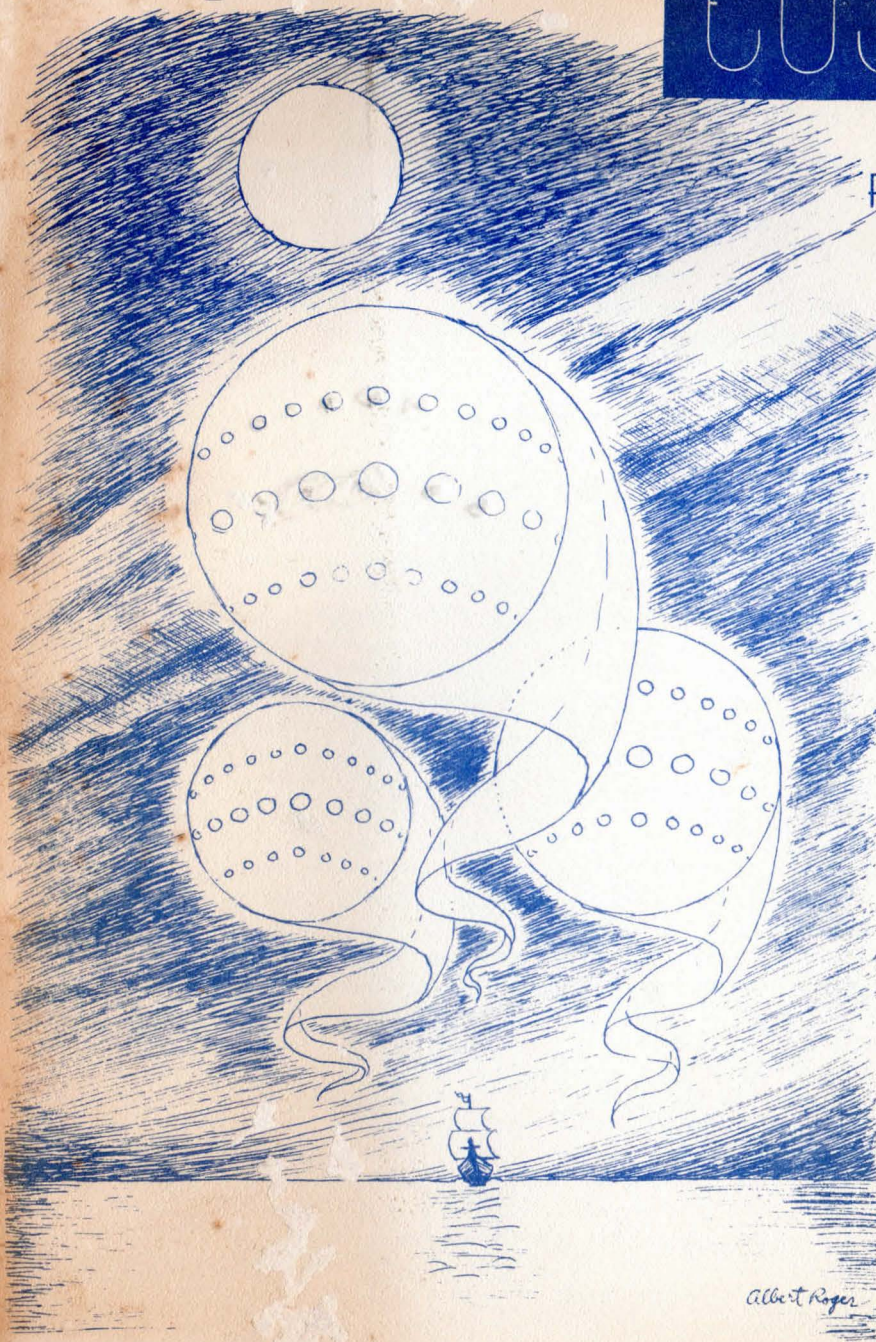


COSMOS

RESEARCH FOUNDATION

SEPTEMBER 1963

P. O. Box 483
Oro Grande, Calif.



Albert Roger

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

Gloria Lee, Founder

C O S M O N N E W S L E T T E R

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Cover drawing by Albert Roger

Illustration for Love's Many Hands
sketched from original drawing in color
submitted by poem's author

G L O R I A ' S G R E E T I N G S

My beloved Friends, in and out of Cosmon:

As my work area spreads out and I learn to blend with the true inside nature of humans, my outlook becomes more of an "inlook", for we see with you, through putting ourselves in tune with your level of outlook, whatever it may be at the time.

We do not put ourselves in your shoes, which would not tell very much, after all, but we can put ourselves inside your minds, which is a very indescribably illuminating experience, believe you me! If you could have undertaken this experience, hand in hand with a Master, as I have, and could have been guided in your study by one advanced in compassion as well as ability to look into the future of those being examined, you would almost completely reverse many of the opinions and judgments you hold within the limited capacity of your present consciousness. I have had some exciting explorations in this field and I received a few shocks as well as a good many thrills when I was allowed to observe the living processes that weave your experiences and relationships into a most individualized pattern of beliefs, prejudices and habits, that are different, one from each other's, in every case. Surprisingly enough though, many of you have woven your patterns into congenial conformations and harmonious designs that synchronize particularly well with those of certain other human beings, and from here we can almost exactly tell who will be friends and who will disagree with each other's viewpoint.

If you could only realize how true that word "viewpoint" is from our side of Life! When you think of a point, you imagine the sharp tip of something that of itself is so small it would only make a dot if it were pressed against a surface. Sadly enough, most of the people of the world do actually have just such points of view, that are these little tiny dots and when they are all expressed upon the big screen of human living, they take up very little room individually, and only make a big impression when lots of viewpoints of one shade or

color of prejudice, or habit pattern congregate together and color a big piece of general world thought on some subject or other.

When we think of you as nations, we see these confetti dots in millions of huddled-together viewpoints that are often out of harmony with the general ambitions and desires of other nations. We can easily see from such observations that you will have a fight on your hands in some dimension of your racial consciousness.

Also from here, we can see that where there are exceptionally strong individuals such as the leaders and rulers of nations or other large collections of like-minded individuals, these leaders have a far more widespread inclusion of mental territory than the average followers or citizens, and so the stronger minds are able to place a big, restraining ring of personal thought power around the passive minds of the others and to throw out a personal coloring that runs through the lesser minds like a dye and brings them all together within the beliefs that the Leader has qualified by his own wilful desires to restrict, restrain, control and force the energies of the others who have rallied to his promises to them, or his threats to their enemies.

In the first place of course, there has to be a magnetic appeal of a personal nature, in the leader, that is already echoed by some of the same coloring in the minds of the followers, so that the leader is then able to extend and exploit and to realize the common ambition of many little consciousnesses, similar to his own, who would be afraid to take on a great responsibility which might end in failure, but which, if it led to success would carry them along on the gravy train if they had contributed their energies for the use of the ruling mind.

Some of these dictator-type individuals, little as we like to admit it, are products of the spiritual forces let loose in the Piscean Age where it was important to integrate the different parts of personality and bring them

into coordination. The first results of good intentions are often negative, and so the strength that could have been harnessed to promote good was often only harnessed to promote the personal will and advantages of the dictator or boss-type person as he drew into his own schemes the like-minded and even the opposing energies of others to further his plans.

Individual people and individual groups hold quite different motivations, as I know you realize, but on your side of life it is not easy to judge what is really going on except by outer actions, instead of being able to look at the true purposes, hidden to you, but open and plain to us over here if we have been given the key to interpret the meaning of what we observe.

In the New Age, forces will tend to combine people in groups that will dominate larger groups by the imposition or inspiration of their central ideas. Strong integrated groups will take the place of strong integrated personalities and you will see results according to motives. Nevertheless, as the New Age really gets going, the people who don't fit into it will be spun off by the increasing frequency of the Christ vibrations that will be the leading energy of the Aquarian cycle, and so there will be a natural weeding out process going along beside the expression of new trends and new types of people and groups.

Where there is a tremendous force-field of love radiating from a person or group, the love acts as a shield and negative energies sent against it to destroy it are bounced back upon themselves like boomerangs, and self-annihilated by their own destructive projections.

Do you know there are big tides of thought that sweep around the world like ocean waves? Some of these are like heavy, crash-breakers that are wind-lashed in a great storm of conflicting currents, and they are made up of the destructive and hateful energies of many negative individualities combined with the passive elemental essences that give them form. It is these giant waves of massed

destructive thinking (I did not say mass thinking, please note, because the masses hardly think at all; they mostly let themselves be swept by blind feelings without any sense of direction), that knock out the partly developed minds of average men and women and cause them to be washed along like driftwood, with just about as little individual attempt to resist the tides of wrong thinking as the pieces of driftwood show resistance against the ocean of water.

If only I could find the magic words to tell you that you aren't obligated to bend and to go down on your knees to worship these masses of mental suggestions that pour all over you from all your communication media of television, moving pictures, radio, newspapers, magazines, hate sheets and propaganda pamphlets, I would be so overwhelmed with joy! You just do not owe any allegiance to these frantic would-be authorities over your own free will!! Of course I know from experience that it is not possible to wake all the world up at once to the true situation, but every single person, realizing his own right to think for himself, is a big help to the forces of Light, which are the forces of Love and Progress!

It is not the Father Who wants a world full of passive, dead logs who are floated here and there at the whim of ruthless and determined human minds. You are so terribly mistaken to interpret God's Will as a rule of fear and terror and violence. When you say about some horrible accident or catastrophe that it must be "God's Will", you only show how far away you are in consciousness from a true understanding of what God's Will for His children really is.

This is probably as good a time as any to tell you a little about the different types of people who say they are giving all that they have toward bringing forth a better way of life. There are two kinds of destroyers at work and this mixes you up and confuses you, because you imagine that there is only one kind of destroyer and yet you see such different methods and results. There are two kinds of motives behind the destroyers: Love and Hate. The First Ray brings these different kinds of

people out into action, but it is also a creative, as well as the destructive Cosmic Ray, and so you have to be sharp to tell the difference between good creation and destruction and bad creation and destruction.

Hate and sadism and a desire to torture and cause suffering belong to the wrong type of destructiveness, that pulls down and breaks up and hurts for the sheer pleasure of defeating the forces of Light and Love and Evolution. The creativeness of these evil forces shows up in creation of illusion, false claims and threats and the impression that hate is stronger than love, that beauty and gentleness and patience are effeminate weaknesses, and that God is a myth. These evil forces of destruction have worked for a long time to chain the minds of impressionable children (and adults) through the aspect of horror-type science fiction tales, comics and horror movies. They have a campaign on to frighten the earth people out of their wits by presenting every possible kind of imaginary monster and distorted interpretation of the Space People and their motives, to insure that the people of earth will be too knocked out with fear, doubt and despair to stand up and fight for their own mental rights to judge for themselves and investigate for themselves.

Yes, of course, not all the Space People are of sweetness and light and truth, but you aren't obligated to accept into your planetary atmosphere the infection of the other type of influence, which you allow to enter and to corrode your thoughts and feelings when you accept and follow their wrong kind of guidance and allow your children to wallow in the filth and lies and mental suggestions that keep you in paralysis, so that you cannot act for your rights and the rights of the whole planet. Again you are up against a choice. You have been told that the good Space People "are here to help" but they cannot infringe your free will or do your work for you. The destructive space people have no compunctions about destroying you, by first paralyzing your minds with fear and hypnotic suggestions that "it is too late to get yourselves out of the mess." Meanwhile, the good Space People try and try to get your voluntary cooperation with them in

carrying out the principles of love, wisdom and truth that you have known from the beginning of civilization on this planet.

Now I mentioned a second kind of destroyer that is on the side of evolution, and this is the kind who clears the outgrown and limited forms and concepts away so that better and more adequate ones can be placed before you. Destruction of this kind is done with love and desire to show you more beautiful and happier possibilities of joining forces with others to create a setting for universal racial manifestation of Christ powers.

Where you see hate and acid and corrosive forces at work calling upon your time and money and allegiance, stop and think. At least you know their methods are wrong. Look deeper and take your time to search their motives before you strengthen them with your substance!

From time to time, I know, J.W. and some of our other communicators have shown a tendency to impatience and have thrown a few firecrackers of thought in our midst to wake us up; but there is Love behind these actions, and I surely hope you have the ability to distinguish between wanton destruction and destruction that makes a place for something better.

We used to have a small placard in the office that said: "THINK, BEFORE YOU LOUSE THINGS UP!" Many of you have seen this, for it got around on a card that was for sale in dime stores and other usual outlets. And "think" was spelled with an "m". Do please think before you collapse into the usual habit-expression of hopelessness. Use your imagination. Use your sense of humor. Use your God-given right to stand up beside anybody else, and declare your principles. What if it kills you? You'll come back again even stronger! Yes, I am kidding up to a point, but I guess you know by now that I believe what is worth living for is worth dying for; or if you haven't already found yourself a Cause that is bigger than you are, you need one. Look around you. Instead of dribbling out your life forces in little continual leaks and spurts of

fear, anger, frustration and wailing, pull back all your forces to your center of life and stand there, with them in leash, until you see something really worth investing your whole-souled support. When you find whatever it is, do it with all of your might and melt off all the dismal, rusty chains of indecision and doubt, that make you a little less than a worthy member of the human family.

Hate is self-consuming. This is an actual Law that works. Hate finally consumes all the forms that support it. This goes for individuals, groups and nations. Please remember this.

Maybe you say it is easy for me to lecture you, not having death to fear any longer; but believe it when I tell you I didn't fear death while I lived among you such a short time ago. Even then I knew death was an illusion, because I was able to project my mind consciously beyond the limits of the third dimension, where I could see and converse with people who had shed the physical. You have the very same ability that I had, but you have not taken enough steps yet to develop your abilities beyond the point of doubt. Ask in your prayers to have the Father guide you to the right teachers and wayshowers for helping you to open up your own inner psychic senses that tune you to knowledge beyond the physical. Do not play around, or follow a book of promises to turn you into a magician, but get a true teacher. There is not an oversupply of them, and you could get yourself in great trouble and even deeper illusions if you attempt to unfold your subjective resources without taking God as your prime Authority.

Don't be contented to keep on hugging to yourselves the tiny wisp of understanding that you have pinched and squeezed from the dried-out little firsthand experiences you allow yourselves to accept. You are too afraid to risk losing what you can see and touch, by probing other dimensions. Empty your hands of the worthless rubbish that people misname success and fame and fortune, and lift your empty hands heavenward that they may be filled with the gold of true love which is not limited by economic fluctuations anywhere on earth, but

is always of full value wherever spent.

* * * * *

Of course I cannot end without again mentioning the forces that are working to provide better forms for New Age ideas. The organization I founded was intended to include the functions and services of all the Cosmic Rays. At this time of world transition we were definitely working with the destroyer aspect of the First Ray of power, as well as the Creator aspect of the First Ray of Power and Will (God's Will). I have told you many times I was given a mental picture of the shade of bright, vivid blue that symbolizes the Will of God and that is why I included so much of this shade of blue in many aspects of the work, to remind us Whose Will we were trying to follow. Even the newsletter has been printed in blue as a constant reminder.

At the time of my transition to this side of life, we were using a great deal of First and Second and some Third Ray energies. Cosmon is intended to express new approaches to world education, for we believe that ignorance is the world's greatest enemy and can only be routed by total enlightenment of all the people of the earth. We are also in thought and spirit with those on both sides of life who are shaping the New Age Religion. Quite some time before I changed my focus to these dimensions, there was a good understanding of what Cosmon was founded to accomplish. But certain plans and purposes were never published upon the printed page and so are unknown to this day to the majority of our members and friends.

There are those on the physical who claim that I am unable to reach and impress my workers in Cosmon Research Foundation with the true state of my desires for Cosmon, and that I am disturbed and critical of the present setup and limitation of activities going on there. Those who give voice to these rumors are those individuals who have never received the full picture of spiritual intentions for Cosmon's future unfoldment and lines of development. Nor do they allow themselves to give Cosmon the courtesy of patient waiting for

a cycle of unfoldment which will succeed this cycle of introversion and temporary solitude, being demonstrated as a necessary prelude to deepened and intensified activity.

Coordination of effort and cooperation with like-minded forces and energies are certainly basic in my individual interpretation of discipleship. But I also hope that I have a good supply of common sense and that I do not demand or expect the impossible. Cosmon received a major setback, and was in a state of emergency when I suddenly left the physical. Until almost the last, everybody expected me to return and take up my duties, and I am the one who is more especially aware of all these aspects and who fully intends to balance and fulfill the original intentions in due course of time, than anyone else. I should know, and I do know the two faces of this situation. Some individuals would attempt to convince you that I try to reach my own workers through other groups and instruments, to instruct and to bring them into alignment with a change of design and purpose which I have assumed since coming here. Those who are so keen to impress on Cosmon the views that they claim are mine, would undoubtedly be quite enlightened at the scope of entrances provided for my contact with my own group. Not only are those in my group open to my suggestions, but I have given them special confirmations through impartial and competent contactees to prove to them that I am not unhappy at the present trends, and even am encouraging the deepening of roots and the quiet reviewing of all that we

have been doing up to this point.

In addition to this I will gladly tell you that I am now working through several channels to carry forth certain parts of my plans that are congenial to their kinds of interests and capacities, and entering the consciousness of their groups without any sense of disappointment in my own group or fear of failure, separateness or misinterpretation of the basic principles underlying Cosmon, by those who are maintaining Cosmon at this time. We have always been troubled by those who did not care whether we had any space in consciousness or time to deepen our thinking and widen our planning. From here I can help my people even more tellingly, because I am better aware of the true issues involved. Many times where an instrument on the earth plane clothes incoming communications with the fancied name of a given personality, it is often the ambition or cherished desires of the medium's own ego coming through in subtleties that defy proper recognition.

It's time to close. I have run on for quite a spell. Let me leave you with this thought: Please appreciate that you have been blessed with the gift of individual minds, and use them!

Your friend for always,
In love and light,

Gloria

Open wide the consciousness and resist not flux. Flux bears the freshets of new experiencings without which withering occurs.

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Awaken from those doubts that beset you and give those gifts that you brought for humanity.

From the Diary of a Disciple

Salutations of friendship to you, my brothers and sisters:

I greet you in that aspect of my identity which many disciples know as Master Djwhal Khul, the Tibetan Teacher, but also in a more universal relationship of fellow sojourner for many incarnations upon this planet, before the days of Mastery were reached. Little as you may realize the actuality of my assertion, I have lived and worked among and beside many of you who will read these words.

Today my theme for discussion is a sentence I have often used in my communicated teachings. Some of you will recall it: TRANSFIGURE LIFE IN TERMS OF ACCOMPLISHMENT. What have I meant by these words? Often have I stood by, in thought, to observe some student of the Light take this concept into meditation as the seed idea upon which he might build a structure of heightened understanding. And yes, my friends, it has often been my pleasurable observation that a structure of thought and expanded comprehension has slowly been reared in companionable proximity to previous towers of mental substance, capped by golden domes of transcendent aspiration, nestled in the shimmering haze of some valley within the far-flung landscapes of the mind.

Yes, this creative activity I have observed in instances too numerous to mention. And this is usually all I have observed. As the sentence under consideration was projected from my mind into the minds of men, I conceived the word TRANSFIGURE to be a verb of action. I thought to see those whom I called my students and disciples, take these words as a formula for re-creating their private worlds, and incidentally to affect and to infuse the other private worlds of thought interacting with theirs, thus establishing a chain reaction of creative fervor that might light torches of imagination which could help in the work of setting afire the ruins of an outworn civilization, making way for the new.

Too many are willing to accept presented ideas into the mind as one takes a sweetened lozenge into the mouth, allowing it slowly to dissolve and to pleasure the tongue, but gathering no resolve thereby to establish the boundary lines of a better world.

Today's panorama of human activity may be said to be that world created by the default of aspirants and disciples such as yourselves, who, lost in dreams of beauty and aspiration, lingered beyond the threshold of the mundane and prosaic, leaving to lesser brains the activations of thought which were interpreted by them in terms of the aspects surrounding you today; those aspects you call science, art, religion, education, philosophy, government and economics. You like these not as forms of contemporary jurisdiction over your will and desires, yet your failure to take an active share in the beginnings, gave tacit approval to the maturing of trends implicit in unenlightened consciousnesses.

Let us hold to the definition that to transfigure means to glorify. If this is a correct interpretation of the meaning of the word, what do you feel you have achieved in the field of glorification where your life pattern is concerned? Returning in thought to the earliest of your memories, allow your mind to bring you forward step by step to that plateau you occupy in consciousness today. What glories lie upon the pathway of your past? Is your trail luminous with beauty that others seeing the marks of your feet will follow after involuntarily, magnetized by the radiance left in the wake of your living?

What great things have you accomplished for human, animal, plant and world betterment that you have earned the privilege of pouring forth your scornful evaluations of the labors of others? There are in life creators, and there are those who call themselves connoisseurs. Perhaps the latter are but disappointed or unsuccessful creators. There are in life doers and dreamers. The two aspects may merge within one consciousness. One

who acts on impulse without the inspiration of a guiding dream, or one who dreams without an effort to clothe the dream in form, that it may walk the earth in service to all, is not that one who fills the potential capacity.

My brothers and sisters, you are holding this communication before your eyes because your eyes have now reached that point in your evolution where you may see through them, rather than with them as you thought. Your spirit seeks to gaze upon the world in which you, its personality, function. Have you ever thought of your personality as the scanning device of the Inner Self, the observation mechanism for the benefit of the True Creator within?

Allow the transfiguring magic of your Soul to guide the personal man or woman in the establishment of a renaissance in that globe of thought which is your world, unlike all others, carried wherever you go, gathering impressions from all other worlds of thought with which your consciousness blends in its physical, emotional and mental reaching out for deepened understanding. Think upon this for it is true: what you have thought to be the world around you, is but your conception of it. No other sees that world you see through the mass of theory and experience which colors your viewpoint and makes it somewhat different from any other. Nor do you see the world of any other in its wholeness created from the plastic substance of dreams, ideals, yearnings, fears, desires, actions, relations to fellow creatures. Each is a god within his self-made world. Each of these self-worlds has reality for the creative consciousness which radiates at its center. As God is, so are you the center of a concept whose periphery is limited by no other means than the degree of your image-making ability.

Your world, created by you, does not die when your body drops away from the higher elements of the personality, at death. Your world remains in latency until you return to develop it further in a succeeding life. It unfolds from that which you are, that which you think, that which you decree.

Absolute power is yours, within your private world, to transfigure, to remodel, to re-create according to a better, wiser, higher plan. Your world can be a paradise, a garden of love inhabited by angelic presences, a thing of beauty forever to lift and inspire the hearts and minds of men. Or it can be a devastated globe, whose surfaces are as sandy deserts, chill plains of ice, empty gulfs and craters from whence the warmth of life has fled. You are a small god of a small world: your world. Would you reshape your world? Would you be a god of love, of mercy, of compassion, of patience?

A change of any outward circumstances begins with a change of inner attitude. If you like not that which has been set forth by you, you may place your world in transition, allowing changes to sweep over it, carrying away effete matter, trash, outworn methods and worthless tools. You may declare a period of reflection, a period of analysis, a period of comparison in which you may weigh and measure the values and qualities, to you and others, of that which you have made of the substance assigned to your consciousness.

In your vague glimpse of an indefinite future, you have allowed ingress to the idea that somewhere, 'afar off, you would become a co-creator with God, then a god in your own right, fit to learn the art of creating worlds and systems. I tell you the time is here. You are a god now. You are one living at the center of a world already created by yourself.

By what accomplishments will you transform this world of pliant substance, obedient to your will and your desires? By what sciences will you drain the swamplands of despair, making them habitable for races of new ideas? How will you cope with the war-ringing legions of negative thoughts, bringing new harmony into the world which is your own? How will you arrange a new orbit in which your world may travel the realms of mind without collision or infringement upon the orbits of fellow celestial bodies?

A sweeping change important to solar systems can begin with the fall of one leaf.

sweeping change in humanity as a whole, can begin with a single smile or a tear of comprehension, within the awareness of one individual.

To TRANSFIGURE is to glorify. To Glorify is to improve. To improve is to progress. To progress is to accelerate the evolutionary forces. Where shall you begin? Begin simply. Let no day pass that you fail to improve some aspect of the world of your creation. Wherever you go, leave your mark upon the substance of the circumstances in which you find yourself. Be orderly in your use and

care of forms. All forms are embodied ideas. Ideas are living souls. Therefore all things are imbued with Life in some degree of expression. Learn to cease creation and acquisition of those forms which hold no meaning for the manifestation of a Golden Age. Begin to walk free, untethered to things of trivial concern. Clear your world of disorder.

Ask the Father Creator of the Greater Scheme to guide you in your transfiguration of life in terms of the accomplishments you are capable of achieving.

I AM OLD

The centuries form a vapour trail in my past
Leaving a winding, tortuous path across the sky;
These intimate eons had no beginning,
And Halleluia, shall have no end.

Like a sunbeam shining to Eternity,
I see Yesterday stretched out behind;
Like a sapphire corridor to Infinity,
I feel Tomorrow beckoning me on.

Pregnant with the wisdom of adversity
And tempered by compassion for youth,
I would stretch forth my hand and arm
To help, to cheer, to light the Way.

Gone is that feeling that focused my eye
Upon only my soul's aches and pains,
Or centered my thoughts around my gains
And left my brothers to swim or die.

Time presses not with the frenzy of youth
To twist my bones or buzz my vision;
For well I know that there's no rush,
And my soul has found its mission!

M E S S A G E F R O M J. W.

My friends of the physical plane:

In the pages of your August newsletter, I undertook to reply to one of the letters received at the Cosmon office, addressed indirectly to my attention. Now another letter has been presented to me for comment, if I choose to hold forth in response to one who writes, as follows, to Gloria Lee, unaware of her transition:

Dear Gloria:

I have read "WHY WE ARE HERE" and although I feel that time alone will determine whether many of the events prophesied will take place or whether they are the invention of a lunatic, I still find the book interesting and novel. The most important theme in the book seems to be, that under all conditions we should be centered in our Christ-Consciousness. As long as we are in this Christ-Consciousness we have nothing to fear for we will be helped. Much is also said about the fact that "Love Makes The World Go Round." The question is, "How are we to develop Christ-Consciousness?" How are we to develop Godly love? We are so heavily asleep and so full of self-love that no matter how strong our desire is to awaken and to understand Love, it is next to impossible. Another book should be written with practical instructions on how to grow into Christ-Consciousness and how to learn to love God without fear. I have, all my life, been interested in fear and anxiety. It takes more than just being told in order not to be afraid.

J. W. says in many places "Do not fear." And how are we to cope with fear? Even if we sincerely wish to be brave, to love God, to be strong in God, we cannot. The average life of a man has been built up around all kinds of false concepts and bad habits. A lifetime of stupidities and cowardice cannot be

wiped out because someone tells you to. Therefore I would appreciate it very much in knowing in detail from J. W. as to what methods or techniques have been developed in Jupiter to cope with weakness, cowardice, self-love and vanity, ignorance, negative thinking and feelings, laziness, procrastination, anxiety, fear, etc. etc. I am speaking now of people who know that they are not what they should be and sincerely try and desire to rid themselves of ungodly qualities so that they may be perfect as He is perfect. It is useless to speak of Christ-Consciousness when our ordinary consciousness isn't even what it should be. We have to start with inferior beings. How can we develop ourselves from the inferior beings that we are to something within us or above us called "Son of God"? I believe this is the real problem. If any help is forthcoming on this subject I would be thankful if informed.

Love

Name withheld

My reason for making a reply to this particular letter is that it is representative of many who have discovered my books, written through my Instrument, Gloria Lee, and to whom, as a group, I am glad to take this opportunity to make them a personal reply.

Many of the readers of the Cosmon magazine know that a second volume of a proposed series of several books was written through my Instrument, and are aware of its title, THE CHANGING CONDITIONS OF YOUR WORLD. This book is available through the Cosmon Research Foundation as well as other outlets where New Age books are sold. My second published work includes somewhat expanded "practical instructions on how to grow into Christ-Consciousness and how to learn to love God without fear." My books, however, only indicate, and do not elaborate to the degree many of you would wish. My emphasis

is upon the transitional period now in force, with its urgency in point of time for preparation of the individual personality to take part in the foundational efforts to manifest a civilization in line with Divine Law and Universal Order.

To return to the writer of the letter. Here we have a member of the human family who tells us, "We are so heavily asleep and so full of self-love that no matter how strong our desire is to awaken and to understand Love, it is next to impossible." The sincerity of this individual is apparent, a wakening recognition is in process, and we know of many more who are seriously desirous of being led from a prison of limited concepts into the freedom of enlightenment. In their belief that this is not an overnight achievement, they assess the task with correctness. Yet it is never too late to make a beginning. Every victory won on the side of knowledge and truth is assimilated into the eternal storehouse of the Soul's experience. In the economy of the Cosmos, nothing of good is lost, no constructive effort wasted, no attempted spiritual development forgotten or undervalued. All becomes united with the immortal record of the individual and all due credit for motives is given, even where it has been physically or mentally impossible to carry through the envisioned project to completion, in one or a few incarnations of the past.

Our Father places no limits upon His capacity to forgive and to bless His children. Your Master Jesus gave you a prayer which invokes the Divine Law of forgiveness, which is accorded to you under the principle of justice, that you may be forgiven your transgressions of ignorance and error against the Creator, in the degree which you render forgiveness to those who have transgressed in their ignorance and error against the divinity within you. You were taught to pray, "Forgive us our debts (or trespasses) as we forgive our debtors (or those who trespass against us)." Many have repeated these words without understanding that they were saying: "Allow us to receive benevolence in the degree we have given unto others our compassion, forgiveness and understanding." Here is a point of

departure for all those who would rise higher in the scale of spiritual development. The first step upon the Path of Light and Love is concern for the well-being of others besides your own self. In manifesting the above aspects of the Golden Rule, of granting the forgiveness to others which we would receive for ourselves, we are not to interpret the other aspects of this rule to mean we should press upon others those services and objects which we would like for ourselves, but to accord them the principle of sharing benefits, opportunities and kindnesses suited to their individual needs and level of intelligence. Do unto others, in principle, what you would have others do unto you in principle.

It is not that you of Earth need so much to develop Christ-Consciousness, as to allow it to manifest through the instrumentship of your personalities. You are already Christ natures in embryo. You are as radiant lights of Christhood encased in opaque vessels of clay. Your effort must be to allow your personalities the privilege of entering the refining heat of self-effort which alone can transfigure and make transparent those clay vessels in which you move about the earth. You must become as clear glass lamps through which "the imprisoned splendor" mentioned by your initiate poet, Robert Browning, may shine out before mankind.

Most men and women hide their innate radiance beneath a "bushel" of personal idiosyncrasies. As you look about you and behold only the animated "mummy cases" of clay which your fellow men and women inhabit, you feel these must be the real persons, for when you behold your reflection, you see such another bodily form of your own which seems to you imbued with self-awareness by means of your sensations of pain and pleasure experienced while within the outermost shell. You are not in a position to prove to yourselves the truth that registration of sensations is accomplished by the sensitive apparatus of the astral form which lies within and extends beyond the physical vehicle. You cannot admit that your physical is incapable of living an intelligent life of its own when the real You is withdrawn. Your physical is much as a

diver's bell that allows a spiritual entity to function on the physical plane and to observe through the adjustable lens of the eyes, to hear through the ears, to taste by means of the tongue and to smell through the mechanisms within the nose, so that you will have a personal and individual means of exploring the educational possibilities of earth-plane experience. At death, when you withdraw your consciousness from the outer body of clay, you find you have not diminished, but have enhanced the clarity of all your senses, which do not depend upon the outer shell for activity.

Your body is definitely not your Christ Self. Your consciousness is not the body but the I within the outer forms, invisible to itself when looking through the clouded eyes of flesh. Physical eyes are focused upon what is outside of them. Little by little you will become familiar with the many parts of your wholeness of Being, which augment and supplement one another as do the diverse organs within your body cavity, while yet being of dissimilar function and appearance.

* * * * *

Christ said unto His followers: "Let him among you, who is greatest, be the servant of all." Do you understand what was meant by His words? He did not mean that a kingly consciousness should abase itself in slavery or act as errand boy to the demands of the animal nature of others. He meant that those who have attained to nobility of character and illumination of the mind, should share these blessings of understanding with all others in the degree of their ability to recognize and accept. There is an old saying: Noblesse oblige. This means, Nobility is obligated. Those who are older, wiser, better qualified by firsthand experience to point the way to attainment, are obligated to minister unto those of lesser maturity, capacity and evolutionary development. Man is his brother's keeper until the brother is strong enough to walk alone.

It is not here of avail to discuss how those of us on the Planet Jupiter have overcome our weaknesses under different conditions confronting us, but to tell you how better

to work in the substance and consciousness of the Planet Earth, and in the specialized material forms which you, as Christ Spirits in exile, once made a vow to refine, salvage and redeem for the purposes and plans of the Father.

Love is only known by the experiences of loving. You must analyze TRUE LOVE and act out those love expressions among your fellow men. When I speak to you in this way I am thinking of certain qualities, some of which I shall name for your consideration and which you may activate until you draw forth from others their appreciative response:

Patience	Reverence
Compassion	Joy
Forgiveness	Affection
Understanding	Courtesy
Wisdom	Meekness
Benevolence	Purity

We of planets more advanced in understanding of the Father, know that His Will is Love. The fear of God and the assumption it is blessed to be God-fearing are pernicious implants by the priests of your planet, whose timeworn method for holding the loyalty and support of the masses has been through instilling fear and reverence for the intermediary between man and God, the priests, themselves. These are still at work along these lines, preaching hell and eternal damnations which exist only within their feverish imaginations as devices to chain the consciousness of the ignorant populace into a bucket brigade of continuous financial sacrifice and support of the chosen idols of dogma and doctrine espoused by each separated and walled-off cell of cultivated superstition.

Human beings create and maintain their hells of imagination. Any sane and free-thinking individual should be able to see that a God of Perfection and pure Love cannot deny His own nature by becoming a hell-creating Demon living in an irrational co-existence of hatred and destruction beside compassion and mercy.

(Please Continue on Page 19)

Our dear Cosmonites and Friends,

It is now September and we meet again for one of our chats. August has been a month holding many challenges to groups of Light, including Cosmon and the individuals who work here. Wherever Light becomes brighter and stronger and more influential, there also is seen the activity of darkness and negation, trying in subtle ways to cause a dim-out and to cast doubts and aspersions on the workers and the works.

At the risk of incurring the displeasure of the Agni Yoga Society, publishers of Master Morya's book, COMMUNITY, I am going to quote here something that I discovered while reading these pages during the last few days, which may spur new freedom of action in some of the instruments who are at this time filled with doubt and problems and a deep questioning as to whether the struggle is worth while, for the doubtful achievements of pushing forward the front line trenches of the Forces of Love and Wisdom a mere few inches nearer the stronghold of ignorance and fear:

"201. Even when the consciousness is being notably deepened, there can be difficult hours. It may seem that the bond with the Teacher does not exist, and that the Teacher does not exist, but he who knows says: 'Maya, begone! I know my bond with the Teacher.' A great deal may appear in the way of personal ideas apart from the Teaching, and he who knows will say: 'Maya, begone! I know the foundations of the Teaching.' It may seem that one is deprived of all coworkers while obliged to try to take up the burden, and he who knows will say: 'Maya, begone! I know that true coworkers are scattered over the face of the Earth!'"

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A general threat has been levelled at groups of Light, and some of the channels

were told they would have to turn from public work and go into retreat. We also received threats and "apparent" bona fide suggestions to "go jump in a lake". We don't need your kind of uncooperative, misdirected characters among us. We'll accept your services if you conform to our directives and authority, etc. etc., otherwise get out or run the risk of destruction. This is a kind of homogenized pill, compiled of various messages received in August, from several scattered individuals who claim they are the true repositories of the Divine Plan.

These people were invited to go their way, while we go ours. If we are on the same path we shall meet again, somewhere, at one of the refueling centers. If we are not on the same path, then may their journey be fruitful and their accomplishments in line with the methods they employ and the company they keep on both sides of Life! We know our Teachers. We are well versed in the foundations of the Teaching and so we say: Illusion, begone! We have chosen the Master we shall serve and the work we shall do, and we know our coworkers when we are met upon the Way of Returning. Therefore, All — go whatever way is your way, in peace. We ask the Father's blessing upon you, His children. We ask that our sights be raised, our courage renewed, our love for life increased; that our recognition of what is God's Will for us, who work through the instrument of Cosmon, be intensified and clarified, and that we receive beyond the peradventure of any doubt those signs of displeasure of our Creator that should accompany infringement, on our part, of His Will toward evolutionary progression.

There is a myth circulating among the various groups which should be exposed for what it is. Some of the channels in service at these centers allow the legend to filter out into public acceptance that they are somehow set apart from the imperfect children of men whom it is their privilege and pleasure to lead into green pastures of security and peace, because they are already "saved" and can

therefore afford to toss a few pearls of benevolence into those areas where they will be most impressive, and redound to the reputation of the instrumentalities.

After meetings with a goodly number of channels, person-to-person and letter-to-letter, it is known to be far from true that these people are above the necessity for further self-discipline, spiritual unfoldment and revised human relationships to their families, friends and greater circle of fellow men. The only real distinction between those who call themselves instruments of higher forces and intelligences, and those who make no such claim, is greater impressionability to areas of consciousness beyond the average range of sense.

We are all instruments of God at some degree of development. We are able to reach different areas and heights of consciousness according to how mature we are, and how long and how purposefully we have been working at growing into greater degrees of enlightenment. Just as a doctor has a bedside and office manner, carefully cultured and designed to place his best foot forward to the patient, so do all people who serve the public have a two-sided, if not many-sided personal approach to those who are their intimate associates and those who are recipients of their professional or spiritual services.

Normally, man is many-sided. Some have more aspects of character developed and under control than do others. You, yourself, use a different tone when talking in turn to the Ruler of your Country, a puppy, your next-door neighbor, a driver who has just hit the rear of your car by tailing you too close, your lover, your mate of twenty years, your 11-year-old son, your nosy Aunt Hattie, and your Minister or Priest. If you recognize the fact that you have all these sides, plus additional ones for every new or familiar person you meet, you can only be in honesty when you acknowledge logic presupposes that everyone else acts pretty much like you.

Here is a case in point that is quoted from the letter of an exceptionally nice person. This could be a so-called spiritual instrument,

or just a plain person. It could be you.

"In my personal life, after several years of unhappiness, I began to emphasize the things about my husband that I did like. The harder I tried (when I really began to try instead of pretending), the more help and understanding I received until now I have finally come to know that whatever he does is all right — I trust the God-self within him to bring about the situations necessary for his growth, which is the important thing for him right now. All I'm really saying is that I have found that the principles of love and understanding do work and I have been able to use them. . . . Boy, it doesn't pay to brag. I just got up and spanked two of my children and then came back and read what I'd typed at the top of the page. I mean I have been able to use the principles at times. What a comeuppance! But it is good for me."

If the New World that is now being crystallized from our sweat and tears is to be a world of togetherness populated by G. H. B.'s (good human beings), it is time for us to become better acquainted, so we won't suddenly wake up in a state of shock to find that all around us are others tarred with much the same sticks of human experience, outlook and reactions as ourselves.

In the July newsletter I set aside my original intention to play down the personality which I am using this lifetime as a catcher's mitt for the karmic balls batted in my direction, to try to meet you from the vantage point of a common ground that we share in many respects, whether we like it or not.

Now I have to explain to you a few discrepancies in my character, so that you will better understand certain peculiarities you sense but cannot define. I am, astrologically speaking, a Sagittarius with Scorpio rising (Heaven forbid!), which conveys to some a message and to some a blank. By nature I love the whole world, and I do care deeply, sincerely and unshakably for humanity as a whole. I really do! But in my effort to find ways and means to add to those gift streams of

new ideas which can advantage Humanity as a whole, I find it almost beyond my scope to handle the details of contacting and communicating with the many wonderful, stimulating, inspiring, friendly, altruistic and intelligent people that you and you and you are!

After every newsletter, new friends (as well as enemies) sign in. Not a week passes but persons I would love to know more intimately, write in to make a date or to ask how to come up here to pay a visit lasting from an hour to several days. Much as I love you as individuals, I must try to get across the apparently incredible truth that I love humanity more, and my fight is for humanity, not for John and Joe and Susy and Mary Jane, except as they form part of it!

Very few of the people I meet ever mention humanity. They are consumed by interest mostly in their families, a few in their nations, a goodly number in their group and church affiliations, or the works and projects that draw their enthusiasms or professional loyalty.

It is for these reasons that I put it to you bluntly: I cannot at this time entertain you as individuals, become entangled deeply in your personal lives and yet retain sufficient energies to work for humanity; the brotherhood of man, the brotherhood of planets, solar systems, universes and galaxies! I am one of the individuals called upon, by the whole drive of my nature, to attempt in my own small sphere to cry, not Panic, but Humanity! I see so much and can do so little. Gloria too was a lover of humanity, of worlds and systems. We were so grateful to have discovered another who cared more for ALL than for each. This attitude was and has been anathema, all our lives, to our families, friends, group relationships and ties with individuals. I have had the most miserable misinterpretations of my true feeling for individuals. By nature I am not possessive, but most people want to have the sense of being possessed by one's whole loyalty, love, services, etc. My basic feeling has played havoc in every sphere where I have functioned in personal relationships. I sound friendly in my letters, so individuals show their willingness to be closer friends and to

cement acquaintance with deeper bonds. When people get to know my visible personality, they often think me cold, aloof and impersonal. This has included my children, husband, mother, larger family, acquaintances, etc. . . . Psychology says I am not normal to be in love with the whole world. Nevertheless, I feel I cannot rest or coast until everybody, everywhere, can enjoy justice, freedom, safety, opportunity, security, health, education, travel, adequate housing, unrestricted movement across the face of this world as world citizens of all geographical areas, with equal rights for both sexes and all races, and a universal religion that excludes none and brings man directly to God with a clear, undoubted certainty that he has made direct contact at last!

Several splendid people, individuals I would really have been delighted to visit at length, have come here without warning and have felt the reception was a little cool. Sometimes I have been in the very midst of a flow of communication or article-writing or even overdue correspondence when suddenly some eminently worthwhile, but untimely visitor or visitors have dropped in, and I found it very difficult to put on the brakes, come to a screeching stop and change the pace utterly to conform with some perfectly irrelevant ideas, gossip or light chatter about things which, while important in the proper frame of reference, were downright delays, interruptions or wasters of energy that was being carefully distributed over definitely planned activities.

Cosmon belongs to all of us in the larger sense. It is your donations, friendship and continued interest that keep it in the visible. Do you really want it to deteriorate into a half-penny social center where you can drop in for tea and talk, or do you want it to form strong roots and straight trunk and to unfold the potential placed there at the founding, for world betterment? You cannot have both — yet. If you deserve both, by leaving the small shoots of growth free from constant examination and handling, maybe we shall, in another year or two, be able to show you some fruits of the kind you are so anxious to see and to taste.

There are good reasons to hope that

Gloria's dreams of wider activities can be manifested in good time. She was very impatient and gave everyone the idea that all things could burst simultaneously into blossom, by rubbing an Aladdin's lamp of magic. In some realms, probably, which were long ago her native vibrations, this could have been done and she may have carried over an instinctive impatience with the snail-paced, piecemeal ways we do things over here. She told you of many things she planned for Cosmon as if they were almost accomplished facts, but she left only mental outlines behind her of most of the things which were to be included in the future of Cosmon. Other groups and individuals who imagine that Gloria left behind her a blueprint and a pile of gold pieces to implement it, are very far indeed from the facts. What she left was unedited manuscripts (much of which cannot be used because they depended upon her physical presence in the world to amplify them through classes and lectures), plus her two published books instrumented for J. W., and a great unorganized pile of paper work which none of you would relish if you really knew what hours of plain, unglamorous routine it involved to sort out and put into symmetrical form.

A few are still calling Cosmon separative and misguided, forgetting that cooperation and brotherhood can obtain on mental and spiritual levels in the closest, most brotherly way, while still maintaining centers and offices of work and living space and sometimes planned solitude in which to bring forth certain kinds of services, carrying on activities apart until certain trends and desired aims are fostered and matured, without the constant critical impact of earth consciousnesses who see only details of what they mistake to be a whole purpose.

To me it appears that ignorance is the world's Number 1 problem. Education is the only weapon to fight it. If education really means a process by which that within is drawn forth through ripening influences, rather than applications of a kind of sprayed veneer upon exterior surfaces, we should direct ourselves to mass together mentally and use the many strengths of knowledge we have gathered over

our lifetimes, pooling this arsenal of weapons to advance the general good.

Some of you rear back as if you had been flicked on a raw wound, when certain subjects are discussed in the newsletter pages. You do not wait to receive an explanation that all subjects known to us will eventually find their place and analysis in this publication, and in so doing will stand with all the others in a reasonable proportion and explicable importance (or lack of importance). Patience is a virtue and if you will "bide a wee", you may help us define the subjects that seem to you most worthy of inclusion in a newsletter that seeks the good of mankind. We really do welcome your intelligent, experienced views on anything that concerns the general welfare.

* * * * *

Bartram wishes me to say it would be so nice to have you remember to send us changes of address before you move, instead of waiting until one or two newsletters are returned at a cost to us of 8¢ apiece. A great deal of money, which could be better spent, is thus wasted through lack of your consideration. Now if you do not like the way the newsletter is heading as an increasingly outspoken magazine, we invite you to be quite honest about it and just sign off. You are not in the very least degree obligated to support or recommend a production that meets with your disapproval or disgust or indifference. We simply wish you would be forthright enough to request removal from our mailing list. We know as well as you do, that somewhere among the thousands of publications, you will discover your true level of emotional, mental or spiritual affinity, whatever it is. We are not competing with or copying anybody else. We are searching for ways and means to express our individual outlooks, and lots of people, intelligent, worthwhile folks, think we are benighted and barking up the wrong tree. Let them, then, pick another tree in which the possum or bear they seek may be hiding.

* * * * *

In spite of the critics who tell us we are cutting irresponsible capers in the sacred fields of SPACE, we have taken on over fifty new people in the past few weeks, who have decided to take shelter with us in our patch-work shanty of facts and fancies. We welcome all such Knights of the Road who have the desire with us to see what is over the next mountain.

* * * * *

Thanks awfully, dear people who have sent in books for the library during August. It was very exciting to receive an out-of-print volume of Claude Bragdon's work, THE BEAUTIFUL NECESSITY! His books are among those we hope to supply for our library members in the not-too-far future. We'd love to have someone find us copies of Claude Bragdon's THE FROZEN FOUNTAIN and his DELPHIC WOMAN. We need a copy (or several) of Carl Wickland's classic work on the treatment of obsession, THIRTY YEARS AMONG THE DEAD. Especially wanted, also, is a small treasure of a volume, now out of print, called HEART. It was communicated by Master Morya through Helena Roerich and was published by the Agni Yoga Society.

* * * * *

One of the physical-plane friends, whose ideas we heed, suggests that we summarize in Cosmon newsletter, considerable classic occult teachings that embrace generally accepted data on the constitution of man, the levels of consciousness, the psychic faculties, the Masters, discipleship, initiation, the Path of Returning, etc. etc. If you wish this material included or have special questions relating to this field, we will seriously consider including such a department.

J. W. once talked to Gloria and me on the subject of presentation of New Age occult teaching and He indicated a much less formal approach would be more desirable, now that people in general are more intelligent and able to understand spiritual teachings without so much dilution and explanation as of yore.

Under Correspondence File, in this issue, you will see a most friendly suggestion and offer from members Zelda and Bob Shulley. Any of you who are fired with enthusiasm for such a project, may write to them direct or to us giving your further ideas. We cannot do anything more than applaud the thought of such undertakings until we have more hands and means, but we are in accord with the thought that "co-workers are where you find them" and these particular ones have already proven their point by resourceful work and preparation, before making their offer. These are the kinds of people we are seeking. We have had so many promisers and dreamers and short-time helpers, but so few who care enough for humanity and the state of the whole planet to throw aside their small personal concerns for the DURATION OF URGENCY, and to give whatever they are and whatever they have without thought of advantaging themselves *per se*.

Thanks again, Zelda and Bob. We wish you all kinds of response from the readers and may God bless and multiply your achievements. A museum has been one of the many projects really dear to us!

How about some of you other geniuses beginning other Cosmon projects in your woodshed or recreation room, and telling the readers when you have brought your idea far enough along for visibility and influence in the area where you live and work?

* * * * *

Hidden from view and meandering along for several miles, not far from the offices, is a branch of the Mojave river. One of my family members discovered it and took me through uncharted wilderness to view it for myself. No signs of human habitation were visible for at least two, and probably more miles. We waded in this delightful, gurgling, shallow stream just comfortable to the feet, in most places no more than six inches deep, and behold nature as few city-dwellers see it today: water cresses, wild mint, reeds, pink clover, Indian paint brushes along the edges; trees

along both banks; schools of inch-long fish and many ramshorn water snails; horse and cattle tracks where a few animals had come for early morning drinks. Many little pebbles lay on the shallow floor and tiny flakes, less than the size of a sequin, of gold, lay scattered among the sands. I picked up one or two gold flecks and they were so fragile that even the dipping of one finger into the water caused a ripple which washed them beyond reach. Such things as this are the treasures of life to me, the restoratives of perspective; the healing serenity of sunshine and running water, the closeness to small lives going about their affairs with complete disregard for humans. I forgot to mention the marvelous insects at home by the river brink. So many kinds of dragon flies, pale green katydids, brindle grasshoppers, water beetles, ants (and no flies!)

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In spite of all the warnings given us to shake some sense into us, by the Teachers of our Hierarchy and neighboring planets, I seem to be impressed that we should not give up hope, but should try harder than ever to create a better world in the teeth of the storm signals flying on every hand.

If it is possible for Space People to intercept the onrushing missiles our people eject into the atmosphere, and to disintegrate them into vapor in mid-flight, where the general good is served, then we too, at our much lower level, by banding our minds together in singleness of purpose, could surely, even at this late date, cause great surges of constructive energy to counteract the banked-up clouds of doom moulded into black structures of probability by the misbegotten deeds and thoughts of ignorant and unenlightened man. I think we should apply ourselves in high gear to the possibility of bulldozing those gloom-clouds away from our horizon, by flooding against them a steady disintegrating beam of prayer, trust, love, courage and determination to refuse to take the negative at face value, remembering that negation is passive to fearlessness, truth and joy.

(Please continue on following page)

MESSAGE FROM J. W.
(Continued from Page 13)

The Father cannot be measured by yardsticks of earth-consciousness, for to attempt to do so is to dwarf Him into the image of a man.

It is possible for you to act to some degree as a Christ where you are this moment. There is some immediate act you can perform that may begin the transformation of the appearance, atmosphere, situation and circumstances in which you find yourself.

If it is possible to you to rein in the impulses of the natural man or woman who would spew out words of violence, hate, ridicule, impatience and scorn, and instead radiate good will, patience, humor and affection, you have taken steps along the pathway to expression of Christ consciousness. Every Christly thought or deed that springs like a blossom direct from your heart, has in it the magic called WHITE, which begets more blooms and runs like a chain of light through the consciousnesses associated with your act.

When you allow the Spirit of Love, which is the CHRIST SPIRIT, expressing itself through you, to take precedence over the involuntary impulses of ordinary outlook, you allow the LIGHT to shine forth, invisible perhaps to plain, insensitive fellow men, but visible in its fiery beauty to us of higher realms. It is this Light which you radiate that acts as a beam which rises from your personal self, like a searchlight, leading us directly to your physical location of action and thinking. It is this very ray, which you generate through right action, loving concern for others and words of help, that becomes your SOS signal in times of distress and catastrophe, and which reveals you as a veritable child of Light to a member or members of our clairvoyant rescue teams waiting in readiness in all the many quarters of the atmosphere surrounding your earth. We cannot do your work for you, but we have our methods for saving and transporting useful workers, for all are needed.

Let your light shine before men, in good works, and it will shine as your proper qualification and reference for receiving rescue and cooperation at indicated times and places.

In other words we need not desert the ship, just because she is wallowing in heavy seas. Many a good ship has come through to

port where those who manned her stayed on deck in spite of hell and high water.

Your fellow deck hand,

Barbara Steele

"...Surely the time will come when to be diseased, to spread disease around one, or transmit it to descendants,

To live willingly in the conditions that produce disease, or not strenuously to fight against such conditions,

Will be looked on as a crime — both of the individual and of society.

For since a little self-control, since a clean and elementary diet, pure water, openness of the body to sun and air, a share of honest work, and some degree of mental peace and largesse, are the perfectly simple conditions of health, and are, or ought to be, accessible to everybody —

To neglect these is sheer treason;

While to surrender them out of fear (should one stick to them) of being robbed of other things far less precious, is to be a fool as well as a coward.

Surely the time will come when people, seeing how obvious and simple is the problem of human life,

Will refuse (even at the bidding of the Parson, the Policeman, Mrs. Grundy, and the commercial Slave-drivers and Tax-collectors) to live the lives of idiots;

Will refuse to do other work than that which they like, and which they feel to be really needed;

Will cease to believe that their own well-being can only be maintained at the cost of the Fear, Torment, and Slaughter of the animals, and the Hanging and imprisonment of men;

And will waste the hours no more in elaborately preparing food which, when prepared, does but rot the vitals of those who consume it, and in schemes of money-making and 'business' which do but destroy their souls.

The time will come surely when we shall cease to burden our limbs and becloud our skins with garments, the major part of which are useless, unless as a breeding ground of ill-health, deformity, and indecency;

Shall cease to build walls and fortifications of property and possession each round ourselves as against the others — deliberately confining so and crucifying the great god of love within us —

And shall at last liberate our minds and bodies from that funny old lazar-house of the centuries, of which none but ourselves, after all are the warders and gaolers."

TOWARD DEMOCRACY

The One Foundation

Edward Carpenter

G U E S T C O R N E R

Channel: Marianne Francis

13 July 63
Garden Grove

Thoughts are like winged birds in that they fly from here to there, existing in many places and at many levels of consciousness. It should be understood by you in your discussions, which we listened in to earlier, that the thoughts which we send forth, that the concepts which we send forth, are received by channels at their own level of understanding and discernment. Therefore, that which was sent forth in a pure and pristine form, a concept formulated, tested and tried by ourselves, will therefore be received at many levels of understanding by Earth channels. One may receive 99% of that concept and of the truth contained therein; another may receive but 80% of that concept or that thought. Another again, coloring with their own innate desires, wishes, or concepts, may so change that original thought sent forth by us that, when given by them, it may bear but little resemblance to that which we originally sent forth.

It is wise therefore, our brothers, our sisters of Earth, that you do analyse, without any degree of personal criticism, that which is given forth by any and all channels. All channels would be wise in analysing that which they receive and give forth. But in order to do this, as is understood by this one who is our channel, it is necessary for the channel so concerned to be able to practice a form of that which you term self-analysis and to have a knowledge or self-knowing of the desires, wishes and personal idiosyncrasies of their personality self. Being aware and cognizant of these, they will then discover if they themselves are inducing a coloration of that which they receive with an undue amount of their own concept.

Where there is a high degree of rapport between ourselves and the channel we use, there is a blending of concepts. The mind of the channel receives a greater awareness of what you might term truth, or that which we are endeavoring to give, and we receive a

blending from the mind of the channel and become at one with that mind for the period during which the communication or transmission is being given.

Long ago it was stated in your mystery schools, "Man, know thyself" and again we would state, particularly to those who are receiving from us, "Man, or woman, know thyself." This most necessary of exercises, the knowing of self, should be practiced, for to know the self is to have control and command over the self. To know the self is to know the strengths and the weaknesses of the self and knowing these, to surmount them, to sidestep that which may not be immediately surmounted, to prevent its coloration of our communications.

You have discoursed much in the last few weeks concerning the coloration of material given by us through one known to yourselves who shall remain nameless at this time. This should be a valuable lesson to you, in that though the mind, the soul and the motive may be pure, unless the individual so concerned is prepared to face the self with all its weaknesses and ramifications, then that individual cannot fully know or comprehend that which we give. For it is only as the self, and in this sense we do not mean the selfish concept of self which many of your peoples hold, but the self in the sense of the evolving ego, only as that SELF knows itself, may the consciousness fully comprehend other forms of consciousness; and mark well what I say: other forms of consciousness.

Upon this planet Earth, consciousness is considered largely in one aspect only. Consciousness upon other octaves of expression is operating in other ways than you at this time may fully understand. It is only as the consciousness expands to enfold ALL life forms that the individual concerned may know of the nature of 4th, 5th or 6th-dimensional

schemes of creation, and understanding this, may move between these dimensions as do certain of ourselves, even up to the 6th dimension freely and with understanding.

It was also recently brought to our attention that you had discussed the case of your Naval personnel who were caught between dimensions, in an experiment made by your peoples with electronic force-field. As the principle was imperfectly understood in the experiment, its effect upon the life-forms, the consciousness of these life-forms, was, to say the least, disastrous in many cases. We do not advise that your scientists play with these things until they have a much greater understanding of the principles involved in such experimentation.

We ourselves, at a very much earlier period of our histories, would not have so experimented until we thoroughly understood the principle involved and its resultant effect upon the molecular structure of the cells of the individuals taking part in such experiments.

Once again, therefore, we return to the thought of consciousness, and as the expanding consciousness reaches out to embrace certain concepts, it is an automatic process that the cellular structure and tissue becomes of a finer rate of vibration. You might say that the molecules vibrate more swiftly, more speedily, and as this takes place, the refinement of the physical body follows along the path taken by the consciousness.

This is not to say that certain methods of cleansing the physical body of gross vibrations such as certain foods and certain lowering vibratory drug rates, or what you term sprays or chemical compounds, should not be attempted. This also is necessary and has its part in the whole picture. But, nonetheless, it is obviously the consciousness which is first and the other follows the line of the consciousness.

Where there is imbalance in any one of the bodies or vehicles of Man, there is a resultant blockage of the energy or life forces in that vehicle. What you might term a piling up

of certain charges of energy occurs which must then break down the blockages as they continue to amass, sometimes causing an injury in the vehicle where the blockage occurs, sometimes forcing through other channels of that vehicle (or body) and causing — it might be termed, a "perversion" from the original force of that energy.

We have stated previously and will state again that, where all the vehicles or bodies of Man or Woman are in balance, the energy forces are circulating freely and the greatest good may be achieved in such state. The consciousness may be uplifted to the degree and expanded outward to gather fresh concepts, fresh experiences, and greater understanding of ALL life.

Discern wisely that which is your pathway at this time. Do not let yourself be disturbed by communications received by any other which your own reasoning or your own discerning faculties do not tell you to apply to yourselves or to this particular moment of time. But give thought to all which is received into your consciousness, analysing and discriminating with wisdom between that which is a pure and pristine concept given forth by ourselves and that which has been somewhat distorted from its original thought form by the channels receiving.

As the time rapidly passes now, it is going to be increasingly difficult for Sensitives living in the outer world to withstand the violence of certain thought forms set up and gathering momentum and forcing themselves into physical action upon the third-dimensional plane. It is wise, therefore, that such Sensitives do not mingle too freely with the masses, do not expose themselves to vibrations or a rate which their sensitive organisms cannot tolerate without setting up much resistance and creating disturbance within their astral and etheric bodies. It is wise that you guard your thoughts well, but it is also necessary to continue to spread the words and the information which we give to you at this time. Such is the rapid acceleration of the cataclysmic action that it is very possible this will pre-empt any greater forms of restriction in you.

own country or upon this planet. Please, therefore, take this into account and watch and balance in your own minds which is appearing to pre-date the other. It is quite true that there are indications of restrictive laws and measures in this your own particular country at this time, but it is also true that there is a measure of protection given to Sensitives attuning with the higher forces of the Universe.

We therefore state, this eventide, that we expect you, as evolving consciousness units, as individuals working and cooperating consciously with us, to analyse and discriminate at all times and to make your decisions calmly and with wisdom. We do not expect to, what you might term "baby" you, but neither do we intend or expect to desert you if trouble were to threaten. Comradeship and cooperation at highest levels affords an opportunity of oneness and one would not let his other self fall by the wayside. Sometimes it is difficult for you to understand our motives or our actions. We have observed this and we only ask

that you hold in abeyance your decision upon certain of our actions until such time as we can explain more greatly to you why certain things had to occur in the way that they did at certain times.

We have taken this opportunity to comment on certain things discussed and somewhat puzzled over by you in the recent days. We trust that we clarified something of certain finer points involved. We do not state we have said something utterly new to you, for as it has been before said, there is nothing new in the Universe of God. But we have, perhaps, made a little clearer our own thoughts upon this matter to you.

May the Light of Our Radiant One be ever with you and may you walk in the understanding of His laws.

I speak as one of the Group Consciousness who has before instructed through this, our channel.



TO ALL LIGHT BEARERS AND DISCIPLES
ON THE PATH:

STUDENTS OF LIGHT TEACHINGS, there is no greater Glory than to keep your Christ Mind on the Path of Spirit when trouble presents itself as the real truth. Error in all stations of life afflicts the righteous and the unrighteous in heart. We cannot run from the onerous

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CHANNEL: JACKIE WHITE STAR, NEW YORK.
RELEASED BY THE STAR LIGHT FELLOWSHIP,
UNIT 72, NEW YORK, NEW YORK, U. S. A.

afflictions of this Earth's existence in this atomic space age we exist in now.

Students of NEW AGE Teachings are arriving at the destination of their own soul light's choosing. The more advanced we have

become in our NEW AGE Teaching principles of LIGHT instruction, surely seeming problems and complicated situations come up to prove to the Higher Power of Divine Mind if we are worthy of advancing higher in the Cosmic Knowledge of the Godhead Omnipotent.

TIME is significant at this stage of our World's evolvment only if the Student has reached a vortex of Power saturation within the physical aura. The intake of the new CHRIST POWER must wait until conditions in his life would allow use of this POWER to eliminate old situations that error presents to him, explicitly to overcome the dark forces of evil, to prove ourselves worthy of God's Discipleship. We all understand unequivocally that evil has no power or control over Man's consciousness. This is the real trueness of the Nazarene JESUS' Teachings that CHRIST'S TRUTH shall unshackle Mankind from evil's degradations enshrouding Man's body and mind from CHRIST LIGHT, which in any case take form in disease and sickness of all disorders. Temptation to believe in the realness of negative issues at hand is, for the most part, too persuasive to material mind. It is precisely this type of negative power we all encounter in our daily lives, that we must constantly be on guard against.

Our hour glass grows full. Time is fighting a losing battle with those individuals who wish to interpret GOD'S LAW in their own egotistical way. Truly, the Light of Spirit's Voice is constantly beaming the True Way to go. If some problem which seems to have fixed itself on to you proves exceedingly difficult, ask yourself: are you demonstrating your true mastership of CHRIST CONSCIOUSNESS Teachings? When the Student feels that his problem should have resolved into dissolu-

tion after a certain time element, in all good conscience we should reexamine our mental attitude and ask the pertinent question: Am I really seeking the LIGHT Power to enlighten me, the real I AM of the FATHER-MOTHER GOD? Or, am I the entertainer and recipient of error's subtle suggestions? Sometimes our subconscious retains desires more subtle in bringing about a disagreeable result for all concerned. It is the subconscious that the Light Student must examine and evict all discordant thoughts that still might be buried so deep in the inner recesses of the mind as to belie themselves to the Student. We must be relentless in search of our addiction to error in our lives, and our complete liberated separation from dark influences over GOD'S Light Forces.

We must precipitate a stronger Spiritual Desire to earnestly seek to carry out THE FATHER'S WILL in our every endeavor of daily activity, with complete, unconditional surrender to HISER's Greater Light Power in all discourses of our lifestreams here on Earth. It is the Eternal Soul Light, our Heart Center, the Spiritual Home of THE MIGHTY I AM PRESENCE, which will triumph over all discordant conditions in our life, which the Soul Light foresees, to transform the human ego of material mind into our Spiritual Alter-Ego . . . pure, undiluted Essence of CHRIST CONSCIOUSNESS, exercising our CO-CREATORSHIP, merging into complete ONENESS of action and expression while inhabiting a physical body. This is the challenge of every Student in the NEW AGE. We must champion this Sacred Cause to all individuals who would seek TRUTH and their rightful GOD PURPOSE in this lifetime: VICTORY OVER ALL EVIL, as our Beloved Elder Brother CHRIST JESUS demonstrated for All Time to come.

** I AM THE ETERNAL WORD OF TRUTH THAT SEEKS ENTRANCE **
 TO ALL WHO WOULD COME IN MY FATHER'S NAME **

C O S M O N K N I G H T S

Channel: Marty Sadler
Communicator: The Master Jesus

"Suffer the little children to come unto me, and forbid them not, for of such is the Kingdom of Heaven.' These words I spoke to the multitudes on the hillside of Judea, many years past, but again I say to the multitudes 'For of such is the Kingdom of Heaven.'

"When there are words to be spoken, children are the most eager listeners. How many times have you heard a child say: 'Talk to me, Father.' 'Tell me a story, Mother.' Children are eager to hear and eager to carry out directions; the more simple, the more anxiously finished.

"Here me now — 'for unless ye become as little children, you cannot enter the Kingdom of the Father.' Men and women, especially those in the teens and twenties, listen and hear! You become fascinated with adulthood. You hurry, you rush into it, but let me say again, 'Lest you become as a little child — you cannot enter the Kingdom of God!' Listen well, for I speak words from the Father, the Holy Creator of us all, Who needs the strength, the energy of youth to carry on His work on the planet Earth.

"Be not anxious for learning the teachings of Earth. Be eager to be about your Father's business. The Father bids you to cultivate a Happy Heart; to sing with Gladness and send a Blessing to everyone you meet in your daily contacts. Especially bless the aged,

the discouraged and those sick at heart.

"The earth is so full of heartsickness and this is a great sorrow to the Heavenly Father. His children He made for gladness and rejoicing and asks only they praise the Father's works. Come unto Him with gladness and enter His gates with joy.

"When you lift your hearts and minds to the throne of God in gladness and joy, you can feel the Love flowing forth. You cannot hold it back — it flows and flows and this is the meaning of 'becoming as a child.' Children respond quickly to Love and give love freely. You young adults must learn to give of the Father's Love as the Father intended.

"I repeat: Lift your hearts and minds in gladness, in delight for life to serve your fellow men, help the lowly, comfort the sick and aged and make each one you meet, glad that you were on his path.

"Oh! Children of Earth, I call again to follow me, for my Way is straight and my burden is light, and in this way you light the world and lift your earth into the higher vibrations of the Father's Universe. Come unto Me — I wait with joy and Gladness!

Your Master and Friend

Jesus of Nazareth"

Dear Friends of Cosmon:

Barbara Steele has kindly suggested I write you a letter about diet and nutrition, to be followed up with a series of letters to you going into specifics of the briefly stated ideas that follow. Each of the points below can be elaborated upon until they fill books — and in fact this has happened. Volumes have been written about these subjects, and I'll try to condense into an essence that which countless doctors, scientists and others throughout the world have discovered to be true about nutrition. Since there is conflict between the commercial interests of the processed food manufacturers plus those who have made billions of dollars in pesticides plus those who earn more billions by the manufacture or prescribing of harmful drugs, X-rays and unnecessary surgery rather than using nature's way to combat (or better yet, prevent) disease — my dissertations will be on the side of the natural methods of maintaining health.

These, then, are general rules for your good health. Most of them are controversial, but as I go into details of each of the paragraphs below in future letters, you will come to understand why each of these statements, however puzzling they may seem now, are important and true.

1. The most essential rule is: eat raw food! Raw foods contain enzymes, which are killed by heat. Enzymes are of much greater value than most people, even most doctors, realize, for maintaining good health, prolonging youth, curing diseases, and so on. Eat raw foods with every meal, and between meals, (and if you are a perfectionist, eat no cooked foods at all!) It is a crime, I think, to can or stew fruit, for instance, when it tastes much more delicious raw. Fresh vegetables by the dozens can go into your salads, which can be flavored with raw oils, fresh lemon or unheated organic vinegar, fresh herbs and spices generously applied. Raw milk (certified) and raw dairy products of all kinds (cheese, butter, ice cream, yogurt, etc.) in moderation are

excellent foods. (Altadena Dairies put out wonderful raw dairy products which are available at health food stores.) Raw fertile eggs in your salads or in your blender drinks are of outstanding value.

2. No sugar allowed! That includes sugar products such as cola drinks, candies, pastries, and so forth, that are made with sugar. How to sweeten? Easy — use honey, and be certain it's organic honey, meaning unsprayed, unheated, unfiltered. This type of honey in many flavors is available at many large markets and at all health food stores. Honey can be substituted for sugar in almost all recipes (but cut down on other liquid used in the recipe.) Another good sugar substitute in some recipes is blackstrap molasses — an excellent source of iron and many minerals and vitamins. Also, there are available in health food stores extracts made from organic fruits — these are the consistency of syrup and are made from peaches, plums, apples and so forth. (The Sunshine Valley Co. puts out such a product — delicious!) Another sweetener found at health food stores is malt and malted nuts, such as almonds; yet another is a powdered product called "Date and Pit" which can be used to sweeten many things and adds an unusual flavor to desserts, blender drinks, etc. Other powdered fruits are also available, such as banana, papaya, and so on.

3. No white flour allowed! When flour is called for in a recipe, substitute soy flour or rice polishings or some other of the fine nutritious products along a similar line. (El Molino Mills puts out dozens of these varieties of flours.) White flour products should be skipped entirely — meaning bread, crackers, spaghetti, macaroni, cakes, cookies, pies, and so on. They not only don't add to your health, they detract from it and cause all sorts of ailments later in life. In health food stores are many types of delicious breads made from alfalfa flour, soy flour, whole grain meals (but be sure to omit any gluten breads from your diet). The bigger the health food store, the more selection you will have along this

line. Once you start on these rich-tasting breads and pastries, you will never go back to the tasteless blown-up white breads that do more harm than good. You will notice that even the cakes and cookies in health food stores are made with whole wheat flour, honey, oils or butter rather than shortening, carob rather than chocolate, sea salt rather than commercial salt, and so on down the list of ingredients, each time substituting something of value for something ordinarily used which is unhealthful. No preservatives are used in breads and pastries found in health food stores either. (There are one or two firms which bake good bread to be found in grocery stores, but it is not always easy to find them. Oro-wheat is one such company, and their round loaf of wheat bread is very good.)

4. No salt allowed! Well, hardly any. Use this product as sparingly as possible, and try to eliminate it completely. When salt is used at all, only sea salt (again, found in health food stores) should be used, or some of the sea salt plus vegetable and herb combinations sold to spice up your foods. (Try "Spike" for instance — it is great — but remember, use it sparingly.)

5. Eat organic foods always. If you knew the truth about the foods found in our markets today, you would never touch most of them. Organic foods can be found in reputable health food stores, unless you grow your own which is even better. (For tips on how to grow such foods, read "Organic Gardening and Farming" published by the same people who put out "Prevention", Rodale Press, Emmaus, Pennsylvania — or read "Natural Food and Farming" published by Natural Food Associates, Atlanta, Texas.) Organic means not only unsprayed with toxic poisons but also grown in proper soil that hasn't been highly chemicalized by strong doses of nitrogen and other unbalanced combinations that force the plants to grow unnaturally fast and large, and hence do not have time to develop sufficient proteins, vitamins, minerals, etc. The food in most markets today is indeed beautiful to look at, but so devitalized that these overlarge monsters can be analyzed in the laboratory and found to contain but a fraction of the nourishment that the same

foods had decades ago. Each year, as they become more large and lovely to look at, they become more tasteless and contain less true food value. You will notice, after eating organic produce, that it tastes so much richer; the oranges are not tasteless and the tomatoes are not bland like most super-market varieties. The old-fashioned flavor of organic foods has to be tasted to be believed. (If you've never been in one of the larger health food stores, you are in for a treat. Look in the yellow section of your phone directory and check into several — you're bound to find one you especially like.)

6. Take your vitamins! We need natural vitamins every day — and unless you are one in a million who is eating perfectly and has a perfectly working body, you will need daily vitamins and minerals. Be sure they are natural, such as your health food stores offer, and not synthetic and laboratory-made, such as found in your drugstore. Be sure you have your natural vitamin C every day — a minimum of 100 mg. per day, and much more if you're under stress or catching a cold or ill with any type of sickness in which case you may need one tablet each hour, or even more often. You will also need Vitamin B-complex each day — best obtained by eating yogurt or Torula yeast (better than brewer's yeast). Yogurt, of course, can be obtained in every market, or you can make your own — best to take it with meals and only a few spoonfuls at a time. Powdered yeast can be sprinkled in your salads or blender drinks and used in other recipes, or the yeast can be obtained in tablet form. Vitamins A - D are needed too, but since these are stored in the body, it isn't as essential that they be taken faithfully each day. However, a capsule containing 5,000 units of Vitamin A is recommended (it will usually contain 500 units of Vitamin D along with it); this vitamin is best taken with a meal. Vitamin E is essential for a healthy heart and circulation, and for many other things. Everyone is benefited from this much misunderstood and muchly unpublicized vitamin. In general, most of you would benefit greatly by taking a capsule containing 100 units per day, and along with it take an alfalfa tablet for best results. Vitamin E is a food similar to wheat germ oil, and is almost

entirely lacking in the usual American diet. For many necessary minerals, take kelp tablets each day. There are many other types of tablets and capsules of benefit, but the above are minimum essentials. Be certain all the vitamins you take are natural and not synthetic. And remember, different people with different ancestry and different needs, vary in just how much of one vitamin or another they need for good health. That is why it is quite ridiculous for the government or the A. M. A. to insist on a "minimum daily requirement" (MDR). For instance, 30 mg. of vitamin C is considered by them to be the MDR, and 30 mg. might be enough for one person, but another might well need 300 mg., and still another might need 2,000 mg.; and even the person who needed only 30 mg. would change and need more when he was ill or under any sort of stress.

7. If you drink a great deal of coffee, best to cut down. Ordinary tea doesn't add much to good health, although it can slightly aid digestion. But herb teas are excellent. Many kinds are found in health food stores. I'd especially recommend the Sunshine Valley teas, particularly "Herba-Aroma" and "Garden-Treat" teas which contain many fine organic ingredients and are delicious too, especially with a little lemon and honey added.

8. I may step on a lot of toes here, but here goes anyway. If you are a nervous and tense person, given to tranquilizers, aspirins, sleeping pills and other such sedatives — may I recommend the ancient biblical* cure: wine — or even beer? That does not mean guzzling a case of beer or a quart of wine. But for a nervous person, a glass of wine before lunch or dinner can calm the stomach, aid digestion, relax the person in general and even add a few vitamins! A bottle of beer on a hot day after a gruelling day of work might un-tense you enough to make you cheerful to your family! Best to drink the foreign wines and beers if you can (an Italian Chianti, a Guinness Stout)

* One example: Paul's letter to Timothy (I Timothy 5: 23). "Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities."

which are better for you than those barbituates. And just as in eating, one shouldn't overdo. Clean out that medicine cabinet — throw out those old drugs! Don't use alcoholic beverages unless necessary, but when necessary, use in moderation, always.

9. For those of you who are vegetarians, may I say that it is very difficult to get sufficient protein if on a strict vegetarian diet? This is particularly true for growing young people and for older people and for those who are sick or who do strenuous physical labor or indulge frequently in athletics. Be certain each day that you have dairy products, especially cheese, also eggs, and nuts. Raw nuts (not those roasted, salted and rolling in rancid grease, found in most places) are essential to your good health. Throw nuts in salads, eat them by the handful — and try new kinds. Eat lots of sunflower seeds, try sesame seeds in your menus, use pumpkin seeds for snacks. These seeds (which are the same as nuts) can actually cure many ailments — but more later on that subject. Soy beans are an unusually fine source of protein — learn to fix them in various ways. Shred raw cheese in your salads, and if you cook your eggs, add grated cheese to scrambled eggs. Without protein, you weaken and sicken and are game for all sorts of illnesses; and without it, young folks cannot grow.

10. There is much more I could add here, but space and time limit me. Later I'll go into details of the above topics. Meanwhile, here's to your joyous living, which is best obtained with good health, which in turn is only possible through good nutrition. God put on earth everything we need to maintain our bodies in perfect health, as well as to cure disease when once contracted. But most humans go out of their way to ruin their food, and hence their health. If you have ever heard or read of those remarkable people, the Hunzas, a race of people living near India, who live to be a vigorous and healthy 125 or even 140 and 160 years, with hair still un-grayed, teeth intact, full of energy, minus any history of heart disease, cancer, diabetes, and other serious illnesses, then you will know what I mean by good health. Let's all try to edge nearer the ideal!

Till next time, then, I remain your good friend,

L. L. H.



R E C I P E S

Contributed by Erna Rinden
Chico, California

VEGETABLE BURGER LOAF

- 3 large onions
 - 2 cups grated raw potatoes
 - 1 cup chopped celery
 - 1 cup chopped walnut meats
(These can be ground together.) Add:
 - 1 T. sage
 - 2 T. McKays chicken seasoning
 - 1/2 cup grated cheese
 - 1/2 cup wheat germ
 - 1 T. soy sauce
 - 2 T. oil
 - 2 cups dry bread crumbs
- Mix well. Place in oiled loaf pan and bake 30 or 45 minutes.

CASHEW NUT LOAF

- 3 cups raw cashews
- 1 medium onion
- 1 cup milk
- 1-1/2 tsp. paprika
- 1 can vegetable burger (1 lb. can)
- 5 eggs
- 2 T. margarine
- 2 T. oil
- 3 T. minced parsley
- 2 T. brewer's yeast
- 1 tsp. celery salt
- 1 tsp. salt
- 1 tsp. sage

Put nuts in grinder; chop onion fine. Mix in other ingredients. Pour in oiled loaf pan and bake in covered pan in a pan of water, 45 to 60 minutes at 350°. Serve with mushroom or cranberry sauce.

EGGLESS APPLESAUCE CAKE

- 1/2 cup oil
- 1 cup raw sugar
- 1-1/2 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 tsp. nutmeg
- 2 cups whole wheat flour (May use white or other.)
- 1 cup raisins
- 1 cup chopped nuts
- 1-1/2 cup applesauce - warmed
- 2 tsp. soda

Mix and bake in 8 x 10 pan in slow oven (250°) for 1 hour or till done.

WHEAT GERM MUFFINS

- 1 egg beaten
 - 1/3 cup raw sugar
 - 1-1/4 cups milk
 - 1/3 cup oil
 - 1 cup flour
 - 1/2 tsp. salt
 - 4 tsp. baking powder
 - 1 cup wheat germ
- Bake in hot oven (425°) for 20 minutes.
May be baked in 8 x 10 pan.

C O R R E S P O N D E N C E F I L E

Interested Cosmonites, take note!

This letter is prompted by the fact that my husband and I just spent the afternoon pouring over back issues of the Cosmon publication. We've watched Cosmon progress over the past few years and really feel that it is outstanding. Ours is the typical question of, "What can we do to help?" As we re-read the Cosmon policy, we got an idea we'd like to discuss with you.

Numbers 5 and 6 on the list concern Archaeological research and the establishment of a museum of artifacts. Do you have any definite plans in this area of research - and - is anything being done at Cosmon headquarters on this subject? We feel we are familiar enough with Cosmon and New Age teachings to be of some help...now we'd like to ask if Cosmon is ready for an "archaeological department". Heres what we've been thinking about:

We've attended classes in Anthropology at the University of Nevada, participated in "digs" with the Nevada State Museum and the University of Southern Utah. At present we are making an archaeological survey and writing a scientific paper on Washoe Valley, Nevada under the auspices of the Nevada Museum.

So much for our background...now, back to Cosmon. We'd like very much to hear your thoughts on starting an Archaeology department for Cosmon. If you feel that we could "fill the Bill", heres what we'd like to do:

1. Start an Archaeological library, as a branch of the regular Cosmon library. (We already have a good supply of books which we'd be happy to loan to interested persons.)
2. Keep a file of current archaeological finds. (We're already doing this but perhaps other

Cosmon members could send in information and clippings.)

3. Write short articles for the Cosmon publication concerning archaeology.
4. Answer questions and identify artifacts. (We don't claim to have all the answers but since we have many friends at the various museums and universities we'll sure try our darndest to find the answers.)
5. Anything else you can think of!

It would be nice too, if an artifact collection could be started - just for Cosmon. We'd be glad to get things started by donating part of our collection. Of course everything - the files, library, collections, etc. would be the property of Cosmon, but unless you already have a building to house them, we'd be happy to use our house as "home base" for the present. The only expenses should be small ones - books, postage, etc. and we'll be happy to take care of that. We aren't terribly wealthy (unfortunately) but whatever expenses are involved we know we'll be amply repaid by the happiness of sharing our hobby and helping Cosmon to grow.

If you have any other ideas or if you feel we can be of help in any other way, please let us know.

We'll be waiting anxiously to hear from you.

In Light and Love,

Zelda Shulley
1301 University Terrace
Reno, Nevada

LOVE'S MANY HANDS

Maurine W. Sellstrom

Oh love has many hands
To express her sparkling beauty
As she weaves her magic spell
Or extends them eagerly for duty.
Hands that rest in prayer
To ask for Heaven's blessing,
Hands to dispel a loved one's care
Or beckon for caressing.
Hands held forth with healing
To lighten the trials of living,
Hands to comfort grieving
Or express their joy in giving.
Hands to soothe a troubled brow
Or welcome to a warm embrace,
Creating peace and order somehow,
Or set a meal in place.
Love's hand waves a magic wand
To bathe the world with rosy light
Which casts its glowing enchantment
For a paradise of rare delight.



Love's Many Hands