

Karma and Dharma and You

—BY—
FRATER VIII^o



Monograph No. 27

KARMA AND DARMA AND YOU

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- by -

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"KARMA AND DARMA AND YOU"

Is an Educational and Inspirational
Course of Study, especially writ-
ten and intended for BUDDING
INDIVIDUALS everywhere.

NOTICE: Statements in this Monograph are based
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PREFACE

The information contained in this Monograph -- "KARMA AND DARMA AND YOU" -- is intended to do two things: to free you from the Law of Karma, and to acquaint you with the exact opposite, the Law of Darma.

Karma is the law of "an eye for an eye, a tooth for a tooth". This is the Law that imprisons for debt until the "last farthing" is paid.

Darma is the Law of "loose him and let him go", NOW.

Karma is the Law of Nature -- "might is right", "the survival of the fittest".

Darma is the Law of Liberty, Light, Love and Life.

Many of today's Budding Individuals are in the dungeon of Karma. They do not realize that the gates to this age-old prison have been unlocked -- unlocked by Darma.

Strange as it may seem, up until now millions upon millions of Karmic victims have never heard of the Liberator, Darma. It is true, a little has been written about Darma, but so little that the victims of Karma hardly are aware of Darma. Even those who have read the little, hardly dare believe it is true, so steeped are they in the cruel "eye-for-an-eye" Law of Karma.

In this Monograph you will find that Darma is spelled "Darma", not "Dharma". This gives the word an entirely different significance. Correctly spelled, Darma means "D-arm-a", or the LAW OF THE MIGHTY ARM.

The old, or Oriental way of spelling is Dharma, which has within it the secret influence "harm" -- D-harm-a, which makes the word more powerful for evil than for good. To this day certain mystery schools insist on putting the "harm" in Darma.

The Law of Darma (not Dharma) is the Law of Vicarious Atonement, the Law which pardons all sins of omission and commission just the moment the Neophyte repents of the errors of his way.

The true Mystic teaches the Law of Darma -- Atonement. This is the Law of Christ. You will find in "KARMA AND DARMA AND YOU" methods and practices for relieving you from the "evils of the past" quickly ... if you so desire it. And what Budding Individual who is traveling THE PATH would have it otherwise, Much success to you.

THE AUTHOR

KARMA AND DARMA AND YOU

Part 1

The Law of Darma, and the Law of Karma, are as old as creation. The Law of Darma (the Law of Light, Love, Life) is the elder of the two Laws. The fall of the Angels brought in the Law of Karma -- RETRIBUTION -- upon the angels who fell, upon the Pre-Adamic races, and later upon the Adamic Race through the fall of Adam.

The Law of Darma will continue forever. The Law of Karma will continue into and through the first one hundred years of the Millennium, but will then "lie dormant" until the Millennium is completed. Then it will be "loosed for a little season", to judge and sentence evil men and fallen angels. After that it is done away with forever.

Even in Nature during the last 900 years of the Millennium the Law of Karma will be set aside, due to the fact that there will be no evil upon the face of the globe during that delightful period. Only the Law of Darma will prevail then -- prevail everywhere.

KARMA, THE
DEATH OF
THE ADAMIC
RACE

The average person, even though he is quite a student of Old Testament Scripture, isn't aware of the fact that from the creation of Adam to his fall there was quite an interval of time. The average person is under the impression that Adam was created, got lonesome, fell under a deep sleep, had a "rib" removed, and from this "rib" Eve was formed. They ate of the forbidden fruit, FELL, were expelled from Eden, "and all in a few days" time", says the average student of Scripture. James Bishop Carr has discovered through a profound study of the Old and New Testaments, that Adam enjoyed the Garden of Eden for more than six and one-half years before he came under the Law of Karma, and was ejected.

During this six and one-half years of "Edenic bliss" Adam experienced to a great extent what all people in the last 900 years of the Millennium will experience. What Budding Individuals everywhere, any distance on THE PATH, will experience between NOW and the Millennium, and then all during the Millennium.

Adam existed in a blissful surrounding, and from his surroundings experienced the "joys of the lower heaven". His joy originated on the outside, so to speak, and worked inwardly. That is why, when he was "driven out of the Garden", he was not

joyous or happy. He couldn't take the CAUSE of his joy and happiness with him. We of today, who are now entering upon the work of entering the Second Eden -- the Millennium -- have a much greater opportunity for a thrilling life. Our joy, happiness and bliss originate from within. We are not, therefore, dependent like Adam upon our surroundings or environment for the Thrilling Life.

It is true that as we EXPAND into the Greater Life within we are changed outwardly. Not only that, we find that even our environment begins to take on a more radiant vibration. This becomes a reality in two ways. The first is, we cause our environment to brighten by our Inward (ever increasing) Brightness. The second is, we eventually move from the less pleasant environment into one of greater joys, delights and thrills.

Upon the mass-minded the Law of Karma still prevails. To this day the edict is "dying, thou shalt die". Until now, no one has ever lived "a day (1000 years) with the Lord". Methuselah lived to be 969 years old and died ... 31 years short of a "Lord's Day".

Among the mass-minded, Karma still prevails relentlessly, even more so than in the pre-flood days. Then men lived for an average of 907 years. After the flood men began to die at 148 years. The rule soon became 120 years; after awhile it was "three score years and ten" (70 years). The average now is so low (if world figures and infant mortality are considered) that 20 years is probably the average for the human race. There are no world figures for this -- we are only surmising. However, when we realize the high death rate among the infants of China, India, South America and Darkest Africa, it is probably less than an average of 20 years.

In the United States and Canada, according to Life Insurance Actuaries, the average is now 65, which is up considerable from what it was in "father's time", and away up from the "mortality" of great-grandfather's day.

There is a slight "catch" in this figure of 65. That is, if you live past the age of 15 you will then help to hold the age of mortality for adults at 65 years. The average Budding Individual can now outwit the Law of Karma and not only live on to age 65 but live to still greater ages. With a little intelligent consideration for the "physical man", it shouldn't be too much of an effort for him to live by natural means to the after-flood age of 120 years.

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YOUTH ALWAYS KILLED THROUGH KARMIC LAW

Part 2

The Law of Karma is the Law of Old Age and Death -- "dying, thou shalt die". Yes, it used to take a long, long time for a human being to die under the Law of Karma, but even Methuselah couldn't survive the Law of Death -- Law of Karma.

Karma is the Law of Cause and Effect. The effect of Karmic Law is Death. Before youth is in full blossom, old age and death have already set in, physically and mentally and in all other ways. Leading the so-called "good life" only prolongs the ultimate death of a human being, usually by only a few years.

There is an old saying "the good die young". In other words no matter how good you aim to be, the Law of Karma -- re-tribution -- wins out in the end. This has been true since Adam.

Youngsters exhibit outward signs of ageing before they are twenty-one years of age. These are the outward signs. The actual cause of the outward signs of "impending death" started years before any appearance of them was visible in the outer man. Through Karma, death begins "at the center" and works outward. The longer one lives the greater the inner death effects the outer man. By the time a man or woman reaches 65 years of age, the signs of death are so outstanding in his features and physical form he is in appearance a "walking death".

Not only is a human being old and full of "decay and death" at age 65, but sadder still the Mind is also old, often many years older than the physical body. It is not unusual for a person in his sixties to be well beyond a century mentally, or even much older. Often it is not the body that is the real cause of old age but the Mind, the wrong or erroneous use of the mind.

We say erroneous use of the mind. Many fine people are "living as best they know", but this "best they know" is not best or good at all. It is working with the forces of negation, the forces of cause and effect, the forces of eventual death.

"Ignorance of the law excuses no one", and that is especially true with the Law of Karma. Karma is relentless in taking all human errors and cutting human life shorter with them. And strange as it may seem, it isn't always knowing right from wrong and doing the wrong thing that shortens life. It is usually doing the wrong thing and not knowing it that greatly "detracts life from our years and years from our life". Karma has the strange way of "subtly working in the dark". In other words,

those who do evil knowingly are often wise enough to know how to prevent their evil from killing them instantly. Like Cain, who slew his brother Abel. He managed to live a great number of years after he should, through the Law of Karma, have been instantly killed for the murder of his brother. It is true that Karmic Law did eventually kill unrighteous Cain, but not until he left the world a much worse place than it was for others to live in. History informs us that the world, by no stretch of the imagination, was made better for Cain having lived in it. The posterity of Cain, generation of vipers that they were, would never have come into existence if the Law of Karma had acted quickly.

There are those who try to "outwit Karma" by "expiating" their evil. This is all done in their own strength. But regardless of how strong or determined they may be, the overcoming of Karma by one's own efforts, no matter how laudable or lofty those may be, is exactly the same as a man trying to lift himself by his own boot-straps .. it just can't be done. Karma, the Law of Death, always wins in the end.

Karma -- cause and effect -- at the present time in nature is all very well and good. It brings about the necessary changes that are in a way beneficial to man. But Karma in a human being's life is not good. The changes that Karma brings about in our lives are the very things that none of us appreciate too much, and that thing is death, eventually.

You have read how each of us is "chained to the wheel of Karma". In the past that was especially true. From the day Adam and Eve were driven from the Garden of Eden each human has been fettered to the wheel of Karma. Yet there have been some on whom Karma rested more or less lightly. Either they were fortunate enough to know how to outwit Karma to a certain extent, or by sheer accident escaped Karma's clutches for awhile. Some, by leading very austere lives, have managed to outwit Karma to an amazing degree. There are those who are said to have lived 250 to 500 years; some in certain parts of India are said to have lived from 600 to 800 years. None, however, ever lived to Methuselah's age of 969.

It is said that in Europe some Black Magicians have lived much more than 1000 years, but these are only "old wife's tales" for to date we haven't a shred of evidence that such people are now living or have ever lived. Certain Black Masters have cleverly impersonated some well-known character of history whose demise, for some reason or other, was never reported.

All down through the ages, youth is always killed by Karma.

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YOUTH AND LIFE REGAINED THROUGH THE LAW OF DARMA

Part 3

Darma is just the opposite of Karma. Karma is the Law of Cause and Effect. Darma is the GREATER LAW, the LAW OF EFFECT AND CAUSE. As Karma brings about old age and death, Darma, the opposite Law, brings about Youth and Life. Karma is the Lesser Law, Darma is the GREATER LAW. The Greater Law always overcomes, masters and sets at nought the Lesser Law.

Karma is the curse that was placed on the Adamic Race. Six days (six millenniums) is the duration of Karmic Law for the Adamic race. Six days (6000 years) were Adam and his descendants placed under the Curse of Karma, to eke out an existence in pain and sorrow, by "the sweat of the brow".

There are but 50 years remaining in the sixth day of the Adamic Curse -- 1950 to 2000 A.D. Fifty years is one-twentieth of a millennium -- one-twentieth of 1000 years. One-twentieth of a 24-hour day is one and one-fifth hours ... there isn't much left of this present "day" -- this present millennium. Before mid-year, 1959, there will be less than one "hour" of time remaining in this present millennium.

This "remnant" of time between now and 1959, before the FINAL ONE HOUR of this present, evil Karmic Age, is a most excellent period for achieving the great and the wonderful in one's life and affairs. Already we are under the influence of the coming Millennium, the "thousand years of youth, joy, happiness and peace". Already we are so near the end of the Adamic Curse we can now, with confidence, work with DARMA in overcoming the "Karmic debt" that has been grinding the race down to death and dust for all these past six millenniums. Now we can start becoming partners with the Law of Darma, and overcome the Adamic Curse that was placed upon mankind almost six thousand years ago.

We have been living under the curse of Cause and Effect. Now we can reverse the procedure and begin to live under the powerful but benign influence of Effect and Cause, by employing the practices of Darma.

Quite true, the Law of Darma has been in existence throughout the ages, but only during this millennium (the sixth) has it been possible to put it to use by mankind ... what we do not know we cannot use intelligently and consistently. Now is the time for every Budding Individual to know about the Law of Darma and start putting it to use in every Department of his life. Start now. Darma is the Law that is going to keep you Young, Youthful and in Existence all through the time between now and the start

of the coming Millennium (seventh and last), and also through the Millennium itself.

To the materialist there only exists the law of cause and effect. He can't possibly conceive of a greater law, a Law that works from Effect to Cause. Most Budding Individuals not too far on THE PATH also have difficulty in comprehending how the movement can be from Effect to Cause. Even though you can't understand it at present, just as soon as you put the Law of Darma to work in your affairs, environment and life, you will begin to really understand the Law that turns old age to youth, turns death to Life.

One doesn't have to know a single thing about electricity to switch on electric lights. One needs to know nothing about the laws that make an automobile operate smoothly and efficiently to drive one effectively. The same with the Law of Darma. Just employ the Law of Darma at the present time, and once you begin getting splendid results, then figure out how it works.

You certainly understand that when you depart from old age there is no place to go but youth; that poverty is completely eliminated when you surround yourself with wealth and prosperity. You realize that evil is completely eradicated when good fully prevails. You have, in times past, experienced the "reverse law" -- Darma -- when good news quickly dispelled the effects of bad news. We have seen people transformed almost in a few seconds when that which they greatly feared was completely eliminated. All this is just a matter of overcoming Cause.

At this late date in the 6000 years Karma has been killing off the human race, especially since Darma has been waxing more and more strong in the life and affairs of those who know -- who know Darma -- the idea of turning towards youth is no longer just a dream. It is beginning to become a reality. Even the mass-minded would not be too surprised if some group of scientists came forth with an "Elixir of Life", one that would promise another 50 or 100 years of life. We mention this because the influence of Darma is now everywhere -- even the mass-minded are becoming aware of it. Of course, the mass-minded will never, never comply with the simple rules that would make Darma a potent force in their lives. They want the gifts of Darma -- perpetual youth -- but don't want to pay the price, even though the price is but a fraction of what the thrilling results are. They are doomed to death because they are the sons of Karma. Cain slew Abel, but Abel was "raised up" in Seth, who represents the renewing of Life through Darma; who died through Karma, but "arose" to the newness of Life as a child of DARMA -- YOUTH.

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BEYOND KARMA, IN DARMA, IS PERPETUAL YOUTH

Part 4

No matter how old one may be, if he employs DARMA in his life and affairs he begins to return from old age towards Youth, that is, from Effect to Cause. After that he is eligible to travel the Highway of Darma towards Eonian Youth.

Shifting from Effect to Cause is like shifting an automobile from reverse gear to forward. The shift can be made instantly, but it takes a little time to start the automobile moving forward. Then, after some momentum is gained in "low" gear, one shifts into "second", and after more speed is obtained, into "high". The same thing applies in "shifting" from Karma (which is reverse gear) to Darma which is FORWARD GEAR. The shifting is done almost instantly but it does take some time to get up momentum. It takes still more time to get greater results, and still more to experience GREAT RESULTS.

There is no limit to the forward movement in Darma. In Darma one continually moves forward to Perfection, continually gaining more and still more perfection. Darma is unlimited. Therefore, when we go forward with DARMA, we will never be limited in our seeking and obtaining more and still more perfection. One of the thrills of eternity is, there is no end to it, and the farther we progress into perfection (eternity) the more thrilling it becomes. So thrilling, in fact, that the present brain, nervous system and physical body isn't capable of experiencing the higher vibrations of bliss and ecstasy. The fact of the matter is, it is necessary for us to pass completely out of the physical body in order to experience the GREATER ECSATSY of the GREATER LIFE.

Just the passing out of the body increases every emotion SEVEN FOLD. However, don't think for a moment you must pass out of your physical body in sleep or astral projection to experience great ecsatsy. Unless you are a very advanced Individual you still have a wealth of thrills to experience while yet in your physical body.

The average person who has led a thrilling and joyous life hasn't nearly come to the end of the bliss he or she may still experience while fully awake in the physical body. The fact of the matter is, the body has been subjected to so many unpleasant emotions by the average person that the body is hardly able to survive the daily misery and unpleasantness.

One reason why a person grows younger and often quite rapidly is due to the elimination from the body of the low vibrations

of fear, hatred, anger, jealousy, revenge, remorse, lonesomeness, etc., etc. Every Emotion of the Mind has a detrimental or a beneficial effect upon the physical body.

It is perfectly natural for the body to be young and youthful, but it can be neither young nor youthful as long as you allow negative emotions to slaughter it daily. Karma sees to it that every evil or negative thought helps slaughter the body.

On the other hand, every Positive Emotion adds to the life of the body. The more often Positive, DARMIC emotions are experienced and the longer sustained, the longer the body's Youth. When you get to the place where you can create thrilling Positive emotions at will, you will be amazed how quickly you begin to take on the feelings, fervor and APPEARANCE of Youth.

In Karma you know how easy it is to develop and experience negative and miserable emotions in a very short time. Just think about some mean experiences, some mean person you know, or anything else unpleasant, and instantly you experience revenge, hatred, sorrow, etc., etc. The longer you think about these unpleasantnesses the more powerful are the negative emotions. On the other hand, can you think about some pleasant experience you had, one you got a real thrill out of, and begin to experience joy, happiness and ecstasy again?

The answer is (unless you are very definitely some distance on THE PATH), that you can't feel the slightest "twinge" of ecstasy from any of your pleasant past experiences. You just can not reconstruct thrilling experiences to any great extent, because the past is dead. Thus if you could you would be living constantly in the past and you would soon be dead also, at least dead to the present and the future. To the Budding Individual the PRESENT and the FUTURE are all important, due to the fact that the Present is alive, the Future is becoming alive.

Just as soon as you learn how to thrill over the present, your feet will actually be on the PATH OF PERPETUAL YOUTH, and as you learn how to get more thrills, you'll not only be on the PATH OF PERPETUAL YOUTH, you'll be racing along on it.

You've had many unpleasant Karmic experiences, but very few Darmic experiences. The heat of a single match, burned against your arm, will cause an agonizing blister that may take weeks to heal. But there isn't any way as simple as lighting a match that can cause that much joy, ecstasy and bliss ... well, not until you travel a little further along THE PATH into DARMA.

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DARMA AND MILLENNIAL YOUTH FOR YOU, NOW

Part 5

Darma, the GREATER LAW, was created when the first Angelic Beings were created. In your Monograph, "ALL OF CREATION", you learned about the creation of Angelic Beings. DARMA is in reality the "Rule of Angelic Beings". It is through Darmic principles that they, the White Angels, stay forever young, youthful and vigorous. In "ALL OF CREATION" we gave you some idea of how old the Angelic Beings are. We couldn't give it in terms of earth years because we would have "run out of figures", in setting down their age. But all during that v-a-s-t time they haven't aged a bit ... they are in no way subject to time and Karma.

On the other hand, when Lucifer and a third of the angels rebelled and were no longer a part of the White Hosts, but became the Black Forces of Evil, they instantly came under the Law of Karma, the Law of Cause and Effect, under the Law of "Dying, thou shalt die". Karma was created the moment Lucifer and his angels took advantage of the freedom of choice issued to all Angelic Beings, and deliberately fell -- fell from Darma into Karma; actually, from Life into Death.

Until the fall of Adam there was no Karma for men. Just the moment Adam partook of the forbidden fruit Karma took a vice-like grip upon the human race, upon the Adamic human race as a whole -- the race created in the image and likeness of God.

As we indicated before, the Law of Karma is about to be "repealed". It is as of this moment greatly nullified for all of those Budding Individuals who wish to make it so. Due to the shortening of time, which is just ahead, the human race will either be in the Millennium in a few short decades, or those who refuse to enter (through Darma) will be removed from physical embodiment. Yes, the Law of Karma will slaughter millions upon millions of the stiff-necked and stubborn, through various means, between now and the beginning of the Millennium. Other millions, those who actually enter the Millennium but refuse to adjust themselves to the fullness of the GREATER LIFE of DARMA, will be removed from physical embodiment during the first one hundred years of the Millennium. After that, there will be 900 years of DARMIC LIFE, and not the slightest trace of Karma anywhere.

At the end of the Millennium "Satan will be loosed for a little season" -- Satan being the "son of Karma" -- and there will be great temptation upon the earth's inhabitants to follow him ... and millions will.

As we said before, the Law of Karma is being "repealed" now

by Budding Individuals everywhere. They are doing this by taking advantage of the Law of Darma and leading the Darmic Life. This, of course, was possible all along, but due to the fact that the eyes of "fallen man" were blinded to this until recent years, it actually wasn't possible. Now the curse of "dying, thou shalt die" is nearing its end. The eyes of the Wise are seeing possibilities that the eyes of the masses have never seen, and will never see.

The age of mankind is now increasing. The pre-flood age of man, as we said, was an average of 907 years. After the Flood it was reduced to "an hundred and twenty years"; later on it was reduced again to "three score and ten". Now, through the evils invented by man, life over the face of the globe hardly averages twenty-five years. But now there has been an increase of life. If you live until you are 15 years of age (this is for the United States and Canada only) you will live to an average of 65 years.

Through the employment of Darma in your life and all of your affairs you can quickly remove some of the things that are "killing you", and the result is, you should live very much longer than 65 years. In fact, it has been found that anyone who reaches the age of 60 has a life expectancy of about 15 more years, and should live by natural means until he or she is 75 years of age. These are people, however, who are mass-minded, and who know little about the Darmic way of Life.

For those of you who know about Life, and who already have made progress on THE PATH, even though it may not be great, let us say that you are at the beginning of a much Greater Life, a life so much greater that you would say "it is too good to be true" if some being knowing the facts of your future progress would tell you about it now.

One great mistake that the average, not-too-far-on-THE-PATH Budding Individual makes, is the desire for a fellow traveler -- some one to travel along with, and to receive advice from. This just can't be done. You just have to apply the information you now possess by yourself, and for yourself. It is an individual matter and no one can be of the slightest assistance to you other than by telling you about the plan which you already know. Put to practice all that you know, and more will be given you. Then the day will arrive when there will be travelers on THE PATH close to you, but even then you must not depend on them in any way. By that time INSPIRATION will guide you much of the way; now it is a matter of GOOD JUDGMENT in applying what other's INSPIRATION has given you.

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THE PRACTICE OF PERPETUAL YOUTH THROUGH DARMA

Part 6

There are very definitely FOUNDATION PRINCIPLES for the practice of DARMA -- Perpetual Youth. However, due to the fact that most of you Budding Individuals know them, and also due to the fact that you have found them so uninteresting to practice, the author of this discourse is going to experience no small amount of difficulty in sufficiently interesting the half-hearted Budding Individual to start putting them to practice in his life and affairs ... NOW. Nothing is gained by procrastination, and so here we plunge into the difficult task.

In "ye olden days". when Budding Individuals were so few that they could be gathered together in a few secret Monastery-Schools, it was not too difficult a task to teach them NEW-DAY PRACTICES -- because there was a very strict rule that no Aspirant could learn a new practice until he had mastered those that had already been revealed to him.

One of the great difficulties of today for the Budding Individual is, he receives as much information in one package by mail as did the old-time Budding Individual receive by word of mouth in a solid year. And worse still, the average Aspirant of today will select only the practices that appeal to him, and "work them overtime". Meanwhile, those that do not appeal to him, and usually those are the very ones he should practice, he completely neglects. (Stop now, and ask yourself HONESTLY -- "does this refer to ME?")

An incident is related: a certain Teacher of the Mysteries was holding a class for certain Aspirants who were so dull of mind that a mentor, in their particular case, was necessary to get them out of their "stagnation on THE PATH", if it was at all possible.

After the teacher had discussed certain FOUNDATION PRINCIPLES for the better part of an hour, a woman rose in the audience, and brusely remarked: "We have heard time and again everything that you have said so far. What we desire, and what we are paying you for, is something new. Please let us have it ... if you are any further advanced than we are!"

The teacher, in a very positive and commanding tone of voice asked the woman: "Just what would you do with 'something new' if I should give it to you? Answer me, but be sure that you answer me honestly ... ANSWER!"

The woman hesitatingly rose to her feet, and there was every

evidence in her attitude that she realized she had said the wrong thing, and to the wrong person, and she was trying to think how she could reply and at the same time "save face".

She haltingly began a reply. But before she had completed a half paragraph the speaker cut in with: "Pardon me, Madam, I said 'answer honestly'."

After a little more hesitation the woman replied 'honestly'. "Why, I .. I .. I don't think I would do anything with it. I take in lectures like these all of the time, and have learned a lot of new and interesting things, but neither my friends nor I ever bother to practice any of the ideas or information. We just come to be entertained, more or less, and if the speaker doesn't give us something new, we become quite bored, and feel that we are not getting our money's worth."

With that the woman sat down; there was a hush over the entire audience as the speaker replied: "Thank you, Madam, for a really honest reply. Not only you, but every one in the audience, I feel, is beginning to realize that they have been learning through the years, but nevertheless have wasted vast amounts of valuable time by being hearers of the Mysteries, but not practitioners."

Let us start right here, and take up some of the simple Darmic Practices that most of you readers already know, but have not practiced, and see if it will be possible to interest you sufficiently in them, that you will start practicing them at once. Then, once you begin to get even slight results, you'll have no difficulty in continuing their practice for greater results -- you'll see what you have been missing.

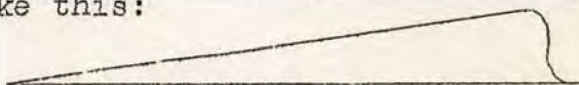
Hundreds, probably thousands of people, heard about the FIVE-FOLD PHILOSOPHY OF LIFE when you did, but quite a large percent, like you, haven't practiced all the PRINCIPLES diligently, and so none of you have gotten really gratifying or thrilling results. However, all over the world, there are men and women who did PRACTICE, and are still practicing, and they are so changed in every DEPARTMENT OF LIFE that they are no longer their old-time Karmic selves -- they are becoming the marvelous creatures that the DARMIC WAY OF LIFE has re-created them to be.

Considering how little these people possessed when they first started on the FIVE-FOLD PATH, it is a miracle what they have accomplished in themselves. Some of them not only had poor, unorganized minds, but they were actually illiterate. It was hard at first for some of them to even memorize the FIVE Departments of Life -- Spiritual, Mental, Physical, Financial, Social. But they kept at it, and finally they could repeat them, and in

correct order. After that they learned how to EXPAND each one EQUALLY.

Next they learned how to remain in Physical Embodiment indefinitely by returning towards the YOUTH they were DESTINED TO BE. Let us see what are some of the simple practices for the renewing of Youth.

The first one is the correct breath. If one is getting older both physically and mentally then he is breathing the Karmic, or Death Breath. In the Death Breath (practically all old people practice it) the breath is inhaled slowly but exhaled quickly. In other words, it is more or less laboriously drawn in, and then suddenly let out like an exhaust. The Karmic or Death Breath is diagrammatically like this:



Notice the long, slow intake of breath, then the sudden "letting go".

The DARMIC BREATH -- the Breath of Life, the Breath of Youth -- is almost the opposite. The breath is inhaled much quicker and then in a very controlled manner exhaled. The exhalation is considerably slower than the inhalation. A diagram would look like this:



Of course, a too-rapid intake of breath would not be good for two reasons. The first one is the air would not be sufficiently warmed for the lungs, and the second one is, the air not coming in contact with all parts of the mucous membrane that lines the nasal passage-way would not filter out dust in the air to the extent that a slower intake of breath would perform.

The real importance of the slower inhalation is this: in every breath we breathe we receive Prana -- LIFE SUBSTANCE -- from the air. Prana is only slightly absorbed while we are inhaling, but it is greatly absorbed while we are holding the breath or allowing the breath to escape slowly.

In the first diagram above the very end of the breath only, which is very short, permits the lungs to absorb Prana. Certainly a little Prana is absorbed in the filling of the lungs, and if it wasn't for this, even though it is only a little, the aging person "wouldn't live until morning".

In the second breath, the Darmic Breath, the breather absorbs Prana from the peak of the breath until the lungs are emptied, which is fully five times longer than in the Death Breath. In the Death Breath the breather is receiving just enough Prana

to prolong death. In the Breath of Life the breather is receiving an abundance of Life-Giving, Youth-Creating Prana.

Oxygen and Prana are not one and the same. In fact, they have nothing in common, other than that you can't live without either of them. In the first breath - Death Breath -- oxygen is received from the moment the air begins to enter the lungs until the air is exhausted at the end of the breath. If oxygen was sufficient to sustain life, then any kind of a breath would suffice, but it requires more than oxygen to live, it requires PRANA -- YOUTH.

The question is asked: "How does a person change from the 'Death Breath' to the 'Breath of Life'?"

It is very simple. During the day, whenever you think of it, inhale quite rapidly through the nostrils (either or both nostrils) and then slowly allow the breath to escape through the nostrils (never through the mouth).

Think the word "quickly" while you are inhaling, and think "slowly, slowly, slowly, slowly, slowly" while you are exhaling. In this way you will make such a Positive impression upon the Sub-Conscious which is the controller of your breath when you are breathing unconsciously that it will, in a reasonable length of time, change over from the Breath of Death to the Breath of Life. (Do NOT confuse this with "9-10-11" Breathing Exercise.)

In a Monastic Mystery School, in times past, splendid results in rejuvenating the body were obtained with the above described Breath of Life practice. However, that was only one of several important practices for the Aspirant.

Another practice was known as the drinking of "organic water". You see, in olden times very few young people were interested in the Darmic Life, and so there were very, very few of them that ever entered one of the secret Monasteries of Life. It was almost always older people, some very old. Age, however, was no barrier to a Budding Individual's acceptance and entrance into a Darmic Fellowship.

The simplest form of the "water of life" was, of course, the drinking of unfermented grape juice -- the freshly-pressed juice from dark grapes. At meal time the juice was served full strength, but between meals it was diluted considerably, probably about five to one. This was necessary, so that there would be no "food taking" between the meals of breakfast, dinner and supper.

The juice from the late variety of grapes could be had well

into the winter, due to the fact that they were placed in cool, dry cellars, and in this way they remained fresh for a considerable time. In those days they did not have the methods for preserving fruits and juices such as we have today by canning and bottling. Of course, the right-out-of-the-fresh-fruit is the best juice, but if we haven't at hand the facilities for pressing it, then there is always the bottled variety of grape juice. Secure the variety that has "no sugar added" if possible. However, if that can't be had, then take the "sugared" brands.

"Organic water" can be had in many other forms than just grape juice. Every variety of fruit and vegetable juice can be had now in the larger cities and most smaller ones. However, no great variety is required. One of the most simple "organic waters" is the eating of water-melons. This is a splendid blood and system cleanser. Someone has said, grape juice dislodges the incrustations of old age in the body, water-melon juice dissolves them and washes them away.

One can eat fresh grapes and get a lot of grape juice that way. That is fine at meal time, but grapes can't be diluted five-to-one for between-meal drinking, and so it is necessary to press out the juice. Water-melon juice, of course, can be pressed out of the pulp. However, this isn't really necessary. Between meals one can eat a generous piece of water-melon and immediately afterwards drink a full glass of water. As much water as water-melon when the melon is eaten between meals.

Making juices of any kind, vegetable or fruit, in one's own home, has several advantages. In the first place it will be absolutely fresh; in the second place it will be absolutely clean, and in the third place it will not be pasteurized. Pasteurizing is now required in all of the larger cities. This is necessary for the simple reason it is quite difficult to prepare juices commercially and keep them absolutely pure. One careless employee can contaminate any number of gallons of juice by his lack of personal cleanliness.

Yes, Pasteurization does kill some of the very vital qualities in fruit and vegetable juices, but it is a whole lot better to drink them sterilized than not to have them at all.

Budding Individuals everywhere, just as soon as they can afford it, usually put in their own juice-making equipment. In this way they can have fresh, life-giving "organic water" as often as they require it. The Law of Dharma is: "Do the best you can with what you have, where you are". If you just do that enthusiastically more and MORE and still M-O-R-E will be added constantly. This is one of the most glorious things about your TRAVELING THE PATH -- the more you seek and do, the more you get.

Organic water can be made from the brewing of herbs. None of the Mystical Monasteries in older times were without a considerable herb garden. However, as important as the use of such herbs are after one gets a certain distance on THE PATH, we haven't the space for the subject here. Those of you who are "herbologists" continue on with the "organic water" of herbs; others will do likewise just as soon as the psychological time arrives in their EXPANSION into the Darmic Life.

In your Monograph "SPECIAL PRIVILEGES", one section dealt with the mystical, life-giving substance, "VRIL". Thousands of Budding Individuals have and are using this Darmic Life-Giver daily. It is one of the finest and quickest ways of acquiring the SUBSTANCE OF YOUTH that we know of, and the means are so simple that any one can produce "VRIL" in large quantities in an amazingly small space. Some of the Budding Individuals that started on THE PATH the same time you did made their rapid progress to a great extent through the use of "VRIL".

No one thing or practice is going to make an INDIVIDUAL or a MASTER INDIVIDUAL out of you. You'll have to use many different practices. Fortunately, no one thing, method or practice is going to hold you "PATH BOUND" if for any reason you can't employ it at the moment. Just as soon as it is absolutely necessary for you to have it it will be there waiting for you.

We all realize how important food is for the Budding Individual who wishes to progress rapidly. But it isn't half as important as is the desire to progress rapidly. Desire is extremely important. Desire ardently enough, and everything bows to your bidding.

Food is very important for the body of the Budding Individual who wishes to EXPAND into the Greater Life rapidly. The kind of food is important, but the amount and the complete mastication of it is much more important.

You have seen pictures and drawings of fat old friars in Karmic Monasteries. They were loaded down the stale, old fat from an excess of eating and drinking. Nothing like that was ever seen in a DARMIC MONASTERY except among the Aspirants who had entered recently from the outer world.

One of the most gratifying ways the Mystical Novices (Budding Individuals) had in olden times of knowing they were making progress was by the way their clothes no longer fitted ... by losing weight.

We were looking over reports from a life insurance company not long ago regarding weight as pertaining to death. Those who

were from five to ten pounds under what is known as NORMAL WEIGHT lived 21% longer than those who were twenty pounds over normal weight. Another interesting thing, those who were a little under normal weight lived 4% longer than those who were normal.

One of the quickest ways to pass completely out of physical embodiment is to reduce rapidly. Only the mass-minded would attempt such a thing. No Budding Individual would be guilty of such stupidity.

Overweight was built up over a long period of time. Therefore it must be eliminated over a considerable period of time. The average "healthy" person who is overweight can safely reduce one pound per week, or about 50 pounds in a single year. This can be continued until he is down to NORMAL WEIGHT.

FASTING one day each week (Budding Individuals are using Friday for Fasting everywhere, unless another day is much more convenient for them) is one of the best ways for reducing the overweight. After each one-day (24-hour) Fast, allow the weight to come back to within one pound of what it was the week before. In this way you will wonderfully benefit by Fasting.

It would be wise for you to read over again your copy of "THE FAST MASTER". Since we published it we have received many wonderful reports, from people who have been practicing it. It seems now that even in the shorter FASTS -- one-day Fasts -- there is a considerable renewing of Youth after a few months. It is said that when a person gets down to normal weight from Fasting and by other intelligent methods, that every one-day Fast adds one more day to his life. That in itself means adding more than SEVEN WEEKS of LIFE to one's physical embodiment every year. Other practices along with longer Fasts later on will, of course, add more years to one's life and life to his years.

Cell Rejuvenation is the basis for all physical rejuvenation. Under Karmic Law the body grows older with each new generation of cells. Each on coming generation of cells is just a little less youthful than the ones from which they "sub-divided". For this reason, the body grows older and older, and finally when the cells in some organ of the body are so ill-born that they can no longer keep that organ functioning the whole body passes away in death.

Some very important cells of the body have a life span of only two months. They are born, live, work, and die all in 60 days' time. Others live for from eighteen months to two years. Only the bone cells live longer. They reach the ripe old age of

seven years and then they depart from the body, and new ones take their place.

Cell degeneration is the Karmic cause of death. Any food that one can eat that will cause cells to come into being more perfectly, to live a little longer than did ancestor cells, is going to add life to the body. What you eat has considerable bearing on the longer life of your cells. Cells brought into existence and fed upon fruits, vegetables, grains, nuts and herbs, live longer than do cells which are mostly the product of fish, fowl and meats.

Let us hasten to inform you that if you are an average meat eater, and decide suddenly to "go vegetarian", you could do considerable harm to your work of becoming young and youthful physically in the shortest possible time. Making sudden changes in your food habits is one of the poorest ways of making the change.

Your cells are largely a product of "fish, fowl and meat", and if you suddenly throw them onto a diet of "nuts and berries" you are going to be the sorriest person alive. The cells of a rank meat eater's body are absolutely CARNIVEROUS, and when they are suddenly forced on to a FRUITARIAN or VEGETARIAN diet, there is going to be a rebellion in the "cell Menagerie". No, you can't do that. You will simply have to make the change-over gradually from almost all-meat to the long-life diet of fruits, vegetables, grains, nuts and herbs.

After each Friday's Fast you can introduce fruit juices and fresh vegetables into your diet. The carnivorous cells are so hungry they will "eat anything" for a meal or two.

The transition period between the present you and the YOU of the future will be filled with joys and thrills, but there will also be the unpleasant side to the great change. Once you really begin to experience the joy of the Life of Youth -- the Evergreen Life, you'll especially want others, relatives, acquaintances, friends and even nice people you casually meet, to know about the GREAT CHANGE that you are experiencing. They could, of course, also experience this change if they so chose. But try as you will, they just can't be influenced, and what is worse, if you do too much influencing, they will not only resent it but they may attempt to belittle you in a way you will long remember to your sorrow.

And so, make changes in every Department of your life, but don't tell any one what you are doing. To do so will cause you instantly to dissipate your zeal for the Greater Experiences just ahead. (This does not apply to Advanced Students who become Teachers.)

Now, back to our subject of the Practice of Youth. As you know, youth is very pliable physically. As you grow younger, and it does not matter how old you are in years, you must start being younger physically, because the Mind will grow much younger if the body is also being brought back to youth. One of the first things you can do with the body is to lie down, and then stretch every muscle in the body, and when we say every muscle we mean just that ... EVERY MUSCLE. This should be done daily. Do it whenever you have the opportunity.

The only physical exercise you will be asked to perform at this time is one that you can do easily, and the more you practice it, the more proficient will you become. That one is simply this: stand up straight, then bend forward, running the palms down over the thighs and knees and as far down on the shins as you can. If you can touch your toes or the floor so much the better. But most of you will not be able to do that at first. If you get the tips of your fingers half way down your shins you'll be doing fine.

Next, raise up straight, and with the arms and hands high in the air, lean backwards as far as possible. Then proceed to bend forward again and "touch the floor" (which, of course, you can't do yet).

One very important thing. In bending backward or bending forward, keep the legs absolutely straight, no bending of the knees is permitted.

One more exercise. This is a small but important one. It pertains to the hands. Your hands are miniatures of you. If your fingers and palms are stiff and unyielding it is a powerful indication that your mind is in the same condition. At least, it isn't the flexible creature it should and will be. Take each hand and massage it thoroughly with the other hand. Massage the back of the hand and each of the joints of the fingers. Take each finger individually and make it curve backward, not only in the joint where they join the palm but in the others as well.

It is said that a mystic can tell what progress into youth his student is making by the way his hands are limbering up.

Don't forget to massage the thumbs and wrists as well. After you have become limber enough in the spine to sit down and reach your feet, massage them. Give them regular attention like you are giving your hands. From now on do everything in reason to loosen up the body, hands and feet. As soon as you can afford it, chiropractic adjustments will do you a world of good. Select a chiropractor who is young, healthy, joyous, and one who is gentle in his adjustments. Most of them now have a very fine

and helpful foot technique which will benefit you very much.

Getting onto a more healthful diet is going to help a lot. The eating of live (uncooked) food will benefit greatly when you are ready for it. Some now will be very beneficial. The unfired foods contain vitamins, and vitamins are important. We can't discuss vitamins here, it is too long a subject, but there is so much being written about them that the reader of advertisements can get a lot of information. But don't take a lot of them, they are too hard on the nerves. Just take a brand that have "all the vitamins", and that takes care of everything. The psychology of taking "something good" does more good than the preparation. But, nevertheless, take something good.

A word about personal vibrations. Now that you are definitely returning to youth it would be a wise thing to purchase clothes that are not too expensive, clothes that you can wear for a short time and then dispose of them. You see, just as soon as you put on a new suit or dress you start imparting your physical and mental vibrations to it. Before long it is literally saturated with them. No amount of cleaning will remove all of your old-age vibrations and the only way you can get rid of them is to dispose of them. You can give a good, old suit of yours away to a man who isn't highly EXPANDED into Life as you are, and your higher vibrations will do him good. This doesn't just apply to clothing, but to many other things that come in close contact with you. If they have served their purpose, give them away or burn them.

Now for a brief word about Astrology. These days millions of people are interested in the subject, and quite naturally they desire to know if Astrology is Darma or Karma. The answer is simple: if Astrology helps you to free yourself from weaknesses and shortcomings, then, as far as you are concerned, it is Positive -- DARMIC. If, however, you find that Astrology has a tendency to shackle you "to your fate", then Astrology, as far as you are concerned, is definitely Karmic, and should be dispensed with just as quickly as possible.

In your Monograph "FIRE OF LIFE", there is some very wonderful information for completely surrounding yourself with the COSMIC BLUE FIRE. This is a practice you should use constantly, especially during the day. Make it such a habit that you do it automatically, and you'll have the Protection of Darma about you constantly.

Practice the things you know, and before you have used all the information you possess, new and much more powerful information will be given you.

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ALL THINGS MADE NEW IN THIS SHORT AGE

Part 7

Both the Law of Darma and the Law of Karma cause all things to become new in "this short age".

Darma is the Positive Law, and it therefore brings about great changes in the lives of those who are TRAVELING THE UPWARD PATH in a Positive, interesting and delightful way.

Karma is the negative law. It is harsh, cruel, relentless in its dealing with the human race. There are only two ways of escaping the Law of Karma: by death, or by becoming one with the Law of Darma -- leading the Darmic Life.

"This short age" is the period of time that lies between the present moment and the year 2000 A. D.

Due to the fact that there is to be a "shortening of time" during "this short age", we have every reason to feel that instead of there being a span of fifty years between now and the actual end of "this short age" and the beginning of the Millennium, there will be just about half that many years.

This, of course, means that real progress will have to be made by Budding Individuals in order to survive the terrific changes that will take place between now and the early ushering in of the Millennium. Under the Law of Karma this couldn't be done in ten thousand years. However, under the Law of Darma it can be done in these few remaining decades that are intended for the very purpose of making a quick transition from the old to the New.

The thrilling thing about the whole matter is: anyone can do it ... anyone who has the desire can make the GREAT CHANGE.

For you, for the future, there are but two important things. The first one is: make tremendous changes in yourself in every Department of Life. The second is: interest as many other people in the Great Work of Five-Fold self-improvement as you can ... that is all there is to do.

Don't try to make this stupid old world "a better place in which to live". Between now and the end of "this short age" just about every bit of "man's handiwork" will be destroyed. When you and all the other Budding Individuals and INDIVIDUALS FLEE TO THE MOUNTAINS there won't be a great deal to come back to.

The greatest thing that you can do for humanity now is to

start making your Five-Fold Transition into the New-Creation you were originally ordained to be. Start doing this, and you will be amazed at your latent talents and abilities to interest the mass-minded in the New-Age or Darmic Way of Life.

In the past you have been so under the rule of Karmic Law that you are now anything but an interesting and delightful person. In other words, your influence on other people for the Darmic Life is just about nil. However, you can readily understand that when you make certain very delightful changes in yourself, and are really beginning to experience even the lesser thrills which come from leading the Darmic Life, you will, quite naturally, be a wonderful influence for good among them.

Of course, when your DARMIC EXPANSION is still greater your influence is also going to be greater. Then you will lead the most thrilling life. The more Positive joys and thrills you can experience from now on, the quicker will be your change-over from the Karmic person you are to the Darmic being you will be.

Quite true, the Law of Karma is going to have certain influences upon you for quite some time to come. This is due to the fact that some of the changes you are required to make before you can be in full accord with the Darmic Life are quite extensive. But that will not bother you at all. No matter how ill one has been, if he finds day by day he is becoming stronger and more healthy, he isn't going to worry about the past. He'll be enjoying the present and looking forward to the perfect and glorious health he will experience in the future.

Your existence under Karma has indeed been a "sickly one". But the moment you begin to practice the wonderful rules of the Five-Fold self-improvement under Darma, your "late illness" is going to be very definitely completely forgotten.

Looking backward is a Karmic practice. Looking forward and visualizing as best you can the person you desire to be is a Darmic practice. This is the practice that is going to cause you to make splendid changes in yourself from now on.

Yes, visualize, and become thrilled over what you have visualized for yourself. Do this, and you have already constructed the bridge from what you are to what you will be. But start now, along with thousands of other Budding Individuals, and you will soon thrill over the fact of how little influence Karma has over you, and how truly wonderful you are growing under the influence of DARMA in "this short age".

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