



## MESSAGES OF SPIRITUAL ENLIGHTENMENT AND TRUTH

Of all the duties, the love of Truth, with faith and constancy in it, ranks first and highest. Truth is God. To love God and to love Truth are one and the same.

Silvio Pellico

Brotherhood of the White Temple, Inc.  
Sedalia, Colorado 80135

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# THE EMERALD TABLETS OF THOTH THE ATLANTEAN BY DR. M. DOREAL

When the time came for Thoth to leave Egypt, he erected the Great Pyramid over the entrance to the Great Halls of Amenti, placed in it his records and certain mechanical devices. He then appointed from among the highest of his people guards to protect his mighty secrets. In later times, the descendents of these guards became the Pyramid Priests while Thoth was deified as the God of Wisdom, the Recorder, by those in the age of darkness which followed his passing. In legend, the Halls of Amenti became the Under-world, the Halls of the Gods where the soul passed after death for judgment. During later ages the ego of Thoth passed into the bodies of men in the manner described in the Tablets. As such he incarnated three times, and in his last incarnation he was known as Hermes, the Thrice-born.

The Brotherhood publications has produced a most attractive binding of Dr. Doreal's translation with a cover design of the original Tablets. The demand for this book on the Atlantean Mysteries has been so great that already it is in its tenth edition.

Price...\$2.00.



# THE MIND AND HEALTH OR THE LAW OF HEALING

by  
Doreal  
(Part Four)

It makes no difference which is the cause, the effects are exactly the same. It resolves itself into the one fundamental cause, LACK OF BALANCED POLARITY. When the balance is exactly restored, all sickness and disease are taken away, and the body becomes normal.

This balance can either be self-induced, or brought about in another by one who knows the exact method. In the following pages I will give you the methods whereby you can restore the balance of polarity both in yourself and in others, and by so doing, cause ill health to vanish and well being and health to take its place.

In restoring the balance of polarity there must be first of all, desire to be well. The person can give up hope of ever getting well, and, by so doing,

lose all hope of health and all desire to live. Soon they create a mental image of death and eventually the image becomes an actuality though the symptom had really been of small moment originally.

So the first thing we must do is picture or image health in our minds. If we are treating some one else, let us try to induce hope of a well, strong, sound body. Picture it in words, so that a mental image of health will be forced in the mind of the patient. This gives a start for the mind to carry on with.

The above is the key whereby many schools of new thought base their affirmations of being a perfect creation, or God's perfect child.

The thought of God, as a perfect being, has been omnipresent in nearly all of us from childhood. When we picture a perfect thing we picture it in connection with God more easily than anything else; therefore, as God's perfect child, there could be no sickness in us. This creates a mental image of a perfect body and induces the first step in self cure. We are going to learn to get the same and greater results, with full knowledge of just what law is in operation.

After inducing the mental condition that is the basic principle of healing, you should try to hold this mental image



in your mind's eye as often as possible, whether you are treating yourself or others. Now let us take up specific methods for treating yourself.

No matter what the sickness or the disease you have, remember it is a result of unbalanced polarity, and the first step is to reach the cause and symptoms will disappear. Go off by yourself and sit or lie quietly in a darkened room. Be sure to allow no one to disturb you while you are using this method. You should remove all clothes, if convenient; if not, wear something very loose fitting. Close your eyes and mentally picture your body as being in perfect health. Picture it as running, jumping, swimming, and doing strenuous things. Take three deep breaths, inhaling and exhaling slowly, then place the thumb of the left hand on the vagus nerve behind the left ear, at the same time placing the thumb and forefinger of the right hand directly above and between the eyes. Press firmly while you take three more deep breaths. While you are taking these breaths, hold the image of perfect health in your mind. After taking the last three breaths, breath normally for a minute, then take one deep breath and hold it; at the same time keep present in your mind the thought of health. Exhale slowly, and, as you exhale, concentrate on the picture in your mind being moved down into the solar plexus. Concentrate the mind on the solar plexus

and take three deep breaths; then place the fingers of both hands on the solar plexus, pressing firmly. Take another deep breath and exhale slowly, at the same time repeating mentally, "The force and power of the law have made me whole." Continue the above for fifteen minutes and repeat it once each day for a week, and you will find balance being restored to your body.

In treating others, have them sit relaxed in an easy chair. Place the thumb and forefinger of your right hand on either side of the bridge of the nose, and place the flat of the left hand at the base of the skull. Have the patient take a deep breath and mentally picture himself as well. While you are holding your hands in this position, take a deep breath and hold it, concentrating on the magnetic force flowing from your hand down through your arm and hand into his body. As you feel the force flowing, image the person in your mind as being in perfect health.

Place your right hand on the solar plexus and the left hand on the small of the back and repeat, as above.

If you wish to treat a person at a distance: Have him to relax at a certain time. During this time, place yourself in a dark room and visualize the person or his name. Image perfect health and strength and send it in waves from your head. Continue for five minutes.

There is a great deal more in healing than we are able to give in one lesson, but in the higher work of the Brotherhood of the White Temple it is taken up in detail. Endocrine gland treatment, obsession, possession, mental treatment and many other things are carried out in detail.

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EMERSON SAID: "Hitch your wagon to a star." One can see in those six little words the summary of human achievement, and an everlasting inspiration to the future races of men. From Socrates to Edison, every forward step taken by mankind through revolving centuries, every advance by humanity towards the ultimate goal, has been led by some valiant dreamer whose eyes were fixed upon the dawn. Moses, with dying eyes, saw a star that blazed in the Promised Land; the radiance of an eternal star led Three Wise Men to the manger in Bethlehem; Columbus pinned his faith in the dawn of a new day; Kepler, announcing the laws of the unchanging spheres; Newton, watching the apple fall, each looked beyond, and into the future.

J. E. Dinger



## THE BROTHERHOOD NEWSLETTER

Dear Students and Friends,

As we are provided with another opportunity to correspond with our readers, we have a report of much colder temperatures and misting rains replacing the warmth of recent days. The moisture is certainly welcome, but many of us are not looking forward to the possibility of snow just yet, but are rather hoping for more of the same beautiful days we have been enjoying, at least for another month!

The local rodeo as well as the beautiful Chapel at the Air Force Academy and the Colorado Springs Zoo were among the many varied activities of our members over the busy holiday week-end.

A visitor who arrived this past week-end is Erne Maxwell, a student from North Carolina. Erne has spent time here before, and we are always happy to see him once again. We wish him a very pleasant stay.

Also arriving this past week was Cande Huerta, son of the C. F. Huertas, who spent their summer months with us. Although the Huertas have returned to their winter home in Texas, another son, Johny, remained behind. Cande has joined him here and they plan to return to Texas together. Cande is serving his country in the United States Air Force, and it is especially nice to see him again, even for a brief visit.

School days have begun for another



year in many areas. The little ones could be seen boarding the bus locally this morning, all excited and eager for the experiences ahead. Also, Sharon Rawls returned to Kansas for the fall quarter, which will begin her Junior Year at the College of Emporia.

A beautiful wedding was reported from all who attended the ceremony uniting Frances Tullos and James Langford recently, in Seattle, Washington. It was a happy occasion for the whole family, who enjoyed their trip to the Northwest. Deep-sea fishing was one of the activities undertaken, and three beautiful salmon were caught. Lyle Whitby caught the largest one, which measured about 36 inches! Sounds like everyone had a fine time. Again may we extend our very best wishes to the bride and groom.

Recent visitors to the Evans' home were the C. M. Sanfords from California. Although visits always seem too short, they did have a most enjoyable time.

At the Sunday Avatar, Dr. Robert Morrow stressed the importance of going within to find our answers and to meditate daily to get the answers for the work that each of us should be doing to help the Great Avatar Harjas. It is so important that we attend or if that is impossible, attune ourselves to this great Order of Light at this time, wherever we are.

In Truth,  
The Brotherhood Staff

## PROGRAM

Sunday, September 8, 1968 at 7:00 p.m.  
lecture.

Sunday, September 15, 1968 at 7:00  
p.m. lecture.

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ARIZONA, Phoenix, Dr. Glen C. Hazen leads  
a study group on Friday evening at 8:00  
p.m. at 5453 S. 3rd Street.

CALIFORNIA, Sun Valley, The Church of Di-  
vine Harmony, 10064 Stonehurst Ave., con-  
ducts Sunday worship at 11:00 a.m., Sunday  
School at 10:00 a.m. and Wed. class at 8:00  
p.m. The ministers, Drs. Marian and Geo.  
Jones, may be contacted at 767-4937.

CALIFORNIA, Santa Fe Springs, for time and  
place of discussion meetings being held  
weekly, call Hank Vernava, 868-1095, or  
Frank Darling, Anaheim, 827-7088.

ILLINOIS, Chicago, Metaphysical classes  
are held Friday at 7:45 p.m. at 2041 W.  
51st St., by Dr. Alice Williams.

NEVADA, Las Vegas, Paradise Metaphysical  
Center. For information or spiritual coun-  
ciling, call Rev. Maxine Dowell, 736-4205

OREGON, Portland, every Wed. at 1:00 p.m.  
and 8:00 p.m. at 1720 S. E. 39th Ave., a  
spiritual enlightenment study group is  
held by Dr. Carrie Moffit.

Spiritual Healing Circles Monday at  
9:00 p.m. and Wednesday at 8:00 p.m.



# INTERPRETATION OF THE EMERALD TABLETS

BY

DR. M. DOREAL

The Emerald Tablets are revealed of their mysteries, which have only been touched upon lightly.

Man's search for understanding of the laws which regulate his life has been unending, yet always just beyond the veil which shields the higher planes from material man's vision the truth has existed, ready to be assimilated by those who enlarge their vision by turning inward, not outward, in their search.

In the silence of the material senses lies the key to the unveiling of wisdom. "He who talks does not know; he who knows does not talk." The highest knowledge is unutterable, for it exists as an entity in planes which transcend all material words or symbols.

All symbols are but keys to doors leading to truths, and many times the door is not opened because the key seems so great that, the things which are beyond it is not visible. If we can understand that all keys, all material symbols are manifestations, are but extensions of a great law and truth, we will begin to develop the vision which will enable us to penetrate beyond the veil.

Price: \$5.00.



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