

Colour

Breathing -

THE BREATH OF TRANSMUTATION

by

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COLOUR BREATHING

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of Transmutation

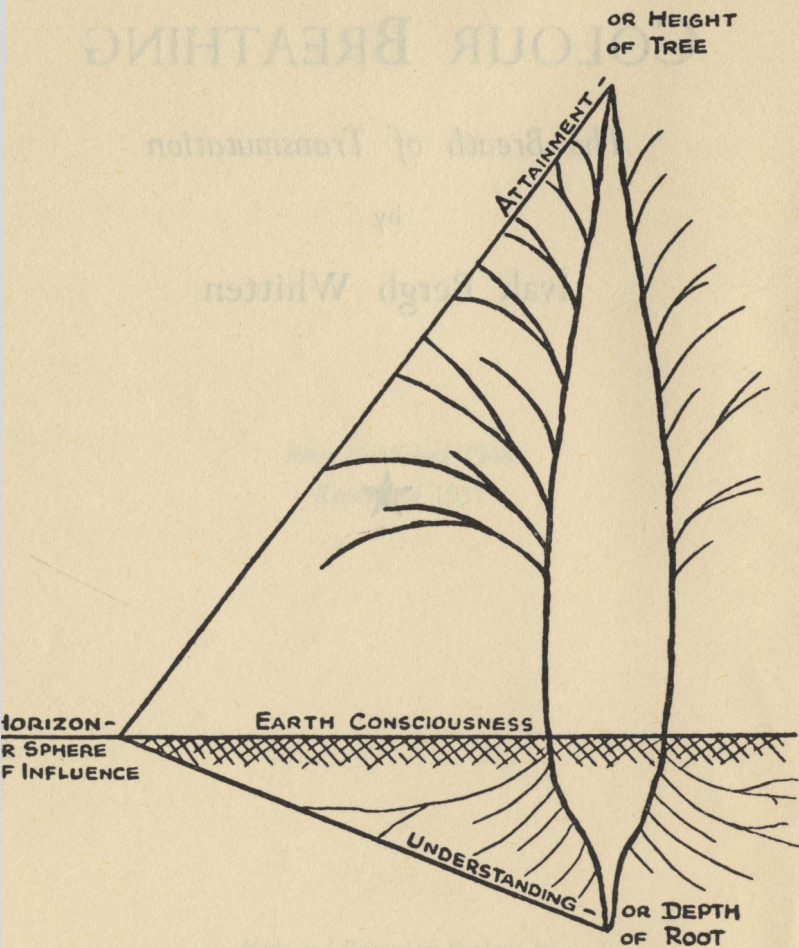
by

Ivan Bergh Whitten

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*As the Height of a Tree is fixed by the Depth of the Root—
so the Attainment of every Ego is determined by the Depth
of understanding. Combined, these two determine the Ego's
horizon, or sphere of influence.*

CONTENTS

	PAGE
Foreword—by <i>Roland Hunt</i>	7
Chapter 1—COLOUR, THE CHRYSALIS OF DIVINE UNDERSTANDING	9
Chapter 2—HEALING BY TRANSMUTATION	15
Diagram—	20
Chapter 3—COLOUR—SKIN—BREATHING	21
Chapter 4—ANCIENT & MODERN USES OF COLOUR ...	29
Chapter 5—THAT NEW FORCE—THE PEACE GUN ...	41
Chapter 6—THESE NEW RAYS OF DIVINE OUTPOURING	48

(COLOUR BREATHING—The Breath of
Transmutation)

FOREWORD

The best commemorative tribute to Ivah Bergh Whitten, and to her life's inspiration, is undoubtedly to keep her written works in print and circulation, and to publish any remaining posthumous book MSS.

COLOUR BREATHING—THE BREATH OF TRANS-MUTATION is one of these MSS, and it is regretted that it did not appear in print in the author's lifetime. It first came to hand during the later war years, and at that time it was thought that the little book MS might be improved by some editing and revision.

Since the war the AMICA TRUST LTD. has been established with the object not only of producing initial editions but of operating a non-profit rotating reprint fund functioning ad perpetuo. The Trust also decided to publish this particular MS in its original and unedited form, rather than disturb the first essential freshness of the author's inspiration.

It is because students from all parts of the world have readily subscribed to this fund that the initial edition of COLOUR BREATHING now appears, even if in a garb more of utility than of artistry.

But perhaps we can capture a reflection of grace in dedication. As a response to Ivah Bergh Whitten's gracious gesture in dedicating her first book WHAT COLOUR MEANS TO YOU to her various scattered students, could we do better in Trust together and as students in Amica, than to take the unusual course of producing *this* book In Memoriam to the author?

ROLAND HUNT,

Secretary to the

AMICA TRUST LIMITED

April, 1948.

(The Author's Dedication)

To

My beloved Student and Co-worker, My Spiritual Son

Roland Hunt,

Who has done such selfless, brilliant work in placing my
teachings of COLOUR-AWARENESS before the World,

And to My beloved Husband,

STUART WHITTEN,

Whose brilliant, highly trained mind has always been
my much-needed balance wheel,

This book

Is affectionately Dedicated.

CHAPTER I

COLOUR, THE CHRYSALIS OF DIVINE UNDERSTANDING.

Ever since the "Flood of Noah," finite man has been colour-conscious; at first, but dimly as his eyes sought the RAIN-BOW as a token of beneficence, the sunset's glow for a hint of the type of weather it might promise for the next day's hunting. Later, his egoistic urge caused him to imitate the birds by painting his body with gay vegetable stains or clay dyes in lieu of clothing.

The history of COLOUR has always followed closely the outline of man's unfoldment of consciousness and has played no small part in his soul's programme.

Man has unconsciously responded to colour as unerringly as any delicately adjusted harp to the touch of the master musician, but it has taken the present-day man—with his conceded mental superiority—all of seventy-odd years to open his mental awareness to this new-old science.

For today, Science IS making room upon its dusty shelves for COLOUR-KNOWING, and many colleges and universities are calling for these books portraying the inner knowledge, with many brilliant minds now exploring the many-sided aspects of colour. Over 40 years I have sacrificed and laboured to make the world at large conscious of COLOUR as "the GREATEST of ALL cosmic tuning-forks," and now at last, above the din of battle may be heard the voices of those who would use Colour knowingly, for benefit of self or loved ones, or from those with a broader sense of values, for use in extensive world service.

The world is now strife-weary ; much work is required to restore JOY and HARMONY ; almost every one's life is full of many thought-forms which should be destroyed for freedom to build anew God's gladsome pattern. Colour Breathing (which is in reality, the BREATH of TRUE transmutation), will help.

It will—in a tangible way—help by destroying these useless forms which you are through with, and by setting the cadence for future harmonies your soul will lavishly pour upon your world.

A thought-form which you have created is the primal causation of most of the trend of your life. It is responsible for your personal appearance—the form and face you present to the world—which is largely responsible for the treatment you receive in return.

A thought-form is a more or less fixed outline created by thought repetition.

For a thought-form to preserve any continuity of outline, its originating source must be definite ; its power for good or evil being equally dependent upon definite thinking by one individual or by a group.

Vague, undefined thoughts, in time, attach themselves to more definite thoughts of the same rate of vibration, thus adding to the sum total of good or evil in the world, yet of themselves, they can do nothing. Many have permitted these thought-forms to imprison the HIGHER-SELF and it is now high time they were destroyed, that all may be free to live gloriously from this day on. I am now speaking of the encasing thought-form with which we are so prone to limit and cramp our lives.

Most people have not the slightest idea of the true meta-

physical importance of the SKIN of their bodies, limbs, and faces and the very considerable part it plays in binding them to the undesirable vibrations ; nor have they any knowledge that those who KNOW can tell by its texture whether the trend of their thinking is fine or otherwise.

We are all very much aware of the painful moments when some sudden shock or acute embarrassment causes our foreheads, our faces—and at times—the entire body to break out in profuse, cold perspiration, but few are equally conscious of the slight galvanizing of these surfaces which accompanies these embarrassing moments.

If the (sensitive) tips of the second and third fingers should be pressed against the forehead or cheek—before this moisture starts—the surface would be found RIGID momentarily, almost stony in its texture.

This condition passes away as soon as moisture begins flowing freely, BUT that is not the end. Between the layers of the skin, have been deposited a few minute particles of PETRI-FIED matter which have become highly poisonous and cling to the sensitive nerve-ends connected with the particular centre affected by the emotional stimulus which has set the reaction in motion.

It is interesting to note that these skin-surface nerves do not respond equally to any given colour, but that nerves side by side with those steeped in ONE colour, FAIL to show the slightest colour change.

This accounts for that MOTTLED appearance noticeable during exercises in COLOUR-SKIN-BREATHING.

Dermatologists emphasize the fact that the glands of the skin become clogged—as we grow older—and finally cease to flow properly, causing wrinkles.

Just what, may we inquire, is AGE? Surely not the number of springs and summers encountered on this trip to Earth. Rather is it a collection of residuum from faulty emotional response to the various circumstances crowded into those springs and summers. If we place the emotionally unstable man or woman beside one of the same age and sex who has acquired that POISE of ageless SERENITY, what I would bring to your consciousness becomes immediately apparent.

AGE is the PRICE we pay for indulgence in EMOTIONAL storms! It has no place in our lives.

This apparent AGE is the SHELL formed by these deposits of petrified poisons and this shell takes upon itself the outline of the thought-form thus emotionally formed—be it greed, grief, hate, envy, jealousy or revenge.

These thought-forms MUST be destroyed BEFORE you may expect to be able to live the life you seek—the life full of FREE expression, for they are so petrified as to make it all but impossible for rays of tolerance, pity or love to penetrate to the true perfection beneath, which is the REAL you.

That is what we mean when we speak of “freeing the surfaces” by correct COLOUR-BREATHING, for it has been developed to overcome just such conditions so pitifully prevalent today. Can you see the stark tragedy of it all?

The millions of men and women who might be expressing beauty in the form of JOY, POISE, SERENITY, TOLERANCE and LOVE, but are—instead—presenting MORE grief to the already overburdened world, with faces deep-lined with sorrow dimming their radiant expression and forms whose backbones have proved unequal to the pressure of adversity.

I would bring to you—through your awakened consciousness—the radiant JOY deep within the heart of your greatest

sorrow and the sweetness of the LOVE-DIVINE nestling within the heart of each strident hate, which will mar your life-pattern otherwise. These and other beauties are ever-present if you will but properly focus your vision.

The head must be held high if the eyes are to behold far vistas, the ears must be tuned to awareness if they are to catch the harmonies in the music of the spheres.

Only by freeing your surfaces from the inharmonies, can you gain the freedom to become aware of these beauties and attune your life to the rhythm of the soul-colours you fain would express. (See *What Colour Means to You*.).

Colour-breathing will help you clear the way to do all of this and develop far greater awareness of the joys you may bring to your brother.

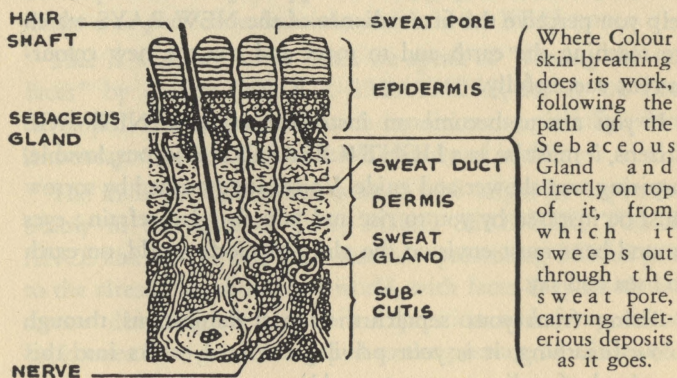
It will clear the way of myriads of petty interferences you are apt to encounter and rationalize your COLOUR-CONSCIOUSNESS, preparing you to deal successfully with the new world of colour and its stepped-up vibrations. It will help you perceive the first radiance of the NEW RAYS which are reaching the earth and to meet and use the new colour-current successfully.

If you are to become an instructor of these NEW-AGE citizens, it must be as a LIGHT ✨ BEARER—a joyous, lovable, inspiring way-shower and guide. Voices long hushed by sorrow must be inspired by you to rise and join the glad refrain ; eyes ground-bent must envision the glory of God's world, on earth and sea and sky.

Rising from your sepulchre of past inhibitions through colour-breathing, it is your privilege to lead others into this new land of radiance now assembling at your side, awaiting discovery by you.

Sorrow and discord must disintegrate as the new life of joy and attainment approach, with YOU as their appreciative host.

MICROSCOPIC CROSS-SECTION OF THE SKIN
SHOWING ITS FUNCTIONS



(See Chapter III, Page 21 Footnote)

CHAPTER II

Healing by Transmutation

AGE IS BUT CRYSTALLIZED FRUSTRATION,
THOUGHT-REFUSE BETTER DISCARDED

The technique taught by most teachers of spiritual or metaphysical healing is to sweep discordant elements down and out, but the Great Inner School of Colour teaches otherwise.

We believe that any thought or condition of thought-origin which has once taken definite form, possesses a certain quality of persistence; that nothing which is not pure, clean and harmonious—nothing imperfect should be loosed upon an already overburdened world.

Therefore, we LIFT or transmute all inharmony before releasing it into the atmosphere—that when released, it may help to upbuild the mass consciousness of the true IS-NESS of PERFECTION.

We realize that a condition or rate of vibration which an Ego incarnated upon one ray may find difficult or detrimental or be unable to handle without resultant discord, may become beneficent in the soul-chemistry of an Ego on a different RAY and of a different type of expression. (See diagram of Rays.).

We therefore use Colour to dissolve the outer encasement or thought-form of evil, and in so doing, raise or transmute the condition before sending it out upon the world.

Transmutation is—then—one of the early and vitally im-

portant steps in a permanent Colour-healing and it will be found that the Colour-breath is the most decisive and rapid method of accomplishing this result.

You will realize that when I speak of transmutation I do not refer alone to the "fires of the flesh" (though heaven knows that in itself is a formidable job). The fires of the flesh seem to be at the foundation of most of our troubles.

It is not difficult to trace the cause of any illness by a careful analysis of the life-history of any patient and to find, back of screaming nerves, there are faulty reactions to circumstances which the patient failed to recognize as invited guests (for each circumstance in your life is in reality an invited guest, whether welcome or unwelcome), you by a series of definite reactions, have at some time made the situation possible.

Most of the work which is necessary for Colour-breathing to accomplish, may be traced directly to repression or failure to clear from our conscious mind impressions or impulses of which we were ashamed, not because these reactions were shameful in themselves, but because we—ourselves—had never paused to rationalize them.

In a letter to my pupils at large, I wrote in May, 1940, concerning some of the methods which they might safely employ in transmutation or purification, which in this sense I feel may be used as synonyms: "When you repress an undesirable tendency, you do not go back of the desire in the manner most effective, but merely strangle, stunt or bind the desire, while you hold its motivating urge more closely to your heart.

"In this way you are building a Complex, or 'barbed-wire entanglement' to cause you trouble later.

"Are you one of those who struggle mercilessly to beat out the 'FIRES of the FLESH?' Would YOU force your SPIRITUAL growth by sheer POWER of WILL?

"THAT is the HARD way—the SLOW way!—the path beset by many unsuspected SNAGS and perilously steep PRECIPICES!

"That is the path strewn with HEARTACHES, anguish, moments of DESPAIR—when PRIDE in vaunted attainment is forced shamefully to bow its head!

"Why not turn to the other way, the PATH of INSPIRATIONAL UNFOLDMENT?

"Here, all attainment comes from the attention focused upon the beautiful plans prepared by the MASTER-BUILDER of the UNIVERSE for the structure you would build—your TEMPLE OF SPIRITUAL PERFECTION.

"It is upon this path that the hallowed footsteps of the MASTER JESUS caused the blossoms of SPIRITUAL life to glow.

"What think you would have happened if HE, who focused the LIGHT of CHRIST CONSCIOUSNESS upon all humanity, had sought to express that LIGHT as WILL—a matter of intellect rather than of the heart and spirit?

"Twice it is recorded HE sought to place HIS will in command, but the fig tree refused to yield and withered, then the money changers were not moved to bestow their gains upon the church or upon the poor, nor upon any constructive object, but left the Temple in confusion.

"These alone, of all the deeds of the MASTER, stand out as failures in constructive results, even His crucifixion brought about HIS RESURRECTION!

"I would have you RAISE each FLAME to the subliminal heights of ITS OWN potentiality, self-torture, either mental or physical, is SADISTIC!

"Temper, the first fire of the flesh, should be raised and GLORIFIED until it becomes but the poised expression of justifiable indignation; when necessary to use let it be expressed in quiet dignified rebuke, never in revenge, retaliation or malice.

"SELFISHNESS, with its offensive dull brown (one of the last flames of the flesh to be extinguished) may be GLORIFIED into the GOLDEN brown of conservation. This may be done by putting back of the desire, a selfless motive—to benefit others with the wealth you seek.

"The reproductive urge radiating the dull SENSUOUS pinks, may be GLORIFIED into the clear, shell-pink of CREATIVE LOVE and soft salmon pink of UNIVERSAL love for all humanity, selfless, tireless, permanent or even the self-sacrificing clear pink of mother love.

"After all has been said, there is a conviction that a great deal of nonsense has been written and talked about SEX, a tendency to place it entirely out of proportion to the other FIRES OF THE FLESH—this attitude must be conquered before the ASPIRANT may approach ADEPTSHIP.

"SEX is merely the great sounding-board of life. The notes it emphasizes may be either the slurred jumble of an inaccurate interpretation of life's score, a murky American-beauty shade of pink or a selfish dull old rose—the reflection of some cave-day complex. By reverse, it is your privilege to make of these notes the beautiful crystal-clear shell-pink of the well understood, perfectly transmuted, creative urge, which has given to the world its best music, poetry, painting and sculpture."

This lesson-letter went out to my pupils in Australia, New Zealand, The Philippines, Holland, France, Switzerland,

England, Scotland, Wales, Ireland, Canada, Mexico, The Dutch East Indies, Buenos Aires, India, as well as to all parts of America.

So many of my beloved colour pupils wrote to me such beautiful letters of appreciation, with request for its ultimate publication, that I had decided to show them the courtesy of including it in this chapter.

Now a few words about other "Psychic snarls" which are not so directly traceable to the "fires of the flesh," but are more correctly classified as resulting from social maladjustments.

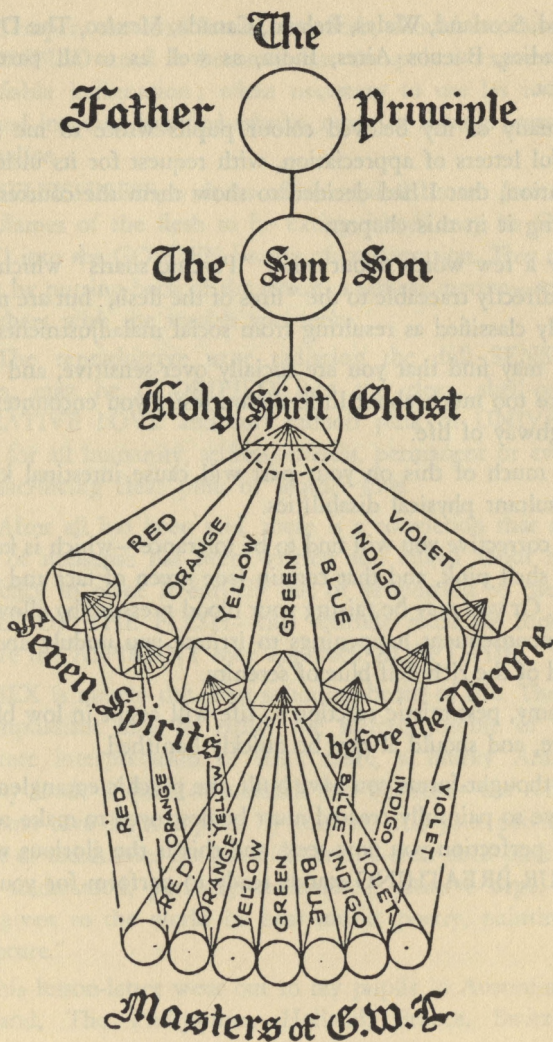
You may find that you are socially over-sensitive, and that you care too much about little discourtesies you encounter on the highway of life.

Too much of this on your part will cause intestinal kinks and resultant physical disabilities.

The corrective you will find to be tolerance—which is keyed to soft shell pink, and that certain jade green of tact and diplomacy. Or you may be raising your blood pressure by allowing small inconsequent happenings to irritate you unduly and be in need of the rich delf blue of serenity.

Gloomy, pessimistic reaction to life will result in low blood pressure, and should always be quickly banished.

The thought-forms you have built, the psychic entanglement you have so painfully created must be destroyed to make room for the perfection you now seek, and this is the glorious work COLOUR-BREATHING stands ready to perform for you.



CHAPTER III

COLOUR-SKIN-BREATHING

The Breath of *Radiant Colour* shall turn your sorrows into joy.

By this pen of faith, dipped in the fountain of sweet experience, I would write that which would lead you up the Rainbow trail to the summit of COLOUR-BREATHING, the true breath of Transmutation.

There, you will find peace and joy and the Radiant blessing of Serenity; there the things of the sorrowing, limited consciousness will fall away, and new vistas shall meet your eyes on every side.

Upon this summit there is a new glory in living, a deeper joy in serving, while much that was unreal shall fall away, and only the truth survive.

COLOUR-BREATHING, the breath of Transmutation, as taught and practised in the greatest of all Colour Temples is not primarily a function of the lungs, but is instead an action of the skin. This fact is now given medical confirmation.

It is, when properly accomplished, in reality a type of skin breathing, a most effective method of working spiritually to free your earthly vehicle from certain set self-created

At a recent meeting of medical men in Chicago—reported by the *Scientific American*—it was declared:

"The cells of our bodies are microscopic building blocks that make all living tissue."

One group of Institute workers reported the discovery of another interesting application of Nature's laws:

"Healthy skin is characterized by ample cell-respiration and loses its fresh, vital appearance as age, dirt, lack of sunshine, etc., decrease SKIN-BREATHING."

restrictions (referred to in Chapter I) a glorified, mental and spiritual house cleaning.

There is nothing which will so speedily and effectively break up every painful thought-form or solidified inhibition and enable you so clearly to see the beauties of service you are now called upon to make part of your daily life.

Services to be performed for your brothers, not at some future date—in Utopia, but here and now, when life seems to be perhaps just a little more difficult than it has ever been before.

If you have reached the stage of development where you measure your accomplishments by the yardstick of selfless service to your world, then you must see that all outworn, outgrown, shells of discords past are—in reality—prison bars between you and freedom.

This Radiant Colour Breath which we are going to consider, travels beneath the outer skin surface in a rapidly rising circular path as you inhale, then as you exhale it comes through the pores of the skin outward, carrying all before it.

It is not easy to accomplish at first, but may be acquired only through persistent effort, and is well worth its accomplishment.

The rhythm is set by your lungs, and the length of time between the intake and outlet must of necessity be determined by the length of the breath you are able to take easily, without the slightest lung discomfort.

Never, under any circumstance, strain your lungs by stupid stunt breathing, it may do permanent injury, instead, it is far wiser to develop them gradually by one of the safe and established methods so long in use by most teachers of Metaphysics.

The entire process of COLOUR-BREATHING is always in an upward, circular direction. Starting with the feet, each exercise should end above the head in a brilliant swirl of Colour, when it has made its triumphant journey.

Acting as a skin function COLOUR-BREATHING serves to free the surfaces as nothing else can, and to carry away dilatory unproductive deposits instantly. It neutralizes the poisonous, though minute particles of petrified ectoplasm, about which I told you in Chapter I, and it aids in establishing quicker and finer adjustments of consciousness, by dissolving unwanted, outgrown thought-forms.

You will also find that when you have completed your exercise it has imparted a marvellous feeling of freedom and poise.

You must be fully alert and ready to fill your allotted place in God's plan, instantly, upon call. The old order of half-hearted service is to be no more. The blood of our heroes has washed away all excuse, all that is negative, and the gladness of unstinted service, of full accomplishment, is now to hold full sway. A new joy has come to birth, freely expressing itself in doing for others, in being true to that which you are. All of which leads to gladly, freely breathing, Colour Consciousness.

The mass intelligence has stepped up tremendously, despite the cries of many of the Literati, that the general public intelligence is that of a child of twelve (12).

The trouble with these gentlemen is, that they would harness the public to their particular star—forgetting other stars, which may hold appeal as well, though they be of different form and rhythm, and that other stars may fill the object of illumining other Rays.

Few pause to consider the sublime differences in the five Ray types of humanity, incarnating upon the seven different Rays, along which a continuous stream of God's life is pouring, or to make allowance for the less developed younger souls upon the Ray which they themselves adorn. There are so many egos who have just started to look about, and so are not yet ready to follow a single star, regardless of its magnitude.

It is certain that the general public is today very much more intelligently Colour Conscious than it was ten years ago, or even five years ago, when I passed the outline of this book up to the Master for approval, but was refused permission to release certain facts which were then felt by him to be too advanced to pass on to the reading public; now, consent to their publication has been given, and I was told "the world is more nearly ready, and the need is very great."

Perhaps it may help describe that which I would bring to you, if I asked if you have ever seen a moving picture of a cyclone? How the great funnel-shaped cloud picks up all in its path, flinging everything about, helpless to resist, as though it were a mighty Giant, in rough, wanton play, a force which without restraint was a destroyer.

Imagine that same force tamed, held in control, and in all its accomplishments gently beneficent, picking up the undesirable, transmuting it into a beautiful blessing and gently releasing it to the world.

It is in something of this gentle cyclonic action that COLOUR BREATHING does its work, always beneath the outer surface of the skin, searching for poisons and inharmonies as you intake, then gloriously bathing the surfaces as you release, but always the motion is upward.

You will understand, of course, the vital importance of selecting the correct colour for each treatment, this must never be left to mere chance, as it might be easy to visualize the very colour you wish to dissolve.

If you have not had an authentic Colour Analysis, or my lessons in Colour Awareness, you will have to depend upon Colour Symbology, and you will find it safe to select the colour with the opposite meaning from that colour representing the thought-form you wish to destroy.

You will find much of Colour Symbology in my little book *What Colour Means To You*.

To make my meaning plain by example let us suppose your trouble is uncontrolled irritation. The aura or personal atmosphere (radiations from the continued *baking* of your nerves) would be light scarlet, and your encasing thought-form would be that of a most unpleasant angular personality, while beneath it all you are in reality a potentially lovely and lovable person. The trouble is you are badly out of tune, just as a fine piano which has received bad treatment. The desirable thing then, would be to get yourself back in tune.

You would start by soothing the outraged nerves by the direct Rays of Serene Blue which you would apply by the Rays from your treatment lamp. When you had bathed in this colour for from fifteen to twenty minutes, concentrating upon its beneficence, you would start by seeing these Rays enter the soles of your feet, coming up through the instep to strengthen the arch, by removing the incorrect understanding and reaction to life (the arch represents understanding).

As Blue is one of the three colours which enter the earth's atmosphere in a nearly vertical direction, its employment would necessarily be at right angles.

This treatment you would then continue, causing it to rise in a circular path (between the skin layers) up your legs, up your thighs, about the buttocks, abdomen, and the entire torso to the throat, then lift up your arms high above your head and release in a spiral swirl of Blue.

Know that within this swirl there rises the last binding vestige of your old inhibitions, and that you are free, **GLORIOUSLY FREE.**

Be sure that you release your past mistakes in a transmuted form, which will add strength, not weakness, to the world at large.

In other words, always remember that you are never to release an emotion you have not first rationalized. To rationalize is to transmute or change into that which is good or beneficial. **EVIL IS IRRATIONAL GOOD OVER DEVELOPED.**

Your **COLOUR BREATHING** exercise will, in all probability, require as many as eighteen (18) breaths for its completion, at first, but after a few weeks of daily practice, you will be able to accomplish it in six (6).

The attention must be centred from the first upon visualization, which must be vivid, the number of breaths required is of secondary consideration.

I cannot emphasize too earnestly the care you should always exercise that your own attitude, or soul consciousness, be right when you use colour. Always remember colour is a potent powerful force in itself and must be used with the greatest discrimination, just as you would use electricity or any other great force.

COLOUR BREATHING cannot be used effectively to correct wrong habits of thought, but to break down and transmute through liberation, accumulations of past thought errors and

inhibitions, and to place your physical body in tune with your spark of the Divine, your higher self.

Once you have awakened the indomitable wish to accomplish this union, COLOUR BREATHING will do the rest.

If you attempt to use COLOUR BREATHING as a builder, and its latent power of correlation as a cohesive force, you are employing the wrong technique and your ultimate accomplishment will be so plastic as to defeat your design.

The builder I would have you employ is the straight colour-current. The application of this new colour-current as an agent of skin breathing is as that of the liberator from imprisoning thought-forms. Is that quite clear?

A builder rebuilding on a city lot, covered by useless unsightly buildings, would first demolish the objectionable old structures, clear away the rubbish and then build anew. So must you proceed in building this radiant, glorious, new you, for whom the world is crying, the YOU the world now needs.

In the period just closed, which proved to be the period of gestation for agonies now birthed and attained of full growth, it was felt that this Colour Skin Breathing was a trifle in advance of the consciousness of the world, that it might be misused by some who were about to go through trial by sword and flame, as a false easement or escape from moral responsibility, and so it was preceded by other methods of COLOUR BREATHING.

When in London in 1939, I released some details of these much modified exercises to Roland Hunt, which he later gave to the public in his excellent book *Seven Keys to Colour Healing*. This book is a skilful and practical correlation of all the best methods employed by AMICA during twelve (12) years of active healing work.

There is also a school of Colour-work in India which teaches the pupil to intone the note key to the colour desired, this breath is sometimes combined with exercises which include the intoning of the five (5) vowels carefully keyed to the visualization of the proper colour. This is most effective in cases of throat affliction and as it plays directly upon the throat, or power centre, produces pep, or power consciousness.

Madam Olive Pixley, late of London, and Miss Grace Gassett of Paris, teach that COLOUR BREATHING is a function of the lungs, and should be strictly up and down. These teachers have unquestionably done good work, but I have given you in detail the method used in the Great Colour Temple about which I am telling you much more in the following chapter.

CHAPTER IV

ANCIENT AND MODERN USES OF COLOUR

A FEW MEMORIES

It seems quite impossible to get a proper perspective of colour in its esoteric aspect, without turning the arc-light of introspection on at full power. This you can understand when you remember that you are today the sum total of your colour responses to the various circumstances through which you have gloried, revelled, or cravenly cowered in past lives. For it is by these colour responses that we build our lives and help to build the outlines of the lives of our associates.

With some, these lines reach back to days upon Atlantis, or upon Lemuria (MU), the two continents now resting beneath the Atlantic and Pacific, respectively—resting, yet ready to arise at the sound of the anvil of time when again old Geodetic boundaries shall be restrung as beads upon the wire of evolutionary progress and pulsing opportunity.

Atlantis furnished the background for the greatest development of the mechanical aspect of the God-urge, as expressed in science and invention.

It is probably safe to say that all the great inventors of our age once lived during that period. There was started our present mechanical age or our easement from physical toil, which man has now reclaimed anew from his treasure house of the subconscious.

Electricity harnessed to do our bidding in our homes and public assemblies, factories and streets. The airplane, the radio, television, and many marvels of this age which we enjoy, were ideas first thought out to a logical solution by the men then inhabiting Atlantis, who had been reincarnated during this age, or at this time incarnated as our present-day inventors.

Whether you accept reincarnation or not you must, upon sincere, unbiassed investigation, concede that men of broad research have been able to discover proof that it was upon Atlantis that the matrix of mechanical perfection first took definite form. It was upon Atlantis that mind and will made their first union. Thus started the rhythm of man's mastery over his environment.

The spiritual aspect of man was more radiantly expressed upon Lemuria.

There was the theatre of man's spontaneous, glorious response to the call of his God-hood. There he was temporarily stripped of his swaddling clothes of religious superstition, to be arrayed in the radiant garments of his mental and spiritual union—his responses fostered by the great minds who had incarnated to accomplish just that.

It was upon Lemuria that the first great Temples of Colour were built. These of course ante-dated the beautiful Colour Temples of Healing in ancient Greece and Egypt. These were built later by priests from Lemuria, who migrated before their country was submerged, taking their knowledge and spiritual accomplishments to the new lands.

These Lemurian Colour Temples were built high upon precipitous mountain tops, that their exquisitely adjusted vibrations might not be disturbed by the coarser thought of a less evolved populace.

The soul-sick and bodily afflicted were brought to these Temples on stretchers, such a journey, often taking many weeks, only made possible after current rumours had convinced the sufferer's friends of the personal benefits they, themselves, might expect to derive from such a task as that of acting as stretcher-bearer to one entering the Holy confines of the Temple.

As all accomplishment must first be established by rhythm, music pulsed softly through the portals and ante-rooms of the Temple, becoming more rhythmic as the patient was placed upon a couch in one of the reception rooms, and flooded with a soft salmon pink of universal love which dominated the entire Temple.

Within these benign vibrations was started the gentle breaking up and final dissolving of all thought-forms of Fear, Hate, or Malice, which might surround or encrust the patient, for such an encrustation would of necessity retard the sufferer's response to the healing and so cause a waste of time and effort.

From a seat behind a screen at one end of each reception room a Priest, trained for this particular phase of the work, was able to observe the patient while he himself was unseen.

His duty it was to decide as quickly as possible when the sufferer's aura registered a vibration which was properly receptive, and it was not until this change was noted that there was any move to progress the patient towards the true Hall of Healing (the heart of the Temple proper), as no effort is made which may be wasted by those who reach the stage of development necessary to be permitted to take even the most humble part in this healing work of the Temple.

Within this Hall of Healing presided the High-Priestess, who was at all times in authority over all. She it was who

always completed and personally "sealed" all cases against relapse when a cure was finally effected.

This High-Priestess never left the Temple, or mingled with those of the outer world. In fact the first assistant (who was next in authority) rarely left the sacred edifice and its close encircling grounds, but made all necessary outer world contacts through one of the younger, lesser priests.

These young priests are shown however, by existing records, to have mingled quite freely with certain scholars of that time and to have been well-known figures in the metropolis of that lost continent.

The complete seclusion and privacy for the High-Priestess was deemed quite necessary to preserve her exquisite sensitivity, which would of necessity be dimmed by worldly contacts, not in harmony with her life's expression of loving service.

Outer world percussions always, in time, create a type of film, or cushion, which acts as a protection against unlovely contacts by blunting over-sensitive reactions.

This is, in fact, very much the same thing as that which takes place with the American Indian, who in his native forest or upon his plains country registers as distinct sounds vibrations as low as twelve per second, while a life spent amid the clatter and violent percussions of so-called civilization causes man to fail to hear any vibrations below thirty-four per second.

While in this present stage of service it seems necessary to establish contact through some personally magnetized article, such as a flower, or handkerchief, and it is also considered necessary that the coarser particles be shed from the outer sheaths of an applicant for healing, in that time so long ago

we find records of accomplished adjustments at great distances, and often this was for the most humble and unevolved in all Kingdoms.

As may already be understood this High-Priestess is incarnated at this time, she takes great interest in occasionally meeting and renewing a contact once started upon ancient Lemuria.

Recently she was upon Hollywood Boulevard in California, when she was approached by a stranger, a gentle, unassuming though earnest little lady, who proved to be a member of a band of "World Messengers," who are acting in connection with a group of advanced Mystics, the direct descendants from the members of the ancient Priesthood of Lemuria, who journeyed to this continent before the final sinking of their own land.

The authentic records of all this are at present a well-guarded secret, and I do not feel privileged to reveal more than this to you at this writing. I may say, however, that at that time, upon this new land, they created a great Crypt which is still in existence, which I personally have seen, upon privileged visits, also a section of another great and inspiring edifice, about which my next book will tell you much.

Within this Crypt, one side of the entire wall from floor to ceiling, they have honeycombed with tiny vaults or receptacles, in which were placed metal tubes containing the records of the essence of work accomplished during the lives of each priest and priestess belonging to that first temple. These tubes were securely sealed, and were then wrapped with young animal skins, upon which was printed a strange script. This the scholars of the order have translated to be the names of the original Temple members, also the dates of their accomplishments and (the span of life), which would seem, by

modern standards, to be unbelievably long), and there were detailed descriptions and instructions by which world messengers might be able to find those now incarnated ; as according to instructions no ego, other than the one who inscribed the record, may break the seal of this metal tube, and release the knowledge it contains to the modern world.

All of this is quite thoroughly substantiated through existing records and in outer world accomplishments, so I would say to any who may be by nature sceptical, that their scepticism really does not matter, but only closes the door, the door which opens to experiences of great beauty and soul value.

In days past, I have grieved for you who feel compelled to take the spray of Soul-essence into the furnace of doubt, I have felt that you had lost something BEAUTIFUL, SACRED, HOLY, which could never again be yours. But I have learned that people cannot help this compelling urge,—that egos lacking that exquisite, indefinable quality which men call faith are merely paying a karmic debt (having in the past deceived others) and of course we all feel that we must always rejoice whenever an ego has reached the development where such karmic debt paying is permitted, as we know may not be done by the very early or young souls.

But more of Lemuria, and the Temples, these were massive in design, and universally constructed of an identical type of white rock, unlike any now found on the earth's surface. It was something, in the formation of its grain, between marble as we now know it, and limestone, yet possessing a quality which seemed to be all its own, in that it took on a polish which at a distance causes the trim to resemble alabaster.

The surface of the great vestibule was treated in this manner, and is unrelieved by any suggestion of colour in the form of

rugs or wall tapestries, such as have been found in other ancient temples.

There are seven small narrow reception rooms arranged along the three sides of the great entrance space, and it is within these that the patient contacts the first glimpse of colour, which is in the love Ray of clear salmon pink, very deep in the shadows, unbelievably delicate and transparent in the highlights.

Beyond these rooms there is the great Hall of Healing, where the Altar is an immense slab of alabaster, reflecting the delicate colouring of huge panels of Mother-of-Pearl which back the Altar and extend to the lofty nave above.

Before the Altar and in place of the usual chancel rail, there are seven great pillars of Mother-of-Pearl. Three on the right side rest upon bases of purest gold, three on the left upon bases of purest silver. In the centre before the Altar one rests upon a base which is divided, the left half being a mighty green emerald, of size and radiance beyond description, while the right side of the base has an equally magnificent amethyst.

Upon the floor of the chancel, before the Altar, is placed an exquisite rug of tiny, white feathers woven into a warp of pure gold. The stretcher bearing the prostrate form of the afflicted one is placed tenderly at the outer edge and parallel with this exquisite rug, which is symbolic of the ritual which follows, *the prostrate position of the patient also being symbolic of complete surrender of all personal will, or rebellious clinging to the inhibitions which have caused the downfall, absolute surrender being considered an essential part of the requisite for any spiritual healing.*

In all cases which were malignantly contagious (or communicable) the priest used cups of a thin translucent material,

which rather closely resembled what we now know as a somewhat superior gelatine. These cups were in shape in resemblance of the old-time cupping apparatus of our family physician of some forty years ago (a therapy having at times undesirable results, as in the case of faulty vein structure where positive damage was inflicted).

But these light concentrators instead of drawing the blood to the surface as did the old physician, were constructed to hold a whirling centre of light rays, which seemed to draw all the poisonous germs into the cup, while the cleansing, purifying treatment went on from the cup's rim.

These Master healers never used the same cup twice, and it was always most painstakingly destroyed at the end of the treatment. Just as soon as the malignant germs' eradication was complete, the treatment was continued without mechanical apparatus.

All cases originated in emotional discords were passed through the emotionally purified body of the attending priest, other treatment being unnecessary in such cases.

It may be of interest to know that these precise methods of healing are still in use, in at least one department of the present great healing Temple, but they are only used when it becomes necessary for an ego to outlive certain karmic handicaps, in order that uncompleted work may be finished and given to the outer world (human survival always being considered as secondary to human accomplishment).

In most cases treated there today, throughout the hour set aside for healing, no lamp is used by the temple priest, but the patient is flooded by the consuming rays of the desired colour, by the simple process of which the priests are masters, of intensifying their mental projection through a sort of

glorifying of the colour which they are able to call forth from the Mother-of-Pearl of the Altar pillars and panels which I have described.

All treatments are keyed to a great and tender love vibration yet no word is ever spoken at the Altar, where the velvety softness of the devotional silence is accentuated by the powerful intoning of a healing mantrum, and the final blessing of the high priest.

It is indeed a moment of pinnacled consciousness, when the Soul-note of the afflicted one is sounded in this mighty chant, until it seems to blend with, and become an integral part of, the Altar pillars of all consuming fire, literally liberating the entombed soul, the perfection within, seeking freedom from that which they know not.

In all the sacred records of these healings (and I have had the privilege of examining many) there does not seem to be one case of the recurrence of a malady, or maladjustment, probably due to the approach of their healing methods which considers cause and treats it, rather than effect.

All through the hundreds of years of this ministration, one point seems to be accentuated, that is the proper preparation **WITHIN THE CONSCIOUSNESS OF THE APPLICANT.**

This was always considered to be an integral part of the healing, and no one was permitted to present himself at the temple without due preliminary preparation. At all times safeguards were arranged for each patient treated, against future conditions which might be confronted after release.

At the end of each day and just preceding the beautiful Vesper Service, held by all members of the Temple life, every priest taking even the smallest part in the day's healings, retires to his own surcharged sacred nook, for a few moments quite alone.

There he painstakingly goes through his colour breathing ritual that no vestige of another's undesirable thought-form (attracted through sympathy for conditions encountered in his day's work) may cling to him, or impair the beautiful purity of the day's over-soul, or the day's effort-motif.

In this way he makes sure he does not become a carrier of undesirable thought-forms and that nothing deleterious finds a nucleus of being.

When this private cleansing ritual is complete (for he makes of it a solemn ritual) he hastens to join the procession forming in the courtyard. Many fellow priests assemble, with the humbler workers waiting for their time to fall into line, on their way to the great Temple Chapel.

Again the silence is pulsed by the mighty rhythm of a chant, an ancient chant, from the souls and throats of nearly a thousand Holy men.

All the sound registrants of the Inner planes take it up, multiplying its volume. I heard the powerful notes of this pre-vesper chant many thousands of miles from that Temple courtyard, so clearly it sounded, that I marvelled when others in the room could not also hear it.

It is a moulder of men's destinies, having a most powerful influence upon events in the outer world of men. Its notes of solemnity, interwoven with deep joy, have the power to cause vibrations throughout the Cosmic realms of causation.

It has swayed mighty battles, moulding history, a veritable clearing house of prayer.

The radiations of each note create a halo of unsurpassed beauty, and the power to project as well as to attract, and, in a manner which I do not myself quite understand, it creates from the prayers of men waves of all compelling purpose.

I have tried to bring this marvellous force before your consciousness, but I realize my words are too pale, it may be that you have already the knowledge that it was, in fact, this focused, purposeful force, awakened by the prayers of many anguished mothers for their sons, which projected that dense fog over Dunkirk at the hour of greatest need and so enabled so many brave boys to escape.

It may be of interest to add that before the White Brothers seek to use their protective rhythmic force in action or direct it toward any great accomplishment, the lovely devas work most earnestly to prepare the scene of action.

Things that influence our lives—as do great dramatic moments—always occur on the inner planes first, thus making such preparation possible. At such moments, the Beautiful Shining Ones seek to draw the magnetic vibrations to a focus, about 30 feet above the anticipated scene, there to weave a net-like layer of pure vibration, to form a cushion for the space above, which becomes an almost perfect vacuum, into which the Great Ones pour the Soul-essence of their holy desire to help, forming a benign over-soul of action-motif.

Some weeks before the "Battle of Britain," I stood in grand old St. Paul's in London, and was privileged to watch these beautiful creatures at this work, in the nave above the altar. It seemed there were as many as 18, arranged on either side. Those on the right would chant a few measures of celestial music, then those on the left would respond, then all would join in what seemed an ecstasy of sweet fervour.

At the time, I was most interested in watching dear, sprawly London make common-sense preparation for war and did not realize the full purport of the effort of the devanic host, but later, when I was safely at work in my own American

home, the newspapers carried the story of the bombing of St. Paul's and the PRESERVATION of the altar. Then I realized the prepared vacuum had deflected the enemy's savagery and that the chant had performed the desired duty.

(He did not say, "They will not suffer," but "They shall not be overcome.").

CHAPTER V

THAT NEW FORCE

THE PEACE GUN

Locked within the insouciant confines of each vibration registering with us as colour, there is a dynamic force which man will find a more powerful agent of his bidding than any of which he has hitherto dreamed, even during those rare moments when he has escaped the halter of pre-forged race inhibitions, and has functioned temporarily as a free Soul.

I predict that before the close of the year 1948, at least one of the far-seeing thoughtful men of science now quietly working upon this phase of colour will finally unlock the energy units now slumbering within colour's glowing chrysalis, will skilfully harness them and present this new force to the world to do man's bidding.

There is already an image cast upon the horizon by one who is soon to come forward to release this force. One who does not limit vision by the blinkers of accepted custom or refuse to deviate from the established outline of concrete expression, but who dwells in the radiant tomorrows, whose life is made up of precious moments of watchful awareness, who is hourly approaching the pinnacle of his destiny as man master of his environment, and whose clear eyes see beyond the complexities of the moment.

Such a Soul wherever he may be, will place before you this colour dynamo, the greatest boon humanity has yet re-

ceived. It will take such a Soul to act as interpreter of God's latest gift to mankind.

Beneficent limitless energy must likewise be handled by an awakened world, a people dedicated to unstinted service and accomplishment keyed to the serene expression of selfless love for humanity.

When you have contacted this colour energy (or force) you will understand something of these potentialities, and why I feel so sure that one day you will find colour to be a more powerful agent of service to man than steam or electricity has been in the past.

I do not hesitate to say that the day is at hand when this colour dynamo will run all machinery, air-condition our homes, factories and office buildings, run our elevators as well as our various modes of transportation with a precision and ease superior to any force which man has hitherto handled.

The use of colour as the Great Tuning Fork, which my lessons have placed before you, is but one phase of colour, there are many awaiting man's attention. When released and even partly understood, these will furnish new professions for thousands of our dear youngsters who will return from the chaos of the battle-front. And by its transcendent healing power it will illumine the path back to health of mind and body of other thousands, who without colour's healing ministrations might be condemned to lives of invalidism.

It is but another incident of the manifestation of the law that all that is, has, or ever will be necessary to man's complete expression has always been co-existent with his need, yet man has always seemed slow to recognize this, or to claim his inherent birthright.

This is largely caused by man's complete ignorance of the signs by which he may recognize his Ray affinities. In fact he

is quite often serenely ignorant of his own Ray and Type, so cannot very well be blamed if he failed to connect with all that is keyed to that particular Ray and Type as a part of successful expression.

A man who would resent instantly the insinuation that he did not know or care what was the combination of his own office safe will stumble through life from one fiasco to another without one thought of the potential value of this self-knowledge, yet herein lies the key.

All things with which you deal, or come in productive contact with, must in a very direct manner be keyed to your own Ray. They must be in harmony with your Ray colour, your musical note, your perfume and numeral. If they are not and you attempt to control, they will produce discord and result in failure.

The key to your success and accomplishment is this knowledge linked to intelligent effort. It will unlock life's door to success and all necessary supply—wealth as knowledge and accomplishment not necessarily in coin of the realm.

Of the seven Rays or streams of God's life pouring into being, each ego incarnating upon one of these Rays has his individualized avenues of expression outlined to harmonize with his source of supply, and this supply may only be contacted through these channels. Any effort which he may make (no matter how fine the motive) which is outside of his own orbit or affinity will fail to produce results *for him*. Others may benefit by his efforts, *but he himself will always lack*.

All egos incarnated upon one of the first four Rays will find it easier to expand energy units for accomplishment, if they will draw freely from the magnetic vibrations of the earth.

These egos should always seek to recuperate from illness or over-strain by drawing energy up from the earth's surface, up through the soles of the feet, up from the base of the spine, they will become more easily refreshed within the environment of nature or the great out-of-doors.

All egos incarnated upon one of the last three Rays draw down their force from the electric current in the ethers, and for either of these types to deviate from this rule always spells disappointment, failure and many times grief. For without this key to power they must of necessity fail as their rebuilding of energy units must of necessity be harmonized with their Ray's expression, so also must every phase of their life.

Now comes a new current which is neither of the earth nor of the air, it is a welding (or wedding) of both—a current born within your own Ray colour with its sphere of usefulness which seems limitless. I have personally seen it cause the helpless to walk, the dumb to speak, the deaf to hear, those seemingly dead to rally and take up new lives of usefulness, which seem limitless.

It has prevented divorces, by creating harmony from discord. It has re-united families long estranged, and had a very big part in reforming many of those pathetic maladjusted brothers whom complacent self-righteous society has so smugly called criminals.

Its gentle beneficence illumines the lives of both young and old. The intelligent, the cultured, the humble, the lowly and illiterate. This new-old current now radiant with blessings for all stands by your side ready for instant service glowingly radiant. Yet you dare not reach for it with lust or greed in your heart, but only from the pinnacle of your closest approach to your highest potentialities. This new current is to be observ-

ed clairvoyantly within the old familiar straight colour current we have all used so long. It extends as a line within the centre a sort of ribbon picking up the radionic outshooting particles and confining them in a spiral of tremendously stepped up intensity. It is smooth in its slightly spiral onflow and the outer edges of the old current seem to flow on serenely and form a case or outer jacket for the mass of vibratory intensity—billions of electrons colour charged, always moving, yet harmoniously controlled, like a vast army within a fixed directionalized radius, always surging forward.

I have written before of the several currents which man employs, but have held all knowledge gained from this phase of experimentation before releasing. These experiments, undertaken in the name of greater service, have shown that I can release a minimum of this effect by using a slide of the feminine (negative) Ray colour, superimposed upon another slide of a masculine (positive) Ray colour. I have naturally concluded that this new current or force is in reality the welding, or wedding of masculine and feminine force, or the perfect union of the positive and negative in nature.

Should you care to pursue these experiments, in the name of greater service, I would suggest extreme caution in the use of the colour slides upon humanity when so combined, as great psychic disturbances can be brought about if this current is not held well within the safe limits of the etheric double—the idea of course being not how much disturbance we can create, BUT HOW MUCH GOOD WE CAN ACCOMPLISH, how much of the blessing of colour we can broadcast to our less fortunate brothers both large and small and in all kingdoms.

In releasing to you this hint of future accomplishments, I am asking you to remember that someone will unlock these forces

now imprisoned within the heart of colour—that it will be a boon to humanity unequalled since Madame Curie discovered radium.

The heights of attainment for each life is determined by the depth and wholesomeness of the understanding (see frontispiece). Someone will give this boon to the world. Several may give it in different aspects. No one may hold the monopoly.

This new colour force will be found to be not only intensely powerful of itself, but within its all compelling grandeur it will draw together other forces of beneficence, united this powerful current of all good will illumine accomplishment in a positive way that will rationalize and transmute much which is now evil, whether it manifests as social or physical in-harmony, for remember that evil IN ANY COLLECTIVE BODY OF UNITS, WHETHER IT BE SOCIAL OR PHYSICAL, IS BUT IRRATIONALIZED GOOD. That knowledge which is not illumined by the life of the spirit is pitifully dark.

When asked why I do not work for this myself, I can but say that that is another's task, not mine ; mine is to broadcast colour's many-sided opportunities. Personally, I have always felt that a pebble dropped into a lake was a wider influence than was the boulder by the lake's edge.

It is this new current (or force) which operates the coming Ray Gun which military authorities concede will one day put an end to all wars. A Gun which does not kill and maim, wreck or destroy, but which effectively restrains all violence, becalms and blesses, by a Ray of transcendent compelling power which may be focused at will,—a Ray Gun which is in reality effective. This Ray Gun will end war by the simple process of paralyzing all attempts at violence, or aggression. I prefer to call this the Peace Gun as that is its only mission.

Upon a visit to America's Colour Temple I was permitted to see this gun in action, which was unbelievably perfect. Just as we now air-condition our homes, so in the near future will we be able to Peace-condition our cities and towns by the use of some adaptation of this Peace or Ray Gun. The following is a clipping from the *Los Angeles Times* of February 21, 1945.

RAY GUN, KEY DEVICE—by United Press.

Washington, February 20.—“The worst thing that could happen to the United Nations right now would be for someone to invent a genuine, foolproof, economic strip ray gun,” CO. Maurice L. Barker said today.

For ray guns, he explained, would spell the doom of airplanes, tanks and other offensive weapons upon which the United Nations must depend to win back the vast territories lost to the Axis.

But once all lost ground has been recaptured, he added, invention of an invincible anti-tank or anti-aircraft weapon of any kind would ensure an Allied victory while at the same time bringing about a revolution in warfare comparable to that wrought by gunpowder in the fourteenth century.

“Offensive weapons at the moment are superior to the defensive,” he said, “but someone sooner or later is going to invent a one-man cannon, a ray gun or something that will knock hell out of tanks and airplanes.”

Barker is chief of the technical division of the Army Chemical Warfare and he was not just being whimsical when he talked of ray guns.

CHAPTER VI

THESE NEW RAYS OF DIVINE OUTPOURING

The first of the new Rays to pierce the earth's atmosphere is a Ray of motivating energy ; under its transcendent brilliancy there must be action, but it must always be borne in mind that it is action with more or less rhythmic cadence.

Under its influence there can be no stagnation, no furtive, selfish, static thought, and no useless waste of energy, but a dethroning of all self-elected demagogues.

Under its influence the fierce uncompromising lightning of truth will flash, and false complacency take wing, for I would have you remember always that *complacency* is but the *child of inertia*.

This is a Ray of reality, not the brutal exposé of the period just closed, but a *general* unmasking of *all* deceit.

It was the advance reflection of this Ray which uncovered the lurking danger to this country's (U.S.A.) ideology, as exemplified at Pearl Harbour.

The reactions are sudden and unannounced, so unless they prepare by discarding all encrustations of false complacency during this period, many may temporarily lose contact with that much treasured Poise.

You who have lived for some time by the Great White light of the Christ consciousness have already clothed your souls with an armour of spiritual tranquillity, so *you* will not find *this* light difficult, you who are seeking truth will rejoice, but those who have insisted upon periods of easy accomplish-

ment are due for a rude awakening as unused energy festers unpleasantly.

Truth (or if you prefer, let us call it wisdom) has come to stay, and hands which once clasped ours in false friendship, now openly wield the sword. Tongues once smooth in oily flattery now utter bitter denunciations, all of which when speeded action is the desired accomplishment, is more honest and less dangerous for us to meet. Some of my beloved pupils have asked what is the colour of this Ray. Since it seems to be radiantly, brilliantly white (slightly silver of course), it holds *all* colours.

It will be fifteen to eighteen years before the worldly mass of insensitives will become aware of this Ray and seek to circumscribe its lustre by their rules of finite measurements. Long before that, the truly sensitive will be drawing from this source full currents of its rich motivating energy by the aid of which they will be giving to the world many new accomplishments in science, new standards of social relationships and still higher ideology.

What I call motivating energy is a well-directionalized force or urge towards a definite accomplishment, a something absorbed from that which is without. It is of a higher rate of vibration than the energy we are accustomed to receive from the flow of adrenalin from our own glands.

It will be drawn upon more universally in the coming period of new adjustments or reconstruction. When to establish our future harmonies and allied rhythm more effort along the paths of wisdom will be required of us all (especially those who have been content to let others have all the action, while they themselves sat in the sidelines and languidly applauded).

The second new Ray is at present invisible to any but a few advanced Initiates, who are already being carried through

many trying experiences by the aid of its influence. While they rejoice in its approach, they know full well that it will be many years before this Ray will be universally recognized by the earth's peoples (possibly thirty-four to forty years) depending upon the density of the canopy of materialism the masses have created over the earth's atmosphere, which has, to date, only been slightly pierced by the most advanced outshoots.

When this Ray is finally classified, it will be found to be long in between the Indigo and the Violet, it might be called a more radiant stabilization of the Violet and the Blue, as it holds some of the universalized serenity of the Blue, with much of the specialized inspirational altruism of the Violet Ray, and the suggestion of that intensity of purpose to be found in the Indigo Ray which has so often surprised us by inspiring crusades against organized vice by the most mild types of people.

Although I have no absolute authority to use this name, I would like to call this new Ray the *Ray of Serenity and Stabilization*, as that is its message. When this new Ray finally touches our atmosphere there will be peace and serenity enthroned in men's hearts, which will balance love and produce a race of men more nearly akin to God-men.

That is why I write of it now as a promise of better things, and wish also to call it a Ray of Stabilization, for it will fill all hearts anew with a deep sense of serenity, which will in time charge every corner of a strife-weary world.

Although I have twice glimpsed but the advanced glamour of this new light, its glorious radiance is far beyond my power of description. Imagine if you can the deep fire of a sapphire's heart blended with the pulsing fire of a dark amethyst, lighted by the radiance of the most perfect white diamond, and you may get a dim idea of its all-inspiring majesty.

These glimpses I would describe to you came just as I had finished my colour-breathing exercises, so I was in consequence, at the very pinnacle of consciousness, having for the moment, transcended the fog of my own daily mistakes. Both were moments when Angels' visits or some of the devanic hosts might be expected.

These experiences were not initiations, or I would not attempt to describe them, but they were tiny glimpses of new marvels I would gladly share with you. It is well to bear in mind that there are seven minor initiations preceding each major ceremony. Each is a step in preparation. These take place as rapidly as the aspirant is able to control two things, **HIS DOMINION OVER HIMSELF AND HIS OUTPUT OF SERVICE TO THE WORLD.**

Now when the Great Ones speak of self-control, or dominion over self, they do not refer to a method of *repression*, but of *self-mastery*, which may be taken to mean complete control of desire or hidden thought, rather than behaviour in surface outlet. Lip service does not please them in the least nor are they mocked by cunning pretence.

That is why so many of our self-professed best citizens, now smugly encased within the shell of self-complacency, are going to be deeply shocked when compelled, for survival to sit at the feet of some earnest evolved souls who have, upon the earth plane, given less thought to outward show of religious fervour and more sincere thought to perfecting the life within, the motives built by the conduct of their own thought peoples.

It is my prayer that this little book may fall into many hands, which have not previously contacted the teachings of AMICA, that it will shed a few rays of light upon the paths of those who footsteps falter and bring a new joy and perhaps

some comfort to those who have, during this period, drunk deep of sorrow's cup.

While recognizing the sublime dignity of divine knowledge, I would sweep aside a few of the cobwebs of superstition and help in my humble way to rationalize a few of your experiences.

To those who are not old students I would like to explain more fully, that each slight psychic experience is NOT to be mistaken for an INITIATION, that some may be but the dawn preceding the opening of a finer consciousness which will later make a MINOR initiation possible.

There are not very many upon the highways who have had a second major initiation, while those few who have passed the third may be recognized as exceptional, true leaders of thought and benevolent activities, egos of tolerance and compassion. It is always quite plainly written in gesture and face BUT THEY NEVER STRUT.

It is my understanding that this new Ray of serenity will increase the number of initiates tremendously, as SERENITY is one of the paths leading to the goal of clearer understanding.

As far as is known there are to be no new outpourings of humanity along either of these new rays, but there is to be a greater force or sustenance for all seeking to serve.

The new race egos will continue to incarnate upon the fifth and sixth rays (the few always coming through on the seventh) just as they have since the turn of the century.

These new Rays will have as their chief function the unfoldment or further spiritualizing of man and above all the stabilizing and strengthening of his efforts towards a finer, more effective development,—a development which will be a

UNION of LOVE and WISDOM (heart and mind) enthroned by unshakeable serenity!

Especially may this be applied to the future socialized man, who in the past has so often seemed utterly oblivious of such matters.

There is still a third Ray upon the way, this will complete the glorification of the TEN STRIPES HE BORE.

But that is of such a far distant period that the world must grow up to meet it.

There has been some disappointment expressed in several quarters at the delay in the appearance of my book *Using Colour* which tells much of the Temple's work. This book will be released just as soon as this present stage of the great global war is ended. Peace (though limited) will follow the passing into accomplishment of the plans encompassing the present all-compelling surge of force, new keyed to might, right, and beneficence.

At present one who knows world conditions better than you or I, has commanded release of this little volume to be first. It has immediate work to do, today, when dead, outworn thought-forms of sorrows and griefs passed must not block the highways of rejoicing, so soon to open to a humanity now writhing in pain and grief, crushed beyond the power of recognizing that "Joy cometh in the morning."

With streaming eyes God's children behold the stone rolled away, the Sepulchre forsaken, neglecting to raise their eyes and behold WHO STANDETH ON THE HILLTOP.

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