Power works. I send blessings to the book and the wonderful author.

With love from the heart of --



*Indra Devi*

Indra Devi is an internationally known teacher of Yoga. She is the author of *Yoga for Americans* and *Forever Young, Forever Healthy*. She is the Founder-President of the Spiritual Advancement of the Individual Foundation, Inc., in Tecate, California

*"Women are playing a new and important spiritual role in the world. REMEMBERING is a valuable contribution in that it tells in simple, readable style how an enlightened woman became enlightened."*

—GINA CERMINARA, Ph.D.

Nationally recognized speaker  
and author of several books on  
mysticism including *Many Mansions*,  
*The World Within*, and *Insights for  
the Age of Aquarius*





# HOW SOON DO YOU WANT TO FEEL BETTER? IMMEDIATELY?



Then try the  
**LIGHT AND LIFE COOKBOOK**  
by Jan and Alan Pearson  
Created with Earlyne Chaney

## **A FORTY-DAY TRANSITIONAL DIET TO VEGETARIANISM**

... Can you smell the aroma of Cheddar Cheese Cutlets glorified with Sweet Basil Tomato Sauce, followed by some California Orange Cake? (See Day 10.)

Can you taste the bright goodness of Yin-Yang Stuffed Tomatoes and Wok Tossed Greens? (See Day 3.) Or Light Asparagus Souffle with Honey Glazed Carrots? And Peasant Corn Pones? (See Day 31.)

Are you daring enough to try Walnut Rounds, waiting under Parsley Sesame Gravy to tempt your taste buds? (Day 26.) Or Broiled Avocado in Half Shell with Tomato Coconut Sauce, perhaps followed by Papaya Orange Smoothie? (Day 28.)

And above all, can you feel the surge of energy, know the strength and stamina, experience the inner physical cleanliness and alertness of mind which result from a natural, full-of-health diet? The **Light and Life Cookbook** guides you in Aquarian Age eating adventures that are nearly as exciting as they are healthy.

## **OVER 300 PAGES OF HELP**

The **Light and Life Cookbook** contains forty days of complete menus — breakfasts, lunches, dinners — all nutritionally balanced for providing the greatest possible amount of food value.

Each day's menu leads you a step further toward the healthiest vegetarian regime, but allows you to stop at any point most appealing to you. You can become a "not-quite" or an "all-the-way" vegetarian according to your personal inclinations. Even if you do not wish to be a vegetarian, these dishes will be a welcome relief from the high cost and boredom of meats.

There are dining room tested recipes for all the menus. The recipes are for servings of from one to four persons, easily reduced or increased depending on the number to be served. Natural, healthy ingredients are featured throughout.

**Members price \$6.60**





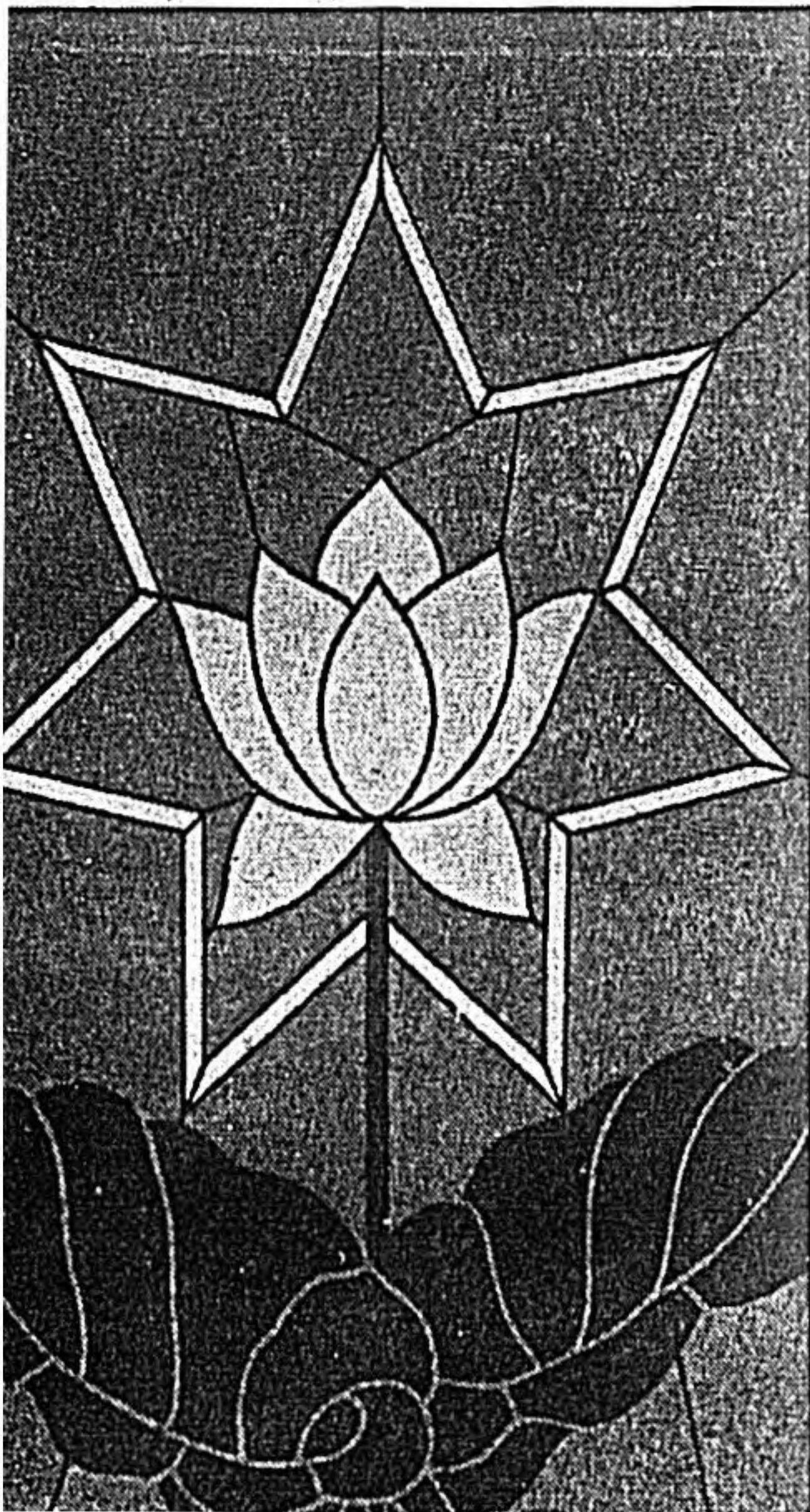
THIS MESSENGER IS DIRECTED TO ASTARA FROM

NAME\_\_\_\_\_

ADDRESS\_\_\_\_\_

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





Stamp



261 South Mariposa Ave.  
Los Angeles, California 90004





## BUILD STRONG BRIDGES OF LIFE

The bridge builder makes communication possible between two points usually separated by an obstacle, such as a river or a chasm. To construct a worthy project he sets three goals:

1. Find a solid foundation
2. Use strong materials
3. Erect a structure that resists time and wear

You are building bridges constantly . . . bridges that span the chasm between material and spiritual realms, bridges that enable you to cross the torrents of everyday life safely and successfully. The same three goals should be considered.

Astara's Degree Lessons provide a solid foundation of mystical knowledge, they offer sustaining ideas which are easily blended into a harmonious structure, capable of helping you express your potentials in any situation you meet.

Use the Continuation Request Form on the reverse side for additional Astarian lessons.

***A STRONG BRIDGE  
INSURES  
A SAFE PASSAGE***



# 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. \_\_\_\_\_

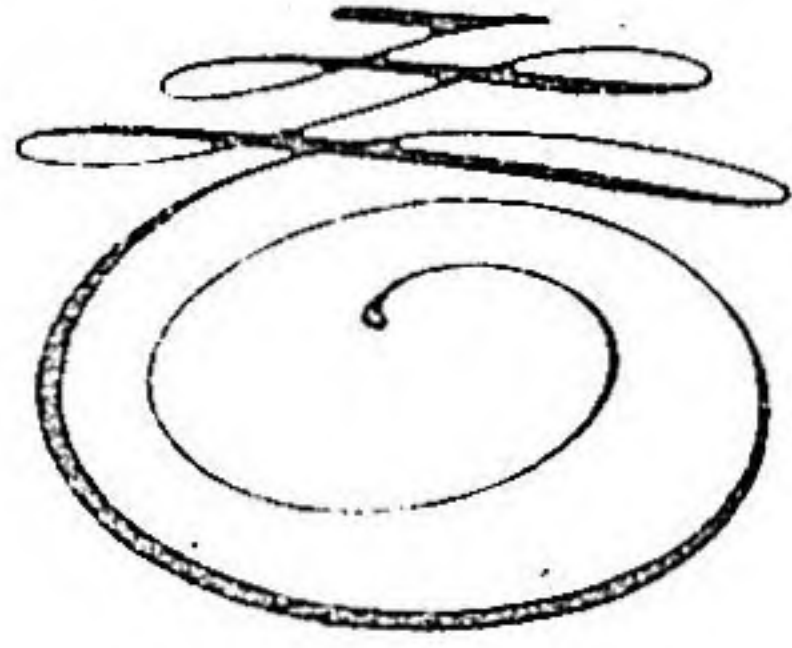
City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

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



# A VISIT WITH ROBERT



November 1975

Dear Fellow Astarians:

As we embark on Astara's Silver Anniversary year, our 25th year of sending teachings throughout the world, there are one or two reflections of this Place of Light which we should share. I hope they will not only inform but will also enrich our oneness in Astara.

First, let's discuss the books Astara is publishing in the Library of Mystical Classics. We must turn our attention to this activity for a time and not produce any new lessons in the 6th degree. Books and lessons are two vastly different teaching methods; in general appealing to different types of persons (though you may like both). So both are necessary and Astara has long been overbalanced on the lessons side.

Earlyne is at work on a series of exceptional concepts that will be presented in book form. And the first two or three years of Astara's 2nd quarter of a century will find us concentrating on that aspect of mystical teachings.

It is easier to bring books to the attention of non-members (who, thereby, may eventually become members). Books thus serve as both an introduction to, and an extension of, Astara's ideas. So we are establishing a "Seeker's List" of non-mem-



bers who are interested in the books. We'll notify them when new books are published. Every member is automatically on the list and will be notified first.

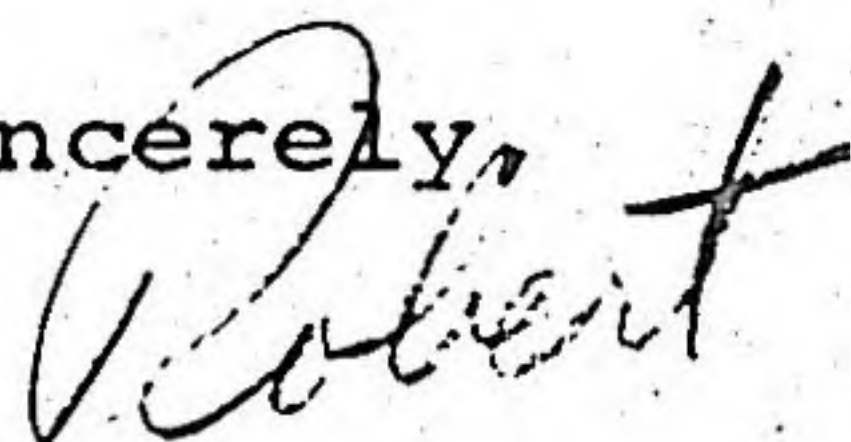
Another area of change for Astara is the necessity for obtaining assistance in our record-keeping from a computer service bureau. We have researched this need for nearly five years and have discovered a company which will help us maintain the gratifying personal relationship with you as an individual member. At first there may be some slight inconveniences for all of us, but in the long run it will help us improve the overall speed and accuracy of our service, especially in filling your requests for lessons and books.

Finally, we look forward to obtaining quarters which will house all Astara's activities in one area and, in addition, provide adequate space for seminars and a retreat center. This awaits the right combination of location, buildings, and funds. We are confident that all the essential factors will come together at an appropriate time.

So now you know some of the ingredients which are being molded into Astara during its 25th year. They will enhance the glow of this Place of Light and help provide you and every other individual member with new and greater vision.

Along with my joy that you are part of this great undertaking, I send you my very best wishes --

Sincerely,

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



reasons of our failure at communication—so that we may make a supreme effort to improve in this important venture.

The first obstacle is crippling self-consciousness which may take the form of arrogance (I don't need anybody) or self-humiliation (I am nothing).

The second obstacle is bias, prejudice and dogma. There are people whose minds are already made up and the art of two-way communication is lost to them.

The third obstacle is hurry and haste and impatience with oneself and others. Some people are always in a hurry to impress and direct and they have no time to listen or to express their noblest thoughts. They become very boring to others.

The fourth obstacle is the lack of training and discipline. Some people remain silent, hesitant and clumsy with their communication—simply because they lack training in the art of self-expression and listening.

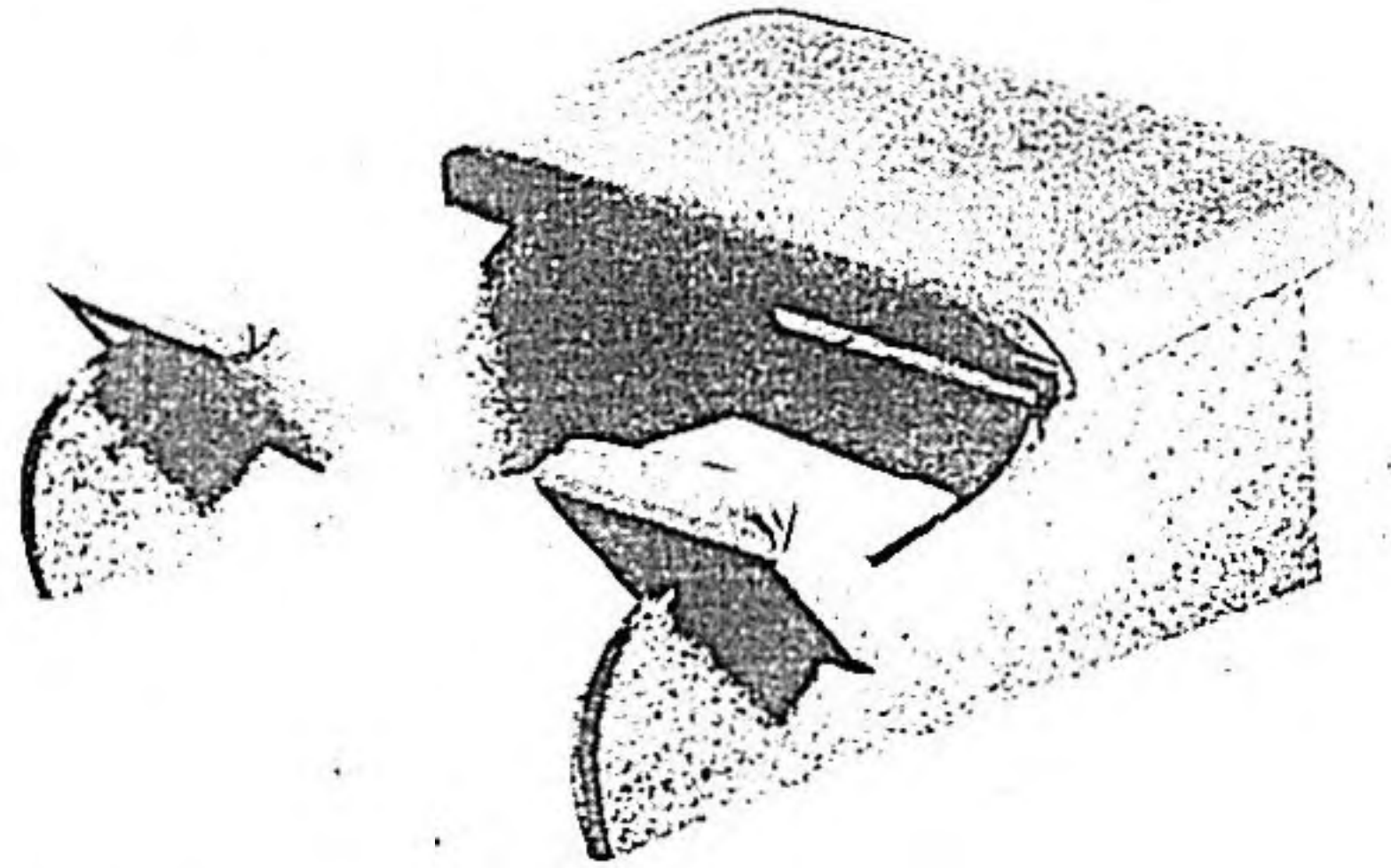
I believe that these obstacles can be overcome through the following steps:

First, we need to have an abiding desire for communication. We must have love, concern and respect for others. We should try to listen to others with humility and understanding. We need to make a continuous effort to improve our ability to communicate on all levels.

Second, we need sensitivity to others; we should be open to the messages of nature, soul, universe and God. We should communicate with life without fear or expectation.

Third, it is wise to have a free-flowing mind which is free from dogmas, bias and fixed creeds. We should have sympathy, empathy and open heart to receive the whole

## MEDITATION BENCH PROVES POPULAR



The special meditation bench which we designed in cooperation with Craig Enterprises is proving extremely popular with Astarian meditators who either cannot or prefer not to assume some of the traditional meditation postures.

The bench is collapsible to be stored away easily and the seat and knee braces are cushioned for comfort. It is an excellent aid to meditation.

If you have not received a descriptive folder concerning the bench, just mention it with your next communication and we will be happy to send you one. (The bench would make a great Christmas gift.)



cosmos.

Fourth, whenever possible we should express ourselves fearlessly, listen with great attention and communicate on all levels: verbal, spiritual and intuitive. Then truly we can enjoy the fulfillment of true communication.



## PEOPLE AT ASTARA



John F. Costello

John is well qualified to be Astara's art director. He knows his craft, and his interests are along esoteric and metaphysical lines. He studied commercial art for two years at the New England School of Art, and majored in oil painting at the Massachusetts College of Art.

He was born in Boston in 1942. The east was his bailiwick until a hunch brought him to the San Fernando Valley two years ago. John had heard about Astara and, after getting his bearings, he braved the Los Angeles traffic to locate 261 S. Mariposa. Another hunch had told him there might be a position for him with us. There was, and he joined the staff March, 1974.

He designs and produces layouts for The Voice, ads and brochures. He also executes many of the illustrations in Astara's study material and books. He is responsible for all of the camera-ready work that goes to Lewis at the print shop.

But not all is "nose to the grindstone" with John. His hobbies are varied and many—music (from classical to jazz), dancing (from classical to jazz), cooking up a storm, and refinishing antiques. He's popular with everyone, and we're mighty glad his "hunch" brought him to Astara.

—Heidi Olsen

## NOVEMBER PULPIT GUESTS



Pat Flanagan speaks at Astara Sunday, November 9th on the subject, *Beyond Pyramid Power*. Mr. Flanagan is a scientist and inventor whose specialty is in bio-energy phenomena and what might be termed, new-age communications. He is the author of the best selling book, *Pyramid Power*.

The popular actress, Anne Francis, returns to Astara to speak Sunday, November 23rd, on the subject, *Lean Not Upon Thine Own Understanding*. Miss Francis is frequently seen in movies and on TV. A few of her credits include the *Honey West* series, *Bad Day at Black Rock*, *Forbidden Planet*, and others. She has just completed a special segment for *Petrocelli*.



# FOR DEEPER UNDERSTANDING

by Muriel Noyes Gilchrest

We all want to rid ourselves of bad thoughts, for we know talking and thinking about them is "to make more of the same." So, we refuse to allow our mental realm to dwell upon anything of an imperfect nature. We realize that such thoughts bring unpleasant feelings, and we know that **FEELING** is the secret, so we want nice feelings.

When you have a desire for more joy, are you thinking that joy is missing? Or, do you realize that joy is your desire, so that this desire may manifest? A desire is a message from God that this "something" is on its way. Try to expect it with the feeling of thankfulness for it. This way, you can see how it is that *you already have it*, if only to a degree . . . even if it yet is only a thought form. But you **DO** have the thought form. Yes, that is the method, but we don't pull on certain places or people . . . just the idea. We don't tell God how. In other words, He already knows how . . . the right place, the right person, and the right time.

Because good feelings are so important, you can see how bad feelings prevent, delay and even seem to shut off for a while any action in the direction we want to go. So watch your feelings very carefully.

One good way to start thinking rightly to help yourself is to stop wondering what others think of you. *What you think about yourself is more important.* Have a good self-approval. Embody the thought of how wonderful you really are, and dwell on that. God is your abundant supply of youth, beauty, virility. You really are "wonderful." Take one day at a time and say to yourself each day, "Today

I am serene and happy. Nothing can disturb me." Or, an hour at a time, "I am with God and He is in charge."

Think of what you desire as something God wants you to have, and then feel thankful that you have the thought form, if not as yet in reality the "thing or event." Thankfulness does much to bring it into being. You are saying in effect that you have it *now*. You are putting feeling into thought.

Never let the question come, "When is it going to happen?" This implies doubt. Instead, say often, "I have it already . . . and thank you, Father."

## MINI-MEDITATION (Cosmic Cobwebs)

by Hildegarde (Heidi) Olsen

If it is true that each of us is the sum total of past lives and karma, and that we were given a rough outline of our coming life prior to rebirth, poet William Ernest Henley's statement "I am the master of my fate: I am the captain of my soul" takes on new meaning.

The pity is that the majority of us fails to understand this. Mostly we plod through life wondering "Why does God do this to me?" "Why am I sick or poor or lonely or misunderstood?" "Why do others have all the luck and happiness?"

I'm sure even those saints among us occasionally harbor similar thoughts to some degree. They're human too! Perhaps, though, they know something others don't which sustains them during times of trial. Could this "something" be the understanding that this life, with its problems as well as its joys, is the result of our own making? I think so. Knowing this will give us impetus

*Continued on Page 14*



## **PORTRAIT BUSTS AVAILABLE**



Artist Marguerite Dutra, a fine sculptress, has modeled two bonded bronze busts of interest to Astarians—one of Kut-Hu-Mi and one of Dr. Earlyne.

Only 100 of each of the busts will ever be cast. The price is \$85.00 each plus shipping. If you wish to order one of these limited edition bronze castings, send your payment directly to Marguerite Dutra, 3512 Stancrest Drive, Apt. C, Glendale, 91208, and allow at least 3 weeks for delivery.

*Continued from Page 13*

toward creating a more productive life, successfully coping with adversity when it rears its ugly head.

It seems to me that most of our hang-ups result from rebelling against the karmic pattern we've set in motion; the life pattern we ourselves have chosen. Instead of letting the karmic clock run down we continually wind it up, creating more conflicts and problems.

Perhaps the key to successful living is accepting the positive with thanks, and the trials without anger or resistance. We can do this through constructive cooperation with those forces we are part of, and the situations we have attracted. We should remember that each experience is the outgrowth of another. Let positive propel positive. Let negative dissipate through patience and optimism. No more cosmic cobwebs to accumulate in the corners of the mind.

In the long run *one really can be his own worst enemy or BEST FRIEND*. Remember, God and His emissaries are always there to help us become "master of our fate, and captain of our soul."

## **IN MEMORIAM**

We acknowledge the following memorial gifts—and express our appreciation to those who made them and those whose memory they honor:

Marjorie K. Bliss in memory of her mother, Margaret G. Koch.

Amelia M. Komarc in memory of Ken Smith.

LaVerne Hart in memory of Astarian, Emma Cordes.

Erlene Sandberg, in memory of her husband, Carl Sandberg.



# SPEAKERS AT ASTARA NOVEMBER, 1975



**Pat Flanagan**



**Anne Francis**



**Rodolfo Silva**



**Swami Parampanthi**

**Nov. 2: THE MYSTERY OF GIVING**

Rodolfo Silva

**Nov. 9: BEYOND PYRAMID POWER**

Pat Flanagan speaking  
Robert Chaney, healing service

**Nov. 16: WHAT DOES IT COST TO BE HEALED?**

Robert Chaney

★ **HEALING CHAPEL, 2:00 p.m.**

A special service conducted by Robert Chaney—group and individual healing

**Nov. 23: LEAN NOT UPON THINE OWN UNDERSTANDING**

Anne Francis speaking  
Robert Chaney, healing service

**Nov. 30: THE GRACE ABOUNDING**

Swami Parampanthi speaking  
Rodolfo Silva, healing service

**Dec. 7: THREE DIMENSIONS OF FAITH**

James Beatty



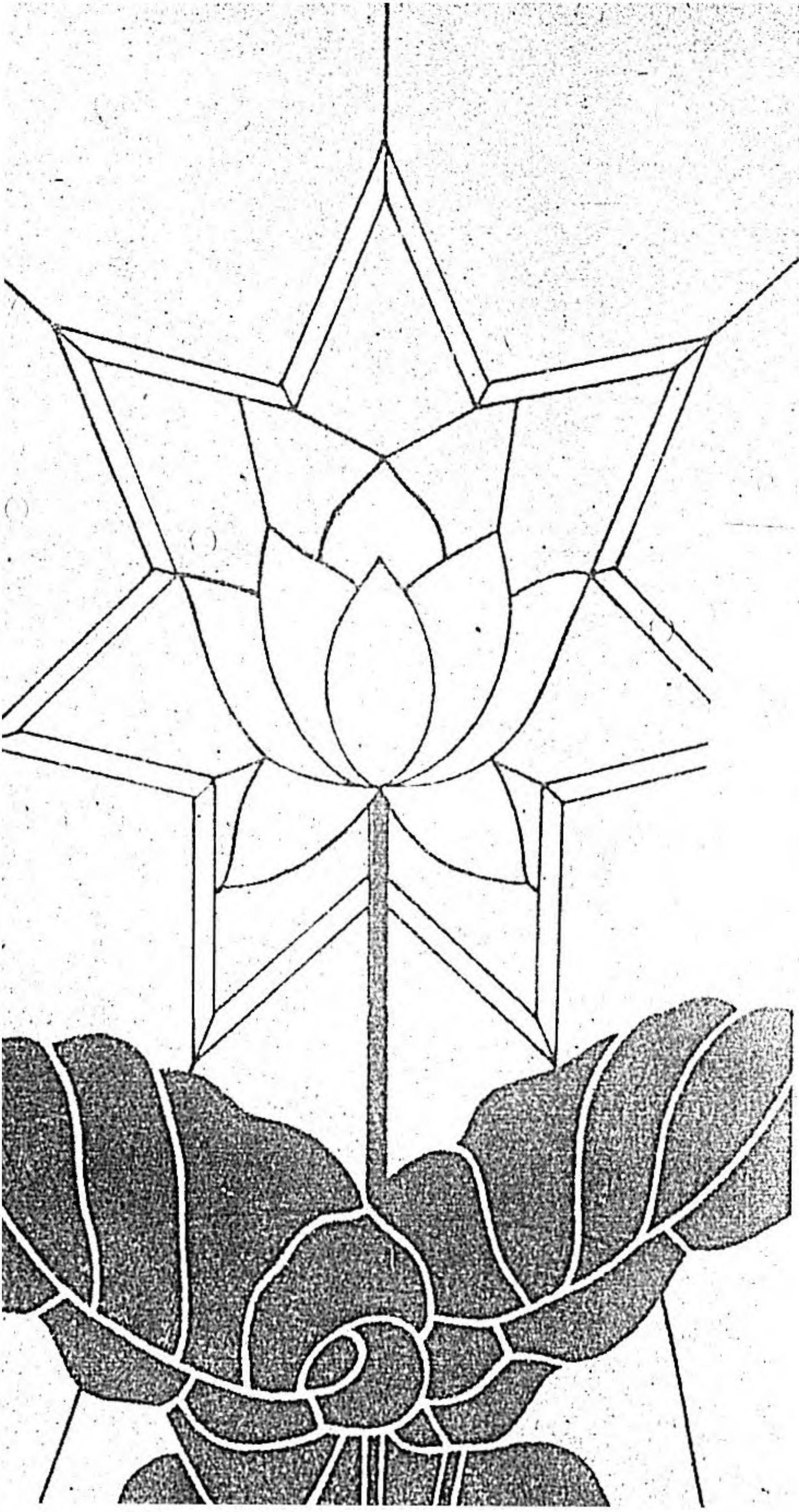
**Earlyne and Robert Chaney**

Sunday Services at 11 A.M.

Telephone: (213) 387-7187

ORGANIST: Rose Diamond





**Astara**

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