

COSMON

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RESEARCH FOUNDATION

P.O. BOX 55
PALOS VERDES ESTATES, CAL.



YOUR RESEARCH FOUNDATION DEDICATED TO DEVELOPING
MAN SPIRITUALLY AND PHYSICALLY FOR THE NEW AGE AND
SUPPORTED BY YOU.

Gloria Lee, Director



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About the Cover...

This is one of our favorite pictures and adorns a wall in the President's office. It is a Spiral nebula in Virgo, seen edge on. Photographed by the 200-inch telescope.

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SPACE COMMUNICATION



Greetings to the Children of Earth!

"Before you go into a room, you must open the door!" This is an old quotation from an ancient manuscript that was found upon our planet. The words in effect mean, that the individual who would go into a new area of consciousness or thought, must first open the door to his understanding and mind and then allow his consciousness to remain free to embark upon that new area of thought exchange. We have many ways of opening our consciousness but the most quick way that we know of is to attune ourselves to the Divine Mind and ask to be shown the path that lies ahead.

However, as far as earth-consciousness is concerned, that is still too nebulous an operation to undertake in itself! But let us say you have heard of something entirely new. What is your first reaction? Are you going to believe it or are you going to disbelieve it? Now, why? Discover **WHY** you are prone to believe or disbelieve it. This is a clue. Do you believe it **IN SPITE** of the fact that all material elements or facts seem to speak the contrary, or do you believe it because it figures in on your past experiences? Whatever the situation, you can analyze whether or not the conscious mind is dictating the answer you must believe, or if the "still small voice" within (your intuition) is telling you that in spite of everything, you rather believe it could be true. **THIS**, the latter, would be opening the door.

The door depends largely on how developed your intuition is and whether or not you allow your conscious mind to interfere. It does not mean you must believe everything just because all facts are contrary to it though! On the contrary, the door should be that aspect of your consciousness which is also capable of **DISCERNING** whether or not it is true.

I know many of you are prone to say, "Oh, I believe that because the Space People said so!" and yet, you do not **ACTUALLY** know whether or not **WE** said it or not! Because there are many instruments and each instrument has a mind and closed doors to his consciousness which permits only certain information to filter thru, you do not actually know whether or not we really said it. My point is this...do allow yourself the opportunity to test whether or not, no matter what is said, by your intuition, that what is being given is truth. Many times we have been credited with rash promises which have only been within the mind of the instruments.

We do not wish to lead astray, but we cannot always interpret what the instruments are doing when we are focusing our thoughts upon them. We see they are busy and not always aware that they are also divided in thought by the activities on the earth-plane although in communication with us. We try to relay what we intend to tell them, just before, by a means of thought-transference but this is not always successful, so we try to send the thoughts that will best align their consciousness with what they believe in and with what they hold to be true. If they do not believe, what we are saying may be a definite handicap unless they have been trained to accept anything that comes thru without judging until all has been said.

Many times an instrument will interpret what is being said by judging by his own experiences whether or not it may be true. Again, I say, let the judgment come only from the intuition and not from facts or experience alone. When you have developed a fine enough intuition you will not ever have to think of the facts but just whether or not a statement offends your intuition or whether or not it is fully acceptable.

When mankind comes into that new era of developed thought transference, it will

not be an easy thing for many people to control what they are receiving. They will be in contact with many people at the same time and not capable of cutting them off! It will be maddening in some situations but not too confusing if you remember to accept the fact that the intuition works on many planes of development and that only the one who goes ahead to find the answers of Truth will develop that ability to distinguish between those who speak from the lower levels of development.

Many are today practicing to become telepathic instruments without realizing that it is an exact science which must be fulfilled at certain stages of development. If the lessons leading to the developed instrument are spotty and decidedly lacking, then the instrument is incapable of learning the technique of cutting himself off at the levels of consciousness which would be a greater deterrent if he allowed the communication to go on.

We are all gathered together at this time to function upon the earth-plane to bring forth the messages of the Christ Spirit, whether it be thru the scientific realm of realization or whether it be thru the realm of music, makes no difference, for the divine spirit of recognition is that ALL areas of the divine consciousness must function in the manner that the Christ Spirit can be recognized as a COMPLETE manifestation of Christ consciousness and a living element of God's consciousness. It is not within the understanding of many upon the earth-plane what is meant by Christ consciousness and yet, if you are capable of depicting a communication from a being in another level of consciousness, then you have already developed at least ONE aspect of Christ consciousness! It is not difficult to understand the genius of a great musician, but it is difficult to understand that the genius of any ordinary person can be enhanced by the understanding of the Christ Spirit. That great spark of the Eternal Flame which lies, perhaps dormant, within you, is capable of manifesting all the qualities of so-called genius in many fields of endeavor. You do not have to struggle back and forth to wonder about the secrets of Christ Spirit if you can at least project the idea that YOU too, are an instrument of the living Christ and that YOU are also capable of projecting that same consciousness into the hearts of men.

Many situations will arise wherein people of average intelligence will accomplish feats, seemingly not comparable to anyone else, perhaps including genius. This will be because they are capable of abiding with the Will of the Father and of seeing the Christ Spirit within to give them impetus into the various fields of endeavor which will give them the power to accomplish many things. You do not have to possess a high intellectual development but enough intelligence to partake of the grand and glorious opportunities that await all those who do strive to maintain an equilibrium in spiritual development. And this holds true for any disciple of any degree of development.

Use that ready potential within you and you will begin to find that many of the things you thought were of low development will be where your highest creative aspects lie. You have not been thinking before of creative energy as being that impetus which can stimulate the Christ Spirit into greater awakening. We have not had the time to go into all that lies ahead for you to see wherein those of Christ-developed aspects will be able to go far in the world of men to bring you a more proportioned sense of balance in every-day living. This means that any individual who likes to dance will not be out of line if he continues to dance as well as develop the other Christ talents within himself. There are many areas of consciousness wherein the Christ Spirit will begin to shine, and you may be a little shocked at where these areas will lie!

This will be mainly because you do not yet comprehend the meaning of Christ consciousness but you do comprehend the meaning of a personality, and as you go forward into understanding, you will see that the personality is merely a tool for the area of functioning that the instrumentship of any individual would prefer to operate in.

We do not have limitations put upon our personalities as you people have. We are able to fulfill all aspects of our personality desires but you have been born under the illusion that anyone seeking fulfillment of Christ consciousness should never enjoy himself! This is very wrong and part of an old illusion which must be corrected.

For instance, if an individual wants to partake in a bit of chicanery at the expense of others, it would not necessarily be considered a part of Christ consciousness, but if he wanted to partake of some activity which would enhance the lives of many, it could hardly be considered out of the realm of Christ consciousness. Now, to be more explicit for those of you who do not understand my meaning... Let us say, we are dancers and we want to go to a party and the party is enhanced by many different types of people. We see lawyers, artists, actors, scientists, singers, doctors, and all imaginable vocations within the various people in attendance.

Now, we do not think too much about a doctor who wants to get up and sing with the singers at a party, nor of an actor who becomes engrossed in the operation the doctor performed that morning, but you do think it unthinkable in some situations, to have your minister or priest get up and do a tap-dance! Have you ever thought about WHY?

The why lies within the thought-form that you have created as a whole planetary consciousness, that one who claims to seek a spiritual level of consciousness should never take life lightly. Now then, do you know of many actors who claim to take life lightly and yet they live in a constant aura of trying to outdo one another? What is the difference? Both are claiming one thing and doing another. It is not what the appearance of an individual may be but what PURPOSE it is he is trying to fulfill. It may be the doctor is trying to absorb his energy by the use of song, while the minister may be using music to dispose of energy. It does not really matter in the long run! The actor who always acts as though life is really a bowl of cherries, usually WORKS very hard at depicting such an appearance, but a minister who wants to consciously carry on the wishes of God has found himself the victim of this earth-conscious illusion, that he should never indulge in any activities which may be of a frivolous nature.

It has never been entirely understood by us, why you do not notice that in all nature, the bird sings with pure joy after he has filled his stomach for the day. The kitten may play, the dog howl, the turkey trot, without any thought bound around them that it is not a part of maintaining a disciplined life! All of nature has its moment of play and relaxation. You do not credit the human being as having a many-faceted nature, as you readily accept the other kingdoms of the planet with having the ability to work and also play.

We have many people who have opposite natures seemingly, inasmuch as they are eager to try many talents and begin to enjoy life in its fullest. We do not have the antagonism that you have when we begin to joke with each other about what a hard life we have. I say "joke," for you do not understand my meaning. We have a "hard life" only as we prepare ourselves for one. You do not allow your very natures to expand in the proper areas of consciousness so you can become a full-faceted individual. You do not have to be constantly serious, any more than you have to be always laughing.

You do not always have to be the actor only interested in acting when you may also be interested in the latest operating techniques. You do not have to hide the fact that you like to dance, although you are not permitted to dance in your work. You could allow yourselves the opportunity to fulfill your desires when you are not working. This is a point that is often-times difficult to bring out to earth-consciousness... that an individual may have many facets and these may be completely incompatible to one another so that if you were to view such an individual, you would think him awfully

inconsistent! Instead, it may be, he is accomplishing something you have not thought of for yourself...fulfilling ALL aspects of his nature. You do not have to "fit" into any particular pattern, for if the truth be known, hardly anyone really does! You are all a part of the universal mind and the mind of God thinks and acts in EVERYTHING. So should you!

You do not have to run the gamut merely because I said you could, but you should try to be that which you truly are without creating havoc in your life patterns. For instance, many of you who are working at certain "dignified" positions would be given your termination papers were you seen to be doing the twist or something equally "undignified." On the opposite side, if someone is continually of the nature that he is considered a comedian, he is never taken seriously, even though his objections to a world crisis would have very basic reasoning.

Why is this? Because you have categorized everyone from the standpoint that to be dignified or spiritual, you must never enjoy life in its fullest sense. If a dancer wanted to be a nun, she would most certainly have to give up dancing. But why, we ask, if her dancing was the gratification of that God aspect which must dramatize the music of God's creation with the rhythmic body movements? This is not a sin, nor is it wrong in the eyes of God. That dancer, who would, because of earth illusion, repress her natural desires simply because of a greater desire to find God, would really only hinder her ability of really understanding the true meaning of God by making herself into something she really isn't.

Where does the solution lie? It lies within the ability of your people to comprehend that the many characteristics of humanity can very easily be maintained within a single individual. The many talents we ALL possess could also find an outlet thru only one individual, if that individual is of a more creative nature. Then most assuredly, he will have many more talents than the average person.

It is a fallacy for anyone to think that a minister would be devoid of any personal inclination to fulfill the nature that would desire to be undignified! Many of us are dignified only to the point we do not want to let ourselves get carried away by the humorous insight of the moment! We do not often see how we can laugh when no one else could see the humor in the occasion, but we know enough to be laughing when the boss tells a joke at a meeting even though we may not think it is funny. Do you see what I mean when I say you are all so handicapped in your ability to fulfill the real nature of your being?

You do not have to try to be spiritual if you think it is wrong to be funny, nor do you have to try so hard to be wild, if you think someone will think you are spiritual! Many have deep spiritual convictions but would rather "die" than let their best friends know it. They would prefer to drink everyone under the table than be thought of as spiritual! Then those who try so hard to APPEAR spiritual, would give their eyeteeth to be able to really let their hair down sometimes and just be themselves, even if it meant trading places with the one under the table!

What are YOU doing to appear to be other than what you are? What are you trying to accomplish within this life-time which will put you above the others? Are you working hard at a career? Are you striving towards a spiritual goal? Did you know it is possible to do BOTH? You can follow the Will of God and still fulfill your hearts desires, because God KNOWS what you will, and He has INCLUDED these things within your developed pattern. He knows though, you must first accomplish those things you desire without harm. Many wish for something their personality cannot handle. If God knows what you desire, He will prepare you so you can not only handle what you desire but so you will also serve Man and Him by becoming that which is truly the real YOU.

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MESSAGE FROM A MASTER



Beloved Children of God,

My blessings pour out to you for what I can do as my capacity allows. I often fill my heart with thoughts of you.

This time marks the beginning of Christ awareness in mankind, because on the Festival of the Christ Moon which has just taken place on the 17th of June, I was able to act as the Instrument for greater Christ manifestations of these spiritual energies. Many of you are not familiar with the capacity of the Office of the Spiritual Hierarchy, which I hold, but it in no way marks my personal talent as being set aside from Jesus or the Divine Spirit Over All. It is called the Office of the Christ because I am the acting Instrument thru which these energies are transmitted from the great Celestial Realms that watch over the planetary evolution for this particular Unit of Consciousness of which you and the Planet Earth are all a part.

We do not hold these Festivals as a "picnic" would be upon the earth-plane, where-in you eat a great deal and suffer from this imbalance, but we call them Festivals, due to the great influx of power which is like unto spiritual "food" and which is the very sustenance which makes us the living spirits we are. We do not think many of you would be afraid of our activities if you were more acquainted with them and so we have decided to let you know more about the programs and the greater details in the work of your divine Hierarchy.

The Hierarchy is made up of all the dedicated individuals who have gone beyond the need for physical manifestation and who have pledged themselves to help in this planet's evolution as far as Humanity is concerned. We do not allow our personal desires to interfere with the needs of mankind or the Divine Will of the Logoc personal-ity which you call God. We let our "work" be that position which will best serve God and man and my particular position is that Office of Christ which I have held for many centuries now.

We do not change positions as often as some of you upon the earth-plane, for we have very long-term developments which often do not work themselves to fulfillment until a full Age is passed. These are called the Hierarchal Labors and I have labored and diligently with the Christ Spirit to fulfill Its desire to complete manifestation upon the physical plane. We have not been able to promote the growth of this Spirit or Aspect of God with any great rapidity for the human consciousness is such, that it cannot see the Divine Spirit as already being a PART of it and has set up this tremendous illusion of great SEPARATENESS. We do not see the Christ Aspect of God as being un-evolved, but only the consciousness of mankind still laboring under the illusion of separ-ateness. When man's consciousness has evolved to greater ACCEPTANCE, then the Christ Spirit will surely manifest in toto.

We have set aside great Teachers as envoys, you might say, who manifest upon the earth-plane at various intervals to enlighten mankind upon the reality of this Christ Spirit lying dormant within. Jesus was one of these Teachers, as well as the Lord Gautama who was known as the Buddha. All thru the planetary history, Teachers descended into the depths of inharmony and despair to find that Light of Truth with them, so that they would be able to fill the hearts of men with their procedure of seeking the Light of God within.

They were taking themselves into greater understanding of Christ illumination, although they did not consciously realize this at the time of their incarnations. Each one

is like a student and the planet is a classroom, devoid of any set curriculum which may hinder the creative development of mankind. Thus it is, that many such Teachers who have been sent to teach and re-establish the Light of Love within the hearts of men, have proceeded upon many strange and perilous paths to set the example of the inborn spirit of man as being able to overcome all obstacles and to find the absolute truth of his being.

We are not settled upon the Path to find our beingness as much as to reacquaint ourselves with the fact of God's manifestation thru us, as Instruments for His great Creative Power. We, in the Hierarchy, are not dictators of the Divine Pattern, but merely the Teachers and Guides of Humanity to show the Way to that blessing of complete freedom from fear and all the many worldly misconceptions which allow mankind to falter in his belief of the One Supreme Deity. We merely guide and beckon, always hoping that you will follow in our paths and trying to show, by example, how the Plan of Divine Light can be understood and accomplished.

When I was a younger "student," I too, incarnated upon the earth-plane and beckoned to Humanity to follow me into a more glorious future. Consciously, I did not realize, in my earthly consciousness, that the understanding I had acquired was being stimulated by those who watched over me in our Spiritual Hierarchy. Then when I became the Teacher, I saw the reasons for the great need to follow a "student" in the illusion of earth consciousness, so that he too, would not suffer the danger of becoming bogged down in an unenlightened state.

We do not have to become as people blinded to a better consciousness if we have the constant reminder that there is always another who has found the way. So it is, that we incarnate from time to time, to bring forth a greater level of understanding and a greater expansion of our innate divine consciousness which is still greatly hidden in the masses of humanity. When they are stimulated (their own Christ Light within), by the influx of Divine power, then they are raised a degree in spiritual vibration along with a greater ability to comprehend Universal Law. When the whole of humanity is raised, then the ability NOT to understand will be more of a phenomenon!

We have taken on a greater influx of power in order to be the stimulators of this great consciousness called Humanity. We are Instruments in the same way that this is an Instrument thru whom I communicate to you with words. We work in an atmosphere of complete understanding of Christ Law and Universal comprehension of the Divine Plan for this Planet Earth. We communicate with Higher Realms, yet uncomprehended by you, to bring forth our own understanding to guide a planet in the most important of all its evolutionary stages...the end of an Age or Cycle of great import. We are leading the way into an era of such outstanding abilities that you would not believe (in your present stage of consciousness) what I could tell you of your future!

We have led the way many times in the past, but this is the most important Age of all to come. We, as a complete Unit of Consciousness, must be prepared to go on into greater illumination than ever before. Now, this is meant figuratively as well as literally, for we must take on such an influx of power from the Celestial Realms that we will be seeking many outlets for all this Creative Energy. It is not within my power to ask that this Energy be given; it is only within my power to distribute that which has already been Divinely decreed thru the Celestial Realms and Those Forces which guide the planetary developments.

We have sent many to your side in physical manifestation, who will be able to guide you in the days ahead, and it is my wish that you realize the greatest array of Christ Instruments will be forthcoming in their manifestations of Christly talents. You will hear of them thru the various means of contact, but you can only recognize their purpose by the attunement within, of your own Christ consciousness. This very Christ

consciousness within you has been given the stimulation by the very Energies I projected during the June Full Moon period and you will be better able to withstand even greater Energies in the years ahead as we go forward into greater stability of this Christly Energy.

The period of the next cycle will be one of great awakening for many as the Christly petals within their own consciousness begin to unfold. It will not be an easy accomplishment for many, as they are not accustomed to a "forced-feeding" of spiritual understanding, but it will be accomplished in the "twinkling of an eye" as far as Eternity goes. When the stimulation of this Energy reaches a climax, the people will be yearning for more, and it shall be given. For it is a paradox in some ways, "that the pain of fulfillment is greater than the pain of ignorance," but that the spiritual desires will completely overcome the fear of pain within mankind.

This is our time for greater understanding of my "world" and yours so that we can work together to fulfill this great Plan of God to overcome the shadows that have fallen upon mankind. We do not have to struggle for the release of this Energy, but we do have to struggle with the acceptance, as far as mankind is concerned. Once they have learned it is an inner resistance to facing the great Light of Spiritual Truth, then they shall be able to accept that which is being brought many earthly instruments which will be our guidance and leadership during this transitional period.

We have worked together in the past, and we shall be able to work together in the future, just as two separate kingdoms can be aware of one another and live upon the same stage. You accept animals as being a part of your world and yourselves as being more greatly developed than the animal. It is the same with us. However, we want you to comprehend, as the animal often looks to man, to accept us as the "graduated brothers" who are able to give you a hand with your lessons and who will be able to transpose the necessity of remaining aloof in the etheric realm of manifestation at all times, by being able to manifest within your plane of activity so that we may be able to work together and teach each other the Divine Laws of God.

We have told you many things which we hope will come about, but so often, (as it has already happened with so many Plans), the vibration of the earth-plane actually hinders what we are trying to introduce to your budding consciousness and we must start over again in a new activity to off-set the wrongly interpreted activities of what is given to you to accomplish! So if we are able to work with you, then we can share the glorious experience of being the Heralds of New Age activity and introducing new facets of the wonderful Christ talents within.

This is a paradox to most people also, but the Master Jesus did not use all his talents! By no means was he able to introduce the full abilities of his Christly Instrumentship. He descended at an era when they were so over-wrought with spiritual illusions, that they would not accept full-consciousness as being from God! He was able only to present those attributes which the populace of the time could comprehend. Healing was the greatest contribution he was able to make, as for centuries, man desired the gift of healing, but the other talents had to remain dormant until the Age of Now, which will bring forth the realization that he knew of what he spoke when he said, "Greater things will you do!"

The seed of Christ consciousness had to be planted and my disciple Jesus, was able to plant that seed of Christ awareness, which recognizes the One Eternal Life and that Death of man is only the death of his own limited consciousness. He was to show more in a world of limitations than any Teacher before him had, and so he did. Now the Teachers who have incarnated upon your planet during this cycle, will show even greater things, you may not even recognize as Christ talents until you join your own conscious-

(Please continue on page 25.)

QUEST CORNER



Hope is established in the FEW of the Earth; the few who will to serve the High Maker! Hope is established that these few who accept the service of their Father-God-Creator, will become the Light of the World, who are necessary to administer the presence of Power into the many circles.

The same is desired on all fronts, of those individuals and churches which have not administered the True Service of Light. The work of the churches has been individualized. Still we maintain a constant vigil, that the Work and Services of the Masters will propel the ministers and the church-services into a recognition of the power of Mind over people. Power of thought from on High, is administering gently, the Light Rays, the Energy Powers, the Atomic-substance necessary to maintain the fluid flow of Earth Radiance, which is ebbing with the Monstrosity of Darkness instilled on the Earth by Mankind himself, who has chosen the lowly material way!

Speak now from your hearts to the Earth! To the Earth-people, that they may accept the Father's glowing words of Truth, as Light-energy unto the peoples of Earth, that they may know the sound of His voice! They also may know the Re-charging of Energy from HIS ONE GREAT SYSTEM, to the System which is called Earth. Know in your hearts, that the Power which is driven home from the Father, is a Light-Charge, as a battery works, as a Light frequency is a thing of Mastery and Control, and Services those who grasp it, and retain not darkness any more!

Accept that spike of Light from the High Service. Hold tight to it as you would a wand, and the energy, forthright, therewith shall be delivered unto you thru the Mind-Power into the body, from Thy MAKER; and thereby will you attune to a new Ray, and function in a Service which is essential over the surface of the Earth. Thereby, do we inaugurate a new charging battery service, a new Light-infusion, a new substance into the Earth, which has grown stale and old.

As a battery must be re-charged, so must the Earth-peoples; and you who are in Service as the Battery-chargers, so to speak, must and will function to accept the Light-Charge-Service; the Light Energy into your minds, your hearts, your bodies, that they may function as Chargers of the very atmosphere you breathe; that they may thereby function to attract and function into other bodies, which are of like material.

Stand ye so, as Light Beings; for ye are atoms of Energy, charged with the Light Work of the Father, for the world wherein ye stand. Your Service is not alone needful in the part wherein ye are, but in the ground beneath your feet; in the atmosphere overhead; and in the many areas wherewith ye send your Thought-work.

Know that your work will not hunger, but will serve to be magnified; and as you charge and serve and surrender yourself to the Work for which you are fit, so will you be further charged! You will not surrender your kinship with the Maker. You will not surrender the Energy-work preferred by you. You will only surrender that which was given you to serve! What ye received, therefore, give out plentifully. The Light of your being is the Will of His Mind. Receive that Will, that Light-service, that ye may be a tool, and a standing pipe of Light, and a shaft of Energy which sparks the Earth with Gold! Be thou that which He has created for you to be!

I, Altuna, address you.

Channeled by Hope Troxell

COSMON NEWS AND ACTIVITIES



So much has happened since I last "talked" to you, it's hard to know where to begin! We're a little late with the bulletin, but the extra time we've had was well spent and also gave us a chance to catch up on the printing bill before printing more. Anyway, in May I completed 3 books and we started to compile two others. So we haven't been idle by any means. By the notice enclosed, you can also see that JW's new book is finished. It's just now getting the finishing touches at the printers. Those of you who really enjoyed his first book will be thrilled pink with the second!

It's longer than "Why We Are Here!" and he explains so many of the questions that arose in many minds upon reading the first book. The actual writing (or I should say, "dictating") doesn't take long at all but preparing the manuscript does. Jim Mann has been doing all the transcribing for me, so a great deal of time was saved which allowed me to work on the two books of my own.

The first is called "Inside Our Minds" and came about thru the prompting of the Space People. I had no intention of writing a book but they had been instructing me on "working above time," and about tuning into my higher consciousness without the necessary physical steps we would ordinarily take upon this plane. So, the first book was in the manner of an experiment to see if I could actually do it! It only took 2 days, which is what they said could be done. I didn't believe it for JW's book had taken 5, and I thought THAT was pushing it a little! This was still done while taking care of my children and other necessary household matters. I stayed away from the office on purpose, so I could concentrate on taping the book at home. This seemed normal routine with JW, but to do a book on my own in 2 days, seemed impossible!

However, by following the instructions the Space People gave me, I was able to do it. It was a fascinating experience to tune in to myself and let the words flow just as in channeling and express experiences, feelings, and ideas about things...but...all neatly compiled and with chapters without any forethought consciously about it! The experience alone was well worth the effort. A week later the Space People said I should do the second book! Well, I won't repeat what I thought but I did feel like they were forcing my lessons. This time, more or less out of curiosity as to what would come about, I did it. It is called "Spellbound." I hope you will like them.

The last two, we started to compile but haven't as yet completed the details, are called, "In Class With The Masters, Vol. I and II." They are a compilation of some of our research sessions and classes and contain mountains of information helpful to the Student. Besides, I believe, you will find them just plain interesting! As we are able to build our publishing fund, we plan to present the books one by one for your use. We have other books we want to publish as soon as matters allow, for each one will be a help for the Student's development. It's awfully hard to be patient at times when there are so many wonderful and exciting plans to follow.

This past month (June) I was invited to appear as a Guest on the Mike Stokey Show also. It's a 90 minute variety program. JW warned me they would kid me a lot but it was a lot of fun actually. Jessie James, a talented singer was on the program, and that wonderful comedian, Pat Harrington, who does an Italian impersonation, was pretending to be a Flying Saucer Researcher from Italy! I thought it very humorous, myself, as I've enjoyed him before so much on the Jack Paar show. Dickie Dawson, (also known as Diana Dors' husband!) is a regular member of the show and appeared fascinated by JW and Cosmon. Said he couldn't understand how I could be "mixed up in this sort

of thing!" I don't know whether they expect a beatnik or what, but my appearance often throws them... just look too "normal." Mike Stokay was very nice and during a commercial, he told them not to interrupt me so much. They thought I was "fun" because I let them kid me and gave it right back I guess. Unfortunately, if people know you're in this field or are psychic or something, they seem to expect to find you without humor or abnormal in some way. Tsk, tsk, we must educate more people!

I believe I was on about 45 minutes to an hour of the show and was really surprised to have someone in the audience call from San Diego to ask about Chapter 8!!! But we had many inquiries from the audience about Cosmon as a result and even gained some very nice new people as members. We welcome them.

A week or so later, I was invited to appear on the Steve Allen Show. The interesting thing here, is that it's the first time JW has wanted me on a national show. I feel we're ready to take anybody on now! A year ago two national shows had me scheduled but JW wouldn't allow it. We were sorry we couldn't have alerted some of you who may have been interested. We were told it was to be on the 28th when it was taped but recent letters have shown that there was still a mix-up on the east coast. Several in our weekly class attended and we all enjoyed it. I was on for about 10 min. as Guest Author and Steve very kindly gave JW's book a very nice plug. I also had the chance to introduce his second book. The audience also asked questions and although they didn't quite comprehend me, they were warm and friendly. Many asked questions after the show and some have already written in. It was just two days ago at this writing. The public is gradually becoming aware of our field more and more and we feel this year will open things up even to the point of acceptance.

Cosmon is also becoming more known. We have many new members in Australia and 3 more in India. We send literature to many small groups all over the world, but postage has become a problem. So, Sponsors, you are invited! Would you like to help us create a "postage kitty" for implementing responses to inquiries from all over the world? We are receiving more requests for personal subscriptions and for groups. The distances almost demand airmail or first class rates within a reasonable time-frame, otherwise many weeks are consumed for mail en route. Unfortunately, many are not able to send American money or even their own, but perhaps some of you would be able to help us in this service. If you care to send stamps or funds to Cosmon earmarked for this special and important service, please indicate your willingness to accept part of the great responsibility to expand the usefulness of Cosmon in many areas where spiritual light is desired.

And while speaking of (ugh) finances, (it must be done, ya' know!) although we are not yet over the hump since I last reported to you, there is a great improvement. We are so grateful to those of you who sent your help. Bless you and thank you so much for your warm and loving cooperation.

We've received requests from Sweden to publish "Why We Are Here!" and also from Germany for a German edition. Just recently, all the way from Argentina, a request came in to print a Spanish edition. At this date I have not been able to complete the communications regarding the details. It is so interesting to watch the way JW is becoming known. We also just received an order for 9 books from South Africa. We often wonder how people hear about it.

Some of you had previously requested a picture of me and we ran out some time ago, but because of the new book, Barbara finally got me down to the photographer's after the third unsuccessful try. So if you would still like one, they are now available. The class picked out the one they liked, so you can blame them if you don't like it! Right now, all we have are the 8 X 10 glossy type and since some of the class would like 5 X 7, we'll announce when some are ready. We would appreciate a donation to

cover material and mailing expenses. Thank you.

Next to the last weekend in June, Barbara and I flew to Albuquerque on Cosmon business. It was Barbara's first trip by plane and a jet at that. It was a little bumpy going over and I don't think she was too sold, but coming back she had a chance to sit by the window and look over some very beautiful clouds (something she's always wanted to do!) and it was a smooth flite. So she decided she was now ready to become an international traveler after all!

It was so nice to see everyone again. It was the first time Barbara had met the group and they loved her. (which I knew would happen) Wish you could all meet her too. I really couldn't have brought Cosmon this far without her help. Goes without saying, of course, that she loved the group there too. It was a real Admiration Society.

There was a new election of officers and a few changes made in some of the policies. "Happy" Criss is now the new Director and Dale Dilts is the Co-director. Ola Bryant is their Assistant. Happy is a person on the petite side with a loving personality and seems to fit the expression, "Cute as a bug!" She and Ola are both capable channels and Dale is a lawyer who gives much of his spare time in helping us in the work. He's the only person we know who eats sliced raw onions over pancakes!!! We can't advocate this on the Cosmon science of diet but we certainly find this an interesting "specimen!" Ola happens to be Happy's sister-in-law and one of the sweetest.

They will be doing research now on helping and establishing the Youth Program. David of Venus and others will be helping them and we hope to re-establish Cosmo-Knights for our young people again. We feel everyone is pleased with the new arrangements and we now hope to continue with the Plan the Space People have for Cosmon in that area. The little booklet, Kosmonotes, is no longer part of Cosmon, but will now be handled by the Universal Church of the Master in Albuquerque.

Weekly meetings will be held on Thursday evenings in Albuquerque. Anyone in that area who wishes more information and the location may contact any of the following by phone: Happy Criss, Alpine 6-1795; Ola Bryant, 26-82303; Dale Dilts, Alpine 5-6768.

Don't give up hope about our Mailing Library! We are still working on it but require more materials to get into operation. It's steadily growing and we certainly thank those of you who have continued to send us your books. We are hoping to get our fund built up and everything catalogued before too long. There is more work involved than I realized in having it done properly.

Our weekly MEDITATION CLASSES have many new people attending. As usual, it is held at 8 P.M., Wednesday nights at the Southwest Counseling Service, 7323 South Crenshaw Blvd., Los Angeles, Cal. (just south of Florence Blvd.) To check call us at Frontier 8-5006.

We still have a few of the Cosmon PINS available. The gold crux ansata on royal blue background. \$3.50. Order from: Cosmon, Box 55, Palos Verdes Ests., Calif.

We left out the Recommended Products page this time. We are forming a committee to first analyze and try out the products so you may have better assurance concerning anything we recommend. We have cancelled our box number in Pasadena so any of you who are still interested in what was listed last time may write us here at the home office.

Now, where in the world did some of you get the idea we were taking in advertising???? You didn't READ what I said on that page well! NO ONE will ever be allowed to buy advertising in our bulletin. This service was instigated to try and raise commercial standards and give you a chance to find the best of the new age products. When we work out some of the problems involved, we will begin to put it in again for those of you who welcome this service.

In light and love,

Gloria Lee

COUNTDOWN...

by Barbara Steele



Dear Cosmonites,

One of the nicest things about working in Cosmon is the "experimental lab" we have set up for testing and exploring avenues of thought and ideas in all sorts of different fields of human endeavor. Gloria often says, "I want to know about everything!" And I second that statement fervently. We cannot bear the thought of stopping at some half-way point of understanding by reason of prejudice, fear, or distaste.

Another of the delightful things we have learned is that God has a deep, great and wonderful sense of humor and that He does not love us any better if we approach Him with an attitude of formality and self-conscious virtue. One of the Teachers said that a sense of humor is a "sense of proportion." There is also a wise saying that "A merry heart doeth good like a medicine." And it is true.

In Cosmon it certainly helps to have a sense of humor, for although we receive so many wonderful letters, we also are criticized occasionally for what we put in the bulletin. We often accept the criticism when it is based on a constructive note, but so often it is from a lack of understanding and conditioned reactions based upon our conditioned emotions of our present civilization. We cannot find truth unless we dig for it... right thru all the misconceptions, prejudices, fears, false attitudes, and ignorance.

We know we are undertaking a difficult piece of work and we are frankly experimenting to find a method that will reach many kinds of individuals. We want to help everyone, not just a chosen few or a certain type or all those tending to agree with us. Gloria always says, "It doesn't matter whether people agree with us, if it is truth, we'll put it in the bulletin. Truth is not changed by what people think. Our only function is to find truth." She adds with a twinkle in her eye, "We may not make friends by this method, but we'll probably influence people!"

In the Golden Age we are going to rise out of the narrow, old theological stuffy attitude that it is sinful to have fun or to be happy and natural. It's more "sinful" not to be! Everyone has some misty, vague desire to discover the unknown depths of his being, but few have any idea how to get started or what they might encounter. Most people give up after a few feeble attempts to explore themselves in depth. Our specialty, here at Cosmon, is to explore everything in depth and to pass along our findings, in order that all may take courage when we see it is not so terrifying to face ourselves.

It has always been with this approach that we go into research with the various Masters and with the Space People to find the real answers to some of life's problems and what lies behind them. Wasn't it Thoreau who said many men lead lives "of quiet desperation?" Well, we are here to do something about it! I know Cosmon, for one, is not going to bow out of this pattern without making a strong attempt to release the prisoners of this planet who lead lives of quiet desperation as captives of false conventions and earth-born illusions.

Fortunately, we always have loving guidance from the Space People and the Masters when the going gets tough after we speak out. We must have the courage of our convictions, although it would be easier, perhaps, to "soft-pedal" many things, but our conscience won't let us. As Gloria said, we're not here to make friends, but influence people. And naturally, we are hoping to make friends who will also stand for truth along the way. We are hoping there will be many who can, perhaps for the first time, begin to form an unprejudiced judgment for themselves about the truths we are searching out. Remember the people in the last century who took baths in their underwear so they

would not be demoralized by looking at their own bare bodies? We are trying to find those who are not afraid of a good subjective cleansing to release all the old inhibitions and face truth.

There are two main paths to esoteric understanding. One is along the lines of religion, the other along the lines of Science. When they have both been fully traversed and merge in the One Path of Returning to God, they are found simply to be two aspects of truth as learned via the heart and as learned via the mind. We are attempting to integrate both approaches to lead our friends and members on steps that will bring them to a higher concept of Reality.

Those who are currently following the Path of the heart and are especially directed to purifying their personalities are those who are deeply offended by the seeming levity and imbalance of those who appear to be looking at life from a light-minded and casual approach. Everything the heart people are doing is directed to purity. But they are in a period of unfoldment that is restoring balance to personalities that have been thru many trials and tribulations in past lives and who have tasted the gamut of human experiences. They greatly feel the need for spiritual cleansing. Perhaps others are in an entirely different grouping and are attending wholly to the work of developing their intellects or their firsthand knowledge of human relationships.

In Cosmon we meet people on all rungs of the ladder. We hope with all, our common ground is the search for truth. And who can say that truth is always pleasant or pure or beautiful?

Two people, that I know of, were offended by what appeared to them as a crude and inexcusable vulgar reference to sex in my last Countdown. Of course, they could not know that only a little over a year ago, I was as convinced as they that no emphasis should be placed on the physical body or in reference to sex, etc. It was not until I had been exposed to the frank, strong-spoken private instructions during our research, of a number of the Master Teachers, that I realized for myself the fallacy of shutting out any aspect of life and referring to it as unmentionable or unlivable! We were also taught that metaphysics is only half an approach and many illusions also abound in the occult field. Those within either category are only seeing the part of life revealed to them thru their segment of Universal Law.

The Teachers have assured us that they and all of us have been thru all first-hand experiences known to experimental humanity, as well as having experienced the more acceptable ways of living and dealing with our fellow men. The Teachers have told us we shall experience the full extent of the suffering possible to those who are nailed on the cross of public opinion and criticism, if we have the courage to stand up and pay the price for truth.

We have made a vow that we shall say what we believe should be said, no matter where the chips will fall. We are going to bring forth all the taboo subjects we can find into the light of knowledge and understanding, for the purpose of facing them. And we hope, with our fellow men, we shall find ways and means together to clean up the slum areas of knowledge and allow humanity to see life whole and cleanse the mind once and for all of fear, suspicion, and hatred due to ignorance.

One of the known causes of cancer is inhibition of the creative instinct. Many are born with a great fear of mating and marriage because they have over-indulged themselves in previous lives. So many of them cut off necessary balancing of relationships with the opposite sex as well as cutting off expression thru the arts and all creative endeavors. The body rebels; the cells run wild and internal creations of tumors and cancerous growths occur. There is such a denial of the normal outlet for the tremendous creative urge within every child of God on Earth.

Granted that the Kinsey Report is a candid revelation of the true hidden habits of

men and women, seeking to find a way for expression of bodily hungers. Yet, it is better in our eyes for men and women to read the Kinsey Report and face up to the truth that we are not going about manifesting our masculinity and femininity in ways that are beautiful and rewarding. However, if we could see the whole picture and choose the better way from examples of where different roads lead and follow the guidance of the Masters and Space People who have gone before us, we can rejuvenate our whole society.

There are many people whose eyes will be caught by reference to sex, who would not read purely uplifting spiritual articles and letters. In doing this, they will be bound to take in other ideas new to them, in the same magazine and they may be the ones who most need the help, but who turn away from anything that seems to them false, white-washed or goody-goody.

In future issues, we will discuss abortion, homosexuality, marriage, and many other related or unrelated subjects. There will always be those, who, to prove they are without sin, will cast a stone or two. We do not take offense, because we well know that those people have not gone back into the chain of their own past lives. All who have, see the result of wrong doing. The reaction is always in the opposite direction. So many of those wild, wild Romans, today are incarnated as the pure, pure Puritans! So we are ever seeking to maintain a more perfect balance in our actions.

A little knowledge is a dangerous thing and we wish we were not forced to present such little bits of knowledge that our readers cannot participate in the broad view that has been accorded to us by JW and many Teachers. But we shall keep on, until the view takes on so many new and unexpected facets that all who will stand by and face each thing as it comes, will surely find themselves in a position of greater ability to choose wisely and make their decisions in the light of compassion and understanding.

This is not an attempt to justify our position, for we are already aware of the work we have decided to do. Nor do we feel apologetic in any sense for undertaking responsibilities that many of our friends and co-workers may consider beneath their spiritual development. We feel, that if it is not beneath the Master Teachers to discuss subjects that are to be presented for our understanding, it is not beneath us to try to analyze the material and uncover the truth of life. We are glad we have the opportunity to even make the effort.

We are deeply concerned with the human hunger for Light. But we are also aware that the Light reveals filth piles as well as garden spots in the depths of the mass-subconscious. We have concentrated much of our research on the mass-conscious illusions this past year and it is overwhelming how deep the layers are. The Golden Age must emerge bright and shining and can only be revealed by a constant reminder of the necessary cleansing we must all go thru. So we hope the rest of you will also pitch in, roll up your sleeves, and help us find the best methods to enlighten humanity with the many wonderful insights and knowledge we have been able to receive from our Elder Brothers in higher Realms.

JW's new book certainly shows how much they are trying to take us out of the Kindergarten stage into higher classes, but we can only learn about ourselves if we are not afraid to listen to the Teacher! I feel so lucky to be in on some of the wonderful plans which have been made for Cosmon in this great Educational Program guided by the Space People and the Hierarchy. We suffer from a great impatience to bring you what we have gathered from this past harvest.

So please be patient too. There is so much to do and we are learning all the time. (Thank goodness!)

Lovingly,

Barbara Steele

HEALTH AND DIET RESEARCH



THE TOBACCO HABIT.

Two or three weeks after the February Conjunction many members of our weekly class remarked how differently tobacco and coffee were affecting them. In most cases, some of them had used them for years and actually felt the spiritual "urge" to stop or at least cut down or use Sanka.

We debated about this and the sudden change in some of our tastes and decided from all indications, that the great influx of power we received at the Conjunction was responsible for a lot of the taste changes and bodily reactions many were suffering from.

The higher we go into consciousness, the more our physical will react to the base practices of stimulants and drugs which are detrimental to the nerve centers if used beyond necessity. A cup of morning coffee in itself is not bad, but if the individual also smokes and adds to this excess, drugs or the poisons which are in so many of today's foods, then he is running the risk of creating a disturbance in the physical.

This of course, is the individual's own choice, but in Cosmon, we are trying to find and suggest the best ways to become the more useful instrument for spiritual energies. We must take into consideration that many people have been conditioned to entirely abnormal reflexes under the present civilization. One of the worst practices is the use of tobacco, particularly cigarette tobacco. In the past, the use of tobacco was considered a part of spiritual development, but the tobacco then used and the refined vibrations which were instigated in its growth, have all been lost. This was where the American Indian developed the use of the "peace pipe."

The standards of today are so far beneath the standards of the old spiritually stimulated culture of tobacco that the ancient users of such tobacco would be horrified if they were forced to use what the modern man considers the "finest blend." The ancients worked from the level of consciousness which recognized the herbal quality of beneficent blends using various leaves. This was on the principle that as one listens to beautiful music to enhance his spiritual rapport, so was the use of the tobacco introduced to enhance the spiritual rapport. Now, incense is another item of developed spiritual properties that has been greatly abused, but there is still some very good incense that can be salvaged, whereas tobacco has completely lost its value.

The properties of tobacco were such that the individual inhaling the smoke did not so much inhale smoke as the herbal quality of the leaf, which, in turn, acted upon the sense organs that produced a sort of trance effect which would enable him to have visions or greater rapport with the spiritual source. Today, the use of the Sacred mushrooms and the cactus which gives us peyote and mescaline is based on the same idea. However, the ancient tobacco did not have any ill effects upon the physical body as it does today.

Today's tobacco is only conducive to a slight stimulating effect upon the nerves of individuals, which lulls them into the thought they are "relaxed." However, the use of today's tobacco also has a deteriorating quality which cannot be reckoned from a solely physical standpoint. The reactions of the more subtle bodies of a spiritual nature are also affected and it is without hesitation that the Space People acknowledge the use of cigarettes as being one of the most detrimental hazards of spiritual development! This does not mean you cannot develop, but it does mean you are limited in the purification that comes with greater refinement of spiritual development. The subtle bodies are unable to relate the finer vibrations to the inner realization so that it is much the

same as the light bulb that is about to go out. It has the ability to light up in full power intermittently but although the full electrical circuit remains intact, the bulb grows dim. This dimness is caused by the deterioration of the human "filament" caused by addiction to tobacco, and is the main factor which causes the dimming of the spiritual light of many individuals.

Recently, I counseled a very enlightened individual who wanted to work on some spiritual therapy concerning herself. She saw herself (mentally in meditation) as a woman with a tight scarf around her head and felt it was actually a PART of her; so much so, that the mental picture she saw was of the scarf being attached right to her forehead! The scarf represented a protection and when I asked her "from what," we both laughed at her answer of "fresh air!" At this point I realized her Knower was giving her a symbolic form so it could bypass her conscious mind with the meaning of her smoking. I did not tell her what I knew so that she would continue on to view in symbolism what smoking meant to her.

The next question was natural and interesting. "Are you afraid of fresh air?" No, she loved it and could see the woman with the scarf holding her face right in it. I asked her to take off the scarf mentally, but she just couldn't and insisted it was a PART of her. I told her no one went around with a scarf growing out of the forehead. She was afraid to, actually, as she feared a great deal of pain if she forced it to come off. After a while she decided she could try but the scarf would not come loose as it was almost like a long bolt or growth held it down into her head. I told her to keep pulling and finally it broke loose.

I asked her how it looked now that it was broken off and she said there was an appearance like a big brown stain on her forehead. Then I told her to go forward in time and see what happened to the brown stain. The stain turned to light and she was surprised to see so many colors all around her mental image of herself as the woman. The colors she described, I knew to be her aura and that the tearing out of the scarf (habit) would help her to manifest greater refinement in her own auric field and clearer vision of the third eye. I thought this was the most tremendous picture in symbolic form of what the tobacco habit is to some people and how it affects the spiritual counterparts of our nature.

Needless to say, as with most avid smokers, it was difficult for her to accept this symbol and yet she knew it was true within. Many are already sensing this is a deterrent to their spiritual growth, yet the habit is so strong, it has become a part of them as the woman with a scarf growing out of her forehead. Their will is weak compared to the desire to smoke. Sometimes the will to stop becomes stronger when more reasons are given for the necessity to help their own spiritual development.

Dr. Walker states that tobacco greatly aggravates bronchial and lung troubles by deposits of extraneous matter when there is a deficiency of vital organic sodium which helps in the elimination of carbon dioxide from the system. He believes that such a deficiency is one of the concomitant causes of premature aging, particularly in WOMEN, who age about 15 years for every 5 years they smoke. So-called "frayed nerves" are not helped by smoking, which rather than alleviates, aggravates the condition. Any soothing effect he says is from a mental evanescence obtained temporarily at the cost of more or less permanent degeneration of tissues. And we are glad he also added, "ALL false advertising to the contrary notwithstanding."

Everyone knows that nearly all first attempts at smoking result in illness but due to so much advertising and the pressure of "being one of the crowd" it has become a national habit unfortunately and a "forced" habit at that. The system is forced to become accustomed to it and builds up a resistance so that any bad effects are not accentuated although they are still there nevertheless. Tobacco is often the cause of stomach

diseases and disorders. It weakens and debilitates the digestive organs and it goes into the blood stream very readily. Anything that affects the bloodstream will affect every organ and tissue in the body in some way. It will be harmful to the blood corpuscles and a poor circulation is often caused by damage to the nervous system.

England has already announced that smoking causes lung cancer and other lung diseases and we hope it will not be too long before this is publicised more widely and interrupts the harmful advertising on cigarettes. It's really a wide-spread "brain-washing" the people are unconsciously subjected to. So many things in our every day life are not necessarily "sins," but because of the new vibrations we will be subjected to it is important to learn the reasons behind the whys and wherefores of stopping certain common practices in connection with the effect they may have upon the physical body.

Unfortunately, a woman is more sensitive psychically and physically and thus degenerates faster than a man when smoking. Because of weakening vital organisms, the women who are heavy smokers do not give their newborn children the hereditary gift of a much more healthy body. Actually, I think everyone agree that it's a bad habit, but are more interested in knowing how to overcome it.

Most who try to stop, complain of extreme nervousness and even of feeling lonesome in the midst of pleasant surroundings! The taint is actually within the bloodstream and so the most practical way to reduce the desire to smoke, is to cleanse the blood stream as quickly as possible.

The grape juice fast we recommended previously is one of the quickest methods. To repeat: Add half a gallon of grape juice (pure, no sugar) to the juice of six oranges and three lemons. Add water to make up a full gallon. Drink this each day in place of solid food for seven days. Don't forget to cleanse the lower colon with an enema at least every other day if possible. A straight diet of fruit may be easier for some, depending on what other poisons are in their system. After the first week take celery juice and carrot juice (fresh). Both are excellent for restoring the nerves.

Taking hot baths or steam baths so you can sweat the poisons out, will also help you. You may feel a weakness from this treatment, but if you can stand it and wrap a cold towel around your head, you'll be that much farther ahead. Drink as much of the juice mixture as you can and try to sweat it all out, as your skin acts as an excellent eliminator. A good rubdown helps the circulation too.

The use of herb teas is another good item to release the tobacco habit. Red clover tea, magnolia, myrtle leaves, desert tea, and many others, are good cleansers for this same problem. By following this procedure, one should have the desire for tobacco licked within 10 days to a month, depending on how polluted your blood stream is and how vigorously you attack the problem. Remember, however, if you stop to smoke "once in awhile," you'll only be replacing the poison you've been working so hard to get out! It would be better to concentrate on building up a strong nervous system instead of giving into a moment of nervousness by taking a cigarette. It would be better to have a noisy nation of celery chewers than nervous smokers, I think! All too often, simply because we all have to breathe the same air, very little common courtesy is applied by smokers. The usual "Do you mind?" really means it is a polite way of telling you they are going to smoke no matter what you would prefer!

It is in the air we breathe that we receive the Prana, the life or electrical force that stimulates our very existence. Often we can go without food and other necessities but not without air on this level of manifestation. If something inhibits this pranic force, we can never be as completely capable God-beings. So if you are interested in self-developing and refining your physical instrument, you fully realize why it is important to become an instrument capable of letting the Light shine thru. This could be a deciding factor in a spiritual initiation. The student must decide what is most important. G. Lee

WORLD REPORT

compiled by Eugene A. Hurlienne



Earthquakes...

Quakes seem to be spreading out all around lately: France, a few light ones; Italy, quite a few heavy ones; Yugoslavia has suffered extensive damage and injuries; Peru has had some more sharp ones; Chile had communications knocked out again; Mexico also has felt quite a few lately; Central U.S.A. has felt a few; California as usual; Nevada also feeling a few; quite unusual for New Hampshire, Vermont, Massachusetts and New York to feel good heavy ones; Fiji Island had major quake; Hong Kong also had a heavy one; Not unexpected, a quake in the Pacific coincided with the U.S. nuclear tests.

Volcanos...

Mt. Etna still active. Mt. Mihara, 11,785 ft., on a tiny island 75 miles south of Tokyo, threw smoke and ashes 3,000 feet into the sky. No casualties reported. Mt. Sakurajima, one of the most active volcanos in Japan, erupted for the 30th time this year. We heard one report that a new volcano started in Mexico but have heard no further confirmation.

Weather...

"Unusual" weather reports all over the world. Crops dried in some areas and other areas report too much rain. Terrible famine in Red China reported since the end of 1960, but starving Chinese too afraid to talk. Mt. Vesuvius was covered with snow for the first time in recorded history...in the month of May! Here in Los Angeles, we also had a snowfall in our mountains in June! Austria experienced a sudden return of winter in Spring as heavy snowfalls blocked mountain passes.

Quebec suffered violent wind storm and property damage. Spring storms and tornadoes all thru Eastern and Central sections of U.S. Hurricane-force winds in Oregon; Rains and snow in Montana and Idaho; Hot and dry in Eastern states. Rare Blizzard in late spring in Alaska, 3 soldiers killed.

U. F. O. s...

X-15, experimental plane went to a record height of 246,700 ft. and the flite films showed 5 or 6 "mysterious disc-shaped objects." Meteorite shower hit New Mexico again. The "Meteor" broke up and became several glowing pieces before disappearing from view. Saucer sighted by Gloria and Barbara on recent trip to N.M. Group there reports constant sightings in area. A "meteor" was reported to have landed in Utah and to have lit up the whole sky. It was a "greenish fireball." Tests in Nevada brought this about by Space People who use the "green fireballs" to neutralize the atmosphere from fallout. San Fernando Valley in the L.A. area was shaken up by a bright "mystery glow" over their homes. An Instrument in the valley was told it was a mother ship. Other such "glows" have also been reported in different sections on the west coast.

Skyquakes...

The report of Sonic booms seem more widespread of late. Not only in California area but thruout the world. These "skyquakes" are not necessarily sonic booms as they have been reported in old records, history, and diaries. Japan Saucer Club observed that in at least 50 instances earthquakes were accompanied by a skyquake, or strange cosmic object or light.

SCIENCE DEVELOPMENTS



A German scientist claims he has found strange germs that have been asleep, but alive for 650,000,000 years. They were found in a lump of Russian salt from Irkutsk and he has grown them in test tubes and injected them into mice. They developed blood poisoning and died.

Dr. Heinz Dombrowski is a physician and Ph.D. of the University of Giessen and earlier this year gave a report to the New York Academy of Sciences. He also claims to have obtained germs 500,000,000 years old from a salt mine in Myers, N.Y., some 320,000,000 years old from a mine in Saskatchewan, and many strains 180,000,000 years old in the Zechstein salt deposits near his home and institute in Bad Nauheim.

If Doctor Dombrowski's findings can be confirmed they will show that living things can survive the rigors of time and environment of the universe to a degree never before imagined. This could show that life could last long enough for a trip from distant worlds, the orthodox theory goes.

It has been known for 50 years that eggs can be cooked in ice water, if the pressure is great enough. Extremely high pressures now available to man may be used to transform commonplace materials instantly into something new and strange and valuable. So many changes are coming about under the pressure of this great influx of energy from the Central Sun, man is yet unaware of.

Dr. Willard F. Libby of the University of California said that more recently, greasy black graphite has been turned under great pressure into a lovely, limpid diamond in a fraction of a second. If man can do that there is no doubt in our minds that Humanity can also be put to a pressure which will manifest the diamond in us!

Libby, who received the 1960 Nobel Prize in chemistry, gave some interesting examples of the pressures man can exert. Man, with the use of hydraulic presses can exert pressures up to 100,000 atmospheres. One "atmosphere" is 14.7 pounds per sq. inch...the pressure of the atmosphere at sea level. A pressure of 100,000 atmospheres is 1,470,000 pounds per square inch. This is roughly the pressure that exists 1000 mi. below the surface of the earth according to orthodox theory.

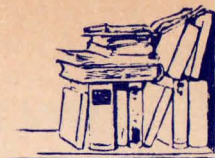
He reported that at room temperature under 10,000 atmospheres, egg white was cooked in three minutes, egg yolk and steak in 10 minutes, and potatoes and carrots in sixty minutes. The foods thus cooked were completely sterilized and cold, but otherwise "tasty."

Many common materials such as rubber and plastics exploded when subjected to 20,000 atmospheres. They broke down into their elements, or simpler compounds, such as hydrogen, graphite, and methane.

At around 100,000 atmospheres, almost everything is reduced to half its normal volume. The atoms of the substance under pressure tend to rearrange themselves to form new and different compounds.

It was only recently announced that the earth was shaken for 8 hours June 6, 1961 by a "storm" of tremors greater than any previously recorded. The world-wide disturbance which occurred at 27-second intervals, has not been explained. The scientists believe the tremors were generated by ocean waves striking the African coast in the Gulf of Guinea. Another theory blames a harmonic tremor associated with movement of molten material beneath the South Atlantic.

THE BOOK CORNER



We do not feel enough has been said about "TODAY AS IN THE DAYS OF NOAH!" which was translated by Dr. Charles Warn. It contains the prophecies of Jesus, Peter, and the Apocalypse, concerning the events of yesterday, today, and tomorrow and was translated from the Codex Sinaiticus. These writings were made for the end of the Pisan Age and issued as WARNINGS to us now living on earth. It is the only translation of the prophecy made by Jesus and Peter and John concerning this Age.

Dr. Warn's translations differ from our King James version of the Biblical text because of many reasons he also gives in the book. When reread with Dr. Warn's understanding, the whole thing takes on greater meaning and shows with vivid clarity the inability of the King James scholars to comprehend the mechanical age we now live in. The cause of the world conflagration as predicted by Jesus is similar to the warnings that have been given by the great scientists of our modern universities. This same catastrophe has overtaken the planet at least TWICE before. Referring to this world calamity, the King James version reads: "The powers of heaven shall be shaken." The literal Greek rendition reads: "The forces of the universe and all the phenomena therein shall quake and fluctuate."

The Greek noun "Ourano" translated as "Heaven" is defined as: "The universe and all the phenomena therein; atmosphere; air; sky." The great deific Force that holds the earth in its orbit, is the same force that rotates the component parts of an atom. Any disruption of this force by the impact of an opposing force could entirely change the basic elements. It could cause earthquakes, volcanic eruptions, and could set fire to the elements of the atmosphere or transform them into icebergs and glaciers.

Jesus warns us to be mentally alert and to **attain** knowledge. When Jesus was asked when this conflagration would overtake the earth, he replied that he did not know, that no one knew but the "Father". The Old Testament word "Abba" or Father is also defined by the Latin phrase, "Altoribus Conditore," which rendered into English means, "That which sustains or establishes conditions." No person knows when this catastrophe may come for it depends entirely upon conditions, i.e., the forces of the explosions from the earth clashing with the universal or deific Force that rotates the atoms of this entire universe.

The amazing discoveries made by Dr. Warn in his work have not gone unrecognized. He has received at least 8 honorary degrees for his discovery of the long lost Scriptures that were deposited in the unpointed text of the Sapher Torah. This discovery is, that there is another Bible or Old Testament of which no translation has ever been published! It was written perhaps upon the Constellation of Ursa Major and brought to the earth by Joshua who deposited it within the underground vaults of the Pyramid. This was probably the Pyramid of Ghizeh. The records show that Moses was educated by the wise men at Thebes. The records also reveal that a certain Hiram, Ab, or Potentate was sent with a Secretary from the House of the Pyramid at Memphis to build a Temple for Solomon, King of Israel.

Jesus definitely states that the AMBASSADORS from other PLANETS and universes will be here to help restore order in that great day of the calamity!

The reason no translation has heretofore been made is because the texts were written in code; practically no vowels were written. The following example will illustrate: G D S N W H R, is the manner in which the ancient text was written. By the addition of the vowels O I E two contradictory statements are disclosed: GoD iS NoW HeRe and also, GoD iS No WHeRe. This may explain the many seeming contradictions in the

Old Testament of the King James version. If you turn to the preface of the King James version, you will read that it is a translation of the MASORETIC TEXTS. It is not a rendition of the original texts of the Sapher Tora.

The King James version is made from the Jewish Interpretation of the Septuagint which was unfortunately made about 250 years B.C. in Alexandria, Egypt. The wise men of that age got together and used their TRADITIONS as a basis for the lost vowels. It was this rendition that Jesus referred to in Matthew 15:6: "Ye have made the commandments of God of no effect by your traditions." It is the traditionary or Masoretic Text that Jesus refers to that was used by the King James and each of the other translators of the Old Testament.

With the advent of the testing of our bombs in the atmosphere, these ancient warnings take on new interest. Dr. Warn has spent over 30 years of all his spare time gathering data and searching for this lost account and the original texts. As it is often said, "History repeats itself," we should not be so astounded that this happened in the time of Noah but pay more attention to our time of now in view of the plans for nuclear testing in today's world.

"The Forces of the Universe shall quake and fluctuate." Dr. Warn has discovered this fluctuating could be caused by an explosion of a pocket or accumulation of GAS in the HIGHER STRATA of the atmosphere, the force of which would run against the Force that moves the earth and motivates the component particles of the atoms of the elements of the earth. He discovered after he had completed this work that Paul had recorded, "The greatest danger was the accumulation of gas in the Higher Heavens." This has never before been translated perhaps, because it is easy at this time for him to select this definition from the many meanings of the Greek words. Also he believes (as we do), the reason why there has been such an effort to stop the experimental test.

The interesting part of this prediction is the remark by Jesus: "My words should NOT come to pass." It is translated from a Greek verb meaning "to come or go". This particular statement is written in the subjunctive mode. The King James scholars rendered it in the future tense, "Shall not pass away."

In the translations of Peter's verse, in the case such a calamity does occur, and Peter states that it WILL, we should be affirming certain statements made by Paul. Paul affirms that he was taught by Jesus in the Order of the Mysteries during the days when he was blinded by the God-light, and was appointed to write certain facts recorded in the Sapher Torah in the event that this work should not be translated until this age, which of course, has been the case.

We believe Dr. Warn's work is very valuable for this Age of now, and that this is the time to bring it to greater public attention. It is astounding because we find it hard to believe that two or three past civilizations have already reached the atomic age and have destroyed themselves. His work has certainly helped to confirm much that the Space People have already told us concerning the earth's past history which is unrecorded by modern man.

From a translation of John: "We know that our personal God is our Lord. It is probable that the earth may be scorched by another conflagration of the atmosphere, JUST AS IT WAS IN THE DAYS OF NOAH!"

Matthew said, "The solution of the problem does not lie wholly within the hands of the people. It will be determined by a comparatively small group of politicians; those who have political authority over the nations of the earth. If it were left to the people there would be no war between nations. Wars are brought about by politicians who strive to assume despotic control over the people by physical force and machinery of war. It is possible that some of these Machines of War, prophesied by Daniel, might be set

(Please continue on page 25.)

RESEARCH IN EMOTIONAL AND MENTAL DEVELOPMENT



By Maurine W. Sallstrom, Ph.D.

MAKE POSITIVE USE OF WORRY...

We frequently hear quoted in this century, "The thing I feared has come upon me." The implication is that the fear made the thing happen. This is a misinterpretation of the purposes of fear. Fear comes to us for a reason; to help us prepare for the crisis ahead, or to help us with caution so we need not rush headlong into an unnecessary difficulty.

Just as faith is "the substance of things hoped for, the evidence of things unseen," so is fear the substance of something dreaded, the evidence of a need to be met for understanding. When we strongly feel something we have wished and longed for is about to happen and it does, we feel this to be a demonstration of faith.

Faith was never meant to be a tool to make things go in a certain way, objectively. It has not been so promised in the great religions of the world. Faith is the deep and certain understanding that no matter how things go in the outer world, that God will be with us. It is the knowledge that we will be safe in His keeping; that His purposes for the world, for us, and for all of His creation will be served.

So when we fear some strong personal value in our objective world is threatened, the worry is our good friend, who, like the weather man, is warning us to get ready for the storm. Instead of letting the worry stop us in our tracks, we should bless it as our messenger. The worry came to alert us, to get ready and pray; for the night cometh when perhaps we will not be able to pray so well. The worry tells us it is time to check and get ready our storm equipment.

If at the first onslaught of worry, we would begin to pray and ask for the guidance to learn what is needed to courageously meet what is dreaded; we may be able to avert our lesson happening objectively. We can only do this because we achieve the learning it would have brought, without needing the crisis for our teacher.

On the other hand, if our Karma or our need to gain courage and strength demands we endure the dreaded situation, then the worry can have given us the warning, so we can prepare ourselves and develop the "muscles" we need to face our ordeal.

I doubt that it is by chance that 90% of the things we worry about never happen. Perhaps the worry gave us a needed lesson while we anticipated and dreaded some circumstance. Perhaps we did learn through actually experiencing in imagination something that enlarged our consciousness. It is only the learning that is important, not whether we gained it in experiencing actual objective difficulties, or through imaginary ones. In either case we went through a bad time, and came out ALIVE, in one form or another.

It is not the worry that is dangerous. It is letting worry make us stop in our living and trying in order to avoid what we believe to be ahead. When we change our prayer from, "Lord, deliver me," to "Lord, give me the strength to meet what life would have me meet to fulfill the purpose for which I was created," then our worry can be turned to constructive study and preparation. This allows us to meet what life delivers with the maximum faith and prayer and readiness possible for us at any one time in our development.

As we can take worry as God's messenger sent to alert us to work and pray, we can with poise be as ready as possible to meet with faith what God sends our way.

Some experiences we dread should not be avoided. They are like Jacob's angel come to wrestle with us until we can take from them our blessing. The worry is some-

times a form of this wrestling. The skills we gain of thought and analysis while facing our difficulties in imagination often become the techniques to solve future problems.

I find when I am at grips with an anxiousness which will not let me go, if I will pray and work and think when I am fresh or rested, then if no SOLUTION is yet found and the situation persists; I MUST in fatigue and crisis turn the problem over to God. Sometimes the only way I can find enough peace to relax and sleep and even temporarily lay down my concern, is to just stubbornly repeat over and over, "Thine is the kingdom and the POWER and the GLORY. God, YOU can, regardless of my anxiety take care of this. When I am fresh, guide and help me to do the right thing about it." Then if I can rest and sleep awhile, often as I awaken to RESUME my thought about the situation, a new idea will present itself which helps toward a solution.

Once the work is really done in my thinking, and I have really turned the problem over to God, with the faith that with His guidance I will do what is needed, the worry will stop its wrestling with me. Then I can begin to act in a way to relieve my problem.

Once this subjective work is done, no one has to tell me "not to worry." I have no need to be anxious, the crisis is solved. It has delivered its blessing and I am free to go on to my next unfolding experiences.

Until this happens the worry which keeps me wrestling with my problem forces my thought to continue searching until my answer can be found. I do not want to repress the worry, but persist in my thinking until I reach through in MIND to a creative solution! It is thus consciousness increases, and man functions in the image and likeness of his Maker, God, the Creator.

Dr. Maurine W. Sellstrom

(continued from page 6.)

Do not be afraid to recognize your desires, but better yet, recognize God's desires and realize He will have the wisdom, you do not, to bring you to that point of fulfillment so all may be blessed. You do not have to GIVE UP anything to seek the Kingdom of God first; you have only to GAIN and fulfill that which has long been your deepest desires and that which you can be well-trained to fulfill with those aspects of God within you which have sown those very seeds of desire. You do not have to fear the guidance of God, only your resistance to His Will.

Prepare yourself to serve God and in so doing, He will serve you.

JW of Jupiter

(continued from page 9.)

ness with that same Christ Spirit, which is the Oneness joining all mankind and called Christ. It is this Aspect of God which is called Love and which is being brought forth in its highest manifestation and complete fulfillment for your evolutionary development and the Age called Golden.

The Gold of the Age is the Light of your own developing consciousness.

In great love and understanding,

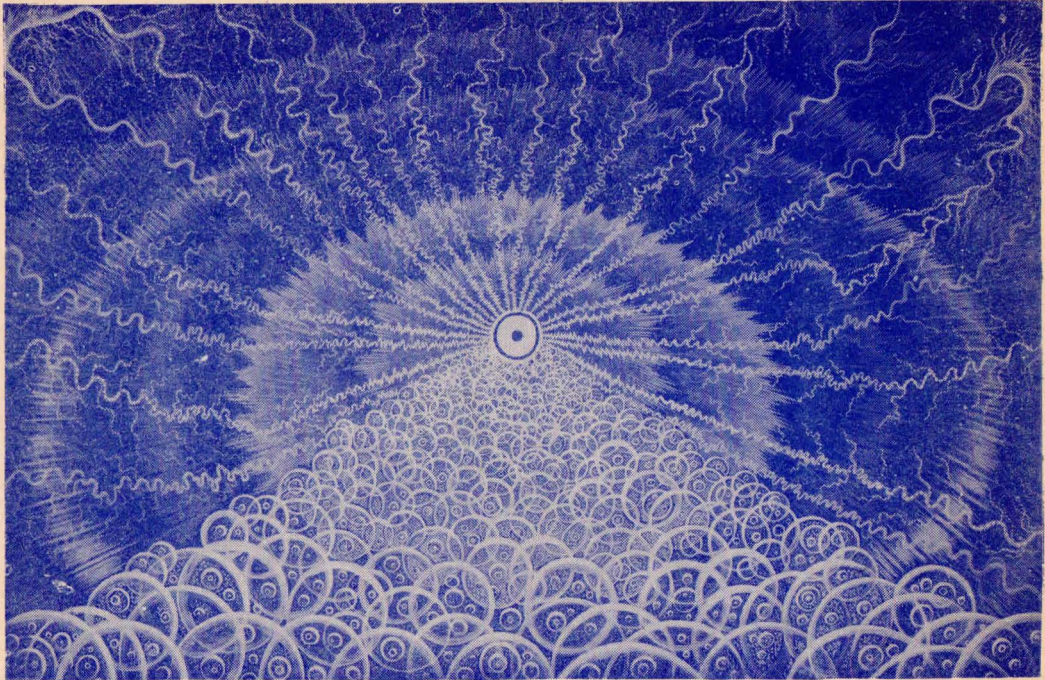
Lord Maitreya

(continued from page 23.)

off in a violent explosion, the force of which would come into collision with the force that drives the earth in its orbit." Sounds rather familiar for today, doesn't it?

Order: "TODAY AS IN THE DAYS OF NOAH!" Price: \$2.00. California residents please add tax. COSMON, Box 55, Palos Verdes Estates, California.

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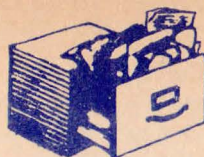
Some branch off, en route, and are lost, (for that evolutionary round) due to the misuse of freewill, unless they reform in time. The overall purpose is for the Soul Sparks, (from the Divine Light) to become increasingly individualized, with all good powers in full bloom.

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MISCELLANEOUS FILE



DREAMS AS A TOOL FOR SELF UNDERSTANDING.

It is not unusual for us to awaken with a feeling, "I Had A Strange Dream Last Night." Because that is the usual preface to any one relating his dream, that is the reason my mother, Dr. Williams, and I selected this phrase as our title for our book. We spent several years collecting the data and writing about the dreams of functioning, normal people.

It is most normal to dream. In fact, everyone does it all the time. But many are unaware of the dreaming process, because conscious attention never catches them in the act. Most remembered dreams are really only fragments of the story, which remained in the consciousness upon awakening. The very fact the fragment is remembered, means consciousness was alerted. The mind is saying for some reason, "This is important, pay attention."

This sense of importance clings in our imagination and makes most of us who remember parts of a dream, feel we should find out more about it and what it means to us. We feel it is strange, because it does not fit into our patterns of reality as we consciously think things are. The fragmentary nature of our memory of the dream, is one aspect of its strangeness, the other is that it is talking about some emotional experience. Emotions, every one knows, are not reasonable!

Often, the dream is working below the level of consciousness with emotion we have repressed, or are unwilling to admit at all. This means the dream is talking about a state of emotional reaction that is behind our blind spot. A blind spot is simply a hole in our vision, where we do not see what is there. This is why psychiatrists, and therapists have found it valuable to have their clients tell them about their dreams. The dreams will reveal avenues of thinking and feeling the dreamer has carefully concealed from his consciousness. However, the very fact he had the dream, and remembered parts of it, means he has now given consciousness some permission to consider this area.

The literature upon the subject of dream interpretation varies from the sheer superstition of the old dream book, to technical psychiatric works, heavy with theories about Oedipus Complexes and other analytical terms about which the average layman has many misconceptions.

Extensive research and therapy work conducted in these fields, however, have revealed some approaches and methods of thinking about our dreams that can be most helpful, and with certain limitations, be used by anyone who dreams. While unsophisticated use of these techniques will probably not reveal all of the content of any dream, it can give us an idea of what our emotions are up to, and areas of psychic activity we need to consciously consider for better mental health and better functioning in our daily living.

Fortunately, the process is not stopped by missing the full meaning of any one dream. We have subsequent dreams which can bring us additional steps of insight, so that what is missed in one dreaming experience, can be elaborated upon in a later one. In fact, if you do get on the right track, in understanding your dreams, that is exactly what will happen. People who dream very seldom, often find as they examine the dreams they have had for meaning and as understanding comes, more dreams begin to be noted and remembered.

Dreams are the simple, direct language of the emotions. As little children, we learned language by studying faces and watching people, decided what words meant by bodily dramatizations and the emotional content of the voices of those speaking to us. We did not think in words, but in pictures. The dreams are still speaking in exactly that way. If you have been feeling dishonest in some phase of your living, you might dream of yourself as a thief. If you believed your dishonesty was in relation to your job, you might have the thief breaking into your place of employment. If you felt it robbed you of integrity and your right for your boss to admire you, you might dream he caught you red-handed, as the thief stealing from the company.

The first premise of psychological dream interpretation is that all the figures in the dream are you! All the action in the dream is talking about the action of the complexes in your personality and how they are affecting your life and each other. Every person in your dream is there to represent some complex of your human activity, in thought, action, emotion, feeling or intuition. The animals in your dream are related to your feelings about your instinctive animal nature, or the forces of collective consciousness through which all men are emerging.

The places or settings of the dream are related to when and where these complexes operate. Sometimes they speak of the age level of the emotion involved. For instance, if you dream of being back in High School, it is talking about the attitudes or feelings that existed in your life at that time. You may be reacting in some respect as you did then, or you may still be functioning in some respect as an adolescent.

One woman dreamed she and her husband were on a stage doing the Charleston, (which was danced during her teens), wearing dancing costumes like the French adagio dancers use; short tight skirts for her; long striped sweater for him. At that point, a man came out from the side and put on the announcement easel, such as were displayed in vaudeville shows, a card saying, "This is the adolescent stage." This plainly marked the dream as dealing with complexes related to her adolescence.

Once these techniques are understood, they can be applied to many types of situations. In fact, life itself is the congealed dream. As we live with certain emotional attitudes, they take form in our living. Our friends and associates are actually kept in our living because they express certain of our own emotional attitudes, and having them live these things for us, enriches our living. If I resent certain people and situations in my daily life, these circumstances can be used in the same way as a dream. I look at my life in the same way to understand the complexes operating and what they are doing to me.

Now we are ready to begin. How do we start to unravel the meaning in our own dreams? First of all, write your dream down as a synopsis of a story. Simply write the dream as you believe it happened. You will have doubts even about this, but it does not matter. Write it the best you can remember. Something can be understood from even the fragments you do have.

Then, follow this with any feelings you had upon awakening, such as: "I was relieved to discover it was just a dream," or "I felt every thing in the dream was opposite to what really is," or "I was frightened and depressed and all day was afraid something awful would happen." This feeling is the result left in your emotions of the dreaming experience and so in a way, is the result of the complex the dream was for dramatizing for your attention. If the emotion was strong, and lasted for quite a while, it is urgent your consciousness do something about this area of your emotion. If it was mild, and soon forgotten, the complex as a rule, is not too disturbing.

The next step in understanding, is achieved by making a list of all the figures that move in the dream. Leave a space for associations after each name or person. Then write as well as you can what these characters represent in your living.

This is an example of these steps:

I dreamed Mary was walking along A. street. when Mr. Brown, suddenly stepped out in front of her. She looked at him in astonishment, and said, "What did I do to you?"

I awoke thinking about Mary and wondering if she were all right. I never did like Mr. Brown and was glad I didn't live on A. street any more.

Mary was a friend of mine before my marriage. She was very naive, and never thought at all before she said anything.

Mr. Brown was a cynical, sarcastic man who always acted as though he was just waiting to catch you in some inaccuracy.

A. street was where I lived before my marriage. I felt very young and insecure at that time.

Now, we have the basis of understanding the complexes involved. Where I am young and naive, and do not think before speaking, I am vulnerable to being tripped, or hurt, by my own and others' critical action, which is demanding care and accuracy, and loves to find the mistakes in other's behavior. This situation is more apt to occur when I am feeling young and insecure.

The feeling my dream leaves with me, implies, I need to think more about Mary ...or this naive expression of me...and train it to watch more where it is going. I need to avoid caustic critical remarks about myself and others, if I am not to be thrown back into the feelings of insecurity I had when I lived on A. street.

At first, it will be easier to work with simple dreams, or dreams simplified by just telling the basic movements as a synopsis. Sometimes we know the people so well, who appear in our dreams that attempting to get an association of what they mean to us is confusing. We still need to think of them as they appear in the dream, and ask our mind to give us, what they REMIND us of in that image of them. Sometimes the person is vague, and we say, "It was just a girl," or "She was just tall." Then that is all the dream is talking about, just being a girl, or just being tall.

Sometimes, to have a structure to begin with, we can take the things in the dream to mean what they have meant to most people; then as we become more skillful at getting our own associations, we can add other meanings to our understanding of our dreams.

Fire, for example, to most people, means heat. It can mean the heat of the warm hearth fire, or the destructive heat of the forest fire, or the intense heat of the furnace which melts the ore to separate and purify it. It will depend a little how it is used in the dream, which meaning we choose.

Rain can mean the showers of blessings that make the Earth productive. It can mean the floods that wipe out what we have built. It can mean the cleansing of the Earth and our consciousness that washes the scene of dust and cleans the air of smog. We can begin with one of these meanings which seems reasonable in our dream and come to some sort of an understanding.

Say I dream that I am carefully building a fire on my hearth, and Mrs. Jones comes in and while I am distracted in talking to her, the fire spreads and consumes my home. All that is left is a portrait of my mother. Then, as I look at the picture, a rain begins to fall which puts out the fire and waters my yard. Then, as I watch the yard, new life begins to grow out of the dust.

I awaken afraid of the fire, but wondering what was growing in my yard.

Mrs. Jones represents a very community-minded person who never takes time to rest.

My mother was very old fashioned and did not belong to organizations.

I can assume my dream is saying: In my attempt to be a good homemaker, I am distracted by all the community pressures, which will destroy what I have built. If I can get back to what mother stood for, in serenity and uncomplicated living, I may find I have a new crop to take the place of what the pressures of living have denied me.

This is only an A B C lesson in understanding our dreams, but it is your dream, and your life. If you make mistakes, you will get other dreams correcting them. You also have a mind, and the ability to choose how much you will let your interpretations change your ways of living. All decisions need to be made with the best judgment we have. However, understanding emotional processes, can sometimes greatly aid us in solving problems our emotions are creating, in spite of all our reasonable conclusions which we seem unable to discipline ourselves enough to carry out.

It is what we feel, that really determines what we do, regardless of what we decide. As we can better understand and consider our feeling, we can learn to be less a house divided against ourselves.

Good luck and good dreaming. I know it to be a fascinating adventure!

Dr. Maurine Sellstrom



Cosmon hopes to very shortly, publish Dr. Sellstrom's and Dr. Williams' book so you may be able to study and understand your dreams more fully. We have done a couple years research with Dr. Sellstrom and the method she and her mother developed, and we know from positive experience, it really works! We are constantly amazed at the wonderful "guideposts" our Divine Knower gives us when we are really searching for Truth and the best way to our own self-development. We can be given guidance every step of the way, even through our dreams, if we but ask and learn to properly interpret them through this method of self-analysis.

Every one of our members who have been able to work with their own dreams in this manner, are so thrilled at the new areas opened to them and the greater expansion of consciousness. We feel this is a science which should be brought forward.

An article in the paper recently stated that Dreams were found necessary to normal living! The result of the research done at New York's Mount Sinai Hospital showed that in studies of hundreds of people between 20 and 30 years of age, revealed they dreamed an average of 20 per cent of their nights...whether they remembered or not.

Dreams usually become longer as the night advances. A typical example, dreams lasted 9 minutes the first hour of sleep, 19 minutes between the second and third hours, 24 minutes between the fourth and fifth hours and 28 minutes between the fifth and sixth hours.

One researcher started waking people as soon as they started dreaming. This can be observed by watching brainwave patterns, movements of the eyeballs, etc. He reduced their dreaming per night from 65 to 75 per cent...thus creating a "dream deficit." These people became tense and anxious. Their muscles didn't co-ordinate properly. They showed disturbances of time-sense and memory. Some had hallucinations. And when allowed to dream, they dreamed extra to make up for lost time!

Was this effect due to interference with sleep rather than the dreams? The researchers say no. A similar group of people were awakened during non-dreaming sleep periods...and didn't show untoward effects. They concluded Freud was right when he said dreams form a "safety valve", releasing deep instincts frustrated during the day. Dreaming, they concluded, is a defensive mechanism against the pressure of these drives, and may be a warning that the drives are getting out of control.

LEEWARD

with Gloria Lee



Well, it certainly looks as though JW was right when he said, "This is the time of achievement!" We're been going like a house afire alright. All-over activity seems to have been stepped up and most interesting news is filtering in.

In Buenos Aires came a report in May that a woman rancher who saw a "flying saucer" at close quarters was taken to the hospital suffering from shock. She reportedly saw two strange men resembling robots near the unidentified object. The report said experts had confirmed that grass in the area where the object was supposed to have landed was singed in a circle six yards wide.

Then in England, Farmer John Winsor reports that 9 of his 10 hens are laying green eggs, but he's not upset. "They taste first class and taste just the same as brown and white ones," he said. "They are a nice dark green shade and on occasion I have also found khaki ones in the hen house." Oh, well, why not???

Recently a Johns Hopkins University biologist said there is the possibility of insects taking over the world in the wake of a nuclear war.

"The cockroach, a venerable and hardy species, will take over the habitations of the foolish humans," said Dr. H. Bentley Glass, a member of the advisory commission on biology and medicine of the Atomic Energy Commission. He also stated that insects could multiply "catastrophically" if nuclear holocaust cause the death of birds. The United States could be reduced to a tenth-rate power, incapable of industrial rehabilitation, in event of a nuclear war. Even if shelters effective against blast, heat, and radiation have been provided for the entire human population, there would have to be arrangements made for the animal population and for plants or nothing could save it. "Homo sapiens... shares his domain with other living creatures and will never know how dependent he is on his biological environment until he has succeeded in destroying it."

Glass said nuclear war would kill all wild and domestic animals but that an even greater disaster would be the destruction of birds. Insects can withstand 10 times as much radiation as man and are the only fitted things for survival in the nuclear age.

This does remind one of "Today As In the Days of Noah," doesn't it? Also it makes me think of the many predicted "plagues" during the "latter days."

However, some of this modern age has certain compensations. In Germany, droves of field mice around Waggum Airfield began to die. They had long plagued the neighboring farmers. Scientists gave the puzzled but pleased residents the answer: The jets' engine noise was of an unusually high frequency fatal to the rodents.

Now word of a rare fish in which the same individual is both male and female, both mother and father to its own offspring. It even can be great-grandfather and great-grandmother to its own great-grandchildren! It is a fish known only by its scientific name of "rivulus," found sparsely from Cuba and the Bahamas north to Vero Beach, Florida. Although inhabiting relatively shallow waters, it is closely related to the lanternfish and the hatchetfish of great depths. It is probably the only example of complete bisexuality found in higher animals.

Because they laid fertile eggs, the first specimens studied were presumed to be all females and that a male had not yet been captured. Now, it has been determined that there are no true males or true females. Each fish both develops and fertilizes its own eggs. Reproduction goes on almost from birth to death. The oldest fish kept in captivity have produced fertile eggs well into the senescent stage of life. No reproductive pairing ever was observed.

This means that there can be no changes from generation to generation. No fresh blood ever comes into a family or into the race. This is the primary function of sexuality among higher animals. There is much interest in the eventual result of this continued sameness from generation to generation, with each offspring the precise duplicate of the single parent.

It was nice to see one of Britain's top scientists said that American plans to explode nuclear weapons 500 miles up in space are "huge gambles" that could deal a sledgehammer blow" to the earth's surroundings. This fear was expressed by Prof. Sir Bernard Lovell, who also said the blasts could well disrupt the radiation belts around the earth for up to a decade. "On the scale of the Cosmos they are dealing with fireworks. Nevertheless, the earth is so minute on the cosmic scale and its environment is controlled by the delicate balance of such great natural forces that one must view with dismay a potential interference with these processes before they are investigated by the delicate tools of the true scientist." We wonder what he meant by "true"?

JW wanted me to try to say over the Steve Allen Show that the earth was an Entity. I did manage to get that statement in. Just as someone may shoot at us, we could survive without an arm or a leg perhaps, but we certainly couldn't if someone shot our head off or damaged our vital organs in any way. The Earth also has "vital organs" of centers or force fields and if these are disturbed by nuclear testing, it can very well set off a chain reaction which could destroy our planet.

The Space People said also that if our testing were properly qualified and guided in the proper direction, we would make much greater strides than with the way we are trying to handle nuclear power now. The information Dr. Warn sent me about the danger of gas pockets in the higher atmosphere being formed is astounding in a sense, when you stop to think that this warning was actually given 2,000 years ago!

Don't you think, considering the work of Dr. Warn, that his name is interesting?

THE LORD'S PRAYER

(As recorded by Saint Luke in the Codex Sinaiticus. This translation includes all of the definitions of the words.)

And he said, Speak with assurance and expectation while Ye are making thy prayerful affirmations.

Say Ye, Father, the nourisher and sustainer that is directly available for the needs and maintenance of human existence:

The executor of everything that is accomplished;

The remembrance of the presence of the law of Thy name purifies from pollution and profanity.

It renders freedom from foreign and adulterating matter. It liberates from malevolence, perversity, and the sinister schemes, plans and purposes of the evil dispositions of others.

Thy inheritable authority is restored.

Reveal Ye unto us this day, from above, our food, that essence that is one's own; our super-wealth; our super-existence; and our super state of being; the chemistry of love; the warmth of zeal; the ardour of devotion.

Ye liberate us from our habitual errors, our mistakes, our faults and our mental delinquencies, even as we also release each one hindered or restrained or offended by us. Because Ye would not nor could not urge us nor lead us into an affliction, a calamity, or a temptation to do evil.

Translated by Charles L. Warn