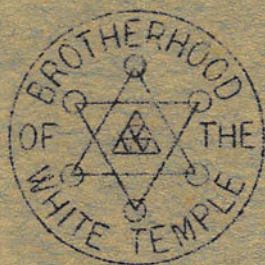


BROTHERHOOD TRUTH SHEET

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SPIRITUAL AND HEALING MESSAGES OF LOVE

We gladly prepare, and publish this weekly Message of Truth for your Spiritual Edification. We do this without charge to you; all we ask, to insure its continued growth is a "Love Offering" - to cover cost of handling.



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DOREAL'S LETTER

Dear Students and Friends:

Everything at the retreat is going well. We are having beautiful weather during Indian Summer. We have had no cold weather or frost. The flowers are blooming and everything is nice and green. It is colder in the higher elevations and the deer are beginning to come down. I saw five only a hundred yards from the house the other day.

We are still having visitors from many parts of the country. Many are people who have heard of us from others or read about us in their newspapers. People are becoming more and more aware of the necessity for such retreats. Our relations with Russia are becoming more strained every day. Our successes in Korea do not mark the end but only the beginning of hostilities. We are not building a vast military force for the Korean war but for the inevitable war with Russia. There are many things the people do not know now but probably will be told after elections. Then there will be no more kid gloves but all our military preparations and our civilian life will go on a war footing. The Korean war is not over yet. If we cross the thirty-eighth parallel we are liable to meet the full strength of China or Russia or both. We have taken the sword and it will not be laid down until either Russia or the U. S. ceases to exist as a

world power. After election you can look for Universal Military Training, drafting of veterans, price controls, more and higher taxes and in fact all the things of war including rationing of many things.

This Saturday we are pouring another third of the floor of the Administration Building, then the furnaces can be put in place. These are all ready to set in; then the building will be complete inside. The buildings are all ready for occupancy in an emergency. Our well has been completed for the dormitories and is full of water. Two 1000 gallon water storage tanks have been set in place and a powerful pump installed. New, heavy linoleum has been laid in the kitchen, dining room and the bath rooms of the dormitories. Materials have been assembled for building a water power turbine for electric power if and when outside electricity is no longer available. We have tried to think of everything and do the most important things first. The people who live at the retreat have unselfishly given up their holidays to work in preparing things for people who are not present. Their labor of love will not be forgotten by those who are constantly watching from the hidden planes. Their physical labor is laying up treasures in the spiritual world. We are planning on stuccoing the outside of the Temple before winter.

Best of all everything is paid for, we have no debts or mortgages hanging over us. The past years of building and preparation were a heavy burden on all of us but we can now look at an accomplished work. This year everything will be ready.

In Cosmic Harmony, Doreal.

UNDERWEIGHT

by Doreal

There is no one way of gaining weight. It requires good common sense. Sometimes thin people have to get even thinner before they can put on flesh. One might think that the way to grow fat is to eat and drink more but this is not always so. Sometimes an addition to the food intake results in loss of weight; sometimes eating less causes addition to the weight. The first rule for this type is, do not eat too much. Overworking the digestive organs causes thinness instead of alleviating it. When this suggestion is carried out the chances are that a few additional pounds will take flight for a time, but this is all right for the loss is only temporary. This loss consists of the poisons and waste that have accumulated through overeating to gain weight. It is good riddance.

One thing that helps to reduce weight is worry for the mental image has a great effect upon the metabolism of the body which is controlled by the mind force. By living correctly the loss of weight is arrested. The individual will probably remain at a stationery weight for a while after which he begins to gain weight.

The chief trouble is often dietetic.

One should not eat between meals or eat rapidly. Milk and fats are unnecessary for the gaining of weight. Do not eat too many dishes at a meal and eat so moderately that the digestive fluids can take care of the entire meal, rather than leaving so much waste that all the energy of the body is used in disposing of it. No matter how much you eat, if you do not digest it, it is not going to clothe your bones. Food that is not digested is not only wasted but it is harmful. Eliminate acid fruits from the diet. Increase the amount of potassium foods in the diet. Potassium foods are: Cereals of all kinds, spinach, carrots, peas, lentils, radishes, oats, apples, figs, blackberries, cocconut, water cress, endive, potato skins, olives and whole wheat.

SPIRITUAL EXERCISES FOR UNDERWEIGHT

1. Center the consciousness on the solar plexus. Breathe evenly and deeply, slow regular breaths. Continue for two minutes, then raise the consciousness from the solar plexus and center on the thyroid gland in the throat. Take three slow, deep breaths, inhaling to the count of six, holding for the count of six, and exhaling while you count six. Relax.

2. Center the consciousness on the pituitary center and visualize a blue-white light. Will for that to move through the body and center in the upper part of the small of the back. Try to hold for two or three minutes.

3. Stand erect; place the thumbs over the kidneys in the back and press firmly. Take three deep breaths, inhaling and exhaling slowly. Relax.

4. Press thumbs on the nerve behind the left ear. Take three deep breaths inhaling and exhaling slowly. Then take a fourth deep breath, and as you exhale sound the word, AMUM. Continue these exercises for thirty days.

* * * * *

THE SACRED SHRINE

Paul Jans

Be not distraught by effects
Or any transient hells
Obstructing happiness
Through absurd difference---

In the citadel of the soul
A peaceful silence dwells,
A sacred loveliness
Immune from violence.

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