

MAZDAZNAN



· HEALTH ·
· SCIENCE ·
PHILOSOPHY

25 CENTS

JULY

1952

M A Z D A Z N A N

**Declares Universal Amnesty
from Sickness, Sin and Sorrow
and announces Freedom of
Choice through the Spirit of
the Times, born of good behav-
ior through our Saviour Liber-
ty in whom we trust, or "As a
man thinketh, so is he."**

MAZDAZNAN

Monthly Publication of the Mazdaznan Association, a non-conformist institution promoting the self-attainment of MAN. Printed by the MAZDAZNAN PRESS, 1159 S. Norton Ave., Los Angeles 19, California, U. S. A. Copyrighted 1952 by MAZDAZNAN PRESS.

Annual Subscription price \$2.50.

The contents of this publication were written by the Rev. Dr. Otoman Zar-Adusht Hanish, except signed contributions.

Entered as Second-Class Matter, January 15th, 1916, at Los Angeles Post Office under Act of March 3rd, 1879.

One-half of One Per Cent City Sales Tax in Los Angeles, California, on Publications other than Magazine Subscriptions.

Three Per Cent Sales Tax in California, according to Ruling No. 73 of The California Retail Sales Tax Act, on Publications other than Magazine Subscriptions.

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Build Eternally

WITH good intent and motive pure
The better things will e'er endure.
Lift up thy heart and voice so free
And build unto eternity.
Be happy, thoughtful, of good cheer
And you will do your best—don't fear.
Life's growing forces upward go
And onward, as the good you know;
They ever build and do not yield
But to the good—the better field.
Be not afraid—for in thy power
Lies all thou hast—thy only dower.
Use it aright, and thou wilt see
What grace thy God gives unto thee.
'Tis through thyself and will alone
Unto the good thou canst enthrone.
Thou art—thou wast—thou e'er wilt be
If thou but safely build for thee.
Thy house will ever stand the test,
If thou but use the very best.
Gird on thy armor, take the stand
That thou art ever in command
Of all thy rights—and reason too—
That thou may'st to thyself be true.

-Carolyn M. Buchner, August 7, 1912, Denver, Colo

Ainyahita

“For God so loved this lowly world
That unto it He gave
His most divine, begotten one
Humanity to save.”

IN every cycle of time, or in time of great need on the part of humanity, God has sent His most divine begotten one to point the way unto salvation. There have been many Saviors who have come to this earth, and this morning we are commemorating the birthday of the Blessed Ainyahita, the first known Savior of the white race of whom records have been found. She lived in the high mountains of Thibet long, long before the time of Zarathustra, who Lived about nine thousand years ago, and her marvelous philosophy is to be found in “The Pearls of Ainyahita,” a book written by Dr. O. Z. Hanish from the fragmentary records found in the Plateau of Thibet inscribed upon stone. In these “Pearls” we find a complete outline of the pathway of redemption and emancipation; we find the answer to every problem in the daily walks of life, be it ever so confounding; we find the ways and means of recognizing our divine relationship and becoming at-one with the Divine Creator, God. This at-one-ment with God, or the Everpresence of God has been a favorite theme with great writers all down through

history, but none has succeeded in expressing this thought in so simple a manner, and yet in such eloquent and exquisite language as has Ainyahita in these "Pearls." How beautifully she portrays the handiwork of God throughout all of nature, both in the realm of vegetation and in the mineral realms; and how keen is her perception in recognizing the attributes of God throughout the animal kingdom. Her language is simple, understandable, and yet exquisite.

The thought of the Everpresence of God gives solace to the weary, and encouragement to those determined to make their lives successful and happy; this thought gives elevation to the mind, and inspiration and revelation to the heart; it gives assurance of guidance in the daily walks of life, and is an added blessing to the hours of repose.

Ainyahita saw in all of nature the living witness of the Everpresence of God, nature in all its glory, in all its varied, manifold manifestation; endless manifestation; that all of humanity, no matter what their trend of thought, or upon what plane they were manifesting, all might find some object in nature to remind them of God. One goes to the seashore because he seems to be attracted there; perhaps he needs to be reminded in spirit of the endless activity of life; another goes to the mountains to climb, that on those lofty peaks he may feel free from all the conditions that confuse and

confound him, and become closer to God; another finds happiness in the rippling of a little brook, which always sings a song of quiet joy, thus reminding one that life could be a sweet song. Yes, all of nature is ever reminding us of the Everpresence of God.

Mankind has not yet been able to fathom God in all His greatness, in all His magnitude, His majesty, His sublimity, and for this reason the Infinite Creator has exercised a part of His Intelligence to weave a fabric from out of the ethereal substance into materiality that we may be assured of the Everpresence of God. This material world, in all its beauty and grandeur, stands out before us as a reminder, as a guide.

But Ainyahita went one step farther in her development, she recognized and declared the Divinity of Man, she recognized the God within, within each and every human heart, although awaiting to become known; for in her beautiful "Springtime Ode," which is a prayer of thanksgiving to the Infinite, she said: "I see Thee everywhere and in everything. I see Thee in the grassblade, the flower, the shrub, and the tall treetops that seem to touch the sky. I see Thee in the kernel of sand, the pebbles, the stones and the huge boulders. I see Thee in the rolling hills, the valleys, and the towering mountains. I see Thee in the scintillations of the dewdrop at early morn, in the running brook, the rivers, and the mighty ocean. I see Thee

everywhere; but in the countenance of man I see Thee in all Thy majesty and Thy glory."

This is but one of the great lessons of Ainyahita; let us read and study the "Pearls of Ainyahita" and become inspired unto greater attainment.

Ainyahita was not satisfied in giving her time and effort to the perfecting of her own life, and in leaving her records for posterity, but at the end of her days upon earth it was her last wish of the Lord God Mazda that she still be permitted to be of assistance to all of her kind and kin; and in her last prayer she asked:

"Grant me this one more boon, oh Lord, and my heart shall ever be at ease. Grant to me that at the sacrifice of greater possibilities and greater usefulness in other realms of Thy design, my spirit be permitted to remain upon the earth, that at an hour of convenience I may cast a ray of light into the heart of a struggling soul, and by solace and comfort lead it to the portals of final emancipation; although never interfering with established designs I may still be permitted to cast the light of my soul before a weary wanderer through the abyss of uncertainty, pleading with him to follow the path of righteousness; that I may be permitted to draw near and knock at the door of a heart that has been hardened through untimely experience, and make an impression tender enough to turn his mind unto Thee, oh Lord God Mazda; that I may be

permitted to administer leaves of healing unto those who have fallen a prey unto the cunning devices of adverse conditions; lift up those who have run into the molochial hands of circumstances, and to counsel the needy, to assist all those who shall give the sign of distress, to enter into the midst of struggle of my kind and kin declaring and making peace, until the Great Morning shall appear, and the race transparent carry out the designs unto higher accomplishment."

This was her last wish, and it is possible through earnest prayer and communion to contact this great spirit of Ainyahita, the spirit that carries healing in its wings for all of life's difficulties.

"Spenta Ainyahita, favorite of Lord Mazda,
Before Thee kneeling, give leaves of healing,
Spenta Ainyahita."

—*Flossie Kroeger*, Sunday Service May 18, 1952,
at Mazdaznan Temple, Los Angeles, California

The beautiful, grand and sublime thought has existed in the midst of human kind for thousands of years, although unappreciated by the warfaring and destructive hordes and nations; although unrecognized by the thoughtless.

Family News

Switzerland: Neuchatel:

We are looking forward to meeting all the dear friends in Stuttgart, August 9th to 17th, and we are aware of the highest importance of such a gathering, especially if it can be made really international. . . . We are having meetings in our home and in other private homes and are becoming aware of new ways to broadcast and to demonstrate the Mazdaznan Teachings. . . . Alice joins me in sending all our most loving thoughts.

—*Pierre Matthey*

The following is translated from reports
in Germany Newspapers:

Germany, Landau, April 1952:

“The Importance of Rhythmic Exercise in
Education. A School-film Address for
Parents and Teachers.”

“The lecture of Mrs. Elizabeth Ecker-Lauer, teacher of Rhythmic Exercise at Volkshochschule (High School for undergraduates) at Ravensburg, Wuerttemberg, Germany, attracted a large number of people interested in the announced subject, and in the film “A New System of Rhythmic-Education in the School

Room'' which was to be shown as illustrating its educational and practical value—a film taken by Mrs. Gloria Gasque, during the demonstration at Breda, Holland, of the breathing and exercise technique of little children in class. These were well organized and well performed relaxation exercises and rhythmic movements accompanied by their song and with music. Both left and right hands were trained equally which definitely reacted favorably upon the child's psychic-intellectual being. The Ministers of Culture, *Sauer*, at Tuebingen, Germany, and *Schenkel*, at Stuttgart, Germany, were receptive to the method demonstrated and plan to insert it into the school-instruction. . . . How much this method is adapted to the need of the children is conclusively shown by this film which is caught during the actual daily class-activity of the children."

From, "*The Vosgespfalz News*"

Germany, Landau, April 1952:

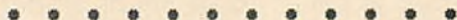
"Education as Basis for World Betterment—
The Development of a Healthy Mind in a
Healthy Body."

"At the lecture: 'A New System of Rhythmic Education in the School', delivered by Mrs. Ecker-Lauer,

Ravensburg, Germany, a large number of teachers, especially from the elementary schools of the neighborhood, had convened. The State-appointed teacher of Rhythmic-Exercises emphasized in her introduction, that the teacher as well as the pupil experiences benefit by rhythmic exercises, the children become more relaxed and concentrated, thus, more attentive to the teaching of the instructor. . . . Mrs. Ecker emphasized the importance of the time given to this rhythmic and harmonic exercise, even in the afternoon, but advised that the work in school, when time for the exercise was given in the morning, would profit during the whole day. . . . Next came the film: "The Good Beginning" which illustrated this method of education being put to practice, in a school in Holland, where twenty-two schools are already working according to this method. The all-sided harmonious cultivation of the child was impressively viewed from the most simple movements progressively unto the more complex exercises. . . . The lecturer emphasized the point that education is the foundation for world-betterment and that this method would harmonize body, mind and spirit, and would result in health as well as enlightenment."

From, "*Rheinpfalz News*"

—Contributed by kindness of Mother Superior Gloria, Mazdaznan Plenipotentiary.



Natural Law

O H, how wonderfully and how fearfully man is made! If we apply and live in harmony with Nature's laws, then wonderfully; but if we break these laws, whether ignorantly or otherwise, then how fearful are the results! For within each and every one of us there is such a magnitude of forces and powers that, set rightly into motion, there is no limit to the beneficent results to ourselves, as well as to Life in general. Conversely when such are used in a destructive manner, likewise, the vibration of a corresponding nature will continue on and on until its power is spent—often into distant centuries of time, unless such negative vibration is overcome. This may be done, either consciously or unconsciously, and the time is now ripe for man that he may awaken to the understanding that every effect has its cause, or sanction, within his own mind. The point is, then, to arouse and awaken our knowledge of cause and effect—of correspondences.

There are the three planes of the subject to consider, each one interlaced with the other so intricately that, in fact, no separation can possibly be made, yet for this reason, an understanding and application of natural law to any one of these phases of life will reap

benefits untold for the other two realms. For instance, if the care of the body is understood and one lives in accord with the Natural Law applicable to his own being, man, at the same time, raises the possibilities for his Intellectual Unfoldment and for his Spiritual Freedom. Thus it behooves the Individual to study and investigate the laws appertaining to the Diagnosis or Analysis of his own personality, as determined most easily by the shape of the head, that even by a glance of the eye the entire character can be read—physical, mental and spiritual (or moral concept). It then is in order for him to learn the care of the body, that is, as to feeding, bathing (inwardly and outwardly), exercises, resting, etc., and the *laws of breath*. Now we cannot consider any of these subjects physical alone, for they, too, impart to man a benefit (if used) to mind and soul as well, at the same time, as to the body.

Besides investigating the true, simple laws of care of the body we wish to consider the constant rejuvenation of the body, which study directly applies to the mental development and unfoldment, but, as the mind has its residence and its instrument of manifestation in the brain, it is necessary to learn the physical law to apply and to make active the brain cells in order to be able to place no limitations upon the harvest which Mind will yield to each and to every one. Still, such a scientific knowledge applied will not only reveal untold

benefits on the Mental Realm but will likewise benefit Body and Soul at the same time.

And then there are the laws for Soul development, and these, too, are of the physical plane and belong to the field of Natural Law.

The Spirit and the Entity as well as the Mind—all being perfect since time began—need no laws nor developing, but they are with us for the purpose of being Revealed—revealed through man, through the human-being, through you and me. What is needed is to understand how wonderfully we are made, to apply and live according to the simple necessities of Natural Law and thus to never have to fathom the meaning of how fearfully man is made or of natural law, misapplied, having to find equilibrium again in order to again manifest its ever-constructive self.

To this end, Mazdaznan now comes, to teach broadcast for the first time, the real, true meaning of Natural Law in its every phase in relation to the only thing in Life that counts—the Self—to be applied to *my-self*—here and now, in this Spiritual world.

—Zaota

Election day is man's last and only resort to express himself, providing he is wise enough to follow the dictates of his heart.

The Only Way

THE only way for man to follow is the proven way, the way that is a narrow lane. The Saviour stated that the broad way of a pleasurable existence leads to perdition or sinfulness. There is no doubt but that the majority of mankind prefer to take the easiest way that is free from obstacles. But although the broad way may appear free from obstacles it is full of danger even more so than the automobile highway in these days. The broad way of life is one of irresponsibilities, because its glitter and sparkle, its sham and pretense, its foolery and fallacies, are attractive to the mediocre and moronic minds which are too lazy to think or to reason—just wanting to fritter away this span of existence at the expense of future stability. It is easier to surrender to the temptations of the hour and be a slave thereafter than to resist the call of temptations and be a living character now and forever.

This broad way of life offers much teaching and preaching, that the psychologized and hypnotized minds may be stimulated and the hearts paralyzed, so that the true state of things may never be revealed. With applied psychology at command through commercialism, the streams of humanity flow into the ocean of oblivion, there to be lashed by the towering

waves of regrets against the shores of remorseful time.

Turning away from the pools of distortion and vice, we see another path—one that leads to the mountain-tops, one that reveals the heavenly canopy, disclosing absolute order and regularity. The narrow way of attainment is one full of hope and inspiration; one beyond the valley of the shadow of death and the deserts of avarice and greed. There is a path, though narrow like unto a mountain trail, a path, though winding and full of curves, that reveals the beauty of nature, the sublimity of the celestial skies. That way is often steep and calls for extra effort in ascending it and demands exceptional caution in descending; nevertheless, with every turn in the road there are sights to delight the eye and to inspire the heart. It is the only way of higher attainment. It is the right way that gives inspiration and joy that never ceases, a hope that inspires and encourages, a realization that carries one through every phase in the daily walks of life and ends in Eternal Bliss. The only way of righteousness is the way that comes to us at the hour of repose and in a state of peace. The right way is the way revealed unto us through the aspiration and appeal to the Infinite—God—who is the Source of all Life and who alone is able to impart Life and maintain the Harmony of the Spheres.

Peace and Progress

LET us begin this Sunday morning service with thankfulness in our hearts that we are privileged to realize the presence of the Infinite within and around us and continue to live in that presence in peace, health and happiness. Be it so, Amen!

Song: "*Breathe In*"—In our songs is contained all the philosophy, religion and science of life as recognized by Mazdaznan and we may come into its full realization by using while singing the conscious breath, together with the conscious thought and the laws of harmony. In that way we receive real benefits. We must not hurry through these songs—neither sing them too slow—but rather pause after each individual verse. These melodies were so set by Dr. Hanish that we easily can sing one verse on one breath if we take first of all the right posture, sit upright and have the heart in a relaxed position. Singing in such a way we will experience that those few songs about the conscious breath were given to us for the purpose to massage the heart in order to bring harmony and peace within—greater knowledge and health. By following consciously the melodies within our own self we become aware of the uplifting effects of these harmoniously created vibrations. Then we will be more grateful, more thankful, for that great wisdom that

has come to us through the ages by great conscious souls, sent by the Infinite, to remind man continuously of the true purpose of life; why he has come upon this earth, how to live and how to gain the goal as designed by an Infinite Intelligence.

Song: "Every Inhaled Breath Brings Life."

Song: "The Cosmic Breath."

Song: "Ga-Llama."

We must admit, after singing these songs, that it would be sufficient for a service of this nature, that there is no necessity for any talk whatsoever—if we wish so—as through the proper application of these songs we come into that state of realization and at-one-ment which is called religion, or as the Greeks called it: Religio, that realization of our true self, that of our entity as coming from that source "What man calls God" and being united with it. Religion as it was understood since the beginning of the white race was that state of a conscious harmonious living in accord with the Infinite, its Divine Laws and the Laws of Nature. In that state of consciousness we can attain realization ourselves; we do not need a mediator. The history of the white man proves it that every man at first was a priest and every woman a priestess. There was no necessity for a third person to come in to be intermediary to that Source we call God. We find that it was the great accomplishment

of Dr. O. Z. Hanish to bring that thought back to human kind, especially to the white race, because without that state of realization, Christianity—like other religions—could not and cannot fulfill its ultimate purpose. The basic thought of the entity of man as a part of the Infinite Intelligence is the deciding factor not only for an understanding of God but likewise between men. Our entity is in the airless cell, the fifth chamber of the human heart. And that is not a religious belief, it is an absolute fact. It was even photographed and after the enlargement—to a million times—it was possible to recognize an outline of man, as he appears at the age of twenty-one. This realization is of great importance to every one of us, because we will live our life more consciously and present Mazdaznan more successfully. Then we will not go astray in our thoughts, but if so, will surely come back to the source which no force from without can destroy. Nothing can touch us there. Our mind may be susceptible to influence but the entity will remain unchanged. Even under the most adverse conditions we can hold our own. Nothing can stop the at-one-ment with the Infinite, that state of understanding, peace, health and happiness. That is why we feel so thankful to Dr. Hanish, that he has—like unto the Blessed Saviour 2000 years ago—in his own way and in his own life demonstrated the greatest possibilities which can ever be

demonstrated, and that is, "God in Man." Every man can live the life as the Infinite prompts him to do, if he is only truthful to his real self.

We face today out in the world chaotic conditions, as Dr. Hanish has prophesized they would come. He worked untiringly before the last world war to bring humanity into its own as he realized that the different groups of the white race had to be united, that they had to come to an understanding for their own good and the welfare and peace of mankind at large. If we study creation and evolution, we note that there is a special purpose of the Infinite Intelligence to bring forth the different races; that it was necessary from time to time to bring further progress through the application of Infinite Thought in Matter. So Dr. Hanish concentrated especially upon bringing this knowledge to the white race, recognizing that this race as the last one was the most suitable to bring further advancement. This *can* be achieved *peacefully* if man recognizes the true means to it and applies them consciously. But where man neglects the will and designs of a higher intelligence and the laws of nature, there changes will come through catastrophes as we have experienced before and will again, if man does not take hold of himself. So every Mazdaznan has a great responsibility to live up to its teaching in the highest form possible. For this purpose we recognize the

human heart as the dominating factor; then we see the importance of the *spirit of invention* of which Dr. Hanish spoke so much to us. That spirit of invention will force man to make many necessary changes in his life. *Man must advance.* Dr. Hanish spoke about the *atomic energy*, about the *free energy* (two metals and three chemicals) creating through different combinations light, heat and power. All these forces can be ours and we must stop and think what it will mean to humankind. Today most of mankind is in a big struggle for existence. These inventions will have to come to humankind, to ease their lot and bring about better living conditions. As to airpower, atomic energy will in time change our whole transportation system. Then should come the *terrestrial disk*, where we individually can talk to other men all over terra firma and at the same time see their pictures. Lastly will come the *celestial disk*, through which we are able to contact souls from other regions. That these inventions are not too far away and some already are partly in operation, we can see in the reports presented by News-Magazines. May those in charge of the governments of the different nations realize,—if they wish to bring about better conditions to mankind,—that there is a natural way of living which is absolutely correct and in harmony with the Open Book of Nature and which man can and has proved to himself. And may we

never grow tired to do our duty as prompted by an Infinite Intelligence.

—*Otto Bezner*

Mazdaznan Temple, Los Angeles, California
Sunday Morning Service, January 27, 1952

ANNOUNCEMENTS

The SIXTH ADDRESS of the
Free Series of Breath Culture
will be held September 28th
2:00 P. M.

MAZDAZNAN TEMPLE
11 A. M. SUNDAY SERVICES
will be resumed in September.

Phone PA: rkway 4359
for Summer Picnic Gatherings.

Base and Inclinations

DIAGNOSIS

IN determining the base and inclinations and its classification as to large, small or medium types, we have no difficulty in reading character or temperament. To determine cause, reflexes, affections, or symptoms is only possible when the individual is diagnosed in regular order—base, first inclination and second inclination.

Should the base be Intellectual, then the cause to any physical disturbance is to be found in the dynamics with the heart naturally drawn into sympathy by virtue of reflexes. If it follows that the First Inclination is physical, then the affection falls upon the liver, in which case the heart, as a reflex, is drawn into sympathy aggravating both heart and liver. With the increase of disturbance in the liver, the heart will be affected, making the case more serious and more painful, leading one to believe that the case is one of serious heart trouble. But such is not the case. The heart is aggravated only when the liver becomes impaired, due to insufficient oxygenation. With the advance of the aggravation of heart and liver the digestives in general may become impaired, in which case the second inclination (in this case spiritual) comes into play, calling upon the reserve for a sacrifice of viril, impair-

ing the general constitution. Because of sympathy on the part of the generative side of the glandular system, to a degree at least, it is expected to rescue the perishing tissues. It is then that complications set in, only too frequently misleading the ordinary diagnostician, especially the type dependent upon symptomatology. Here is where the Panistic or Mazdaznan diagnostician is at an advantage, because of the knowledge of relation from base to inclination and the degree of correspondence a true diagnosis is made. A true diagnosis is of inestimable value for various reasons: it dispels doubt and uncertainty; it relieves anxiety and trouble. By this complete diagnosis we learn to know the real nature of things and discover the cause to trouble, as well as what troubles may be expected under certain conditions. We learn to understand our own nature and with it all human nature—the strength as well as weakness in character, temperament and constitution. As knowledge is power, such knowledge leads to the exercise of still greater powers and enables one to prevent error, while the exercise of proper means will encourage a higher development, physically, intellectually and spiritually.

Our desires are expressions of the heart and either spring from the wants of necessity in the objective or from the impetus of the abstract.

Rhythmic Breath and Breathing

BREATHING exercises as a means for development are not confined to singers and orators. Inasmuch as food is necessary for the salination of the tissues, even so is breath essential to the charging of the circulatory system. If we neglect the selection of proper food, food that is calculated to increase assimilation and create vitamins so needful for salination, nature will revenge herself upon us through such neglect. If attention is not paid to the breath, the regulation of the dynamics, the lungs, the increase of dynamic power, the circulatory system is open to invasions of an unhealthy nature. Acids and minerals will creep into the system, and therewith diminish the operations of leucocytes. The less there are of leucocytes, the more troubles there will be of a varied nature. Wherever the organic side of the body is impaired the mental state will suffer and further mental growth or development ceases. What mental properties have reached maturity they continue in their routine, but no new phases appear to further one's advancement. There is a standstill. To stir the mental horizon and to call out the still hidden talents, attributes, endowments, gifts, powers, forces, etc., we need to increase our dynamic operations. It is not enough that we breathe deeply, and breathe out in the open air—we

must learn to empty the lungs every three hours, and they must be emptied to the utmost, without doing violence to one's nature. It is for this reason that the ancients advised the manually engaged individuals to stand erect, or to kneel down, upon five occasions daily, reciting a prayer upon one single exhalation, or—to do so without ceasing, as the Scriptures reveal it. For those of a more unfortunate station—the leisure class—the sages prescribed hourly prayers on one single exhalation, to keep them in good trim. Thus, setting all unnecessary ceremonies aside, and following the breathing exercises in a scientific frame of mind, we shall all profit by such observances. We need to empty the lungs to the utmost, making it a rule to observe this self-imposed regime religiously. We then shall fare better in every way. At least we shall be a demonstration of good health and be more hopeful and successful. The span of life will be lengthened—we tide over a crisis in case of an emergency. Though our constitution may not be the strongest, we at least have power of mind *in* matter and become equal to any occasion that may arise. We need not have fear of anything as we become positive of our true position in life and grow more conscious of the means which can inspire the heart and mind from day to day.

“Fret not thyself for the morrow,
The morrow will care for its own.

Sermonettes

FAITH is a state of confidence and assurance in things which are yet to come our way.

He who fears to make use of today shall experience greater sorrow tomorrow, for his mind lives in yesterday which is dead and gone.

He who does not reciprocate your kindness will ere long be your enemy.

Humanity might be likened unto the firmament with its uncountable lights which we choose, as a whole, to call stars.

Some have attained to greater usefulness, and again others are still forming, and yet there is a place for all.

Our needs are of a material nature, or such as directly pertain to the comfort and satisfaction of bodily requirements.

People are basically the same, for they are in every degree of development, and there are also those who are ahead on the onward and upward march through Eternity.

He who attempts to get away from Truth, gets away from himself, and although resting in a bed of mental and spiritual bloom, he nevertheless will find himself in decay as the latter fades away.

The intelligence thus exercised will be able to say, "let there be light."

When man has this light, no one will be strong enough to lead him into darkness.

Through activity, reaching out toward the phenomenal, desires are formed into ideals realized.

Many a man is lauded as a great success by some men and a set of men, but he is, after all, a failure when he cannot stand alone and mind his own when left to fate.

Again, those who can see more clearly, whose ears can catch the message which has been sent, and reason more wisely, are the ones to find their Way through the density of the accumulations deposited by the long ages left in the path of mankind.

Time will come when nations or tribes will awaken to the exercise of the intellect, not the intellect called out by education, which is more often imposition, but the education that means to practice fundamental correct Thought and Living.

In speaking of God we express a preconceived idea, which through the process of mental evolution has developed into a well defined term to designate something comprehensive to our understanding, although it may remain incomprehensible to the senses owing to its abstractness.

Prayer Realization

With mine eyes lifted beyond the mountain-tops and my heart fixed by the burning fire of love I shall daily join in harmonious accord the prayer of the faithful worshipers; the prayer thrice spoken distinctly and with the presence of mind fixed upon the meaning of every word; the prayer that heals the body and assures tranquillity to the mind; the prayer that gives solace to the soul and whispers to the spirit Peace; the prayer breathed in tuneful measure with fervor, zeal and the spirit of assurance, on *one single expiration*:

May Mazda be rejoiced and His Associates continue to be victorious. May obstinacy in this home be destroyed through the Virtue of Obedience, discord by Peace, avarice by Generosity, vanity by Wisdom, false witness by Truthfulness, that the Immortals may long bless it with maintenance and friendly help; never the Splendor of Prosperity or Progeny be distinguished, that we may shine with purity and see Thee face to face, O Mazda, attaining attributes leading unto worlds without end. May Peace come to one and all, and may there be given to this country purity, dominion, profit, majesty and splendor. This is my wish. Be it so.

Sorrow and grief, weeping and lamenting will not only hinder angels from assisting thee but will even veil the face of Mazda from thy sight.

Season Hints

Dried olives and celery will be found an excellent kidney regulator.

All dextrinized cereals go well with fruits and vegetables.

Raw cabbage scalded and served with French dressing will be found an excellent liver tonic—conducive to culture and calling out vitamins.

The use of small fruits must be left to the good judgment of temperaments. If used at all, it will be found that owing to the seeds all small fruits had better be turned into juices before indulging in them.

Fresh green peas are of inestimable value to all organic sufferers. To derive good from them it is best to steam them in a little oil—vessel tightly covered. Use *mint* with peas.

Turnips, especially the black variety, are most valuable to all sufferers from kidney and bladder troubles. Should be used raw, grated, and as a salad, with lemon juice and oil.

Fresh string beans should not be parboiled. Set in boiling water after stringing them and let stand for five minutes. Heat oil (required amount) and allow beans to steam slowly in tightly covered pot. A little *origanum*, *bayleaf* and *pimiento* peppers add to value.

Small quantities of asparagus are always remedial.

We may use more stems and blossoms of herbs during the fruit season.

Fruits for breakfast (if any). Salads for lunch. Baked dish, salad and Irish moss, iceland moss, arrowroot, or agar agar puddings for dinner.

Teas are more effective during the hot season. Coffee retains the heat and is apt to dry the skin. Be wise.

Apricots and peaches are best stewed, cooled and made into puddings, using arrowroot, iceland moss, or agar agar.

Tomatoes are refreshing, and combined with tubers, increase the vitamins, and also the nourishing properties of other dishes.

People living in high altitudes should descend to the ocean's shores, and those in low valleys ascend to the high hilltops and mountains to equalize matters, insuring good health and broadening of the mind.

Okra or gumbo should not be underestimated as good food and as a remedial agent. In stomach and intestinal troubles gumbo is by far more potential than the best of chemically compounded tonics. Cut fine, scald and steam in oil over slow fire. May be served with stewed onions or fried parsley as a side dish to potatoes or dumplings. Served in tomato sauce adds to its flavor. May be used with lemon juice for eczema.

Barefoot walking for an hour every morning will help elimination.

When you feel out of sorts and do not know what ails you, take a bath and drink slippery elm tea.

Plenty change in bodily exercise and rhythmic breathing, when at leisure, will help one to be comfortable.

Lemonized milk is better than buttermilk sold over the counter. The former is not only more cooling, it acts upon the liver more effectively.

Dry Chinese rhubarb and ginger root after meals is beneficial. Use daily for ten days and note the clear complexion.

Tobacco bath proves beneficial now. Use a handful of strips; let hot water run on them, taking a good bath. Anoint body with almond oil after a thorough rub. It improves skin action.

Do not believe that it was only for flesh-pots that the children of Israel hungered in the desert. It surely was for light vegetable dishes they sighed: for cucumbers and leeks, and garlic, watermelons with green rinds and pink flesh, onions, the foundation of all savoury dishes. These were obtainable in the olden time. Now we may add: Asparagus, celery, tomatoes, sweet corn, squash, eggplant, and the infinite variety of fruits—until Pomona has emptied her cornucopia at our feet.

Do Nots

Do *not* use at the same meal the following:

Asparagus.....	<i>rhubarb</i>
Peas.....	<i>artichoke</i>
Strawberries.....	<i>potatoes</i>
Celery.....	<i>carrots</i>
Spinach.....	<i>mushrooms</i>
Mushrooms.....	<i>eggs</i>
Beans.....	<i>mushrooms</i>
Grapefruit.....	<i>berries</i>
Pineapple.....	<i>cherries</i>
Cheese.....	<i>pulses</i>
Eggs.....	<i>cheese</i>
Orange pulp.....	<i>bananas</i>
Apple.....	<i>orange pulp</i>
Orange.....	<i>melons</i>
Peaches.....	<i>pears</i>

Absolute *relaxation* removes all anxiety, fear and infelicity and opens the door that leads to the Kingdom of Heaven.

Eternity is endlessness of time, vastness of space—God is immeasurable. The three great phases of and within Eternity are Present, Past, Future.

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