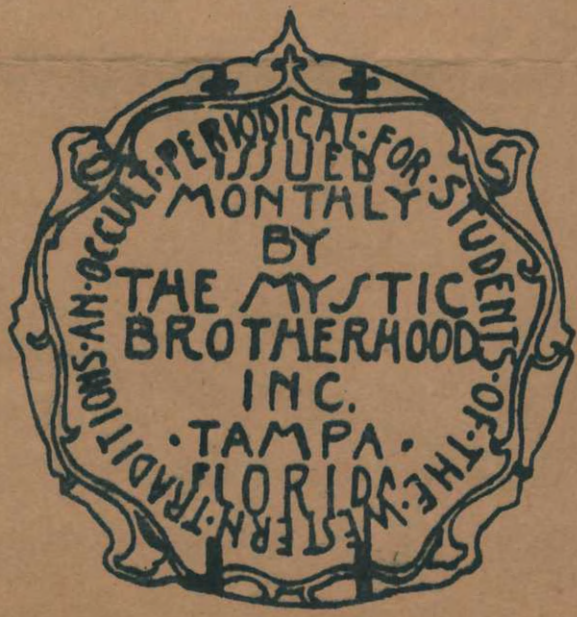




# The Mystic Messenger

J U N E 1943  
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## MEDITATIONS AND PRAYERS

Week of May 30th through June 5th

Meditation.....A man's discovery of his true self is when he lives no longer on the surface, but from within and becomes a fellow-worker with God.

Prayer....."God of my life, may I walk with Thee, each day, each hour! May the sense of my relationship with Thee fill me with a saving self-respect. May my life be as glorious as my relationship and all my work show its dedication to Thee."

Week of June 6th through June 12th

Meditation.....Whatever else passes away, God will remain, and the Spirit that is the "I" in every man. Our deeds now are the seed-corn of eternity. Each single act is a part of that seed. Each day adds to the planting. We must ask ourselves, "will the harvest be acceptable to Him?"

Prayer....."Eternal God, help me to enter into some experience of the power of the endless life. May that realization give me faith and endurance. May I sow as one who is sure of his seed and ready to garner the harvest."

Week of June 13th through June 19th

Meditation.....God is a tranquil Being and abides in a tranquil eternity. So must our spirits become tranquil as a summer day.

Prayer....."Serene and Wondrous One, may I appreciate the blessing of Thy summer-time. May the beauty of the countryside awaken a yearning for the beauty of holiness! May the tranquility of my life reflect Thee."

Week of June 20th through June 26th

Meditation....."The chief pang of most trials is not so much the actual suffering in itself, as our own spirit of resistance to it."

Prayer....."My loving Lord, help me to meet the unwelcome and the unpalatable in the spirit of quietness and strength."

# THE MYSTIC MESSENGER

The Mystic Messenger is a monthly periodical authorized by the Mystic Brotherhood as a channel for information of general interest to the students of the organization and articles of importance to followers of the Pathway of Western Occultism.....

"Stayed upon God  
Hearts are fully blessed  
Finding, as he promised  
Perfect peace and rest."

A serious problem of the present time is a condition of strained, tense nerves which brings as its inevitable result, a wide variety of complaints. Relaxation is an essential of the harmonious, balanced life, but it is not always recognized that the same laws that render a relaxation of the physical body necessary are behind an equal necessity for soul relaxation.

Wholesome means of relaxing the physical are generally known, but not all are as fully acquainted with the fact that through the simple medium of prayer, the needed relaxation of soul can be accomplished. Prayer has been given considerable attention in this page during recent months, but its value it is felt, justifies further comment. To accomplish its purpose, prayer must be understandingly used.

Thought, we are taught in the very beginning of metaphysical study, is a form of energy; words are another form of the same energy; combined they can create a third form...prayer, or expressed attunement with a

Higher Power. Created and sent out into the Universal ethers, prayer brings a reaction according to its nature.

Prayer based upon Self, concerned solely with Self, is self-restricted, it is circumscribed by the boundaries of self and thus cannot release the soul from self-imposed tension.

When in a spirit of renunciation, a prayer is sent forth into the Infinite, not a prayer 'for' but a prayer 'of'; not for some personal favor, but of faith, of love, the tight ring of tension is broken, the need of the soul is answered by a perfect state of relaxation.

The wisdom of the ages is compressed into the words spoken by the Master "Not my will, but thine be done." It is the prayer accompanied by that statement, offered in that spirit, that rises on the wings of freedom to the Highest, opening a channel for the flow of Universal Poise and Calm into the soul.

Sir Veritus.

For Sincere Seekers

The world needs faith and courage as never before, and above all the vision that comes with the absolute confidence in God. We are now facing a critical time in domestic and world affairs, and each one should make himself ready as far as possible to become a light-bearer to those in the darkness of discouragement and despair. We all need that sure and strong foundation of faith which will make us not leaners or laggards but the vanguard in the march onward. Make yourself ready, study, read, meditate.

The Spiritual wisdom of the ages is open and waiting for seeking souls; that wisdom which has given them vision, without which the people would have perished and civilization gone down to arise no more. To you who sincerely desire the light, a thousand unseen hands reach down to help you, and you are made more and more receptive in the Silence to catch the wisdom of higher realms.

Study, read, meditate and seek earnestly. Every teacher and leader has done this before you, spending long hours, days, weeks, months, and sometimes years in study, that they might better impart to others the knowledge, the ideals, that comes to them in silence and meditation.

Of all opportunities open to men and women, I doubt if there is any which gives such joy, and satisfaction as feeling and knowing that you have helped some soul a step forward on the path because of your perseverance and loyalty.

Barbara Heininger, F.M.B.

Gleanings

Symphony of Life

Composer.....God  
Director..Master Jesus  
Characters .... Mankind  
Scene.....The World

The curtain rises, the great Director steps forth. All eyes are fixed upon Him. He looks deep into their souls. They are filled with a sublime inspiration to perform their duties in anoble manner. The Master raises His baton and with the first signal they burst forth in one grand accord. The overture is beautiful-then-----something seems to go wrong. One by one the players cease to follow the Director. Each is intent upon his own playing, tries to be heard above all others until all seems to be discord, confusion, chaos! Those who become so much worse than others are sent "behind the curtains" to await the dawn of a new Day-where they will be given a chance to remember to forget self! The Master is filled with compassion for those who refuse His directing. Then as He hears above their din and discord the clear sweet notes of the few who have not failed Him, He knows His labor has not been in vain and that when the others have learned their lessons they will once again seek harmonious expressions and take their places in His glorious "Symphony of Life."

May Cornwell, F.M.B.

Those well beloved pass one by one into eternal day,  
While I bewildered here alone walk on my weary way;  
My heart must fill with faith and hope to crowd out every sorrow  
That I may reap in God's good time the gladness of tomorrow.

Lenna Odson, F.M.B.

## The Unwanted Guest

— Andre

To the door of every-man, at sometime or other, Trouble, that grim, terrifying guest comes with offerings in each hand. Generally we are in such haste to be rid of him, we see only the things which are proffered first...the fears, the griefs, the worry and weakness. We see these being forced upon us, (an impression which the material mind has created,) so we accept, as if it were fatality, thinking then to be rid of our unwelcome guest. But, rebuffed though he is in the ignoring of his other gifts, Trouble lingers on, waiting for us to see that he has something else for us. Silently he holds them forth.....his treasures.....fortitude, patience, self-control, sympathy, faith.

One by one let us take them from his hand...Fortitude....beautiful in its strength; adorned with it we bear pain without murmuring, sorrow without despondency. As if a magic talisman it endows us with resolute endurance, protects and supports us, for as someone has said..."Fortitude is the guard and support of the other virtues."

Then let us take to ourselves...Patience....simple, unobtrusive, it will never dazzle the eyes of friends, or strangers, but all whom we encounter in the intercourses of daily life will know that it glows quietly within our hearts, and they will find sweet comfort in the radiance that reaches them. It will impart an awareness of calm self-possession, an assurance of quiet persistence in the tasks that lie at hand.

Self-control, yes, let us take

this wonderful gift, although we must constantly watch over it. If Trouble brought no other good, it could never be without the opportunity to control our tendency to resentment and self-pity. Proudly, self-control sets upon us the mark of a true man; none of the weight of our struggles and temptations fall on the shoulders of those about us when we guard this gift; it removes from us the after-regrets of an outburst of temper, an impatient grumble, an irritated retort. It leaves with us a gracious sense of peace.

What more endearing quality could we add to our lives than Sympathy? Though our own hearts be sad within, to see the need of others and let cheer go out to them....that is the essence of virtue. A kindly presence, considerate words.....that intangible, but most helpfully felt, vibration of knowing.....of understanding..because we too have gone through a Dark Valley.....as the lustre of a pearl will Sympathy reveals its loveliness.

Deep within each of us is a longing for the gift of Faith, for we sense, with a faculty unhampered by material doubts, that here we will find true rest. With confidence complete in the certainty of the unalterable goodness of the Creator and the reliability of his Laws, we meet undaunted all seeming outer appearance to the contrary. "The conviction of things not seen"....how good it is to find that in the hand of Trouble.

The appearance of our unwanted guest changes....here is not one to be despised...here is a friend when we accept him as such.

An Upper Room Where there is sunlight, moonlight, star-light, and spiritual light - a place filled with harmony, love and an unseen presence.

A Quiet Room Where many say - "and so we find it well to come for deeper rest to this still room, for here the habit of the soul, feels less the outer world's control, and from the silence multiplied by these still forms on every side, the world which time and sense have known falls off and leaves us-God alone."

Here God looks at me from my lovely plants - He speaks to me from the beauty of inanimate objects - He quickens my spirit with Divine vibrations of Infinite Love.

May all who enter the Upper Room go forth refreshed, imbued with a something - they had not upon entering; a feeling they have had a brief contact with the outer rim of Reality.

Suspended in  
are the unseen  
very soul Re-  
harmonies though

Four windows (4  
tion) give an  
of the heavens  
far, far away.  
holy vibrations  
fill the Upper

"O God of my  
than my compre-  
before Thee in  
From sunrise to  
the hours that

I ever be conscious of Thy Divine Presence in all my thinking and doing - as the swift seasons roll may I gain greater understanding of Thy Divine Life - Love- Light."

May the door of my soul be flung wide that an extension of consciousness may enter. May I realize to a fuller extent. "The tissue of the life to be, we weave with colors all our own and in the Field of Destiny, we reap as we have sown."

This glorious spring season we see the evidence of the Great Life Force manifesting in all Nature as it has been manifesting in us from tiny babes to the full stature of the human being - no one understands what that Life Force is nor how it operates "We are animated mysteries and indeed bow "in deep adoration to the Mystery Creator back of it All. "The things of the spirit must be spiritually understood." And the great Spirit patiently awaits the awakening of our souls.

We feel this article is deserving of special mention because it exemplifies the spirit which rises strong and beautiful above all material sacrifices. The writer's home for many years, spacious and lovely, could no longer be maintained due to present conditions....one room, on an upper floor became her home. How she transferred there, beauty that exalts the soul is told in her "Upper Room."

the atmosphere  
words from my  
veal Thy mighty  
me."

square comple-  
extended view  
and earth seems  
Each day the  
of this prayer  
Room.

heart, greater  
hension, I bow  
deep adoration.  
sunset and all  
lie between, may

Lillian C. Carter, F.M.B.

# A Fairy Tale

By — — Alan Emley

In a far country there dwelt a man who had not a care. His face broke readily into a smile, yet people noticed that he remained calm and serene during every trial. While he was not wealthy, he seemed to have plenty and apparently desired no more.

It was rumored that he possessed a mysterious secret of the alchemists by which one may obtain wealth and power. One day a courageous neighbor asked him about it, he answered that his secret was a creed for obtaining happiness.

This was repeated many times and grew fat in the telling, and finally the report spread afar that the man indeed was possessed of a magic formula that would bring all things to anyone who understood.

A millionaire offered him a fabulous sum. "I need it badly in my business," he explained, "for I desire millions and more millions and more millions added to other millions."

A philosopher offered books that contained all the wisdom of the earth compared and contrasted.

A toiler offered ten years of service.

The man smiled and shook his head. "The creed for happiness cannot be bought or sold," he told them. "It must be found and not purchased, for it is beyond price."

One day a neighbor discovered a worn and yellow scroll fastened to his door. Evidently it had been there many years, but none happened to notice it. The millionaire was the first to read.

"This is worthless," he exclaimed indignantly. "In my business I must have statistics and facts, and not silly theories. I lost half a million last week on the exchange."

The philosopher adjusted his spectacles and studied the scroll. "It is not practical," he announced. "It does not belong to any accepted school of philosophy, and is based on a visionary theory that cannot work."

The laborer read with wrinkled brow. "I can't see where it will make me any money," he said. "We are getting ready for a big strike, and this 'love your neighbor' stuff is out."

An old man tottered forward. His legs were twisted, and he walked with a cane. His face was wrinkled and lined, yet it bore the serenity that comes with age and suffering. He read the scroll with dim eyes, then he looked down at the ground.

"It is true," he murmured. "Yes, it is indeed a magic formula. I understand, for I have learned many things in the hard school of life."

So that it might not be forgotten, the old man wrote it down and gave it to his children's children, and this is the creed as he wrote it:

"I shall begin each morning unafraid, and shall seek the wonderful gift that the day will bring to me. I shall be guided by intelligence rather than belief, and shall seek Truth and ignore no fact. I shall control my thoughts and guide them into the

Continued on page 6.

Continued from page 5.....

highest realm, and shall hold my cherished ambitions and sacred ideals uppermost in mind.

"Throughout the day I shall enjoy the beauty of my surroundings. I shall glory in my associations, and aspire to the exaltation that comes with love of God, which is the love of Mankind.

I shall forgive freely before forgiveness is asked. I shall harbor ill thoughts toward none, I shall fulfill every trust. I shall remain poised and serene in every test, and face each emergency without fear.

"I shall be friendly and courteous toward all. To me each day will be one of kindly deeds and unselfish service. I shall meet all in the spirit of affection, and to those who ask of me I shall turn not away.

"I shall obey those in authority whenever possible, and shall give loyalty to all to whom loyalty is due. I shall be clean in body, action and thought. I shall revere my God and have the utmost respect for the convictions of others.

"To obtain the most from life, I shall give my best. At all times will I enthrone service and eliminate the motive of gain. I shall perform each task cheerfully, and I shall build and not destroy.

"And so will I come to the end of each day with the satisfaction brought by service, serenity, kindness and love. I shall go to my rest with the peace that comes from untroubled mind and the memory of tasks well done."

### Letters

May we remind you again that except when special reasons make it advisable, the personal letters from the teacher will be enclosed with the weekly lecture or chat. Be sure therefore, to open your lesson when it is received, in order that your personal communication may be read without delay. The lesson of course, is to be reserved for the usual study period.

### Lessons

Occasionally students will inquire about giving their lessons to other individuals, not members of the Brotherhood, to read. The Brotherhood does not approve this practice, for several reasons; although we make no demands of our students regarding their material. Attempts to study in this way, (even groups of lesson in consecutive order,) does not give the student the advantage of a personally arranged program, suited to their individual needs, according to their stage of development as recognized by an assigned Teacher here. They also lack the direction that is given through the personal correspondence, they do not receive the explanations, the encouragement and the other help that the Teacher offers so freely. Misinterpretations may not be straightened out; complete understanding of certain basic tenets may not be obtained before going on to others, when the lessons are taken up as something apart from the direct contact with the Brotherhood. Then, further, the participation in the fellowship of the work is missed, the attunement with the Group Soul which means so much in the work. For these reasons therefore, we suggest when someone expresses an interest in the lessons, they be told how they may make the direct contact, or if it is wished, we will be glad to contact them, upon recommendation and request.



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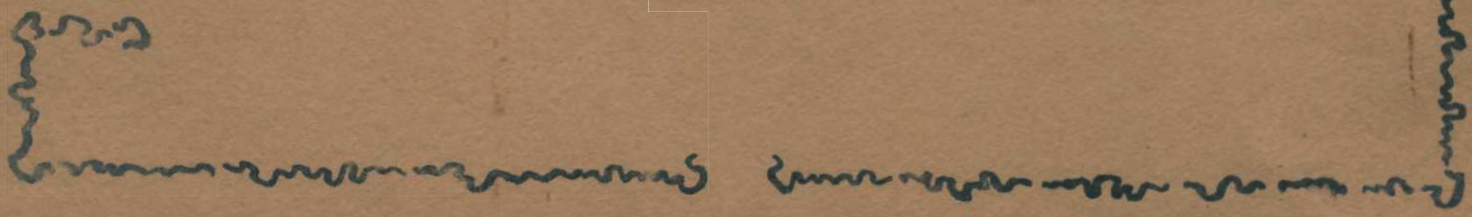
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