

PORTAL OF INVISIBLE POWER



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ÆGYPTOS

AUGUST

1941

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TODAY

*With every rising of the sun
Think of your life as just begun.*

*The past has cancelled and buried deep
All Yesterdays. There let them sleep.*

*Concern yourself with but Today.
Grasp it, and teach it to obey*

*Your will and plan. Since time began
Today has been the friend of man.*

*You and Today! A soul sublime
And the great heritage of time.*

*With God Himself to bind the twain,
Go forth brave heart! Attain! Attain!*

—*Anonymous.*

A E G Y P T U S

AUGUST — 1941



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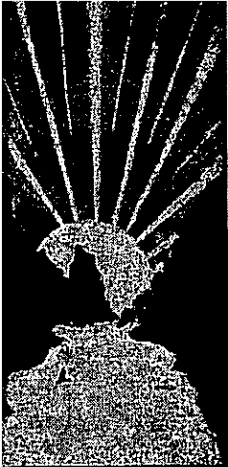
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AEGYPTUS

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

AUGUST — 1941

Volume IV

No. 2

CONTENTS

Today	<i>Anonymous</i>	2
The Day After I Die	<i>Hamid Bey</i>	5
The Figures 0 and 8	<i>Margaret C. Robinson</i>	8
The Twelve Harmonic Faculties of Man	<i>Albert Denis Tessier</i>	9
Gems of Truth	<i>Lulu Page</i>	12
Philosophy and War	<i>John H. Manas, Ph.D.</i>	13
A Woman Observes	<i>Audrey Stratton</i>	15
Coptic News		17
Cosmic Flight	<i>Lois I. Martin</i>	17
Happiness	<i>F. Homer Curtiss, M.D.</i>	18
Physio-Psychology	<i>Velma Brown and E. W. Spackman, M.D.</i>	20
Ancient Egypt in the Light of Truth	<i>Heru</i>	22
Precession of the Equinoxes	<i>Orio</i>	24
Joy	<i>Alice M. Fretz</i>	29
Directory of Coptic Fellowship		32
Coptic Fellowship Literature		35
The Treasure Hunt	<i>George N. Hansen</i>	36

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HAMID BEY,

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THE DAY AFTER I DIE

By HAMID BEY



Doctors and Newspaper Men Witnessing Hamid Bey Being Buried Alive for Three Hours Without Coffin in Englewood, N. J. — January 18, 1927.

IN 1923 in Milan, Italy, I agreed to be buried alive in order to demonstrate through suspended animation the control the mind has over the physical body. Many thousands of people were there to witness the spectacle, including a group of prominent doctors and newspaper men who were very skeptical concerning my ability to carry out the experiment.

This latter group was determined to scrutinize everything closely and show me up as a fraud if that were possible. As it happened, I not only demonstrated suspended animation but also went through what is known to the people of the Western Hemisphere as a sentence of death.

Later on I came to look upon this ordeal of death as the most valuable experience I have ever had in my life. I wish with all sincerity that everyone who reads this article may come, through a knowledge of my experience, to the realization that death is not the terror that it seems. If I can do this, I will feel that I have made a great stride in the liberation of man.

I had given my word to remain buried under six feet of earth for five hours, and I must assure you that we are trained in the Coptic Temple to regard a promise as something absolutely inviolable. Indeed it is like as the ordeal of death.

Our whole training centers around the building up of character through self-reliance, and to make a promise is to set for ourselves a goal which must be reached at all costs.

To begin with, the preparation for a feat of this kind is a most delicate and rigorous matter. The number of hours spent in the preparation of mind and body is governed, of course, by the length of time of the intended burial.

First of all, the body must be in a most perfect condition before it can be thus subdued by the mind. To achieve this condition the body must be taken care of in every respect so that no physical need may develop to divert the attention of the subconscious mind. It is highly important to remove all substances from the organs of digestion and elimination. In other words, one must go on a water fast.

At the same time, mental association with everyone must be eliminated and complete seclusion sought. In this way the energy is gradually and completely centralized and mobilized for the purpose of carrying out the decision made.

In this particular instance, however, I transgressed one of the rules. The night before the appointed day I had to appear at a banquet in my honor and I was almost forced to eat some of the famous Italian spaghetti. Although I took only a small quantity it proved enough to cause the disturbance which I shall explain to you later on.

The next day I took my place beside my grave which had been dug six feet deep. The steel coffin had been prepared and the assistants were standing ready to go through with the ceremonies of the make-believe funeral. At this moment I conducted a mental inspection of my physical body and found out that everything was *not* in readiness for the undertaking. To my great disappointment, I discovered substances in my intestinal tract that had

not been eliminated. Alas! A souvenir of the fateful banquet was still with me.

But I had given my word and, in spite of this unfortunate condition, I had to force myself into the trance and prepare for the burial. The crowd had gathered and could not be disappointed. However, I perceived clearly that something out of the ordinary was going to happen.

I entered into the trance and everything became blank as far as immediate physical consciousness was concerned. I assume, nevertheless, that my casket was lowered into the grave and the grave filled with earth without the benediction of any priest or preacher.

As I afterwards learned, I awakened from the trance after the lapse of only about an hour and a half and it is not a pleasant thing to regain one's physical consciousness in the dark confines of a steel casket buried six feet deep in the earth.

In that awful moment I was as human as anybody, and my great need was air. I must confess that for about one minute's time I did not know whether to die or to ring the electric bell which I had had placed in the coffin with me as a result of my premonition.

At this point I want to assure you that it is not my custom to be unde-

cided. My training has made me, as a rule, direct and positive in all my actions.

This, in fact, was the first time in my life that I did not know what to do and the moment of indecision was the most intense ordeal through which I had ever passed. I had to choose between life and death, and I chose life. I rang the bell. To dig up six feet of earth takes time—enough time to allow a human being to suffocate to death. Right here I want to discuss the situation with you, dear reader, from a scientific viewpoint.

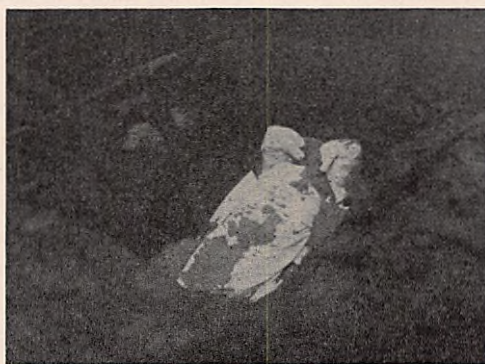
When a human body is put into a coffin, there is naturally a certain displacement of air, and only a limited number of cubic feet of breathing oxygen remains within when the lid has been fastened down. But oxygen lasts longer in a cool atmosphere than in a warm atmosphere and my body, at a normal life temperature, had lain in the coffin for an hour and a half. The resulting heat had considerably

diminished the supply of oxygen. With the amount of oxygen left, I could expect to live a minute at the most.

I noticed that my heart was beginning to beat faster, my lungs were increasing their activity, and the blood was circulating at a greater speed through my body. I sought for another whiff of oxygen, but there was none. And thus the great experience began.

I remembered that my Master had once said to me: "If you ever awaken from your trance during one of your burials, you shall have proof of the teaching imparted to you in this Temple, and that proof will furnish the most solid foundation of your faith as a spiritual being." He also told me that I should try my best to hold my consciousness to see what happened to my physical body under such circumstances.

Accordingly I pulled myself toward the head of my coffin so my head would lean against the end and in this posi-



Hamid Bey Being Removed from the Grave

tion I could see if anything happened to my body. But it was perfectly dark; I could see nothing. Then, all at once the interest of my mind was taken back, and it began to go through in detail all the experiences of my life. My visualization was so keen and the images so real that it seemed as if things which had taken place years before were actually happening again in my presence.

Strange as it may seem to you who fear death as a monster of pain and terror, I did not suffer. My conscious mind was too much occupied in reviewing all the deeds done in the past which were being thrown upon the screen of my consciousness to be vibrated forth through my superconscious into what may be termed an astral substance, al-

though its nature is difficult of comprehension.

At this moment, in other words, my conscience became the judge of my actions throughout life. I found that not even the smallest trifle was neglected. Every deed and every detail of every deed passed in review before my conscience, which had become the judge destined to determine my placement — the degree of consciousness which I was to take after being freed from the physical body.

This tribunal, created by myself alone, had to pass on the sum total of my life's activities and I perceived clearly that I was indeed captain of my soul.

(To Be Continued)

THE FIGURES 0 AND 8

As the figure "0" represents the Universe as a potentiality, the figure "8" represents it in active accomplishment. Contemplate the configuration, for a moment, from the point in the center where the lines cross. It lies between two circles, as the Present lies between the Past and the Future; as motion changes from cause to effect; as life progresses from expectancy to memory and awareness, from intellectual speculation to spiritual realization.

The boundaries of our Universe, set by the limits of the extension of positive and negative vibrational manifestations, is represented by the flowing rhythmic endless lines of the figure. If we draw a perpendicular line through the "8" and call one side positive, the other negative, note that at the center-point the force which was positive becomes negative as it passes into the other sphere or circle. This conforms to spiritual Truths. And if we contemplate the vertical extremities of the figure, positive and negative forces blend into a balanced harmony with no visible point of contact or conjunction, indicating again the fact that there is only ONE FORCE which weaves the endless rhythmic patterns we call our Universe.

—Margaret C. Robinson.

THE TWELVE HARMONIC FACULTIES OF MAN

By ALBERT DENIS TESSIER

Part II

MAN lives and expresses his life by his energy, personality, intelligence, reverence, fidelity, service, harmony, generation, justice, industry, friendship and emotion. Man's service is given to the world through his activity, reflection, ideality, imagination, affection, duty, marriage, transmutation, philosophy, honor, originality, and sensuality (The action of the senses).

Man reflects his inner-self and guides and teaches others through his perception, observation, unfoldment, transformation, self-esteem, order, sympathy, magnetism, religion, economy, altruism, and mysticism.

Man creates and expresses through his initiative, revelation, intuition, impression, independence, analysis, society, coalition, expansion, foundation, enlightenment, and passion.

Man reaches his goal through leadership, perseverance, guidance, reflection, exaltation, precision, union, fecundation (of body and mind), effort, labor, invention, and sacrifice.

Man must reach perfection and elevation of body, soul, mind and spirit, by learning to overcome these twelve demons of life—*anger, fear, ignorance, jealousy, hate, vanity, envy, lust, pride, worry, hypocrisy, and greed.*

There are four worlds which compose and unite the twelve divisions, or faculties, of man. The highest of these is the **SPIRITUAL WORLD**. The Spiritual World belongs to the Supreme Power of the Universe, and it is through this that man acquires his most exalted inspiration and state of being.

The second world is the **MENTAL WORLD**. This is the cosmos which belongs to the realm of mind. The realm of mind gives man his higher understanding, wisdom, and intelligence, his consciousness, and the knowledge of good and evil. The mind of man is the vehicle with which he is fully aware of the value and meaning of life, and of the reason and purpose of his existence.

The third world is the **PSYCHIC WORLD**. The psychic world is the world of the **SOUL**. The soul is the immortal essence, or the seat of life, in man. The Latin word **ANIMA**, for soul, represents the activating principle which causes the body to have motion, vibration, animation, and consciousness. In death, the soul, which is immortal, leaves the physical body to renew its activating principle in another plane of existence.

The fourth world is the **PHYSICAL WORLD**. In the physical world we find matter and the human body as the earthly, tangible vehicle for expression. The word matter also comes from the Latin word **MATER**, signifying mother. It is the mother-principle which produces all things ani-

mate and inanimate. The physical world is the world of the senses, consisting of material, physical fragments, such as flesh, bones, blood, vital organs, tissues, cells, molecules, atoms, and microns.

The body of man is the principal instrument through which the soul finds expression, activated by the mind and highly inspired by the Spirit. Hence we find that man vibrates in four worlds or four cosmos, three of which are invisible, and one which is visible and subject to metamorphosis, or change of form.

The *twelve harmonic faculties of man* are grouped into four trinities. These four trinities consist of the following:

THE INTELLECTUAL TRINITY, or that trinity which corresponds to his mental faculties, his wisdom, knowledge, intuition, higher understanding, acquisition and accumulation of ideas, ideals, thoughts, and capacity for developing, expanding, growing, progressing, and unfolding.

THE MATERNAL TRINITY corresponds to his love of family, the paternal, maternal, filial, fraternal instincts, and sentiments. This trinity, with devotion, love, and expression, also with reverence, fidelity, and service, gives to man the love of home, love for humanity and for the lower animal kingdom.

THE GENERATIVE TRINITY, third in the scale, corresponds to the creative and generative powers in

man. It is this trinity which causes man to be attracted to woman, and woman to man, and which gives the desire for creation and procreation. It activates his mating instinct, marriage and partnership, conjugality, amative-ness, sexation, and society.

Not only can man create by flesh, but by mind and soul. All creations of his spirit, intelligence, and his body operate and manifest through the generative trinity.

THE SERVING TRINITY, the last in the scale, corresponds to man's service to God, to humanity, and to himself. Through this trinity man serves and expresses, first, by **ASPIRATION**, which is the desire to reach a higher plane of consciousness; next, by reaching **INSPIRATION**, which is the action of becoming **ONE** with the **SPIRIT**; last, through **IMPULSION**, which is the action of projecting or giving forth his energies and accomplishments.

These four trinities are divided into two sections, one masculine, and the other feminine. The Intellectual and Serving trinities belong to the masculine hemisphere, or side, while the Maternal and Generative belong to the feminine.

Since the chart (published in the July issue of *Aegyptus*) is divided into two sections, the masculine and feminine, it is also divided into two other sections, the upper and the lower. The upper section is composed of the Intellectual and Maternal trinities, sig-

nifying Intelligence and Love, the Spirit and the mind, faith and charity or love; it embraces the Spiritual and Mental worlds, draws its inspiration from the Superconscious Mind and INVOLUTION is its keyword.

The lower section consists of the Serving and Generative trinities, symbolizing the Body and the Soul, Hope and Realization, and operates through the Conscious and Subconscious Minds. It embraces the psychic and physical worlds, and EVOLUTION is its keyword.

In the center of the chart is found a square which represents the pyramid as seen from above. Each corner represents one of the very important precepts of life which must be faithfully observed by every student of the Higher Sciences.

The first precept is TO KNOW, the second, TO WILL, the third, TO DARE, and the fourth and most important of all, TO BE SILENT.

All things are created through SILENCE, inspired by wisdom and knowledge, attracted by the power of the will, and realized by the determination TO DARE.

These quadrants are also represented by four mystical figures, the sceptre, the pentacle, the cup, and the sword.

The sceptre symbolizes man's creative ability, his labor and the production of material goods.

The pentacle symbolizes the reward for his merits and accomplishments, his honor and reputation.

The cup symbolizes his love, passions, affectionate attachments, love of home and family, and his very blood.

The sword is the symbol of his struggle, suffering, experience, pain. It can also be the symbol of his final victory after he has mastered himself, his passions, emotions, and feelings.

The sword is symbolical of justice. When the sword points downward it represents human justice, the struggles and vicissitudes of life. When the sword points upward it represents divine justice, the final victory, and ultimate success.

To successfully accomplish his worldly task, man must operate through four very important processes. The first one is CONCENTRATION, or the centering of the mind upon one single thought, purpose or idea.

The second process is MEDITATION, or the finding of one's individual center.

After these processes have been employed and faithfully followed, the next step is CREATION, or the actual process of formation and manifestation, which eventually leads to the last and final process, REALIZATION, or the act of realizing or achieving REALITY.

(To Be Continued)

GEMS OF TRUTH

By LULU PAGE

We dare not be at the mercy of the thing we want. If we want a thing so much that we cannot wait and work for it comfortably, the thing we want is stronger than we are and we are not ready to have it. We must be stronger than money to get any good out of it. We must be stronger than desire or the kickback of getting it is deadly. A man dare not be at the mercy of anything, not even a woman, and certainly not at the mercy of himself in her presence.



Have each hour filled with promises of glory of a morning sun that deepens its strength in its upward path above the horizon.



Today is the beginning of a clean, new page. Do not mar its beauty by a blot of going back.



The white lily opens until its petals stand revealed—a tribute to the Father who made it.



Let God's divine love pour over your soul and sweep you onward and upward to the house of destiny whose

doors are health, whose windows are happiness, whose rooms are gentleness, kindness, submissiveness, and power.



Best efforts are crowned with jewels rich and rare. The sparkling gem is faith, the quiet one is charity, and the glorious ruby is love.



Life is an entanglement. When once severed the particles are shivered and no magnet can draw them together and make life as it were.



Pathos clings to the weary, laughter circles the head of the joyous ones and yet they must go hand in hand.



Life is a whirlpool and we must be alert so that we are not caught in the swirling sands.



Experience is a taskmaster that wields an iron hand. We rise or fall according to the merits granted us by the taskmaster. Man was placed on earth to learn the lessons gained by experience. Make each experience a stepping-stone to higher things.

PHILOSOPHY AND WAR

By JOHN H. MANAS, Ph.D.

Part II

IN Nature there is always a merging of freedom of action based upon the free will principle of man. It serves as a safety valve for the preservation of things. This merging of freedom of action serves like elasticity in the preservation of all articles made of rubber in contrast to articles made of glass or of clay. The article made of rubber can receive countless times more punishment than that made of glass or clay which could receive punishment only once and be destroyed.

Suppose that man was made of glass or clay. At the first stomach ache or cold he would crack up and at the second attack he would pass away. Whereas, with the Law of Margin of Safety or Elasticity in Nature, man endures all kinds of violations of the law and he still lives.

However, this inharmonious condition cannot continue forever because disorder and chaos would put an end to the universe. When the limit is reached the law acts for the preservation of the human race and of the very scheme of creation.

This Cosmic Law works like the waves on the seashore. In the summer-time children play by the sea and get a big thrill writing and erecting buildings in the sand. As long as they do not get beyond the limit that the waves can reach, they are safe in their pastime play. But, as soon as they go beyond the limit, the waves may come and wipe out the previous writings or buildings and leave no mark indicating where they stood.

The Universe and its Laws are impersonal, unmerciful, blind, deaf, and unmoved. This is the way in which Divine Justice is administered to all.

In Ancient Greek Mythology this Cosmic Law was expressed in the personification of the goddess Themis (Justice) and the daughter of Uranus (Heaven) and Gaea (Earth). She stood on a pedestal, blindfolded. In her left hand she held the scale and in her right hand, the sword.

The allegorical parentage of Themis shows that this Cosmic Law of Justice keeps the equilibrium and the balance between Spirit (Uranus) and matter (Gaea); otherwise, creation and evolution would be an impossibility.

Causes of Present Conflict

After the above explanation let us come to concrete facts about the present crisis and the violation of the laws which precipitated it.

The following basic laws, recognized by all philosophical schools, ancient and modern—Greek as well as Egyptian—form the foundation of every progress for the individual, for a people, or for a Nation.

1. Avoid luxury (on all planes) as a mortal enemy.
2. Cause and Effect, or the Law of Retribution.

Let us judge the individuals as well as the nations of the world today according to these laws.

Physical luxury leads to the losing of control of the physical body, and when the physical body rules we are its slaves. Man will commit any crime, moral or physical, to please his body and for its comfort. History teaches that where luxury reigned the end was catastrophe and death.

One of the many causes of the present war was the luxury in which some nations of Europe indulged, their indifference towards constructive and earnest work, their disunity of purpose, and the hardships which other nations were forced to go through, which created hatred and all its consequences.

According to this Cosmic Law, if a person or a nation through negligence or indifference becomes weak, by a seemingly mysterious way the stronger persons or nations will become aware of this condition and attack that person or that nation. This action will awaken it from spiritual slumber and force it back to the path of Nature, which is work and earnest, constructive interest in life.

Physical sickness is a process of nature intended to force the backward individual to the natural way of living and acting or to eliminate him as useless in the scheme of life.

Exactly in the same way this Cosmic Law of Equilibrium in Nature will bring a war, an epidemic, or

some other social or political disturbance in order to force the people of a nation into constructive work and moral progress, or they will be swept backward into degradation, destruction, and death.

Luxury on All Four Planes

The present violation of the law against luxury is observed on all four planes.

1. Physical—The vast majority of people today do not know how to live. They eat too much and consume too much devitalized foods. They drink and smoke to excess with the result that most people are sick.

This condition reflects upon the entire community and the nation in general, because it is filled with sick, subnormal, and abnormal persons.

According to the Ancient Greek adage, "Sound mind indwells in a sane body." Every wise man can foresee what the future of those types, the community, or that nation will be.

2. Emotional — People today live for thrills and excitement. Their main purpose is to learn how to make money and spend it for what they call a good time. They worship the golden calf of the Israelites of old. And what happened to them! The same thing will happen to all people who can see nothing but money in their life.

Most of our crimes today are conceived in our moving picture theaters, and in the dozens of detective story and other magazines.

(Continued on Page 27)

A WOMAN OBSERVES

by

a u d r e y s t r a t t o n



Have you ever considered what we mean when we speak of being *positive* with reference to the mind? It is important that we understand this term with full clarity so that we may subsequently adjust ourselves to such a method of thinking.

When we speak of the positive force in electricity we mean the driving force, and the same may be said of the mind. A positive mind is a mind with drive, one that is free from doubt or hesitation. It is a mind that is confident.

However, there is one factor which we must always keep before us and that is the factor of balance. When we speak of the positive mind in our philosophy, we always mean the balanced mind.

You have all heard of individuals who are so extremely positive they are negative. Perhaps among your acquaintances you have found that overconfident person who disregards the well-being of others in his selfish egotism. He is compelled by his inner drive to become self-assertive at all costs. He is the aggressive person who is so cocksure that he repels you. All

this is evidence of excess in positiveness. It is an unbalanced state. It is a state to be avoided as we strive to keep our feet on the middle way—the road that instructs us in a little bit of everything, but nothing in excess.

Let us inscribe these words indelibly above the doorway to our inner temple as they were carved immortally above the portals of the temple of Apollo at Delphi by the seven wise men—"Medan agan"—nothing in excess.

As we write the word excess we are reminded of a story of a woman who visited her psychoanalyst in great distress. "My family think something is wrong with me because I have a great fondness for buckwheat cakes," she said.

"Why, there's nothing wrong with liking buckwheat cakes," her doctor replied. "I like them myself."

The woman was immediately cheered, and with great joy in her voice said, "Do you really? You must come and see me. I have seven trunks full."

We believe this story illustrates what we mean when we write of excess.

Usually an individual can only be analyzed through his reactions to surrounding conditions. We observe what a person does under given circumstances and we test him according to the measuring-stick of normal behavior. Under stress the positive individual will strive against a stress force and thus neutralize it; whereas, the negative individual will be affected by the stress and crack up under it. The negative subject has no resistance to outside forces, and is immediately affected by what he feels.

The positive individual, by his positive attitude, resists all outside vibrations unless they are in accord with his positive nature. That is why we maintain that if we are positive we attract only that which is of such nature.

A positive person repels anything that is negative, or not in accord with his stream of positive consciousness.

By the fact that we have a positive attitude we have prepared for ourselves a consciousness which by its very nature can only accept that which is constructive for its well being.

As soon as we acknowledge to ourselves or to others that we are affected by outside forces and things, we begin our decline into negativeness. If we are affected in a negative manner by an environment or by a person, it should be a warning to us.

We cannot accept such upsets if we intend to be the positive individual God meant us to be. The positive one is only affected by that which coordin-

ates itself with the positive God-power within. That God tells him that he is the master of all conditions and of all situations.

If we believe it is possible for our equilibrium to be upset by some outside vibration or entity, naturally we are immediately upset. It is to those people who feel that they are oversensitive and possibly even feel a bit superior about it that we direct this observation. We would say in such cases, "Re-direct your thoughts into more balanced channels."

It is a natural thing for all of us to have a certain amount of sensitiveness in our personality. If we do not have it, we become harsh and hard, self-centered and blind to the other fellow and his interests. But, in this as in all other instances, an over-supply causes maladjustment.

It is the people who believe that outside forces can affect them who become prey of unscrupulous folk. It is these people who become in the highest degree suggestible and, subsequently, lose control of their lives.

We must be discerning and discriminating at all times. We must maintain our balanced positiveness. It does not even enter the consciousness of the positive individual that he might be affected by outside vibratory conditions for the only vibrations which surround him are those sent out by his inner self in the form of a positive aura which repels anything which is negative. We are too prone to blame some extraneous force for our ills, mental or physical.

Sometime ago, after a prolonged stay in Mexico, we returned to the United States with an intestinal disorder. At that time we remember being warned by a well-meaning, but misguided student that we were being "hexed" by a person she had in mind. We were advised to sprinkle garlic around the bed and under the mattress. However, we knew that the intestinal disorder came from the water in Mexico City and not from any "hexing." Therefore, we instituted a cleansing and purifying diet, combined with clear positive thinking for self-healing. Needless to say, the disorder cleared entirely within three days. This, as we have intimated, was done without decorating the bedroom with garlic. The reference to the garlic would have had a more positive and normal aspect if we had been advised to eat it.

By rational thinking we are trying to "de-bunk" the proneness to negative superstition. If we yield to small environmental conditions and let them affect us, how can we hope to cope with the complex embroilment of the world today!

We believe it is of paramount importance for every student of the Coptic Fellowship to become a positive, going concern.

COPTIC NEWS

Chicago, Illinois

Now that Dr. E. W. Spackman is located near Chicago we look forward to his visits and "pep" talks.

The Chicago Coptic Chapel is planning a much fuller program for the future with special emphasis on self-expression for the individual student.

An invitation is extended to Coptics of other cities who may be visiting or passing through Chicago to drop in at our Chapel and commune with us.

For our location, see Directory on page 31.

COSMIC FLIGHT

Fly up the golden pathway,
 Fly up and follow Me.
 Dost thou not know My promise,
 "I will take charge of thee?"

Fly up the rays of light beams
 'Til infinity you know
 And I, the Golden Master,
 Your way of life will show.

Fly into the eternal mind
 Where divinity is One
 Where ye in Truth and Love abide
 The Father's Golden Son.

—Lois I. Martin.

"Religion is the quickening of fine consciousness to realize, perceive, and comparatively comprehend the right relation between Force and Form, God and Nature, Purpose and Effort, the Finite and the Infinite."—*John Willis Ring.*

H A P P I N E S S

By F. HOMER CURTISS, M.D.



WHAT is true happiness, and how can it be experienced? All great philosophers agree that the supreme end which every soul pursues, unconsciously if not consciously, is happiness. Although the quest for food, self-preservation, mating, and security are the primary physical needs that are first to be satisfied, happiness is the next most powerful and instinctive urge. In fact, all other basic desires seek satisfaction primarily so that they may produce conditions which will contribute to the well-being and, therefore, to the happiness of the individual.

Dictators

Much of the unrest of the world today, as always, is due to the unsatisfied longings of the human heart for happiness and to the fear that someone will interfere with it or take it away.

Even the dictators are fundamentally seeking happiness and are doing what they think will bring it about. They mistakenly imagine that the attainment and unrestricted use of power will produce happiness. But happiness is a state of the Soul and cannot be imposed from without, especially at the cost of soul freedom, freedom of thought and expression.

The Hindu Conception

The Hindus list four chief desires whose satisfaction is sought for the happiness their attainment is supposed to bring.

These desires are: (a) self-preservation, (b) worldly prosperity, (c) enjoyment of the senses, and (d) cessation from suffering.

But can mere self-preservation bring happiness? Certainly not, for self-preservation is a negative desire, a mere maintenance of life, which cannot bring happiness in itself.

Next, can worldly prosperity bring happiness? The attainment of worldly prosperity may give a certain amount of satisfaction and pleasure, not so much in its attainment as in the exercise of the creative faculties used in acquiring it, but it cannot bring happiness.

Possessions

No sooner are great possessions attained than they entail great anxiety to protect and preserve them, hence great agitation instead of that tranquility of mind so necessary for happiness. And once attained they no longer satisfy. This is amply proved by the lack of satisfaction, the boredom, and the unhappiness of many of those with great possessions. Also, their loss often causes overwhelming sorrow. So why devote one's life to the attainment of that which may cause loss and sorrow?

Possessions Without Happiness

Wealth, position, and power are often fine aids to the expression of happiness if properly attained and used. But if they are obtained through means that violate truth, honesty, virtue, and good conduct, they can never bring happiness, only ultimate misery. The acquisition of possessions or attainments without happiness only increases the thirst for more without bringing satisfaction.

The Senses

Enjoyment of the senses may bring a temporary physical pleasure, but it is as fleeting as the various stimuli (taste, touch, smell, etc.) which produced it. When your appetites are cultivated for their own sake they grow and grow and demand more and more satisfaction. They also take more and more of your time and attention that should be devoted to higher ends. Thus they tend to make you their slave, hence cannot bring happiness.

While you should enjoy what you eat, enjoy the beauties you see and the melodies you hear, they can produce only temporary pleasure, not true happiness. Pleasure, through the instinctive reaction of the senses, implies control. Lack of control results in satiety or passion (anger, hatred, and so forth). Without control all the senses may be overstimulated so that pleasure is abolished and even pain and suffering may result. Over-indulgence of any appetite makes its sense incapable of further response, although the

thirst for enjoyment still remains, hence the need of control of all.

Reason Required

Therefore, all our impulses toward pleasure must be regulated by reason. A moderate amount of food, of wealth, of comfort, of recreation and social intercourse are necessary that we may make harmonious contacts with the physical world around us. But they contribute to real happiness only to the degree that their satisfaction permits a greater expression of the divine harmony from within to find more frequent and greater expression without.

Freedom from Suffering

Cessation from suffering is desired by all, for while reacting to the destructive vibrations of suffering you cannot respond to the constructive vibrations of a normal life, nor to the exercise of your higher faculties. All seek release from the pressure of in-harmony, whether of illness of body, anxiety of mind or poverty, or worry over lack of adequate supply. Hence, all need the change of vibration and the relaxation of tension that comes from recreation.

Some persons of the lower animal type seek this surcease in debauchery, only to be painfully disappointed. The only way they know to "get away from it all," to forget and gain at least temporary release, is to go on a spree and drown their sorrows in drink. But the suffering of "the morning after" proves their folly.

(Continued on Page 29)

THE PRINCIPLES OF APPLIED PHYSIO-PSYCHOLOGY

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



HERE is a natural rhythm in each person which is capable of certain modification to meet the demands of circumstances. But when circumstances alter the natural rhythm too greatly, the person loses in efficiency—this runs through the physical, nervous, mental, and emotional natures. The rhythm expresses itself in many ways. There are best times to be active and passive; there are times to do and times to stop; times to tense and times to “let go.” Most of us get these all mixed up.

We do not advise that the student permit himself to be ruled by feelings and circumstances but teach the recognition of these waves of rhythm and the ability to use them. There is a way of doing for each of us different than the other and to which the greatest result comes for the least expenditure of effort.

When things are done “out of tune” and “out of rhythm,” the result is nervous irritability, emotional instability and wear and tear in living. We, therefore, wish to develop the ability to recognize whatever rhythm is best for us to apply to any circumstance or given set of circumstances. Those who gain this ability give the impression of power without conscious effort. They seem to have the knack of getting the most out of whatever life offers without wear and tear. Their lives are artfully handled.

We have come to regard artful handling as the factor of greatest value in the phenomenal world.

Reality is approached through illusion. The world of name, form, time, space, and circumstance is the illusionary world. This is taught generally by most religious systems.

We cannot disregard this world because we are living in it, and our personality is connected with it. To seek reality by ignoring the illusion is to fool ourselves.

We have met many people who believe themselves to be so spiritually endowed that even their own bodies are something that they regard with disfavor as though they were not to be mentioned. This may not be so far from the truth in many of these misguided but well-meaning folks. We, therefore, preach and attempt the principle of balance—balance physically, nervously, mentally, emotionally, morally, and spiritually.

We believe that it is no more possible to have a high spiritual nature in a filthy body than it is possible to attain real progress by merely wishing.

We do not intend to say that people with diseased bodies may not have high spiritual natures. In such a combination, however, we see a very heavy price paid. We, therefore, recommend cleaning up, clearing out and trying, as far as our capacity allows us, to bring this body into step with the nervous, mental, and emotional factors so that when the spiritual nature expresses it has a tool to work with worthy of itself.

Another thing which is often greatly misunderstood is that there are definite stages of true and false consciousness. We have seen people who have said to themselves, "I can go out into the cold with wet feet and if I believe that it will not affect me, I will not catch cold."

We have seen these same people do that and come back with pneumonia. We have seen other people do it continuously and repeatedly without any ill effects. Wherein lies the truth? In attempting to analyze and explain this phenomena, we must think of it in terms of true consciousness.

Let us not fool ourselves in viewing these various mechanisms. It is possible to do many abnormal or super-normal things after the consciousness has past a definite threshold. This definite threshold embodies within it a principle of balance. For instance, a person who has mucous heavily loaded throughout the lungs and bronchial tubes cannot approach the threshold beyond which exposure does not cause cold.

We take up these individual examples so that the student may from them reason toward the general principles.

After clearing up the body to a state where it is in perfect condition as far as the lungs and breathing tubes are concerned, then, sooner or later, a realization comes to the student that some things which were impossible previously now become easy and natural. The superconscious mind then steps in and says, "from now on you are able to do that which you formerly could not."

We believe that it is wise to have a thorough understanding of these mechanisms, as they apply in so many lines of endeavor. We, therefore, believe that in giving our subconscious commands, it is also necessary to do something about it.

The first step is a recognition of a restriction. The second is seeking the knowledge whereby the restriction can be removed. The third, is understanding and practicing the mechanism necessary, and the fourth is bringing the student to realize that such is possible and can be accomplished. By this means we gradually remove the barriers which were present in our personality and the true significance of the boundless powers of the mind begin to unfold.

(To Be Continued)



ANCIENT EGYPT IN THE LIGHT OF TRUTH



PART VII

ONCE more, we must re-begin with The Beginnings. But before we unveil the hoary past, let us first clear up some mooted points and thus anticipate possible misunderstandings on the part of the reader. First, the present series pleads *not guilty* to possible charges, on the part of critics, of motivated iconoclasm as aimed against religion. The writer is not a milicious-minded satirist and certainly is not an atheist.

Far from it, these presents subscribe to both rational-scientific and religio-mystic viewpoints of agnostic and gnostic import, as of opposites reconcilable by way of impartial, truth-loving philosophy, rather than narrow-minded bigotry in the abused names of Science and Religion.

Universal enlightenment depends upon tolerance of Truth, without which neither science nor religion could do justice to liberal-minded World Teachers.

There remain the difficulties due to standardized, fallacious concepts which have obstructed the truthful reclamation-restoration of posterity's priceless heritage—the wisdom of the ancients. All too many poorly equipped “authorities” have circulated the preposterous fallacy that our remote ancestors were like unto “trailing clouds of glory”; “fallen angels” in durance vile because of “karma.” If one were to believe such pseudo-mystic truth maulers, it would appear as if early man had been a sentient creature endowed with di-

vine wisdom at the start but, somehow, went against the grain and so “fell from grace”—Paradise Lost. This is as much as saying that original *Adam the first* was born wise and good to begin with, then retrogressed instead of progressing forward, upward.

This absurd notion is usually fostered by “gnostics” who contradict themselves by insisting at one and the same time that human evolution moves only forward, upward, to higher levels still!

How could anyone imagine the Supreme Being capable of playing practical jokes at his own expense by conferring upon His own creations divine intelligence at the outset, only to have them humbugged by one of His own creations—namely, the Devil?

Needless to say, the very opposite holds true, as vouchsafed by scientific research into the childhood of the race. Early man was a primitive brute to begin with. The evolution of the race worked upward from the start, in

proof of which the present exposition confirms reliable, scientific findings to that effect. Thus the fact that the religions and arts and sciences evolved from the ground up by way of totemic-animistic nature cults of primitive society clinches the argument.

In an earlier chapter, the late Gerald Massey was quoted as saying that "the mysteries hang on for dear life in our Fairy Tales." Also, attention was drawn to the, no doubt, startling analogies between three different type-representations, ancient, classic, and medieval (also modern)—Ancient Egypt's pygmy mummy-god Ptah; the confined mummy-baby of the early-Christian Corpus Christi, and last, but not least, the black bambino of the black Madonna of modern Italy's "miracle church" at Loretto.

Pertinently it may be mentioned that the first emperor of Christendon, Constantine I, imported from Alexandria, Egypt, an ancient statue of pagan goddess Isis and Child Horus — worshiped in Byzantium (Contantinopolis) as the statue of Virgin Mary and Christ Jesus! Similarly, a method

of "christening" accounted for a good many pagan divinities metamorphosed into saints.

Let us now tiptoe, backwards—from modern Loretto to classic Alexandria to ancient Memphis or HETKA-PTAH (Fig. 1) "Shrine of the Double of Ptah," birthplace of the oldest, most profound Resurrection Rituals and Passion Plays on record, where the pygmy mummy-god Ptah represented the world's oldest type-representation of a messianic deity in human shape!

Wait! Let us not stop now at the "white-walled city" in the famous PER-HETJ (Fig. 2) "White House" of which the original Mystery Teachers and master masons of Ancient Egypt held forth.

Later on, we shall return to that most ancient city where the miracle-working "saint of Memphis," the IU-EM-HETEP (Imhotep) "Prince of Peace," mentioned in the papyrus of The Seven Years' Famine in the Reign of Tjeser, was deified after his demise about 4,000 B.C. as the "son of Ptah";



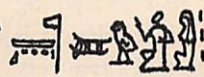
(Fig. 1)



(Fig. 2)



(Fig. 3)



(Fig. 4)



(Fig. 5)



(Fig. 6)



(Fig. 7)

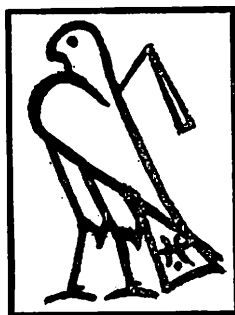
Aesculaepios; Harpokrates; Imouthis; the god of healing and "silent speech."

Statuettes of Imhotep depict him as a smiling youth, seated, with papyrus scroll upon his lap and index finger pressed to his lips—in reference to hieroglyphic mystery language of "silent speech."

For the present, we must go back further—to the antediluvian beginnings in equatorial Africa's pygmyland, the hieroglyphic TA-CHU-MAATI (Fig. 3) "land of True Spirits." It was there that the ancient Egyptians placed their TA-NETER (Fig. 4) "Holy Land" as the hallowed birthplace of TEMU

(Fig. 5) "mortal mankind," so named after ATEM (ATUM, ATMU, TEM, TOM, TUM) (Fig. 6) "god of mankind" (as elemental archetype of Adamic mankind.).

(To Be Continued)



THE PRECESSION OF THE EQUINOXES

By ORIO



WHEN God made the Greater Light, the Sun, to rule the day and the Lesser Light, the Moon, to rule the night, he made the Stars also and these were to be for Signs and for Seasons and for Days and for Years. He also made the serpent that "was more subtil than any beast of the field." With these words we come to the very profound reality of the marvelous plan portrayed in the skies for the evolution of man.

As man lives upon the earth, he naturally sees everything in relation to the earth.

"While the earth remaineth, seed-time and harvest, and cold and heat, and summer and winter, and day and night shall not cease."—Genesis 8:22.

When we realize that everything in the universe moves in circles, it is not at all surprising to find three very

important and definite circles outlined in the sky. These three are the Celestial Equator, the Ecliptic, and the Circle of the Precession of the Equinoxes.

To understand fully the operation of this great precessional cycle one must be familiar with both astronomy and astrology. Therefore, a bit of explanation of the mechanism of the heavenly bodies becomes necessary. The scope and vision which encompass

this marvelous mechanism cannot be grasped in a moment for it is like life, circles and circles forming and causing more circles.

At this point, it may be well to note a difference between two related fields of science, namely astronomy and astrology.

Astronomy is the science of the motion, distance, and substance of the heavenly bodies. Astrology is the science of the effects of the rays from these heavenly bodies upon nature.

The Zodiac, which is a magnetic field about sixteen degrees wide, consists of twelve constellations or star pictures irregular in length to which were given in ancient times, the names of Aries, the Ram; Taurus, the Bull; Gemini, the Twins; Cancer, the Crab; Leo, the Lion; Virgo, the Virgin; Libra, the Scales; Scorpio, the Scorpion; Sagittarius, the Archer; Capricorn, the Goat, Aquarius, the Waterman; and Pisces, the Fishes.

This is the Zodiac of Astronomy and it is within this band of twelve constellations that the planets are seen from the earth as they travel in their orbits around the Sun.

The individual stars in these constellations are giant single and multiple suns. These suns are called Fixed Stars because they appear to be fixed when seen from the earth but they, like everything in the universe, are not fixed at all but have their own proper motion.

The Zodiac of Astrology is the psychological Zodiac derived from the seasons of the year. It is composed of twelve Sign divisions of equal length measured along the ecliptic.

Because the earth is inclined on its axis $23\frac{1}{2}$ degrees as it travels through its orbit around the sun once in $365\frac{1}{4}$ days, we have different seasons known as Spring, Summer, Autumn, and Winter. While it revolves it also rotates on its axis once in twenty-four hours and we have Day and Night.

Very great changes are noted in natural growth with the change of seasons. As nature awakens and life is resurrected in the spring, this period of the Vernal Equinox becomes the first point of the Sign of the Zodiac.

The great circle of the apparent path of the sun through the Zodiac is known as the *Ecliptic*. The cycle begins when the sun crosses the equator in March. We then have the Vernal Equinox and the beginning of the sign Aries. It reaches its farthest point north in June when it arrives at the Tropic of Cancer and we have our Summer Solstice and the beginning of the Sign Cancer.

In September it has traveled back to the Equator again. We then have the Autumnal Equinox and the beginning of the Sign Libra. In December when the sun has reached its farthest point south at the Tropic of Capricorn, we have the Winter Solstice and the beginning of the Sign Capricorn.

The Astrological Zodiac is measured in signs, degrees, and minutes along the Ecliptic from the first point of Aries.

The constellation Zodiac is measured in hours, minutes, and seconds of time from the first point of Aries which is the position in the sky at which the center of the Sun crosses the celestial equator at the Vernal Equinox in March.

The star positions are measured from this point in hours, minutes, and seconds of time and noted as Right Ascension (R.A.). As the first point of Aries moves backward during the great cycle, Right Ascension of the stars changes accordingly.

Our second great circle of the heavens is the celestial equator, which is the earth's equator projected out into celestial space.

It can be readily seen there was a definite plan to the motion of all heavenly bodies, and even though the origin of the constellations seems to be lost in antiquity their purpose becomes more real every day.

We on the earth are aware that it has a north and south pole and that these points are at right angles to our equator. We also know that the plane of the ecliptic is tilted $23\frac{1}{2}$ degrees from the plane of the equator. Our celestial equator and ecliptic have similar north points which are known as the North Celestial Pole and the North Ecliptic Pole. It is the North Celestial Pole that inscribes a circle with a radius of $23\frac{1}{2}$ degrees around the North Ecliptic Pole.

The Dragon is coiled around this North Ecliptic Pole. He is the watchful dragon who never sleeps for he guards the pivot point of the precessional cycle. He is one with time and through all the ages he is entwined around the center of the Circle of Life; he will remain there as long as the stars shine in the heavens above.

Do you wonder that we find the serpent in the Garden of Eden? In Genesis, 3:1-6, we read, "*Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.*"

It is the Prophet Isaiah in chapter 14, verses 13 and 14, who tells us where to look for the Dragon or ser-

pent in the skies. We read, "*For thou (the dragon) has said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God; I will sit also upon the mount of the congregation, in the sides of the north—I will ascend above the heights of the clouds; I will be like the most High.*"

Here we have a combination of heavenly objects and conditions which explain the story of the precession of the Equinoxes. They are the celestial equator, the ecliptic, the sun, the earth, the moon (and the dragon).

Because the earth is slightly flattened at the poles, and because the moon's orbit is inclined five degrees to the plane of the ecliptic, the moon's pull on the earth's equator combined with the earth's rotation causes the earth to wobble like a spinning top. This combination of gravitational force causes the Vernal Equinox to move backward and therefore the Signs of the Zodiac slide westward away from the constellations of the Zodiac at the rate of approximately one degree in seventy-two years.

A complete backward cycle is known as a Precessional Cycle or a Cycle of the Ages. These cycles vary in length of time from 24,000 to 28,000 years.

(To Be Continued)



PHILOSOPHY AND WAR

(Continued from Page 14)

Where uncontrolled and morbid emotionalism, selfishness, and a wild life reign, this is the sign that calamity is near. This is the writing on the wall.

3. Mental — Everything is calculated on a monetary and selfish basis for profit for the individual and for one class without considering the other individuals or the other classes of the same community and of the nation.

Everywhere the individual goes he is asked how much money he is making. He is never asked how good he is and what good deed he has done. On such negative causes can one be surprised at the present international conditions?

Warring Elemental Forces

All these emotions and morbid thoughts charge the emotional and mental Cosmic plans. It works in the same way in which electricity fills the atmosphere in the summer before a thunderstorm.

This causes the formation of powerful elemental forces which have to discharge or spend their force through the same channels in which they were formed.

This malignant elemental force broke into this second European conflict. This war is going to last until

all these unseen elemental black forces of destruction have been used up on the invisible Cosmic planes.

One must remember that there are not only the soldiers, the tanks, the bombs, the battleships, and the airplanes which we see that fight, but there are also these elemental forces back of the nations, as well as the discarnate entities within the orbit of the warring national group souls.

Homer in his Iliad states that the Olympian gods and heroes of the other world took sides with the belligerents—the Greeks and the Trojans.

Homer knew this law and he meant just what is stated in his verses. The same laws are in action today; they are eternal.

The only protection for the individual in the present war is to do his duty towards his country without allowing himself to be an aggressor, or to feel any hatred in his heart against any individual or nation. The indulgence in intense hatred will involve that individual in the group elemental and in the Karma of the nation to which he belongs and he will thus have to share the fate of the entire nation.

How to Overcome the Present Crisis

The only means of salvation for the peoples and of the nations of the world is to return to *true* religion, the pure and unselfish tenets which form the foundation of *all* religions. This is practical philosophy.

The present lip service and insincerity must be replaced by good deeds, good thoughts, sincerity and *unity* of purpose.

It is natural when people have received plenty of punishment to be brought by necessity back to God, which means to live in accordance with the *Cosmic Laws*.

The nation or the group of nations which will first embrace *true religion* is going to be backed by the tremendous forces of the elementals formed in all past centuries by all religious peoples. This spiritual force, backed by the Cosmic Law of Justice, will defeat any material force created by armies, airplanes, the discipline, the size, the unity of purpose, and the human ingenuity of the opposing side.

It is well known that the Democratic Countries and Nations of the world are closer to real religion and during the present ordeal they are bound to become more enlightened. Therefore, the final victory will be on the side of Democracy and the Power of Light.

The forces of Dictatorship will be defeated as a black, materialistic, destructive force, which, at present, has a *temporary* grip on a great part of humanity.

Let there be more Light.

Note: Have you read *THE DELPHIC ORACLE?* See page 33 for particulars regarding this book by Dr. Manas.

TO GROW IN HARMONY

This Outer-World-of-Sense, wherein
we live,
Abounds with Good for Body, Mind
and Soul;
Though varied Forms, One-Cause
moves through The-Whole,
Arousing, Lifting, Blessing each to
choose
Effects his Understanding best can
use
To Grow in Harmony; so hail the
Day
When each moves Up and On, along
The-Way
Of Peace and Love, which Will and
Patience give.
For Up and On each surely will pro-
ceed,
In Harmony with One that is in ALL.
Increasing Knowledge sounds an eager
call,
The Real-or-Inner-World provides
each need;
Lo, NOW, supply-abundant freely
flows—
The Unseen-Self expands and grows.
—John W. Ring.

J O Y

Merriment's a flirt, Happiness, a
cheat,
I have courted each one—tasted of
defeat.
Both have slipped through my fingers,
gaily danced away,
And I dreamed a-glooming on a
cloudy day;
Then a quiet swishing 'woke me with
a start—
There was gentle *Joy* cleaning out my
heart.

—Alice M. Fretz

HAPPINESS

(Continued from Page 19)

Role of Games

The more intelligent seek release in games and sports, such as tennis, golf, riding, base-ball, and so forth. Hence the "national game" of base-ball or golf affords an excellent safety valve for the release of pent-up emotions, worries, sorrow, and other tensions. But such temporary release cannot produce happiness. Others find release in games of cards or the movies, the races, the theaters, and so forth.

But these also, helpful as they often are, cannot bring happiness, since they do not touch the *cause* of the in-harmony or tension.

Satisfaction

There are so many aspects to this problem that if you are to solve it understandingly you must get the Cosmic Concept of it. Fundamentally, the innate craving for happiness is a *spiritual* hunger, rather than a hunger for sensuous satisfaction.

The aim of existence, the object of life, the reason for manifestation and the end of evolution is to manifest oneness with the Divine within, the Spiritual Self you incarnated to express. That means the union of the separated self with its Source. Therefore, nothing that does not contribute to this oneness *and its realization*, nothing that does not release something of the divine harmony into expression can bring true happiness.

(To Be Continued)

We are continually receiving telepathic impressions, either from individuals or from the people around us.

We actually live within the realm of thought waves sent out into space by the active minds of others.

Our own ideas are sometimes only reproductions of the thoughts of others which have been liberated into space.

Concentration is paying attention to

a selected thought. A wandering thought held for three minutes may undo the work of three years.

If positive concentration is maintained, even for a few minutes undisturbed by impressions from wandering thoughts, the consciousness slips quietly out of the brain, and we find ourselves in a realm of ecstasy.

—Stacy Klingersmith.



EDITOR'S NOTE

Dear Readers and Students:

Quite often I have been asked for advice as to what books to read—the ones from which a student may receive the information for which he is seeking in order to better understand the fundamental teaching of Truth.

In view of this fact, I am taking the privilege of directing your attention towards a most remarkable book. This book marvelously dispels the hazy mysticism of ancient mysteries and reveals to you in a simplified form the teaching of ancient Egypt. The information is given in a scientific and practical way, setting forth very clearly the origin and explanation of many basic sources of present-day religious and philosophical teaching. I, therefore, most urgently and with all seriousness, advise you to secure a copy of

THE VOICE OF ISIS

You will thus add a new treasure to your library and equip yourself with greater strength for this book contains a maze of revelations of Truth not to be merely read and laid aside. A life-time investment.

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EDITOR'S NOTE:

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The Coptic Fellowship of America, with pride and with full endorsement and approval of the teaching content of these lessons, takes pleasure in making them available for our students and readers of Aegyptus. In fact, we urge our students to provide themselves with them, if they have a desire to acquire a better understanding and more control over the functions of their physical body.

We are indebted to our High Priestess Velma Brown and thank her for having made possible this series of lessons.

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Time and Place of Meeting

Monday—8 P.M. Correspondence Classes
2nd and 4th Fridays 8 P.M.—Physio-Psychology (Exercises)
3rd Friday, 8 P.M.—Aegyptus and Food Discussions.
1st Friday and 5th Monday 8 P.M.—Open Meeting.

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Joanna Kunze, Mrs. Martha Lee MacGregor, 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

DENVER, COLORADO

Leader—Miss Beatrice A. Brownlee
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Exercise Leader—Mr. Dwight Alseike

Time and Place of Meeting

838 Santa Fe Drive, Denver, Colorado
Tuesday evenings, 8 P.M.

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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, 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.

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Leader—Mrs. A. A. Booth

Board of Directors

Secretary—Miss Gladys Stone
Exercise Director—Mr. Warren S. Thomas
Treasurer—Mr. S. M. Rice

Time and Place of Meeting

1st and 3rd Friday of each month—Open Meeting, 8 P. M.
2nd and 4th Friday of each month—Inner Class (Correspondence Course Students)
Theosophical Hall, 418 Locust Avenue, Long Beach, California

DIRECTORY

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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—1st and 3rd Friday of each month.
Closed Meeting—2nd and 4th Friday of each month.
Special, joint meeting—5th Friday, when it occurs.
All meetings open at 8 P.M.
839 S. Grand Avenue, Los Angeles, California.

OAKLAND, CALIFORNIA

Leader—Mr. John W. Ring
Assistant Leader—Miss Elizabeth Popham
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Treasurer—Mr. Christian J. DeVroom.

Time and Place of Meeting

Second and fourth Tuesday of every month.
Leader—Mr. Hampton Klumbach
8 P.M., 743 W. 21st St., Oakland, Calif.

PHILADELPHIA, PENNSYLVANIA

Leader—Mr. H. R. Klumbach

Board of Directors

Secretary-Treasurer—Mrs. M. E. Malinas
Coptic Philosophy Director—Mrs. Hazel Klumbach.
Social Director—Mrs. Flora E. Hawkes
Special Director—Mr. George D. Kress

Time and Place of Meetings

Every Monday—Class in Physio-Psychology (Exercises) Explanatory talks on the body and its functions are also given.
Tuesdays following 1st and 3rd Fridays—Beginners' Class in Correspondence Course lessons.
1st and 3rd Fridays—Advanced Class in Correspondence Course lessons.
2nd Friday—Personality Development Class.
4th Friday—General Meeting
5th Friday—Social Evening.

Time and Place of Meeting

All meetings 8 P.M. 219 S. Broad St.

PORTLAND, OREGON

Leader—Mrs. Caroline C. Bennett
Asst. Leader—Dr. E. G. Wiese

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Enrollment Chairman—Miss Nethalie Svoboda

Time and Place of Meeting

1st and 3rd Mondays, 8 P.M. INNER CLASS—221 Platt Bldg.
2nd and 4th Mondays, 8 P.M. PUBLIC LECTURES—Masonic Temple.

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Librarian—Mrs. Frieda Kalmbacher

Time and Place of Meeting

Every Friday at 8 P.M. Coptic Hall, corner Bush and Erie Streets, Toledo, Ohio.

SAN DIEGO, CALIFORNIA

Acting Leader—Mrs. Florence Schnell
Healer—Mrs. Anna Soucek
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

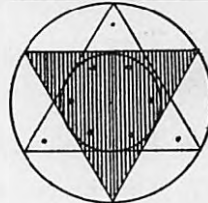
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Time and Place of Meetings

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THE TREASURE HUNT

*Look deep within the shadow of the wall
Look far beyond the darkening shades of blue.
You'll find the greatest treasure there of all
Whene'er the deep and far respond in you.*

*We take too long to learn to travel slow
We skim along on surfaces too thin
When older grown we come at last to know
That all our shallow living was a sin.*

*Heap to yourself the measure of your worth
By following down the plummet on your line
So when you reach the treasure hid in earth
You'll know it though the sun had ceased to
shine.*

—George N. Hansen.