

PORTAL OF INVISIBLE POWER

25¢

# EGYPTOS

JANUARY

1941

LIFE · HEALTH · WISDOM · SUCCESS

## I, YOUR GOD, LEND YOU A YEAR

*I, your God, lend you a year of days to  
highly prize  
Days of possibilities in which all goodness lies  
Days of joys, days of success, as well as  
sunny days,  
Days of health and days of wealth, and days of  
love and praise.*

*So take these days and use them well—and make  
your dreams come true;  
And ere the year draws to a close, to you will  
come your due;  
If you'll give back into My hands a year with  
love replete,  
Lo, I shall give Myself to you and make your life  
complete.*

*Make of these days a perfect year, a tapestry  
fine-spun,  
A chalice for My blessings rich, O My beloved  
son.  
And for the year that you now live according to  
My will,  
Lo, I shall give you other years, and more, for  
you to fill.*

—AUTHOR UNKNOWN.



# A E G Y P T U S

JANUARY — 1941



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# AEGYPTUS

"Like the rising sun, brings you the dawn of a new day."

JANUARY — 1941

Volume III

No. 1

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## CONTENTS

I, Your God, Lend You a Year	- - - - -	2
The Secret of Hamid Bey's Mental Power		
<i>Dr. Edward McCollum</i>	- - - - -	5
Path of the Flame	<i>Clara Emelia Burr</i> - - - - -	9
Sincere Simplicity — Poem		
<i>Lois I. Martin</i>	- - - - -	11
Think—People—Think!		
<i>Helen M. Russell</i>	- - - - -	12
Test Questions	- - - - -	14
Coptic News	- - - - -	14
The Birth of the Christ		
<i>Dr. F. Homer Curtiss</i>	- - - - -	15
A Woman Observes	<i>Audrey Stratton</i> - - - - -	19
Physio-Psychology	<i>Velma Brown and E. W. Spackman, M.D.</i>	21
Extracts from Ancient Teachings	- - - - -	27
Answers to Questions on page 14	- - - - -	28
Capricorn, the Sea Goat		
<i>Orio</i>	- - - - -	29
Directory of Coptic Fellowship	- - - - -	32
Coptic Fellowship Literature	- - - - -	35
Old Father Time — Poem	- - - - -	36

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HAMID BEY,

Individually for and in behalf of  
the Coptic Fellowship of America.

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# THE SECRET OF HAMID BEY'S MENTAL POWER

By DR. EDWARD McCOLLUM

From Health Culture

**H**E WAS a small man, this giant whom I was to interview, and yet a giant in the most exacting interpretation of the word—a giant not only in physical strength but in control of his highly-developed mental faculties, and he was to prove interesting enough to repay me for the untiring efforts I had to put forth to arrange this meeting. For many years in many parts of the country, I had heard of Hamid Bey. Strange, it seemed to me, that each report I heard of him painted him as a genius in a different line.

"What manner of man can this be," I asked myself, "who seems to be all things rolled into one?" I wondered if there could be truth, to any degree, in the reports of accrediting one man with so many different types of accomplishments. I was soon to discover.

## Meeting with Hamid Bey

I first met Hamid Bey at a social gathering made up almost entirely of outstanding personalities. Those present were a cross-section of the upper crust of almost every business and profession. During dinner, which was served late enough for us all to have developed some semblance of friendship, I began as usual my studies. (I rarely miss an opportunity to study in the most interesting of all laboratories—the dining room.)

Before long the "quiet and peace" of the dinner was disturbed by the hostess, who was insisting upon Hamid Bey's eating some wild concoction specially prepared for her honored guests. Simply and firmly he refused it, saying, "I don't care for it. It is not good for my mind or body, therefore why should I burden my digestive organs with its disposal?"

Here truly was one man in a million, and I determined then and there to know more about the workings of a mind that could so gaily and lightly insult his hostess—for in America, is it not an insult to a hostess to refuse to eat what she puts before us, even though it be a little short of deadly poison?

I found him sitting in a studious pose, and was rather taken aback when he didn't rise to greet me. He didn't even engage in the usual American grace of saying how delighted he was to see me. After all, why should he be? It was I who had asked the privilege.

In reading about giants, one would expect the material to deal with men of gigantic physical proportions looking down from great heights on their less fortunate fellowmen; but we are living in a modern era. We find the giants in industry are frequently small men, outstanding professional people need not have large bodies to encompass a great field of scientific research. But there are other qualifications than a huge body necessary to success in any chosen field. I found without much questioning that Hamid Bey knew all of the secrets





**The Site of the Coptic Fellowship Temple**  
The crypt in Egypt where the Holy Family hid themselves from King Herod until Herod's death. Messiah Bestavrus, Deacon of the Temple of Coptic Order in Meeda, Egypt, and Master under whom Hamid Bey studied. Hamid Bey received his training in this sanctuary, The Temple of Coptic Order, Meeda, Egypt, built over the Holy Crypt shown above.



of success, not in one field alone but in every line of endeavor that had ever attracted his attention. Hundreds of columns have been written in the newspapers of every language concerning his apparently superhuman ability to withstand pain and bodily torture without injury. Edi-

torial writers have referred to him as a magician. People of less understanding have branded him as a trickster. But he is certainly one of the outstanding men of the age; one of the world's giants, and I made it my business to find out "how he got that way."



My first question was "Hamid Bey, can you tell me why you are so different in your physical and mental makeup from other men I have known?"

He answered, "If I am different, then it is entirely due to the early environmental influences and training I have received, for fundamentally I am just like any other man." He continued, saying "Perhaps a short history of my life would give you a clearer concept of what I mean."

During the hour that followed I heard the strangest true story. I shall attempt to give it in these pages exactly as I heard it, in the hope that it will inspire my readers and give them a deeper appreciation of the true value of clean healthful living and careful eating habits; for as the story goes on, you will see more and more the importance of the "brick and mortar" of the body temple in successful living.

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*Hamid Bey is best known throughout the world for his astounding feats of physical control, including what has been termed "the living burial." In this ordeal, he has permitted himself to be buried beneath the ground without air, food, or water for a period of eight days.*

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## Hamid Bey's Story

My parents and their neighbors were of the Coptic faith, which is the oldest branch of the Christian religion. In my home the religious laws governed our very existence, our every move, controlled our hopes and ambitions.

When contrasted with the great cities of America, the largest city of Egypt seems primitive and one might say almost uncivilized, but the careful observer will find that these simple folk live, in many respects, nearer to the fundamental laws of life than those who engage in the more or less artificial enterprises of ultra-modern

civilization. For instance, I was taught very early that my particular job was to build a strong healthy body which would permit me to live the clean active life that my parents had planned for me, without becoming a burden upon anyone else.

I was taught that sickness was the price or the penalty one must pay for violation of God's laws, and chronic sickness was an indication of a persistent refusal to obey the requirements of nature. In Egypt, Coptic children are taught to think for themselves. Figuratively speaking, they learn the dangers of fire by being burned and that is their only punishment. (To be continued.)





## PATH OF THE FLAME

By CLARA EMELIA BURR

**T**HIS story really concerns Cleone Patricia Macready. I am just the narrator of it, so I shall skip lightly over those things that concern myself. However, as I did play a part in her life, it may be of interest to place myself in the background of the picture. My profession is that of a doctor. I am a bachelor and my hobby is the collecting of rare books, of which I have a fair library.

My spare time is spent in reading and I have some knowledge of various subjects, including philosophy and the occult. As to appearance, I am tall and spare, with fair hair, blue eyes, and a strongly planed face that just escapes actual ugliness.

It surprised me mildly when John and Lorna Macready asked me to be godfather at the christening of their baby girl. The title of godfather means very little in these days, but to me it holds a deep significance through my forefathers who left Scandinavia in the seventeenth century and settled in Connecticut near Hartford. John and Lorna were among the best of my friends, so I consented.

Something extraordinary occurred at the christening. John and Lorna were studious, intelligent, and above the average in every way. John made a good living as a dealer in fine furs and they moved in good society but put on no airs. As I stood talking to Lorna after the ceremony, I said to her that I hoped her daughter would be as sweet and beautiful as she herself was, and live as sanely. She looked at me with her remarkably lovely hazel eyes and answered somewhat cryptically: "She is one of the chosen."

The remark startled me. I could not quite grasp its real meaning and I started to ask her to explain it.



Then I saw that she was signaling to someone behind me. A moment later a tall stranger stood beside us.

Lorna spoke again: "Eric, I want you to meet Leon Aries. Leon, this is Eric Sand."

I looked up into a face of majestic calm, which was my first impression of it. Otherwise, it was very handsome and attractive, with deep blue eyes, a wide brow, chestnut-brown hair, and a shapely nose and mouth.

The second impression was that of agelessness, and I thought that Leon Aries might be anywhere between thirty and a hundred years old. The third and strongest impression spoke of power, an indefinable quality embracing all that might be included in the word strength, even to the point of absolute ruthlessness.

I took the hand he held out and received a distinct influx of something electro-magnetic with the firm contact. His voice sounded very clear and musical as he spoke to me.

"I am glad to meet you, Eric Sand. We have much in common."

"Thank you," I said, somehow oddly at a loss for words. Lorna came to my rescue with her swift tact.

"Leon means that he is also a doctor, in a somewhat different sense," she explained smilingly.

Then she had to leave us, in response to the demands of some other guests. I looked after her graceful figure regretfully for I felt that she might have interpreted Leon Aries

to me. In her orange colored satin she looked like a woman clothed with the sun.

"You are an osteopath or a chiropractor, perhaps," I ventured.

"No, I am a metaphysician," he explained. "Physical means can only deal with effects; I try to remedy causes."

I suppose that professional jealousy is one of the most deep-seated evils of our time, and I was not exempt. He must have read my very thoughts, for he smiled.

"I don't think the fields encroach. In fact, I believe that you could incorporate many of the metaphysical tenets into your materia-medica with excellent results."

"Then you don't think that medicine is all wrong?" I asked impulsively.

"I think medicine serves certain needs," he replied. "It is very sweeping to say that anything is all wrong or all right. We work with definite laws on the different planes of being, but they interplay. As a metaphysician I may reach those who can be lifted into a larger mental consciousness and place them in the divine life-stream which is the only healing agent. As a physician you may reach those who are caught in a whirlpool of physical disaster and lift them up into the same life-stream on a different level, not necessarily a lower or inferior one."

My interest was aroused to a considerable degree and I wanted to continue the conversation, but other



guests began to mill around us and someone interrupted with a remark on a different subject. We drifted apart and I did not see Leon Aries again until he came to bid me goodnight. I then expressed the wish that I might have the pleasure of meeting him again. He gazed at me for a moment in deep concentration.

"Yes, I believe our paths will cross in the future," he said. "You possess some of the qualities which are bound to lead you into the way of the Flame. Perhaps you will not care to follow it or to serve it. That is always left to your own decision, but you must face the choice, perhaps many times."

I made some inane response and he left me. Years passed before I understood what he meant, even in a dim sense. Not even when I stood face to face with him once more amid strange surroundings and in a scene of indescribable solemnity that bordered on horror, did I fully grasp his meaning.

In fact, I crossed the way of the Flame many times in utter ignorance—perhaps I walked by the very side of a member in the White Brotherhood and never knew. They carry no visible insignia, nor do they reveal themselves to you unless you merit such revelation. You must find them and know them through your own perceptions.

Had I understood what Lorna Macready tried to tell me through the age-old science of Astrology, it might have opened an avenue. But I deemed it mostly superstition. I was ignorant enough to class it in the

same dangerous category as psychic phenomena, which I knew no one should dabble in thoughtlessly or with low motives.

So I only knew that I was dominated by the Sun conjunct to Saturn in Capricorn in the tenth house, with Pisces rising. Lorna had Sun in Leo rising. John had Sun in Sagittarius and Leo rising, while baby Cleo had Sun in Aries and Sagittarius rising.

Lorna laughed as she explained that they monopolized the fiery triplicity of the heavens between them but, oddly enough, I cannot remember that she ever mentioned the Path of the Flame.

Baby Cleo, as they called her, turned into a very beautiful and bright, not to say, precocious, child. We lived quite close to each other and I saw her often. She seemed to take a great liking to me for some reason.

About a year after the christening, I left Hartford, Connecticut, and traveled around extensively in an effort to satisfy my restless spirit. I visited Egypt and stood in the presence of the Sphinx and the Pyramids; I saw Cairo lie apparently asleep in the sunshine; I went through the Holy Land into the gates of Jerusalem and paused beside the Sea of Galilee for awhile; then went across India and the Himalaya Mountains to China.

Wonderful World and exhilarating journey. I picked up some treasures in the way of books, particularly one in Cairo. Later I was driven to curse that book in agony of spirit,



and I nearly missed it in Cairo because it cost a fortune. But as I laid it down with a regretful sigh and turned to go, the proprietor of the shop, a dark, bearded Bedouin with mystical eyes, held it out to me in grave solemnity.

"Take it," he said in Arabic, which I understood slightly. "One soul is worth a million in any man's money. Who knows . . ." He paused cryptically.

I took it half reluctantly, insisting upon paying what I could pay. I did not feel too sure that the translation which accompanied the text in the original script was correct. A lot of it seemed like utter balderdash, but the volume had class.

The binding, of some rare substance I could not identify, held an enchanting beauty and the leaves were parchment. The title, "Seven Gates," embossed in gold, awoke my interest. The book fitted neatly into my vest pocket and I resolved to build a special niche for it in my library when I returned home.

*(To be continued)*



## Sincere Simplicity

Oh Father, let me be  
Humble SIMPLICITY,  
Thee to adore.  
And as I live my part,  
Bring to this seeking heart  
SINCERITY.

May that which is of Thee  
Shine forth in Truth through me,  
ETERNALLY.

—*Lois Martin.*

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We are controlled by our habits. First we manage them, and after awhile, they manage us. Life is a fluid, and only running water is pure. You have to be up and doing; always after them, moving, doing, becoming. When we are, we find happiness and success, even though there be no one around to share it with us, we find a great, quiet joy in our work.

—*Author Unknown.*

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## NOTICE

Because of unexpected happenings, the article on *ANCIENT EGYPT IN THE LIGHT OF TRUTH* will begin in a later issue.

—*The Editor*

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# THINK—PEOPLE—THINK!

By HELEN M. RUSSELL



HE two words, friend and Fellow American, carry tremendous weight. To call one a friend means that the one so called is more than an acquaintance. True friends will live and die for each other regardless of faults. "American" means friend also, for America has been the friend and haven of all who have been seeking freedom from dominance from all parts of the world.

The Pilgrims left England and journeyed to America. They endured all kinds of hardship and suffering without anything modern to assist them. After they had built well, they had to fight to preserve that which they had built in order not to lose it under crushing taxes from England.

God meant this country to be a Light unto the rest of the world to show that all could live together in brotherly love. We are all part of one whole life and each depends on the other. No one could exist alone.

Those of us who understand that America is to be the next Holy Land should exert every effort we can, through our wisdom and knowledge, to spread the "Light of Truth" in our everyday life, to reach out a hand of good fellowship and be a shining example of Faith, and to hold our thoughts clear of all destruction and negativeness. By so doing we can radiate to those who are caught in darkness, fear, and frustration, a feeling of strength and courage which will awaken them to a spiritual understanding. This spiritual awakening is essential to carry us through the trying times which are ahead.

In this great country of ours each one had (and I say had because in the past few years it has been curtailed) the same opportunity to create, work for, and expand to the extent that each was capable of or desired and to worship God as he chose, free and unhampered.

It stands to reason that not everyone can be on top else there would not be any support to hold the top. However, one is just as essential as the other. Each one of us is a cell in the body of God just as our heart, lungs, eyes, hands, and so forth are a part of our body. Everyone is necessary to make the whole. All must work together harmoniously.

Everyone cannot be a leader for there would not be anyone to lead, but each one has a chance to be a leader in his own sphere. Our Bible tells us, no matter what our creed may be, that God gave to all some talent. To some He gave the talent to be teachers, to others the talent to become prophets, and so forth. It is not possible for all of us to have the same talent awakened to the same degree, and most of us do not wish this to be the case. In this great country of ours, we are free to work



for our desires and free to think and speak as we desire.

People talk about Democracy. It is little understood. Our country is a Republic with a democratic form of government. Democracy is not a government but a philosophy. It is based on the self-evident truth that all men are created equal—with certain inalienable rights—namely, the pursuit of life, liberty, and happiness. This carries with it a responsibility. Everyone must do something.

We are again at a very crucial time in the history of the world. Prophecy is being fulfilled in this New Age that is upon us, and it is up to us to ask God to lead us wisely. America is young but was and is God-inspired. How else could a small handful of men have conquered the great army and wealth of a nation as powerful as Britain!

George Washington was a man who prayed for guidance and assistance. We know the result, and that was only one hundred sixty-four years ago. THINK—so short a time!

We could not lead a world if we had not grown and expanded. In one hundred and sixty-four years, we have become the greatest nation on earth and READY to take our place in helping the rest of the world and humanity. I am sure you will agree that this is a very remarkable growth for so short a period of time. We have had our ups and downs while endeavoring to preserve our unity. In 1860 a great man arose to take command—a man who had fought his way up without any advantages and

believed in all American people..

He foresaw the future part we were to play in teaching brotherly love to the rest of the world instead of hate, greed, and selfishness. This man was Abraham Lincoln.

We are starting a New Year. Let us make this a New Year of spiritual regeneration by making a resolution with ourselves and God to do our share, to do unto others what we would have them do unto us, and manifest "Peace on Earth, Good Will to men." We can do this, if we are determined enough. By so doing we will be giving of ourselves without any strings.

God tells us, "That whatsoever ye give in My name shall be returned to you with good measure, pressed down and running over."

In this changing world of ours, the watchword should be "How much can I give?" and not "How much can I get?" For instance, in a great many businesses today stress is laid on service and, incidentally, these are the successful firms. The ones that can give the best and fastest service get the business.

Our wise men of old told us "To cast your bread upon the waters and it will return again to you ten-fold." A little concrete example is the fact that you must give up one breath before you can get the next. Therefore, it proves that the law of giving is the most powerful. Our forefathers GAVE.

Dear people and fellow Americans, we have the greatest prospects and



opportunities ahead of us that have ever been in the world—that of being of service to the rest of the world through spiritual, material, and all other ways. We must be the bearer of Light—THE WAYSHOWER.

I love not only America and American people but all humanity no matter what race, creed, or color. I hope that I may awaken the inspiration in each and everyone of you to realize that if civilization is to stand, it must start in the heart of each and every individual because out of a seed will grow only that which is involved in the seed. The kind of seed determines the thing that will grow, because like attracts like. In order to have peace and harmony in the world each one of us must have peace, harmony, and brotherly love in our own heart.

I BELIEVE IN AMERICA AND IN THE AMERICAN PEOPLE. I BELIEVE IN GOD. I believe God will inspire each and every one of us to be true, fearless, and courageous Americans, which means to give regardless of self, and that He will allow us to be that shining LIGHT for which the symbol stands in New York Harbor—the Goddess of Liberty.

I leave with you my blessings for abundance, joy, and happiness in the coming year. God bless everyone and all the world alike.

PEACE—PEACE — PEACE be unto you.

## TEST QUESTIONS

### How Well Can You Answer?

Test your knowledge before turning to the answers on page 28.

1. What is your understanding of Cosmic Harmony?
2. What is your understanding of
  - (a) involution
  - (b) evolution
3. Compare:
  - (a) science
  - (b) philosophy
  - (c) mysticism

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## COPTIC NEWS

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### NEWS FROM HEADQUARTERS

TOLEDO, OHIO

Hamid Bey will open a series of lectures and classes at the Roi Davis Auditorium, 905 Jefferson Ave., on Sunday evening, January 12, at 8 p.m.

CLEVELAND, OHIO

The Cleveland branch of the Coptic Fellowship of America closed its December meetings with thankfulness for the progress made in 1940 and is looking forward to active and inspired work in 1941.

In September, the election of officers was held, with Mr. Martin continuing as the leader.

On December 17, in appreciation for all that Mr. and Mrs. Martin have done toward showing the students the spiritual way, a Christmas gift was presented to them.

The plans for 1941 include an invitation to Velma Brown to conduct her series of lectures and classes in Cleveland.

(Continued on page 25)





## THE BIRTH OF THE CHRIST

By DR. F. HOMER CURTISS  
PART II

**J**ESUS, like all Lightbringers, symbolizes the individualization and manifestation of the Christ-Consciousness in man. This is not an intellectual process, but the overshadowing and, finally, the embodiment and birth of the spiritual consciousness of the Higher Self or Divine Man in and through the human personality. Therefore, Joseph, who symbolizes the intellect, is not represented as the father of Jesus, for no amount of intellectual activity can generate spiritual consciousness.

Spiritual consciousness comes from above and from within and is not brought forth in the mind, but first overshadows. It then descends from the higher realms of spiritual consciousness into the "cave" of the heart—symbolized by Mary—where it must be nurtured in Divine Love or by the Divine Mother-principle ere it can be brought forth in the life and illumine the consciousness of the personality and seemingly become the son of Joseph—the intellect.

This is the miraculous immaculate birth of the Virgin, because its generation is not mortal but divine, according to the angel's promise: "The Holy Ghost shall come upon thee and the power of the Highest shall overshadow thee: therefore also that holy thing which shall be born of thee shall be called the Son of God."

This refers not to a physical child conceived phenomenally without a father, but to the manifestation of the Divine Self, the Christ in us.

The intellect appears to the outer world as the father of the Christ-Consciousness, but is not so in reality, any more than Joseph is represented as actually being the father of Jesus, "Jesus himself . . . being (as was supposed) the son of Joseph." Yet the intellect (Joseph) is needed to guard, support, protect, and prepare conditions for the manifestation of the Christ-Consciousness, hence must grasp and understand the miracle.

This *universal and spiritual interpretation* of the story solves the whole problem of the conflicting genealogies of Joseph which would seemingly deny Jesus' spiritual origin, in spite



of Jesus' own words: "Ye are from beneath; *I am from above*; ye are of this world: *I am not of the world.*"

Even if the genealogies were historically accurate Jesus would still have no legal claim to the literal throne of David, for He was conceived by the Holy Ghost and not by Joseph. And if Joseph were not His father then he could not inherit Joseph's lineage. This spiritual interpretation also explains the seeming failure of the prophecy that Jesus should receive the throne of His father David, "reign over the house of Jacob forever; and of his kingdom there shall be no end."

Literally Jesus never sat on any earthly throne, hence never reigned as a king. But *spiritually interpreted* He does not need the genealogy of Joseph; for once the Christ-Consciousness is brought forth in the heart it does sit upon the throne of David—Divine Love—and "of his reign there shall be no end" in all our future incarnations.

To all faithful humble hearts who, like the shepherds, have been guarding their flocks—thoughts and desires—through the long dark night-period ere their spiritual unfoldment, there will surely come a time, as surely as Christmas comes, perhaps in their darkest hour, when the heavens of the higher consciousness will open and in a glorious expansion of their consciousness "the angel of the Lord"—the messenger of the Law of Divine Love—will proclaim the coming birth of the Christ-Consciousness in their hearts.

Then will "the glory of the Lord" shine round about them, and they will realize that there is with them a "multitude of the heavenly host praising God and saying, Glory to God in the highest, and on earth peace, good will toward men."

All spiritual prophecies have two aspects: individual and collective. They are first fulfilled in the individual hearts and lives of the few who can grasp their inner meaning and then, as such individuals become more and more numerous, they make it possible for the prophecies to be fulfilled for a whole nation, a Race and finally for all mankind.

Thus far only individually has this spiritual realization prophesied by the angelic host been fulfilled; for mankind has never yet collectively realized its common origin in the Divine and hence its essential spiritual brotherhood. Only the realization of this brotherhood can bring about the peace and good will so long promised by the heavenly host.

Every seeker for the Christ-Consciousness therefore has an individual responsibility in helping to bring about this universal fulfillment of every prophecy concerning His coming through exemplifying peace, good will, and brotherhood in his or her own life.

Everyone who has passed through this stage of development and realization knows in his heart that, since the promise has been fulfilled to him individually, it must ultimately be fulfilled to all.

As the Earth, in its annual journey around the Sun, passes through the



sign Capricorn during December, so is there a corresponding period in the spiritual zodiac of every Seeker for Truth which must be reached and passed ere the birth of the Christ-Consciousness can take place within. Only when this personal experience has been realized and exemplified in the lives of a majority of the worshipers of the Christ can the real Christmass be celebrated which, age after age, the angelic hosts have been waiting to sing, not for individuals alone, but for all mankind.

This experience is realized at various times and in various ways by different types of mind, but once experienced in the heart can never be forgotten.

The birth of Jesus is represented as taking place in Bethlehem—the meaning of which is “the house of bread” the sixth constellation, the harvest mansion, Virgo, whose symbol is a woman with a spike of corn in her hand—because the spiritual birth must take place in the house or center of spiritual nourishment, the heart.

An inn is a place where many passing travelers meet and sojourn for a time and perhaps discuss and argue over the topics of the day. It, therefore, fittingly symbolizes the head or the mind where many passing thoughts stop and sojourn for a time, where they reason and argue and then pass on.

Naturally there is no room in the conflicting vibrations of such an intellectual maelstrom for the tender vibrations of Divine Love (Mary) to find a resting place and to bring forth the spiritual conception, the birth of the Christ-Consciousness.

For were the birth to take place in such company the reasoning faculties would soon argue away the possibility of such a miraculous event ever taking place and so convince the rational mind that we ourselves might doubt that the birth has ever taken place.

Therefore, there is no room in the mind for the Divine Mother. She is forced to go to a center lower down in the body, into the cave of the heart, where she is surrounded by the lower animal centers which are domesticated and are quietly carrying on the functions of the body in peace and harmony, and are willing to recognize and obey the influx of the higher consciousness without argument when guided by Love.

Thus the birth always takes place quietly and in a most humble manner, often while the soul is facing some great decision or crisis or passing through experiences so bitter and painful as to be like the pangs of birth. Then there suddenly comes a great expansion of consciousness, an influx of Divine Light and Love — “the glory of the Lord shone round about” — a realization of the descent of something holy, something outside of and beyond the mind, something transcending the reason and all mere intellectual faculties and functions, like “a multitude of the heavenly host praising God,” the illumination of the Christ-Consciousness.

When this new conception has finally been brought forth, we realize that it is too sacred and holy to be exposed to the incredulity, the arguments, and the scoffings of our worldly friends; for, until they too have



passed through the same experience, they cannot understand or comprehend it. Therefore, we must not publish abroad to our friends of the outer life the news of this spiritual birth. It must be wrapped in swaddling clothes of silence, meditation, and cherishing love, both to protect it and support it until it has grown strong enough to stand alone.

From another aspect the swaddling clothes symbolize the misconceptions under which the Light of the Christ has been obscured, but which in this new Aquarian Age must be removed through enlightened understanding and realization, so that the Christ Light may shine forth to illumine all mankind.

Once this birth has taken place, it is soon recognized by the shepherds—the love nature—and worshiped by them. Later on it is also recognized by the Wise Men—the higher faculties—who then lay their choicest gifts at His feet. But the birth must still be concealed from Herod or King Desire, who has for so long ruled our lives and who will brook no interference and stop at nothing to continue his reign.

Thus do the selfish desires of the personality and animal man war against and seek to slay the spiritual conceptions which have finally been born in our hearts. But if we keep them wrapped in swaddling clothes they are never captured and slain. The first-born in every heart is a desire to express its joy at the birth, an overflowing enthusiasm to do great things for the Christ, for this mighty love melts our hearts. But

soon Herod — the desires of “the world, the flesh and the devil”—strives to find and kill the child but never succeeds. Although many of the mind-born ideals are killed by a scoffing world, the Christ flees into the darkness of Egypt for a time, only to return in due season.

Only to the shepherds and the Wise Men can the new-born Christ be revealed. And there, in the little manger of our hearts, must we bring Him forth and worship Him in Spirit and in Truth, in silent contemplation and adoration, that He may ultimately ascend and sit upon the throne of David, and that of His reign there shall be no end and in all our future lives.

Let us strive, therefore, to be truly Wise Men, patiently and persistently following the star of intuition through all the trials of the outer life until it finally leads us to His feet.

But the message of Christmas which this Order sends forth is not merely that of the Divine Birth in the heart of the individual, glorious as that is, but also of the Divine Birth for mankind as a whole, the advent of the Christ to humanity in the person of the coming Avatar.

The time of this Cosmic Birth is swiftly drawing near. In fact, the birth pangs of “wars and rumors of wars,” of unbrotherliness, antagonism, and conflict which are abroad in the land, and the cosmic disturbances which fulfill the prophecy, are already taking place.

Hence, like a loving Father who  
(Continued on page 31)



# A WOMAN OBSERVES

by

a u d r e y   s t r a t t o n



We have a promise to keep and, although this is a New Year and only new and fresh thoughts should occupy our minds, we must take up the matter of this promise under the heading of "unfinished business."

Remember what we talked about in the November issue? First of all you may ask, "Why is it so important now of all times to discuss the requirements of a husband and wife?" And we would answer you in this way: Granted the world in general is chaotic. Why is this so? Because man is functioning in a realm of ignorance.

How can this be alleviated? By proper training from childhood. By creating harmonious environment and directing that which is inherent within the child into channels of expression that are not only for his beneficial development but for the development of all of those who come in contact with him.

How can this be brought about? By realization on the part of the parent of the importance of environment and training. Where does this realization begin? In the contacts of the husband and wife.

After looking through the large end of the telescope, we discover the importance of harmonious marriage

and what a stronghold it must come to be. So as we spoke of "The Good Wife" in the November *Aegyptus*, we will start the New Year by rounding out the nucleus of better things to come by discussing "The Good Husband."

Generally speaking, the same qualifications hold for either husband or wife, with three exceptions — that man's natural place in the household is that of provider, protector, and master.

If such is the natural role of the male, why are there not more instances of this in the family of today? Why the feeble cry on the part of man that woman is asserting herself in too great a degree? There is balance in all things and as soon as man does not fulfill his natural duties his other half must do so in order to create this balance.

Woman does not naturally venture into male provinces of authority until she is thrust there by the lack of power on the part of man. Fundamentally, woman, more primitive than we are willing to acknowledge, longs for a provider, a protector, and a master.

Woman's natural longing is for a home—a home of comfort for herself and family. It is man's duty to sup-



ply this home and its support.

Even as we write this we hesitate, when we think of those men who have said they could not find work and who, on the other hand, are willing in their acceptance of defeatism, to complacently agree to support from relief. Or, worse still, those who see their wives leave the house daily for work while they either sit at home or half-heartedly seek employment.

Work can be created, and created by the individual himself. Men and women daily are making their own jobs and making them pay. It takes thought, it takes initiative, and it takes the willingness and force to carry it out—which are more requirements for the "Good Husband."

Be clean and tidy in your appearance, gentlemen. Especially when you go out. Even the brilliant man loses some of his prestige when there are spots on his trousers. We can't all be brilliant but we can be clean.

We women would much rather see your suit a little threadbare than to see grease spots where you have dribbled soup over your vest or sat in the food you have dropped on your chair.

We like the disheveled appearance that goes with hard work and even the resultant grime. But we do not think it necessary, as a general custom for home wear, that you give the appearance of one who has just crawled from under a piston ring.

A good provider is such without

any thought of the act. His joy lies in the doing, not in what people say about him. He makes no play for the grandstand. No matter how great the genius of the man may be, if he is a "wise guy" he is unsound.

To be a true protector of his wife and family, a husband must be loyal. The average man treats every other woman with more courtesy than he does his wife. He must be cautious and yet courageous, for he is a reasoning being and is so physically equipped that he can maintain protection at all times. He must be moderate in all things, considering not so much what is conveniently thought to be right and wrong but as to whether he is creating an over-balance or excess.

In conclusion, in order to make this contact between himself and his wife an immutable basis for community, national, and world-wide growth and development, the "Good Husband" must be a master of his emotional life. Herein lies his weakness or his strength. Master and control are synonymous.

As long as man allows his emotions to engulf him the natural reasoning mind is absorbed and he is an erratic, abnormal individual. There is no stuff here from which to build leaders.

You may consider it a long jump, but it is not—for from "good husbands" come our true leaders of mankind!



# THE PRINCIPLES OF APPLIED PHYSIO-PSYCHOLOGY

(Edited by VELMA BROWN and E. W. SPACKMANN, M.D.)



WE NOW visualize the structure upon which this work is built. The foundation rests upon those qualities which are the basis of all true religion:

PATIENCE  
RIGHT UNDERSTANDING  
HONESTY  
PROPER APPLICATIONS  
PERSEVERANCE  
CORRECT LIVING

You will benefit by this work in accordance with the degree of development of qualities such as the above examples. Your interest in and inclination for this type of work are proof that the capacity to receive great benefit lies within you. Be sure that you realize the fundamental truth. In working, you are using your body as the tool but your nervous system, mind, and emotional nature reap the ultimate reward.

This forms a part of the greatest cultural system ever given to the mind of man. Therefore, receive it with humility and appreciation and be faithful in your work, but do not attempt to directly teach it to others.

As the results develop within you, you will be aware of a new capacity to help others. In giving this help you will merely assist them to live more artfully. The capacity to handle fundamental forces is given only to those who by artful living have earned the right to further knowledge. Many others acquire portions of various practices and use them sometimes

for benefit, but usually with great danger to themselves.

Controls and powers beyond what is regarded as usual are given only as the student develops unselfishness. Thus the work enlarges those very capacities which are necessary prerequisites to it, and this is as it should be.

The first threshold is the recognition of these qualities within the student and serious-minded desire to culture, not for the self alone, but that we may become examples for others to follow.

The second is the posture work which may be called "fundamentals." This is given in a series of five lessons.

The third is movement work which may be called "fundamentals" and is given in a similar series of five lessons.

The fourth is advanced posture study which applies the principles to the elementals — earth, water, fire, air, and ether. These are the quali-



ties and attributes. This may be called "application," and is given in a series of five lessons.

The fifth is advanced movement study which applies the principles to the elementals. This is also called "application," and is given in a series of five lessons.

When these five thresholds are passed, we are equipped with that degree of control of mind, nervous system, and emotional nature which attracts to us the capacity to artfully handle those more powerful forces within us skilfully and with understanding.

However, we do not necessarily wait in attempting some of the deeper work, but advise that it be done gently and with great caution.

Breathing is carried throughout this work. Safe and powerful breathing habits are formed. Advanced breathing is dynamite and should be handled as such. It must always be remembered that the wrong method or application in using these forces does as much harm as the proper method does good. Few, however, carry the controls into breathing or are sufficiently patient to damage themselves badly. Yet we have seen it happen to the unprepared.

The following axioms aid in understanding the work:

1. There are certain places of stiffness in our bodies that ordinarily remain so throughout life. To free these, frees the equivalent faculties of the mind, provided the mind is similarly exercised.

2. Ask yourself what would be the effect on a person—on you—if all points were normally flexible, circulation was free throughout all parts of the body, glandular and nerve center activity above average, and so forth. Try to answer these questions. Try to find fault and exceptions to your answers. See where this leads you.

3. Body toxins produce stiffness. They must be worked out just as selfishness, greed, vanity, and so forth must be worked out of our lives. but it takes years to rebuild.

4. You are activating new and unused nerve centers. These are weak and cannot stand much. But for every nerve center awakened, there is a similar awakening in some portion of the mind.

5. Gently force stiffness, but coax soreness.

6. It is relatively easy to re-educate some part of the nervous system, but it takes years to rebuild.

7. Overdoing is the most serious fault and shows mental immaturity. It is easy to begin with enthusiasm and lose interest. It is an art to know just the right amount of work to do.

8. It is necessary at times to work oneself into a "stalmate." When this condition approaches, stop abruptly for a few days. Discouragement, fear, worry, and all the morbid qualities are to be "worked" out and left back of you.

9. Plan, therefore, to do only a minimum of work and let your own interest and energy guide you to do more.



10. Develop the consciousness of "when to do and when to stop." Apply this to your daily life.

11. In handling the more complicated controls, do grossly and slowly at first, refine later.

12. If you do not get results and feel better, something is wrong. Never neglect this condition but call it to the attention of your instructor.

13. We learn to direct consciousness into all parts of our body by attention to nerve flow and tension.

14. We learn to become our own best friend in doing this work, so that we may apply it in our daily life.

It will be noted in doing the movements that the feeling images which we are building into mantra are very similar in many respects to those used in the elemental posture series. This may cause considerable confusion in the minds of students. They will ask, "Why should we study practically the same type of feeling images throughout both the postures and movements?"

My dear student, if this has gone through your mind, dismiss it instantly. It is not the ability to handle large quantities of images, but to make a single image at a time a definite part of your life.

Why is it that images should be followed through both postures and movements? It is exactly the same principle as reading a person's character from the face. Observation of the face, at rest, gives us a certain

impression of the nature type and character of the person.

We can separate, classify and divide people into various categories by means of this manner of thinking of them. However, in understanding people it is important to watch the face in motion, especially in those motions which the person does not consciously project into his facial expressions. Then we have a much clearer understanding of the manner in which that patient's mind, nervous system, and emotional nature work.

It is absolutely essential to perfect the feeling image first in the posture, and the movement both, then it is taken up in our daily lives to a greater degree.

There will be more fundamental change in your life if you can thoroughly and consistently implant in your mind a new feeling image and carry it throughout your work. First, through the posture; then, through movement; then, through the breathing; then, through the emotional type of control; then as though you go searching about for multiple images, unless by natural endowment you are fitted to handle multiple images at one time.

We regard it safer, more practical, and more worthwhile to perfect, or what we call "nail down" one image thoroughly before we go on with another. However, in our practical work this would be entirely too monotonous for the western mind.



## MOVEMENT SERIES I

Therefore, the images are built in a symmetrically progressing system and returned to again and again in different forms and by different wordings. But they are all the same fundamental images.

They all build up to one final great image which might be called proper living because through the mechanism of proper living we learn proper thinking, proper emotional reaction, and prepare the soil for higher forces to become active within us. Carry out this line of thought. It is worth spending considerable time on.

Remember that we do not discountenance mental dissimulation in this work, but we believe that those ideas are assimilated with the greatest value when they are later on to be put into actual practice in the work we do. We feel very strongly that persons can get their minds tangled up by over-balance of continual reading and thinking along lines which mean little or nothing to them from the practical standpoint.

The correspondence course lessons are not built along this type of thought. We can now tell you something which would not have been accepted earlier. Every single idea put into these lessons is simply a means of more clearly comprehending the thought in your correspondence course and has directly originated from that course.

### MANTRAM

The breath flows in rhythm—exhale on compression or tension — inhale on expansion.

1. On back—alternate to abdomen. Student lies on back and draws the right knee as far up toward the stomach as possible, bending the knee. The leg is then straightened out reversing the movement, and then the left leg is used in a similar manner.
2. Standing—Bend at the level of the umbilicus, forward and backward. The student places hands on hips and bends forward and backward, making certain that the hips do not move, but that all movement is from the mid-point of the abdomen or the level of the navel.
3. Monkey Walk — The student stands and bends forward, touches the tip of the fingers to the floor in front of the toes. The hands are used in a similar manner to walking, arms kept straight until the body stretches forward in the snake pose. This is then reversed until the body stands upright again.
4. Head Bends and Twists. The shoulders are held steady, the head is bent forward, backward, to each side and turned to either side.





## COPTIC NEWS

CHICAGO, ILLINOIS

Never a dull evening at the Chicago Coptic Center Open House which is held every second and fifth Monday. This is partly due to the fact that some of the members are talented musicians, including a whistling diva of real operatic merit.

On the same program of artistry in November appeared Dr. Ernest J. Stevens of San Francisco. Mr. Stevens is a noted scientist, author, poet, and philosopher.

He was christened "the Burbank of the human plant" by Mr. Luther Bank. For two hours Dr. Stevens captivated everyone with his wealth of knowledge and amiability. He is the possessor of the "smallest bible in the world," which embraces very interesting history. This rare miniature, less than an inch in diameter and printed by hand, all the students were privileged to view through a magnifying glass.

Another outstanding recent guest was Bishop R. D. Griffith of the Coptic Church of Addis Abbaba, Ethiopia. Although that church has no affiliation with the Coptic Order, the root meaning of the word was explained as signifying "Guardian of the Truth" or "Angelic Messenger of Truth."

Bishop Griffith stated that the Coptics have always been the *Creators* and that it was they who kept the "great secret" until Jesus came.

A most impressive message direct from Haile Selassie was shared with us. A beautiful spirit of unity created by this dynamic minister aroused the members to a greater appreciation

of and a more ardent pride in their membership with the Coptic Fellowship of America.

Tarotology is of growing interest here. A diligent teacher, Edna B. Clark, has given some fascinating and engaging instruction on the sacred symbology depicted by the Egyptian Tarot Cards. Both the exoteric and esoteric meaning of these ancient emblems was illustrated and practical applications made for individuals present.

This Center had a very merry Christmas party on December 23, with tree, festoons and pine boughs decorating the room. After a few Christmas carols, led by Mrs. Seymour, and an invocation by Rev. Bruhn, Mrs. Hemme read a Christmas message from Velma Brown and one from the Philadelphia Center.

A solo was sung by Mrs. Boss, after which everyone participated in games and the "whistle game" which caused so much laughter and excitement that it will long be remembered by those present.

Mrs. Ropinske played Santa, handing out the grab bag gifts, a surprise as each package was opened. Soon it was time for refreshments and all the goodies which were brought by the members were greatly enjoyed.

The Chicago Center opens the New Year with a series of classes given by Velma Brown at Hotel Hamilton, 20 South Dearborn Street. Her first public lecture will be given on Monday evening, January 13, at 8 o'clock.

The Chicago Coptics wish to extend to all Coptics everywhere greetings for an Illumined 1941!





#### SAN DIEGO, CALIFORNIA

Mrs. Anna Soucek, 4328 Georgia Street, San Diego, California, has been elected healer of the Coptic Fellowship of San Diego. Mrs. Soucek is well versed in the art of healing and is most happy to be of service to her fellowmen, not only to those who belong to the Center of San Diego, but to all who are in distress because of ill health.

#### LOS ANGELES, CALIFORNIA

Hamid Bey recently completed a series of lectures and classes in Los Angeles. To the growing number of Coptic Centers throughout the country, we now add the one which has been organized in this city.

Harriet B. Myers, Assistant Editor of *Aegyptus* and personal secretary to Hamid Bey and the Coptic Fellowship of America has been chosen as leader of this group. Mrs. Audrey Stratton, contributor of articles to *Aegyptus* and one of the Healers for

the Center of Los Angeles was appointed Assistant Leader.

Two meetings are held every week. Every Thursday evening at 8 o'clock meetings are held which are open to everyone.

On every Friday evening at 8 o'clock all members of the correspondence course, known as the Inner Group, meet for study of the lessons.

A very interesting program for both of these meetings has been prepared for the month of January. The public meetings have been conducted by Hamid Bey during the month of December, but due to his going to other cities to conduct lectures and classes, other speakers have been secured. We take pleasure in announcing that we have already built up a Speakers' Staff of the following persons: Mr. William Holmes, Mr. Albert D. Tessier, Miss Helen Russell, Mrs. Audrey Stratton, Miss Harriet B. Myers.

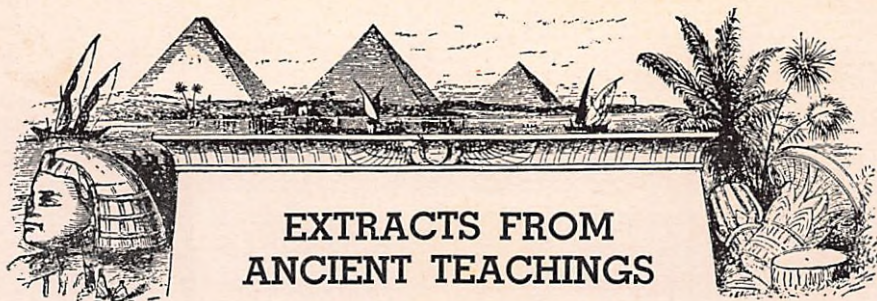
Other speakers will be added to this staff as they become available. We extend an invitation to everyone to attend these meetings. The time and place is given in the Directory on page 32.

#### DETROIT, MICHIGAN

The yearly re-election of officers was held during the month of December. The names of the officers who assume their duties in promoting the work of the Coptic Fellowship of Detroit for the year 1941 are given in the Directory.

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## EXTRACTS FROM ANCIENT TEACHINGS

"Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets."

—*Matthew 7:12.*

\* \* \*

"They that are virtuous and honest always regard themselves as sanctified by the holy companionship of persons like themselves and by the water of pure and sacred converse."

—*The Mahabharata.*

\* \* \*

"Thy business is with the action only, never with its fruits; so let not the fruit of action be thy motive, nor be thou to inaction attached."

—*The Bhavavad-Gita.*

\* \* \*

"For none of us liveth to himself, and no man dieth to himself."

"For whether we live, we live unto the Lord; and whether we die, we die unto the Lord: Whether we live therefore, or die, we are the Lord's."

—*Romans 14:7-8.*

\* \* \*

"The people call change death, because the body is dissolved, and life, when it's dissolved, withdraws to the unmanifest."

*Thrice-Greatest Hermes.*

\* \* \*

"There is that speaketh like the piercings of a sword: but the tongue of the wise is health."

—*Proverbs 12:18.*

\* \* \*

"But the wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt."

"There is no peace, saith my God, to the wicked."—*Isaiah 57:20-21.*

\* \* \*

"As flowers in rich profusion piled  
Will many a garland furnish forth;  
So all the years of mortal man  
Should fruitful be in all good works."

—*Buddhism in Translations.*

\* \* \*

"For this cause also thank we God without ceasing, because, when ye received the word of God which he heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe."

—*I Thessalonians 2:13.*



## ANSWERS TO QUESTIONS ON PAGE 14

### Answer to Question 1

Cosmic harmony is the coordination of all the planets in the universe pulsating to the one master rhythm. It is also a state of expression wherein there is no selfishness, ignorance, or untruth. All life and consciousness work together in harmony, according to Divine laws, creating, building, serving, unfolding.

Nothing happens by chance. Everything in the universe moves in an orderly fashion, not in a haphazard way, but onward towards perfection.

When we think, plan and work in accord with the God principle, we find this harmony within ourselves for our consciousness is evolving toward the Cosmic. "As above, so below."

### Answer to Question 2

The God consciousness is everywhere filling all seeming space and matter. When conditions are right, this consciousness descends into the lowest vibration possible, which is the mineral plane. It involves in order that it may evolve or grow and expand in consciousness as it enters the higher planes, from the mineral to the vegetable, then to the animal, then to the human, and finally back to the God-head. It involves and evolves in order to gain self-awareness on all planes.

Through the advancing understanding of man's powers in the im-

age and likeness of spirit, he glimpses the kingdom of heaven, the kingdom of God, as within his own consciousness, not a place. As old beliefs and errors are laid aside, and he learns to use these inner powers and abide in the understanding of them, his thought must evolve into a finer type of manhood until he reaches the Christ ideal. Man's progress depends on his sincerity, steadfastness and willingness to sacrifice all for such attainment.

### Answer to Question 3

Science is the study and research of the material plane only. A scientist will only accept as truth that which is discernible by the five senses.

Philosophy goes a step farther. The philosopher accepts what the scientist deduces as truth and also explores farther, going into the mental realm and deducing from cause to effect but refusing to accept anything beyond the reasoning mind. Science is the study of the material. Philosophy is the study of the mental plane.

Mysticism is a conception of science and philosophy and goes farther and knows as truth many higher vibratory rates of spiritual discernment. Therefore mysticism is a knowing of the spirit, a step above the philosopher in the evaluation of existence.



# CAPRICORN, THE SEA GOAT

By ORIO

The principle of eternal life can be clearly understood by watching the manifestation of a drop of water. No matter which outer form the drop of water takes, it still remains the same vital elements—hydrogen and oxygen. These elements are life-giving factors of life. Therefore, it is natural that water symbolizes the River of Life.

You may wonder why water is mentioned with the earth sign Capricorn, but the opposite signs must always be considered because they are physically connected.

The water sign Cancer is opposite the earth sign Capricorn. Although water is not the element which is associated with the sign Capricorn, the principles of crystallization and chemicalization are.

There is a natural similarity in the structure of the design of each snowflake, yet each has its own distinct beauty of design. And so is it with man, each individual soul has its own particular beauty of character although each human being has the same human structure. God lives in everything, regardless of whether it is in the essence of a snowflake or in the heart of man.

Let us watch the course of snowflakes as they fall from heaven—the spiritual heights—and then see them lying upon the earth as a beautiful blanket of pure white crystals.

The crystal covering protects the sleeping vegetation during the cold



winter months while the vegetation of nature sleeps. When it is later kissed by the sun, the flakes which have crystallized into ice now magically become dissolved and change back to the source from whence they came — water. This water either soaks into the earth or flows in a



tiny streamlet to a brook, then to a river, and finally reaches the ocean. Because the sun is the source of life upon the earth plane, the sun draws the water back to the heavens and then it is ready to again begin a new cycle back to earth.

Such is the principle of the continuity and re-chemicalization of the elements of life. The principle remains the same regardless of whether it be life in a drop of water or in the life of man. Just as there is an endless cycle to the beauty and reality of a snowflake, so is there an endless cycle to the reality of the soul and spirit of the human body for the spirit returns time after time to the earth plane.

An old symbol of eternity and time is a serpent biting its own tail. This indicates that the end is always in sight from the beginning, for everything in life goes back to its original source—dust to dust and spirit to spirit. Therefore, the sign Capricorn represents endless time and eternity and the great Principle of Reincarnation.

The people who are born when the sun shines in Capricorn, approximately from December 22nd to January 19th, are naturally interested in knowing the "why and wherefore" of life and the principles pertaining thereto.

Capricorn is ruled by the planet Saturn, the most magnificent and majestic planet of the solar system. The Saturn force represents the tester and the teacher. Saturn is the planet which represents respon-

sibility, reaction, and earnestness. It endows patience and gives the ability to concentrate and reflect. It also symbolizes time, as well, for in time all will learn the truths that lie within the tests of life.

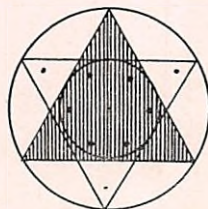
Saturn is the planet of cause and effect. Therefore, it represents the Law of Karma. This law makes each soul responsible for its own actions. It represents darkness out of which light becomes manifested. The greatest tests in life release the greatest understanding and is that not a real blessing?

The tenth House of a horoscope represents one's goal of attainment and is associated with the sign Capricorn. People born in this sign are consciously aware of their standing in the community and are ambitious to climb to the top rung of the ladder of attainment. They should know

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innately the Law of Action and Reaction, which is the Law of Compensation. They should know that life teaches one the truth and that every action merits its own particular reaction.

Saturn is the guardian on the Threshold of Truth. Because it is the ruler of this Conscious sign, it gives a conscious awareness of the reality of life and that solitude and meditation are important factors in understanding the truth of life.

By reflection and meditation a better coordination between the outer and inner worlds of reality is gained and the world of inner beauty is glimpsed. The turmoil of worldly affairs then diminish, for behind the veil of material life lie the beauties that bring peace and understanding to the soul and unity and fellowship with God.

## THE BIRTH OF CHRIST

sees His little children affrighted, He sends forth the call from the lips of His beloved Son, Jesus, the Christ, the comforting words: "Suffer little children to come unto me, and forbid them not: for of such is the kingdom of heaven." And very soon, instead of the din of war and the cries of the desolate, "How long, O Lord, how long?" shall we hear the glad song of the Angels ring out: "Behold, I bring you good tidings of great joy, which shall be *to all people*. For unto you is born this day a Savior, which is Christ the Lord."

THE END

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 Advisors—Mrs. Mollie W. Adler and Dr.  
 Myrtle S. Farnsworth.  
 Assistant Leaders—Mr. Henry J. Wolske and  
 Miss Mae L. Hanzlik.  
 Secretary—Miss Alice Dick  
 Assistant Secretary—Mrs. Florence Johnson  
 Treasurer—Mrs. Lillian L. Poff  
 Assistant Treasurer—Mrs. Ella Figahs  
 Librarian—Mrs. Emily Streedain  
 Exercise Director—Mr. Henry Wolske  
 Assistant Exercise Director—Mr. R. B. Krehl  
 Organizer—Mr. R. B. Krehl  
 Assistant Organizer—Mrs. Florence Johnson  
 Musical Director—Mrs. Madeline Seymour  
 Food Advisor—Mrs. Esther Brucker  
 Assistant Food Advisor—Mr. Georgia W.  
 Durand  
 Reception, Membership, etc.—Mrs. Florence  
 Johnson, Miss Dorothy Ahern,\* Miss Laura  
 Lea Felver, Mrs. Dorothy Martin,\* Mrs.  
 Martha Ropinski,\* and Mrs. Lillian Heinze\*  
 \*Extra Assistant Leaders  
**Time and Place of Meeting**  
 Every Monday evening at 8 P.M., Hamilton  
 Hotel, 18 South Dearborn St., Chicago, Ill.

### CLEVELAND, OHIO

Leader—Mr. A. R. Martin  
 Assistant Leader—Mrs. Margaret Risinger  
 Secretary—Mrs. Martha Lee MacGregor  
 Treasurer—Mrs. A. R. Martin  
 Musical Directors—Mrs. Margaret Risinger  
 Miss Lois Martin  
 Physical Director—Miss Lillian Van de Motter  
 Librarians—Mr. and Mrs. A. J. Erickson  
**Board of Directors**  
 Mr. A. J. Erickson, Mrs. Sarah Eysenbach, Miss  
 Joanna Kunze, Mrs. Martha Lee Mac-  
 Gregor, Mrs. Jessie Burton  
**Time and Place of Meeting**  
 1st and 3rd Tuesday of each month—8 P. M.  
 Beginners' Class—2nd and 4th Tuesday.  
 Carnegie Hall, Room 902, 1220 Huron Road,  
 Cleveland, Ohio

### DETROIT, MICHIGAN

Leader—Mrs. Stacy Klingersmith  
 Assistant Leader—Mrs. Verda Jensen  
 Assistant Leader—Mr. Arthur S. Durkie  
 Treasurer—Miss Theresa C. Horninger  
 Assistant Treasurer—Mr. Arthur S. Durkie  
 Secretary—Mrs. Mabel Bennett  
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 Durkie; Assistant, Mr. Morrison  
 Chairman Membership Committee—Dr. Dickert;  
 Assistant, Mr. Mayr  
 Entertainment Committee—Mrs. E. Socklege;  
 Assistant, Miss T. Horninger  
 Teachers of Posture Class—Mr. Mayr, Mrs. E.  
 Socklege, Mr. Walter Garsteckie, Mr. Morrison  
**Time and Place of Meeting**  
 Blue Room, Hotel Tuller  
 Tuesdays and Thursdays—8 P.M.

### HARRISBURG, PENNSYLVANIA

Leader—Mr. R. D. Pomeroy  
 Assistant Leaders—Mr. and Mrs. George M.  
 Glenn, Mr. Paul Fickes.  
 Secretary-Treasurer—Miss Sue Smith.  
**Time and Place of Meeting**  
 Every Friday evening, 8 p.m.  
 Chapel of Y.M.C.A.

### LONG BEACH, CALIFORNIA

Leader—Mrs. A. A. Booth  
**Board of Directors**  
 Secretary—Mrs. Taylor  
 Treasurer—Mr. S. M. Rice  
**Time and Place of Meeting**  
 1st and 3rd Friday of each month—Open Meet-  
 ing, 8 P. M.  
 2nd and 4th Friday of each month—Inner Class  
 (Correspondence Course Students)  
 Theosophical Hall, 418 Locust Avenue, Long  
 Beach, California

### LOS ANGELES, CALIFORNIA

Leader—Miss Harriet B. Myers  
 Assistant Leader—Mrs. Audrey Stratton  
 Secretary—Mrs. Edna May Brown  
 Treasurer—Mr. Walter Brown  
 Chairman Speakers' Staff—Miss Helen Russell  
**Time and Place of Meeting**  
 Open Meetings—Every Thursday evening, North  
 Hall, 839 S. Grand Ave., Los Angeles  
 Inner Group—Every Friday evening, Studio  
 Hall, 839 S. Grand Ave., Los Angeles  
 Both meetings open at 8 o'clock

### OAKLAND, CALIFORNIA

Leader—Mr. John W. Ring  
 Assistant Leader—Miss Elizabeth Popham.  
**Board of Directors**  
 Secretary—Miss Margaret C. Robinson.  
 Treasurer—Mr. Christian J. DeVroom.  
**Time and Place of Meeting**  
 Second and fourth Tuesday of every month.  
 8 P.M., 743 W. 21st St., Oakland, Calif.

### PHILADELPHIA, PENNSYLVANIA

Leader—Mr. H. R. Klumbach  
 (Continued on Next Page)



# DIRECTORY

(Continued)

## PHILADELPHIA — Continued

### Board of Directors

Secretary—Miss Natalie Schubert  
Treasurer—Miss Carol Kress  
Educational Work Director—Miss Sophie Kress  
Coptic Philosophy Director — Mrs. Hazel S. Klumbach  
Social Work Director—Mrs. Flora Hawkes  
Special Work Director—Mr. Charles Mayer

### Time and Place of Meeting

4th Friday of each month—General Meeting.  
Every Monday — Class in Physio-Psychology (Exercises) 8 P. M. Stimulation and control of the functions of the body are taught through exercise, breathing, and movements. These are given in progressive steps. Explanatory talks on the body and its functions are also given.

1st and 3rd Friday of each month—Instruction class on "Egypt's Master Voice"—8 P. M. Teaching is divided between the leaders and a definite sharing of ideas is practiced. Discussions are favored when expedient.

All meetings are held at 1126 Walnut Street, 3rd floor, Philadelphia, Pennsylvania.

## SAN DIEGO, CALIFORNIA

Acting Leader—Mrs. Florence Schnell

All Coptics who wish to attend the meetings of the local Center, please call Randolph 1022 and information will be given as to where the meetings are being held.

## SHARON, PENNSYLVANIA

Leader—Mr. A. R. Martin

Assistant Leader — Mrs. A. R. Martin.

### Board of Directors

Mr. A. R. Hoffman, Chairman; Mrs. Clara Thomas, Mrs. Mildred Martin.

Secretary, Mrs. C. T. Shaffer; Treasurer, Mrs. Jennie Ritter; Librarian, Mrs. Mabel Peters; Social Committee, Mrs. Helen Thomas, Chairman; Corresponding Secretary, Miss Wilhelmina Ritter; Musical Director, Miss Lois Martin.

### Time and Place of Meeting

Meetings are held at 8:00 o'clock every Monday evening at 103 South Meyers Avenue, Sharon, Pa.

## TOLEDO, OHIO

Chairman—Mr. Norton Rosentreter

1st Vice Chairman—Mr. Alfred Meizner.

2nd Vice Chairman—Mrs. Lillian Temple.

### Board of Directors

Secretary, Mrs. Ruth Forrer; Asst. Secretary, Miss Martha These; Treasurer, Miss Eva Rasey; Asst. Treasurers, Mrs. Cleah Hablitzel and Miss Evelyn Netter; Membership, Mrs. Mildred Jarvis; Asst. Membership, Mrs. Norton Rosentreter; Teaching, Mrs. Mildred Jarvis; Organization, Mr. Charles Kirkendall, Asst. Organization, Mrs. Effie Henning and Mrs. L. E. Goodman; Reception, Mrs. Dorothy Darby; Asst. Reception, Mrs. Florence Kirkendall.

### Time and Place of Meeting

Meetings are held on Friday of each week at 8 P.M., Coptic Hall, corner Bush and Erie Streets, Toledo, Ohio



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## TIME WILL TELL

*Time, Old Father Time, will tell  
If we do the things that are right and do them well.  
If we love as best we should  
And do the thing that's always good  
Time, Old Father Time, will tell.*

*Not a moment on the dial speaks for all.  
And the years that pass before us are so small.  
Take the things so big and grand;  
Centuries placed them in our land,  
And it's time, Old Father Time, who tells.*

—AUTHOR UNKNOWN.

