AVESTA IN SONG

-XX-

Number One



By
O. Z. HANISH
Chicago, Ills.
U. S. A.

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YSANSI GMORMATS

AVESTA IN SONG.

ODE TO DELTY. No. 1.

O Thou Eternal One.



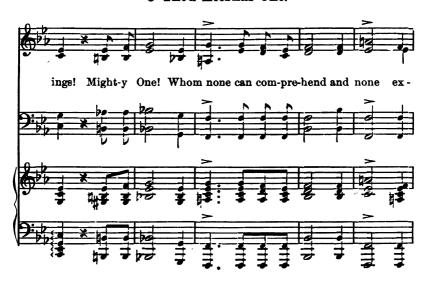
0 Thou Eternal One.



O Thou Eternal One.



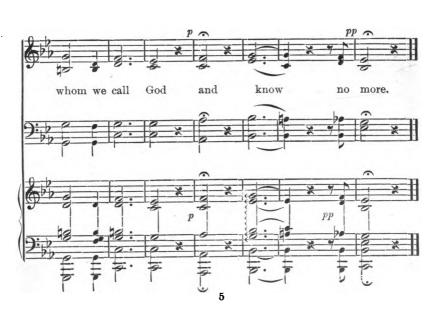
O Thou Eternal One.





O Thou Eternal One.





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ODE TO DEITY. No. 2.

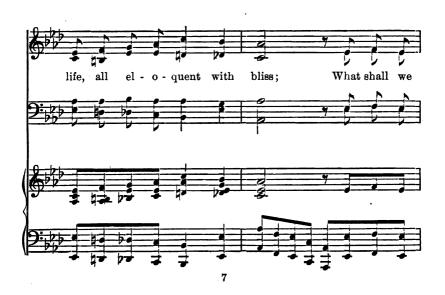
A Million Torches Lighted.





A Million Torches Lighted.





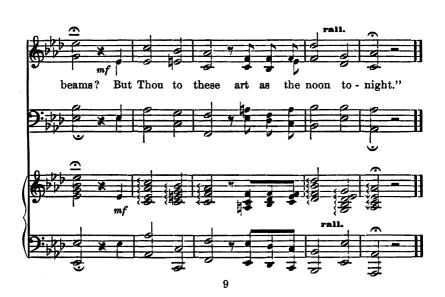
A Million Torches Lighted.





A Million Torches Lighted.





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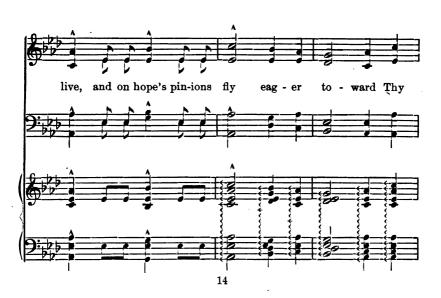
ODE TO DEITY. No. 3.

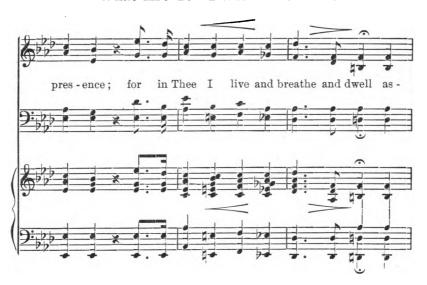










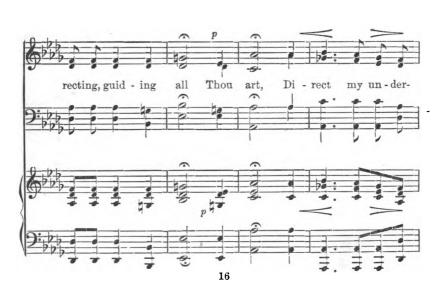




ODE TO DEITY. No. 4.

I Am, O Lord, and Surely Thou Must Be.





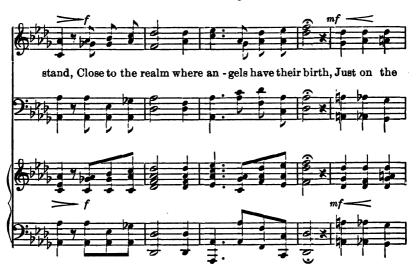
I Am, O Lord, and Surely Thou Must Be.



I Am, O Lord, and Surely Thou Must Be.



I Am, 0 Lord, and Surely Thou Must Be.





I Am, O Lord, and Surely Thou Must Be.





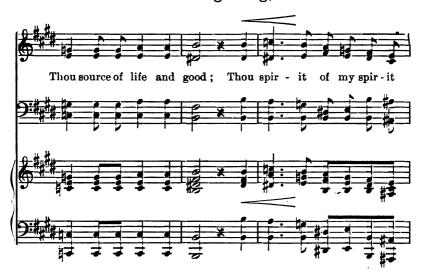
ODE TO DEITY. No. 5.





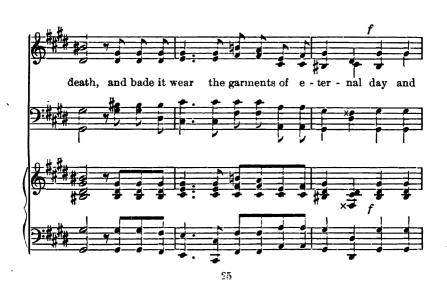
















ODE TO DEITY. No. 6.

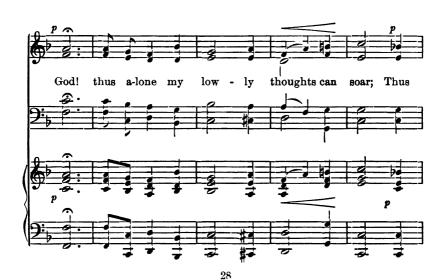
O Thoughts Ineffable.



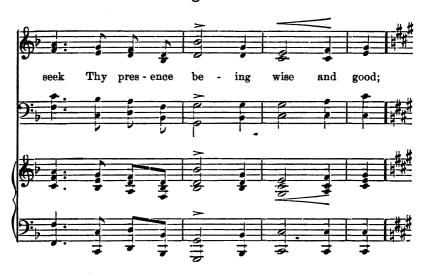


O Thoughts Ineffable.





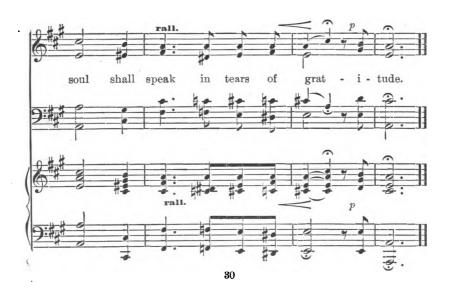
0 Thoughts Ineffable.



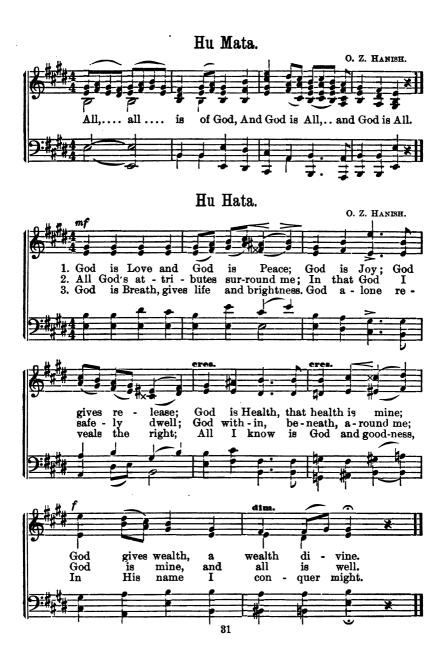


O Thoughts Ineffable.

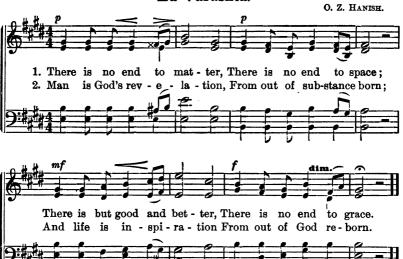


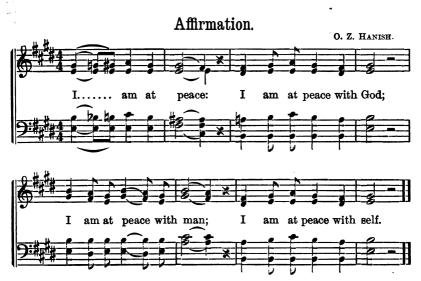


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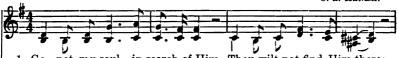
I Am What Men Call God.

O. Z. HANISH.





O. Z. HANISH.



- Go not, my soul, in search of Him, Thou wilt not find Him there;
 Thought answereth a-lone to thought, And mind with mind hath kin;
- 3. Thou shalt not want for company, Nor pitch thy tent a lone;





He's not in depths of shadows dim, Or heights of up - per air.
The out-ward God he findeth not, Who finds not God with - in.
The in - ner God will dwell with thee And show thee all His own.





For not in far - off realms of space The Spir-it has its throne, And once the vi - sion comes to thee, Re-vealed by in - ward sign, O gift of gifts, O grace of grace, That God should con-de - scend





In ev'-ry heart it find - eth place And waiteth to be known. Earth will be full of De - i - ty, And na - ture turns di-vine. To make my heart His dwelling-place, And be my dai - ly friend.

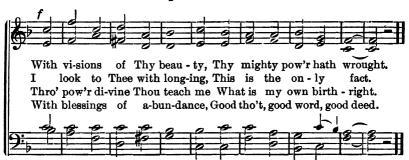


God Abides In Me.

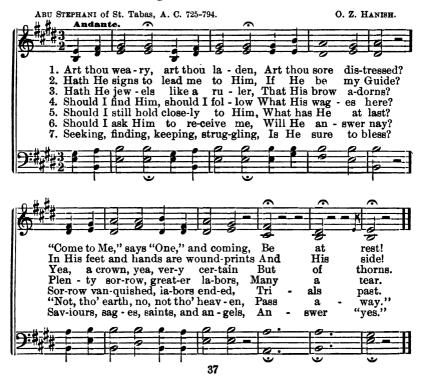




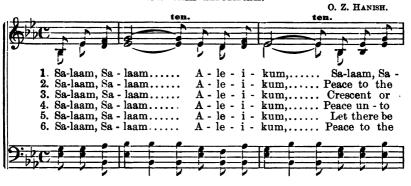
Spirit of God.



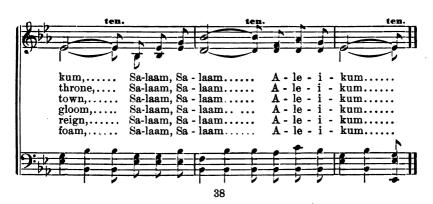
Koponte Kai Kamaton.







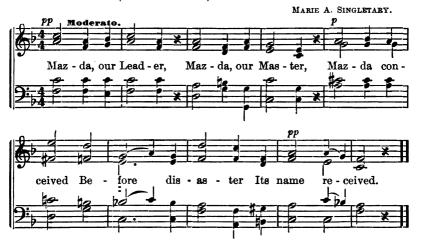






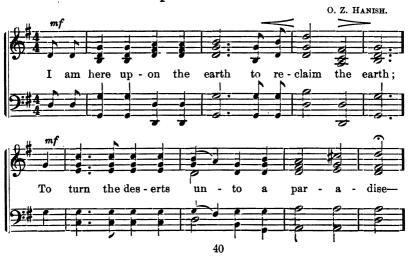
INTERLUDE. No. 1.

Mazda, Our Leader, Mazda Our Master.

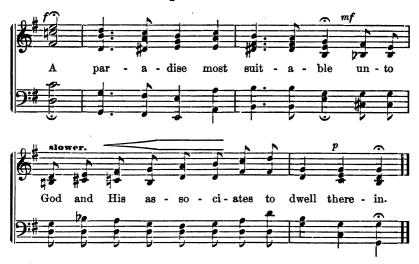


INTERLUDE. No. 2.

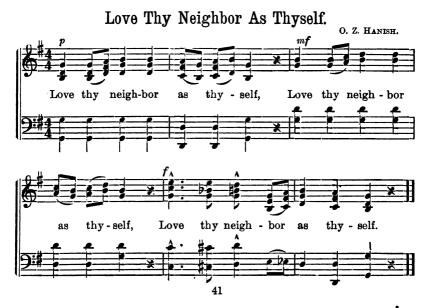
I Am Here Upon the Earth to Reclaim.



I Am Here Upon the Earth to Reclaim.

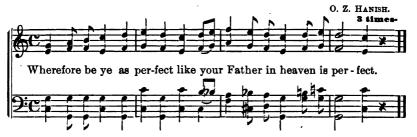


INTERLUDE. No. 3.



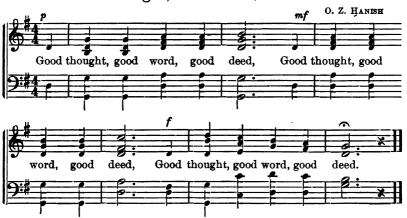
INTERLUDE. No. 4.

Wherefore Be Ye As Perfect Like.



INTERLUDE. No. 5.

Good Thought, Good Word, Good Deed.



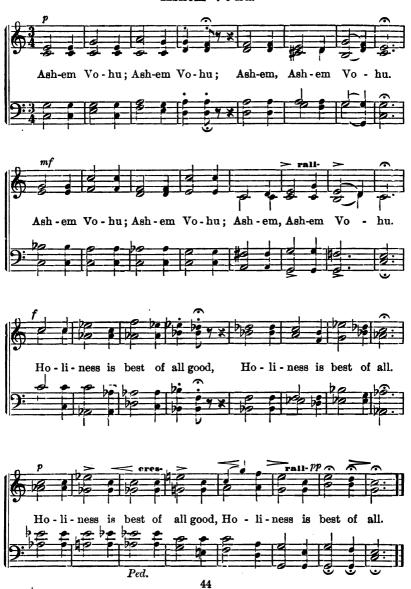
Hu Mata, Hu Hata, Hu Varashta.



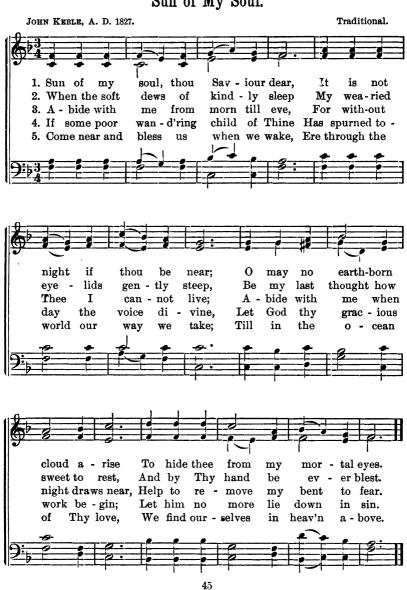
Yatha Ahu Vairyo.



Ashem Vo-hu.

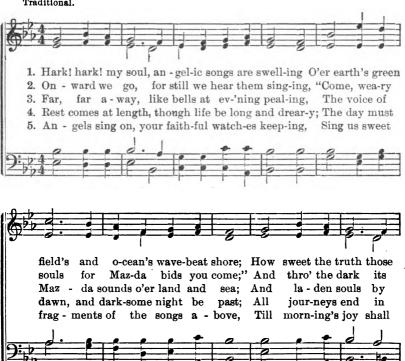


Sun of My Soul.



Angels of Light.



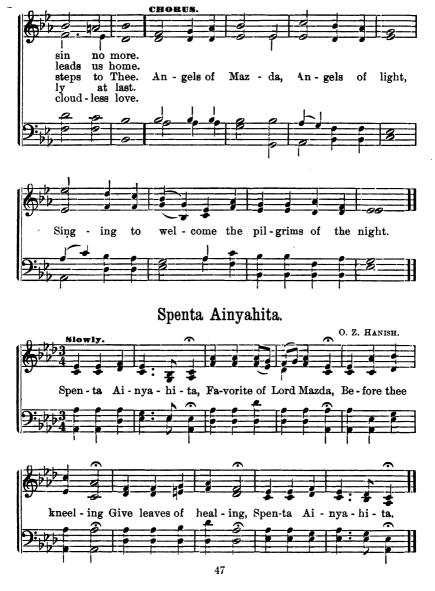




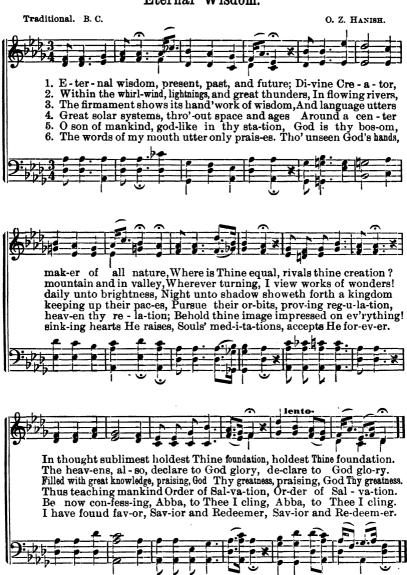
bless-ed strains are tell - ing, Of that new life ad-mit-ting ech - oes sweet-ly ring - ing, The mu - sic of the gos-pel thou-sands meek-ly steal - ing, Lord Maz-da turn their wea-ry wel-come to the wea - ry, Brings health and wealth a-bun-dantend the night of weep - ing, And life's long shad-ows break in



Angels of Light.



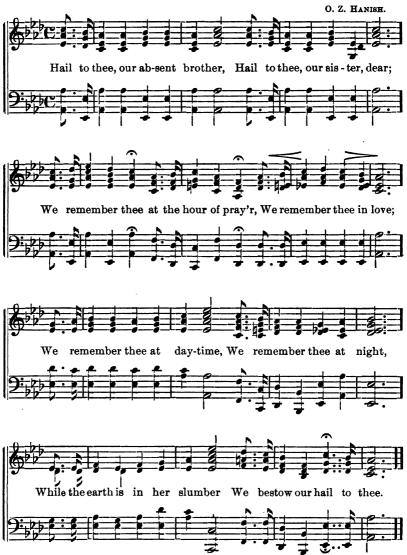
Eternal Wisdom.







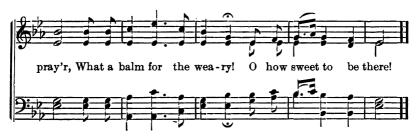
Hail to Thee.



Note.-For hail substitute peace, health, joy, wealth, etc.



Blessed Hour of Prayer.



Behold the Image of Thy God.

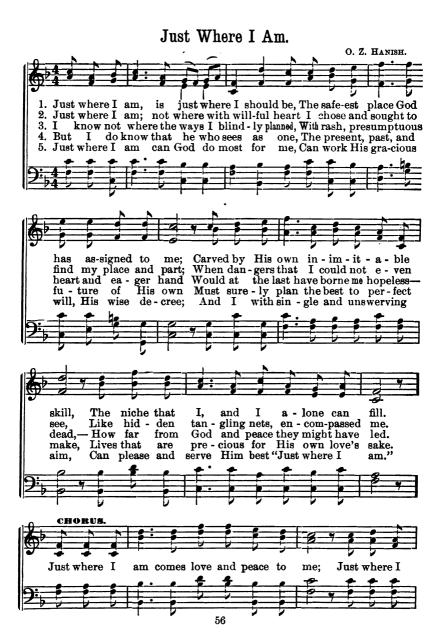


The Quiet Hour.

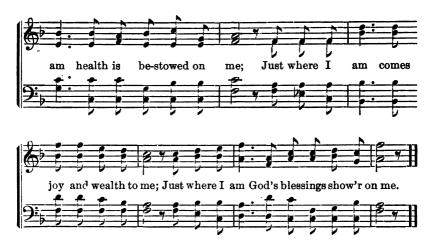


Holy Father.

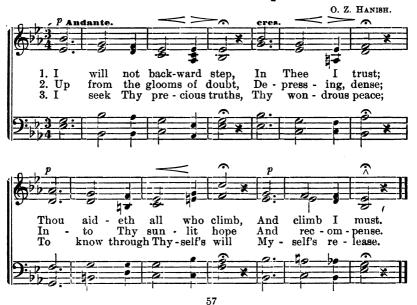




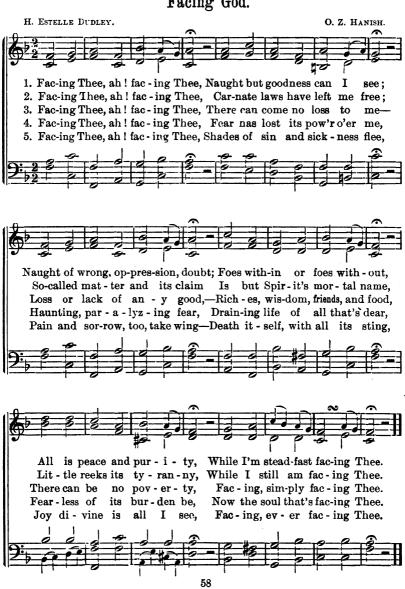
Just Where I Am.



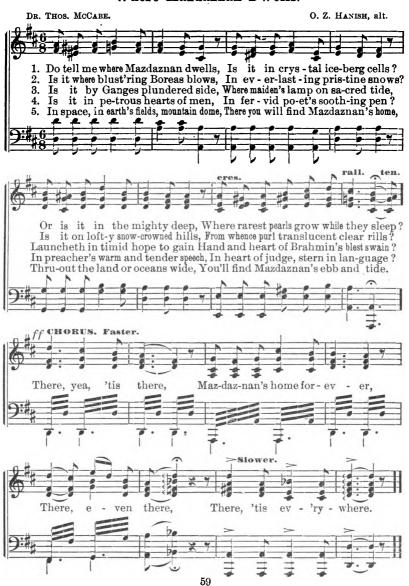
Not Backward Step.



Facing God.



Where Mazdaznan Dwells.





Thou Soul of Souls.



61

God's Bright Concentric Pearl.

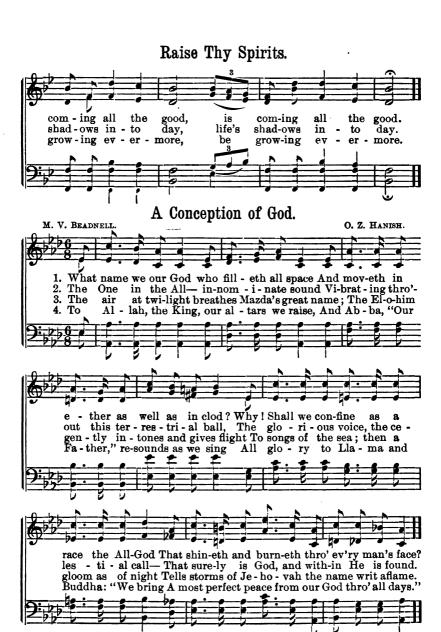


Il Elo-him.



Raise Thy Spirits.





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Inspiration.



O. Z. HANISH.



- 1. Un-to our hearts an in spi ra-tion creeps to build a life un-told,
- 2. The lo-tus with its pet als white like i vo-ry and heart like gold,
- 3. At sunrise we are greet-ing Him, in spir-ing us our lights to trim,
- 4. Proud science never taught our soul to stray far as the milky way,
- 5. The lit-tle ev er last ing flow-er, too, inspires the laggard soul





Just as the purple shadows lie a-long the mountains as of old.

In-spir-eth one Mazdaznan's life of pur - i - ty thus to un-fold.

He looks from heaven down on us to see if ou - r lights burn dim.

The twelve signs of the solar year, as likewise twelve hours of the day,

To do, to dare, to strive once more to gain the sem-pi-tern - al goal.

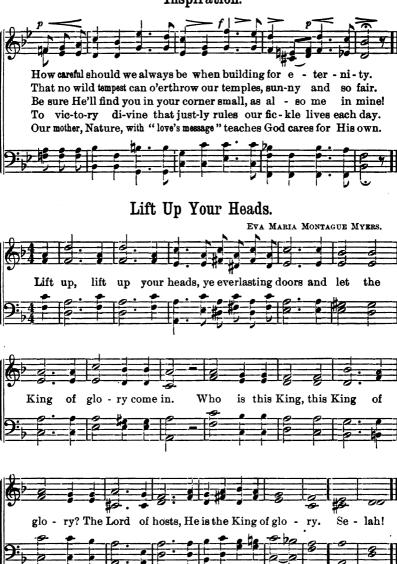




We're building daily from our hearts within the thoughts so true and free, To-mor-row may bring us the storm, so your foundation choose with care, Why were we born but for His service, granting us His bliss di-vine! Re-peat themselves as time goes on and point to us the per-fect way, In ev-'ry-thing, how-ev - er small, an in - spi-ra - tion He has sown,



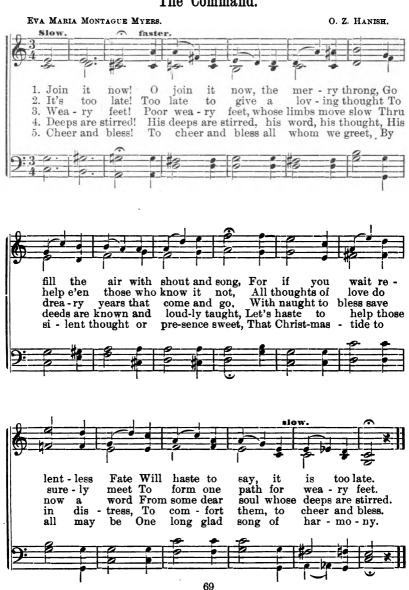
Inspiration.



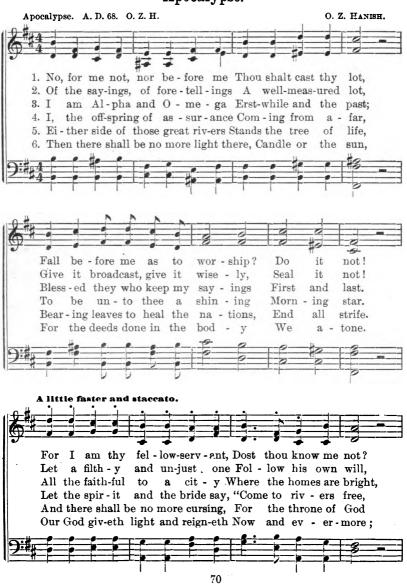
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The Command.

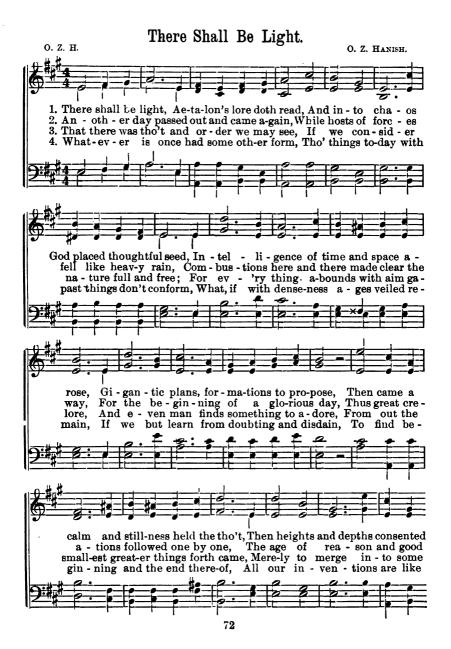


Apocalypse.

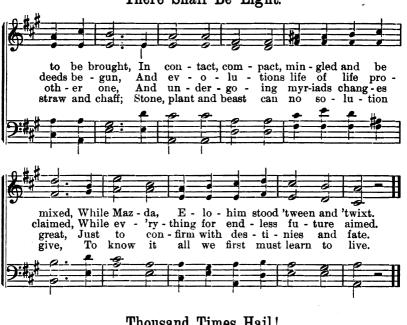


Apocalypse.





There Shall Be Light.



Thousand Times Hail!



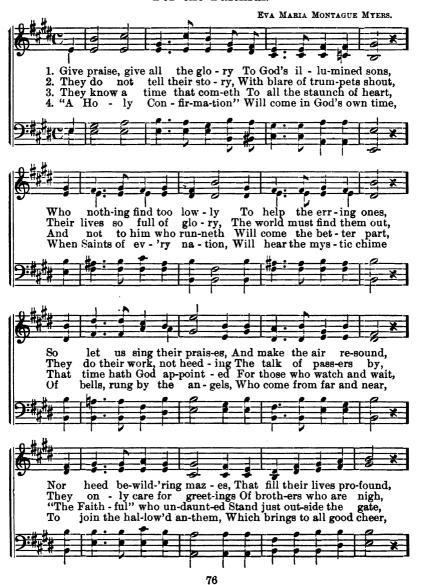
From Out the Presence.



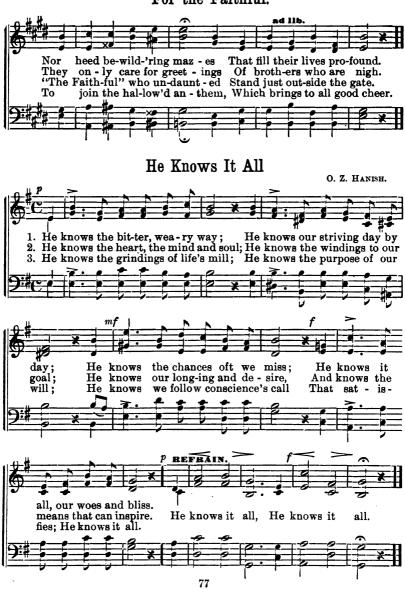
From Out the Presence.

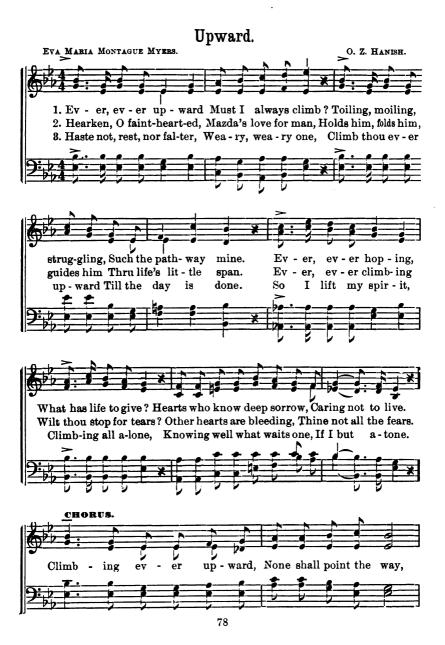


For the Faithful.

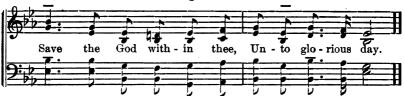


For the Faithful.









Lord God Elohim.



Take Heed.



Take Heed.



The Glory of the Sun.





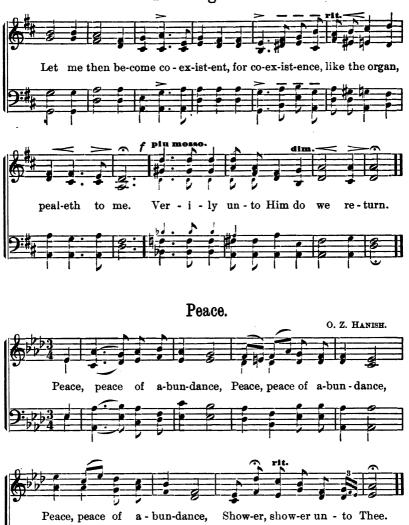
O. Z. HANISH. RUDYARD KIPLING. 1. God of our Fa-thers, known of old; Lord of our 2. The tu - mult and the shout-ing dies, The cap-tains and the 3. If drunk with sight of pow'r we loose Wild tongues that have not Be-neath whose aw - ful hand we hold bat - tle line; kings de-part: Still stands Thine an - cient sac - ri - fice, in awe, Such boast - ing as the Gen-tiles use and pine. o - ver palm con - trite heart. Lord God of hosts, be hum - ble \mathbf{and} a less - er breeds with - out the law. for - get, lest Lest we yet,



Transmigration.



Transmigration.



Bread of Life.



Fountain of Wisdom and Light.



Cleansing Fires.





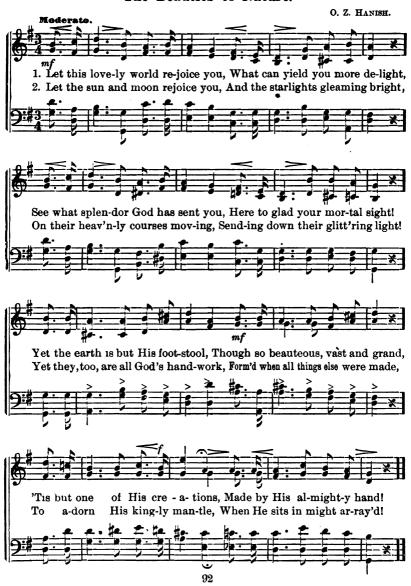
Reincarnation.



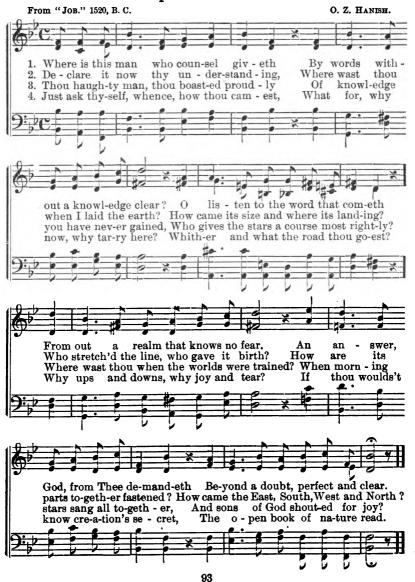
Reincarnation.



The Beauties of Nature.



The Open Book of Nature.



When the Day, Declining.



Have Courage!



Transfiguration.





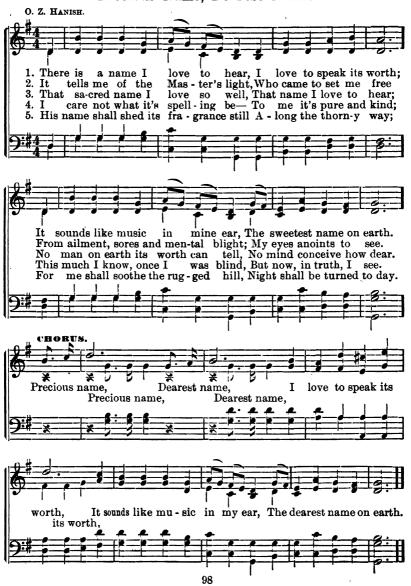
Benediction.



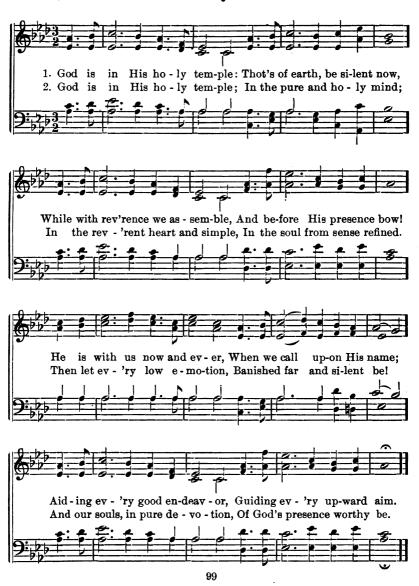


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Precious Name, Dearest Name.



In His Holy Name.





As God Will.



To-Morrow.



Lead, Kindly Light.



God Be With You.



God Be With You.



Set Thy Heart Right.



The Lord's Prayer.



Listen.

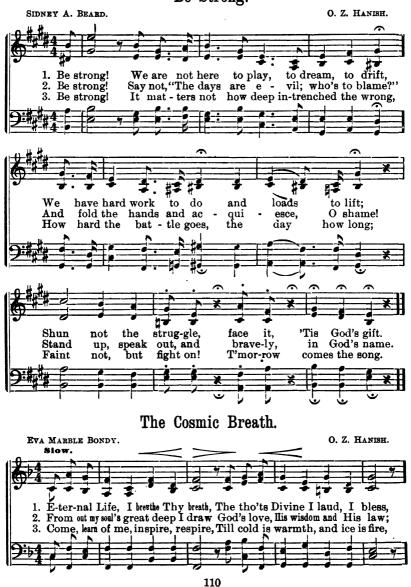




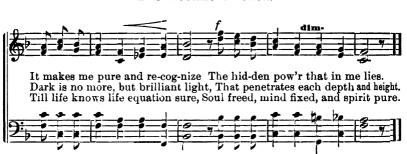
Love Divine.







The Cosmic Breath.



Mother Wisdom.



- 2. Spo-ken word, unfetttered fash-ion, Born of highest, holi-est thought,
- 3. Clothed this word, in spotless raiments, Wov-en by the hand of truth,
 4. In the still-ness do we know thee, On ly then thy worth we prize,
 5. Thou shalt be a cup of wa ter To the parched and burn-ing lips,
- 6. Thou shalt be what thou shalt not be, All our highest wish can crave,





the pre-sence of thy beau-ty, As we lis-ten to thy word. Free from all earth's doubt and passion, From thy world, O wisdom brought. Whole, 'tis giv-en not in frag-ments, For the guid-ance of our youth. On-ly there thy strength and beau-ty On the wings of light doth rise. Thou shalt be the changeless nec-tar To the soul that comes and sips. of faith and hope and pow-er Sent to earth man's soul to save.

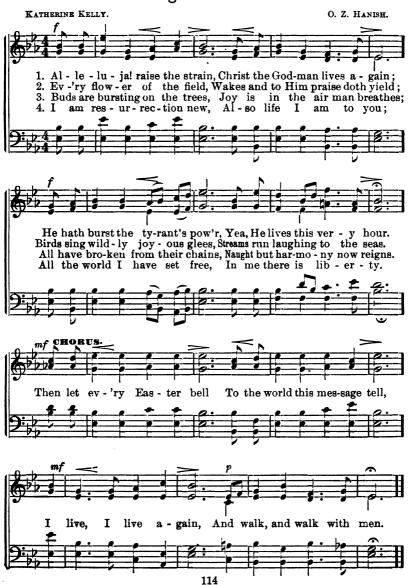


Perfect We Must Be.





The Message of the Easter Bell.

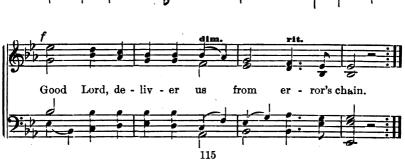


Russian National Hymn.

sal

2d time ff





Talk Happiness.



I Am the All, the All I Am.



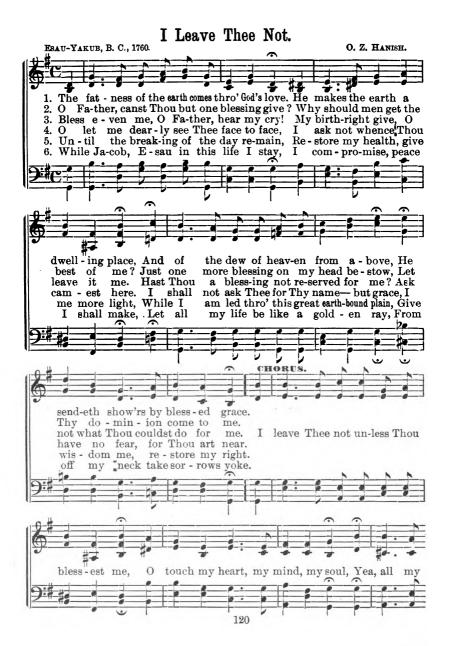
If We Could Know.



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If We Could Know.



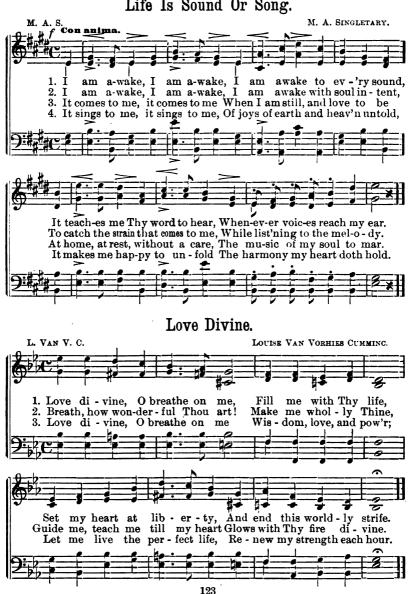




Bethlehem.



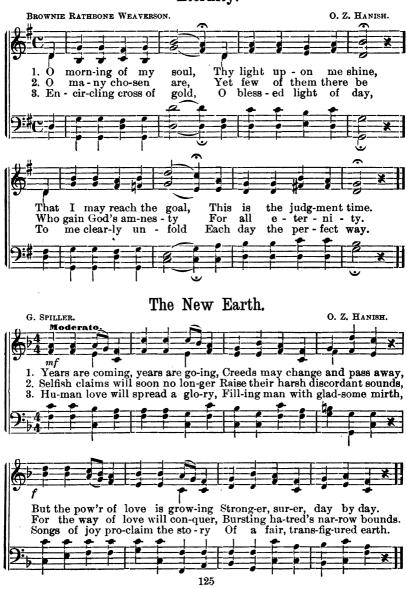
Life Is Sound Or Song.



We Need So Little.



Eternity.



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MAZDAZNAN AFFIRMATION

I am all in One individually and one in All collectively; I am present individually and omni-present collectively; I am knowing individually and omni-scient collectively; I am potent individually and omni-potent collectively;

All is of God and God is All! Individually I am in Part, collectively I am the Whole; Individually I am Di-verse, collectively I am Uni-verse; Individually I am Limited. collectively I am Unlimited; Individually I am Begotten, collectively I Beget.

God is Love and God is Peace;
God is Joy, God gives Release.
God is Health; that health is mine.
God gives wealth; a wealth divine.
All God's attributes surround me;
In that God I safely dwell;
God within, above, around me;
God is mine and all is well.
God is Breath, gives Life and Brightness;
God alone reveals the Right.
All I know is God and Goodness;
In His Name I conquer Might.

By Nature I am a Child of the Earth; In Spirit I am an Associate of God; I am the heir and joint heir of God; And I have a portion and part in the Earth, For the Earth is the Lord's and the fulness thereof.

I am at Peace, I am at Peace with God;
I am at Peace with Man; I am at Peace with Self
I am a Mazdaznan and I recognize the Eternal Designs in
Good Thought, Good Word, Good Deed.
Hu-mata, Hu-hata, Hu-varashta,

Hu-mata, Hu-hata, Hu-varashta,
There is no end to matter; There is no end to Space;
There is hut Good and Better; There is no end to Grace.
Man is God's Revelation From out of Substance born,
And Life is Inspiration From out of God re-born.

The Will of the Lord is the Law of Holiness. Yat-ha A-hu, Yat-ha A-hu, Yat-ha A-hu Ua-i-ry-o. Holiness is the Best of all Good.

A-shem Vo-bu, A-shem Vo-bu, A-shem A-shem Vo-hu.

Mazdaznan Confession.

I am a Mazdaznan who worships but one God, who is in me and I am in Him.

I recognize all things throut time and space with their diverse causations to be the result of Infinite Thought.

I acknowledge all things in matter to be the means to an end and not the end of the intelligence of God.

I realize matter to be the result of the operations of God's intelligence thru substance co-existent with intelligence thru Infinite Thought.

I see in the countenance of man the male creative principle of God the Father, and in the woman I recognize the procreative female principle of God the Mother, and in the child I realize the perpetuative principle of destiny as Our Savior thru life, and add that these three images of God constitute the one Holy Family, reproduced and multiplied unto the greater Family of God and the Congregation of Gods with its endless chain of associations.

I confess all the painful in matter to be the result of obstinacy on the part of substance thru its processes of creations and evolutions, declining to yield to the peaceful operations of intelligence, thus introducing repulsion and impelling resistance.

I hold that all misunderstanding thru the processes of creation and evolution is to be eliminated thru the application of the higher intelligence, and that for this reason man must take up his work where the Spirit of God left it to our care. I join the sentiments of our Blessed Mother as expressed thru the ideal of Ainyahita, that I am here upon this earth to reclaim the earth, to turn the deserts into a paradise, a paradise most suitable unto God and His Associates to dwell therein.

I declare with Our Father of the pure faith thru the reality of His Holy One, Zarathushtra, to stand for Good Thought, Good Word, Good Deed.

I agree with the saving power of the sonship of God thru the incarnation of Christ in his command, Love thy neighbor as thyself.

I confide in the power of God. I shall set aside the useless and hold to the good. By the direction of perfect wisdom I shall choose the better part.

I deny the bonds of ancestral relation thru sickness, sin and sorrow and sever myself from the prenatal influence of inherited tendencies, and herewith annul association with evil, error and illusion.

I shall no longer recall to my mind my offenses nor the offenses of forefathers, but exercise all the attributes and endowments of my birthright which comes to me thru the blessings of Mazda, without measure and abundantly, that I may thus verify the words of God, I shall remember their sins no more, and continue to bear in mind, What man soweth that he shall reap.

I shall follow the still small voice of Spenta Mainyus in all its directions as coming from the realm of God, that by right living I may always demonstrate the full Truth thru the health of the body and most ably perform my duty in a spirit of obedience; prove the power of mind thru reason, logic,

consideration, discrimination and deduction; have assurance of soul communion, comfort in spirit and

the joys of life everlasting.

I shall conduct my life in a way that the knife shall never need be resorted to and herbal medicines never need to pass my lips, but in their stead holy spells thru the formulas of invocations and prayers exemplify the perfect life in God on earth.

I shall ever laud creation and thru the objects thereof worship the Lord God Mazda, and in all things of Nature, whether great or small the creature,

behold the face of my Creator.

With mine eyes lifted beyond the mountaintops and my heart fixed by the burning fire of love I shall daily join in harmonious accord the prayer of the faithful worshipers; the prayer thrice spoken distinctly and with the presence of mind fixed upon the meaning of every word; the prayer that heals the body and assures tranquility to the mind; the prayer that gives solace to the soul and whispers to the spirit Peace; the prayer breathed in tuneful measure with fervor, zeal and the spirit of assurance, on one single expiration:

May Mazda be rejoiced and His Associates continue to be victorious. May obstinacy in this home be destroyed thru the Virtue of Obedience, discord by Peace, avarice by Generosity, vanity by Wisdom, false witness by Truthfulness, that the Immortals may long bless it with maintenance and friendly help; never the Splendor of Prosperity or Progeny be distinguished, that we may shine with purity and see Thee face to face, O Mazda, attaining altributes leading unto worlds without end. May Peace come to one and all, and may there be given to this country purity, dominion, profit, majesty and splendor. This is my wish. Be it so.

Each of the following Formulas are to be Spoken i con One Exhatation. The first time in crescendo; second in force; third in pianissimo, Concentrate on the Breath and Word. Repeat daily.

REALIZATION

Open, O thou world-sustaining Sun, the entrance unto Truth, hidden by the vase of dazzling light.

Soften the radiation of thy illuminating splendors, that I may behold thy true being.

From the unreal lead me on to the real and unveil the magic illusions of the phenomenal worlds that I may see the path unto Realization. Amen.

CONTEMPLATION

Remember that in body thine a God is dwelling there; Thy Temple from pollution free let it forever be. Offend thou not thy God in thee, indulging in man's lusts; Moreover, if tormenting self thou groanest foolishly, God has decended just to see the world with eyes of thine, Then breathe on Him with senses pure, the Breath of Sacrifice It's He in thee, that sees, feels, thinks, and speaks by day and night.

Be thus in all thou dost see, feel, think, speak-divinely bright.

ASSURANCE

Our Father who art in Peace, Intoned be Thy name; Thy realm arise; Thy will incarnate upon the earth as in heaven, This day impart thy word. And remember not our offenses That we may forgive those who offend us. Thru temptation guide us. And from error deliver us. Be it so.

RESTORATION

By the five inflictions imposed upon Thee Thou most holy Zarathushtra, I invoke the leaves of healing from the realms of Mazda, To instill thru the power of holy spells, Patience from Thy crown of thorns, Thy chastized body, The nailprints of Thy hands, The woundprints of thy feet, And thy bleeding side, That Purity may come to my heart and blood Unto perfect health of the skin and the body, And thus witness as a Zaota the Pure Religion of Mazda. Amen.

For Further Information and Literature call or send 10c in stamps or silver to THE MAZDAZNAN, 3016 Lake Park Ave.. Chicago, U.S.A.

MAZDAZNAN DECLARATION OF FREEDOM.

- 1 Mazdaznan declares Universal Amnesty from Sickness, Sin and Sorrow and announces Freedom of Choice through the Spirit of the Times, born of good behavior, through our Savior Liberty in whom we trust, or—"As man thinketh so is he."
- 2 Mazdaznan declares the Source of Man to be the Everactive Thought of Mazda in whom and through whom all things are equal.
- 3 Mazdaznan declares a just share of this world's goods to the extent of one's application of Individual Intelligence and the interest of timely investment during the Periods of Creation and the Process of Evolution measured by a Standard of Perfection, or—"What man soweth that he shall reap."
- 4 Mazdaznan declares that throughout Space moves the Ever-creative Thought of Mazda commanding Activity and Life, expressing the designs of intelligence through complex manifestations, verifying its limitlessness through the variety in matter.
- 5 Mazdaznan declares that the Existence of Matter and its consequent Processes of Evolution through the four Dimensions of Space, depends upon our Mental Perception, recognizing in the Variation of Manifestation a Complex Whole, or—Monism in Panism and Panism in Polyism.
- 6 Mazdaznan declares to be the oldest and most comprehensive Educational System of Individual-Collective Thought, embracing as it does every Essential Truth embodied in the Aryan or Zend race, substantiated through Ainyahita, revealed through Zarathushtra, approbated and declared by Jesus, founded upon Genesis, and borne out by the Science of Evolution, revealing unto man his origin, purpose and destiny; offering solutions to the most complex problems of life; pointing out man's final perfection, the means whereof are founded upon experience and observation as guided by Intuition and Reason, God and Nature, so ingenuously systematized that it commands respect, whether devised by man or revealed by God.

7 Mazdaznan is organized from Eternity unto Eternity, and in revelations and literary wealth offers surprises equal to those of the growth of the seasons, keeping abreast with the demands and requirements of time.

8 Mazdaznan declares to be "The Eternal Religion that stands behind all other religions," revealing the tie that binds

finite Man to his Infinite God—Mazda.

9 Mazdaznan declares that: Thought is the incentive unto Manifestation, and wherever conscious of its Presence in the Realm of Spirit, Soul, Mind and Body, equalizing matters of the Elementary, Mineral, Vegetable and Animal in sum and substance, there Life reveals its potentialities of the Past and points with the Magic Finger of Destiny unto Man's ceaseless Possibilities in the Future for the Perfection of all things.

10 Mazdaznan declares the Supreme Intelligence to be in All Forms of Manifestation, animate and inanimate, and realizes in the hearts of all mankind the Altar of the Eternal Flames of Love emanating the Life of Mazda, who is

"a God of the Living, and not a God of the dead."

11 Mazdaznan declares that God has manifested, is now manifest, and will continue to manifest; but "is neither limited to the form of a man, nor the form of a woman," for Space and Time abound with endless formation.

12 Mazdaznan declares that

a) Religion, to be such, must prove by virtue of daily exercise the immanent knowledge, revealing the tie that binds finite Man to his Infinite God, the only Source of Life, Light and Love, unconditionally and freely imparted. b) Philosophy, to be of any value to the individual, must deal with questions of vital importance, meeting the requirements of time, proven by facts undeniable and harmonious

with the planetary and universal laws.

c) Science, to be of benefit to humanity, needs to confine itself to Nature and Nature's Laws, proving by virtue of corresponding relation between the objects of life the Manifestation of Variety as a means to an end, considering the processes of Creation and Evolution as ever changing but never ending.

d) Sociology is to meet the requirements of time, showing by means of self-respect; right conduct, behavior and the

exercise of individual rights, the possibility of union and harmony in the blending of individual complexity unto altruistic collectivity, recognizing perfection in every sphere, phase and place, for the final redemption of man from the dual aspect of life lost in class-consciousness.

13 Mazdaznan declares that: The greater the variety of ideas, and the farther-reaching the complexity of Thought entertained, the grander the sublimity of the forthcoming of the Divine Individuality in Man.

14 Mazdaznan declares that the Principle of Life contains the Solution as to the Problems of Life, and that the recognition of it corresponds with the degree of one's unfoldment and the application of one's attributes, in the results whereof no one but the individual poses as the prin-

cipal factor.

15 Mazdaznan declares that the Systems of religion, philosophy, science and sociology are but means to an end and not the end of man's endeavor. Purely means to aid the invalid mind to gain a foretaste of Truth and to stimulate the Thought unto efforts leading to an understanding of the Truth, which Truth is Holier than the Holiest, and is latent in every individual, ready to be expressed thru the collective state according to governing conditions.

16 Mazdaznan is the Thought of Masters and the Master-Thought that masters all the things of destiny for our

good here, now and forever.

17 Mazdaznan is a Message unto all mankind, irrespective as to creed, caste or color, declaring the "Peace that surpasseth all understanding" and removes all misunderstanding. 18 Mazdaznan declares that in the recognition of Our Being not our denials alone, but the recognition and confession of the conditions and the environments, accumulated by ignorance through the process of Creation and Evolution, will deliver us from bondage and unfold the golden rays of higher understanding.

19 Mazdaznan declares that man's entity is the Focalization of God's intelligence manifesting attributes of spirit, soul and mind, and recognizes in the body of man the Crystalization of substance, guided thru uncountable processes of creations and evolutions, passing thru the lower strata of matter as revealed in the elementary, mineral, vegetable and

animal kingdoms, and lastly that of the form of man; the culminating point of all the intelligences and energies, celestial and terrestrial.

20 Mazdaznan declares that the key unto Wisdom lies in the Power of Breath obtained through diligent and religious practices of rhythmic Prayers and Songs on the breath, and the application of a scientific Faith, which comes to us through the exercise of our talents, gifts, endowments and attributes in our daily walks of life, and our ability to cope with the demands of our time, which alone leads unto the

solution of the most perplexing problems of life.

Mazdaznan declares with the thought of Our Blessed Ainyahita that each consecutive generation is the culmination of not only the preceding one as to matter and mind relative to lineage, recognizing in each and every man all the accomplishments of all the minds of man of preceding existences and all ancestry since the world began, but, furthermore, takes for granted that the spirit of the fathers live in their children as declared by Zarathushtra, having absolute faith in Jesus, who declared, that "even greater things than these ye shall do," and concludes that each and every man possesses the qualities, properties and propensities, physical, mental, spiritual and divine, of all the generations past, and that each man is the re-incarnation of all preceding accomplishments and attainments, simply awaiting opportunities suitable unto the application of these hidden talents. To enable man to redeem the qualities of past thought, framing the same into manifestations of newer thought, Mazdaznan proposes the Only Infallible Plan of Saivation, assuring final redemption, and with it the realization of a perfect life here, now and forever.

22 Mazdaznan declares that the Infallible Plan of Salvation lies in the Application of Means of Purification leading unto Regeneration, with the first step essential unto Salvation from Ancestral Ties through the efficacy of rhythmic Prayers and Songs breathed on the breath, the utterance of language whereof, guided by Thought, imparts Freedom to the dynamics of life, assuring more perfect and harmonious operations throughout the body and its corresponding factors, quickening the latent forces to renewed action. effecting restoration; filling the heretofore unclaimed tissues and energies with Galama, the centralizing Life principle, which when retained through increased organic operations induces a higher rate of consciousness and with it brings about the immaculate conception of man born again, and born of the spirit.

23 Mazdaznan declares its System of Breathing to be based on thoroughly tested and proven scientific principles, borne out by scriptural records, and recognized by the world's greatest scholars and most eminent scientists as the only inimitable Institution embodying the infallible methods of Nature as revealed to the intelligence of man through comparative reasoning and untiring observation. Keeping abreast with the Spirit of the Times, Mazdaznan remains conscious of its monism, unitism, dualism, trinitism, panism and polyism, as revealed in the macrocosm and microcosm of the Infinite and Finite, complexedly ever blending but never ending.

24 Mazdaznan declares absolute eradication from sickness, sin and sorrow, assuring freedom from all bondage, through

diligent practice of Science and Faith.

25 Mazdaznan declares that the lower walks of life are repetitions of past incarnations called into existence through processes of re-incarnation and transmigration prompted by pre-natal influence and inherited tendencies which in man constitute the cause for contention and struggle thereby retarding progression.

26 Mazdaznan declares light upon all subjects, whatever their nature, and gives them due consideration in a spirit of kindness and toleration, paying respect to all ideas, views,

opinions and statements.

27 Mazdaznan declares that all life is eternal, without beginning or end thereof, the knowledge of one's self insuring confidence, assurance and the substance of things which is Faith, for "This is Life Eternal—to know God," "Wherefore be ye perfect like your Father in Heaven is perfect," for "Know ye not that the kingdom of heaven is within you?"

28 Mazdaznan declares that in this world of manifestation there are no two things exactly alike, nor can two things occupy the same space or place at the same time; consequently variation in ideas will forever characterize the in-

dividual here on Earth as well as throughout the abounding Space.

29 Mazdaznan declares through this most glorious Message of Peace and Liberty showers of blessings unto Prosperity and Perfection to whosoever will come and take of the flow of life freely, the divine flow that quickens the spirit and refreshes the soul unto a life worth living.

30 Mazdaznan points to no authority or authoritative institution other than the Supreme as the highest ideal in conscious manifestation, and declares that all ideas are sacred to the individual who proves and perpetuates the

same by a life most simple and exemplary.

31 Mazdaznan recognizes in their proper place all records, scriptures and books, knowing them all to be an answer to the demands made by inquiring minds, but for its own guide of infallibility accept none other than the Open Book of Nature, recognizing the latter as an instrument supplying the wants of immediate demands, the interpretation whereof is sacred to every individual as a divine right.

32 Mazdaznan declares that the Infinite will not manifest in unclean tabernacles, and that we owe it to ourselves and the race to remain unspotted before the world, show forth pure and healthy bodies, noble and truthful characters, commanding respect from all and by all, for "Know ye not

that your body is the Temple of the Living God?"

33 Mazdaznan declares in accordance to the testimony of Saviors, Saints and Sages: That "Verily, even in this flesh thou shalt see God," who will come "to His Temple not made by hands," but "in His expressed image," and: That the body of man is the highest ideal of God and the culmination of processes creative and evolutionary, with the end in view of becoming an honor for eternity.

34 Mazdaznan recognizes goodness, beauty, character and sublimity in everything confined to its own sphere, and sees, like unto a mirror, the manifestations of all things not only within their spheres, but also beyond the same, recognizing in the things outside of one's self reflective expressions serving as a memorandum for our good, and as an incentive unto higher aspirations yet to be attained. 35 Mazdaznan recognizes in the Holy Family of Father, Mother and Child, the Principle of God incarnate, express-

ing Unity through Divine Trinity, forever revealing the Duality of Creation, assuring Perpetuity unto higher Perfection through conscious bonds of Procreation, which alone proves perfect Union.

36 Mazdaznan enables man through its inimitable teachings to conquer all prenatal influences and earthbound ties of ancestry, redeeming mankind from sickness, sin and sorrow, and thus saving man from blindegoism and narrow selfishness, contributing to Society one more member enlightened with the spirit of altruism and broadness of mind, serving humanity by exemplification of true character, on which the ultimate salvation of society and the redemption of the race depends.

37 Mazdaznan is the new name spoken of by the prophets, poets and saviors, revealing the designs of the spirit of the times.

38 Mazdaznan shall the password be in all walks of life, revealing firmness of mind and happiness through perfect health, assuring the treasures of wealth that forever flow from out the horn of plenty before the feet of the children of men as their blessing and birthright by virtue of their relationship unto God, with whom all creation is at one, even as "I and the Father are at one."

39 Mazdaznan needs not proselyte nor seek to gain adherents to its teachings, recognizing the principle of demand and supply as to time and condition to be in correspondence with cause and effect.

40 Mazdaznan invites all mankind to its most glorious Message and Gospel of Peace, Liberty and Individual Rights without money or price, imparting its ways and means unto Science and Faith free from obligations, leaving it to its adherents to voluntarily perform their part.

41 Mazdaznan proclaims and sounds its Infinite Message to the honest in heart and asks them to come and prove for themselves that the hour has come for truth to be revealed, demonstrating perfect manhood and noble womanhood.

42 Mazdaznan asks of the Redeemed and Reclaimed to declare the Message of Peace and gather the elect from the four corners of the Earth, declaring Hope and Good Cheer with Blessings of all Good Things unto all the world.

43 Mazdaznan beseeches the Awakened to proclaim the Word of Promise on all occasions, and furthermore demands of the world to live up to its confessions, irrespective of creed, caste or color.

44 Mazdaznan invites investigation, demands demonstration, and asks for abilities as well as possibilities, to which there is no end, reminding one another that the greatest lesson in life to learn, and the grandest achievement possible, lies in the realization of the maxim of Ainyahita:

Stand alone and mind thy own,

That alone shall sin atone.

Mazdaznan places no restriction upon its members, but tres perfect freedom guided by reason, consideration.

assures perfect freedom guided by reason, consideration, logic, discrimination, judging all things from cause to effect and the manifold attributes of the mind, soul and spirit.

46 Mazdaznan declares that a nation cannot rise above the level of the woman, and for this reason places its hope for the realization of the millenial age in the education of women, that by virtue of the control of maternal laws the latent forces of the life to be incarnated may reveal the Coming Race, and through the unrestricted application of the Power of Thought give Saviors of Liberty unto the world, making our land the Savior Nation of the earth and thus through the Ascendency of the Transparent Race redeem all mankind from the influences of superstition, ignorance, witchcraft and the hypnotic spells of past antiquity.

47 Mazdaznan assures through its practices true individualism that leads to practical collectivism, rebuilding the old society from out of its chaotic state unto the formation of a New Order of Things in the Society of Man, thus realizing that "the old has passed away; behold I shall make all things new."

48 Mazdaznan is Royal in Principle, consequently making its adherents non-obligatory, and Democratic in Application, thus voluntarily serving God and Man.

For Further Information and Literature call at or send 10c in stamps or silver to THE MAZDAZNAN, 3016-18 Lake Park Avenue, Chicago, Ill., U. S. A.

MAZDAZNAN AIRYAMA EXERCISE

First of all adjust the body. Throw out your chest to the highest point possible, drawing in the abdomen tightly.

Keep chest in position whether inhaling or ex-

haling.

As soon as you feel relaxed and lungs have been

emptied, INHALE slowly and fully.

Although it may seem to you as if the lungs are filled, try an after-inhalation until you are certain that any further inhaling is impossible.

That point reached, Hold the Breath, and hold it for at least ten seconds. The longer the better. But be certain you do not tense or gnash your

teeth.

Having held the breath for the longest time possible, exhale with ease and immediately thereafter inhale as before and inhale fully, retaining the breath again for as long a time as possible before exhaling.

Repeat this exercise three to five times in succession and if needs be at intervals of six hours,

but not oftener.

The Prayer Formula "Realization" used in connection with the above exercise, repeated every morning and night, will bring about conversion and change planetary and occult influences; brings good luck and leads one into good positions; creates charms and brings success; heals the wounded heart and drives away all fear; arrests animal magnetism and puts to nought witchcraft, hypnotism and all the buffetings of satan; paves the way unto Ecstasy and Realization, etc. Learn of Mazdaznan. Terms: Voluntary.

MAZDAZNAN YIMA EXERCISE

First adjust the position of the body in a manner assuring ease.

Throw your chest out and up.

Hold muscles of the chest tight and relax the rest

of the body.

Keep the tongue relaxed and confined to the lower part of the mouth, or roll it up close against the palate; taking care never to tense the facial muscles.

Now empty your lungs slowly but thoroughly and until it seems utterly impossible to breathe out any more. That moment reached, arrest all action for ten seconds or as long as can be borne without tension or much effort.

Then inhale slowly, taking care not to move the chest, as that chest, once fully expanded, is to retain that position whether inhaling or exhaling.

Immediately after the inhalation exhale as

thoroughly, or more so, as before.

Go through the ordeal at least three times and not more than five times in succession, repeating the exercise, if needs be, an hour later, and whenever physical discomfort approaches.

The Prayer Formula "Restoration" used in connection with the above exercise, repeated three to five times a day for ten days will improve circulation; in 33 days eradicate digestive disorders; in 49 days checks pulmonary troubles; in 60 days nervous diseases; in 90 days scrofula and infections of the blood; tuberculose, cancerous diseases accordingly. Come to the Open Instructions and keep Informed.

