THE FATHER'S HOUSE

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"Limitless Love"

BY LIEBIE PUGH

THE FATHER'S HOUSE

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THE EDITOR'S PAGE

Once again I greet you, our wonderful world-wide Family of the Father's House. Though it's very nearly three months before years' end, the November issue is ready to go to press as soon as I finish this Editorial. By the time it reaches the home of subscribers in North America, near the end of October, the outpouring of Spiritual Energies will be entering the final period of great acceleration for the 1974 "Holy Day Season". A year ago, who could have imagined that which has transpired this year! It has been said,- "Let the dead past bury its dead." That's easier said than done, especially for the unfortunate ones whose lives have been badly scarred in the chaotic and deadly whirlpool into which they were drawn because of human weaknesses and temptations. It's an accumulative process.

As I write these lines I cannot help but feel a very deep sense of the seriousness of the spiritual responsibility that is ours as the 'Light Bearers' for this crucial period of transition,- not only of an end to an age called "Pisces" into one called "Aquarius" - but of the ending of a GRAND CYCLE when our planet Earth and those who are prepared will enter into a whole new 'dimension' or frequency! The orderly Cosmic Plan of progression of the Universe and all planets therein cannot be delayed any longer. It has been stated in these pages before,- but it bears repeating now,- our planet Earth is the "Prodigal Son" (planet) of the Universe. In another parable it is represented as the one lost sheep out of a flock of one hundred. Time for the human race to master the lower self,- to conquer their animal passions and live in peace with one another, has run out, and so the 'Galactic Council' seven years ago this Christmas placed in operation the plan about which Jesus told his disciples 2,000 years ago,- speaking of this "End Time" that unless those days be shortened, no flesh would be saved." This is the acceleration of spiritual energies or frequencies that for the past seven years has taken place twice a year. The first period runs from the Spring Equinox for three months until the Summer Solstice in June, embracing the three 'Linked Festivals' as previously described. The final one is during the months of November and December, embracing the "Holy Day Season".

All advancing souls, all Light Groups and dedicated Light-Bearers must now become fully aware and conscious of the above facts so that they will know and understand what is actually taking place and WHY the ignorant and negatively oriented individuals are caught in the whirlpool of destruction. Since they are already predominantly negative,- as the frequencies are accelerated more and more they are not only unable to adjust to the higher vibrations,- but their negatively is magnified tremendously, and they go beserk without knowing or understanding why they are reacting like one possessed of demons. Now can you understand the daily headlines?

(Please turn to page 31)

THE PATHWAY OF ASCENDANCY

By Mary Myneta

Dear students of Light,- as you acknowledge the Presence of Illumined Beings present amongst you,- you will also become more aware of the Spiritual Presence of God within yourselves and your fellow man. When you begin to cherish the great Presence of Light around yourselves, you will begin to cherish and love your fellow man more than you do at this time. You have as a mortal inheritance, human barriers of doubt, fear, hate, envy and other human qualities which surround you and invade your consciousness at every turn. These barriers go down when you become aware of Christ Light within yourselves and others.

Some have the gift of extended sight and hearing, and are enriched in being able to see and hear beyond the human boundaries of vibration in man. You too can begin to see and hear beyond those boundaries when you fix your attention on Light and endeavor to perceive its vibrations.

An individual who seems to have no spiritual awareness is not evil or stupid. He is just steeped in the human sense consciousness. To be human has been the goal of mankind for centuries of time. Man still excuses his errors and ignorance by saying that he is only human. He strives for nothing beyond that state of consciousness,- not even suspecting that there is something beyond. By his shortsightedness, he creates another barrier to his progress. You who are on the Path are fortunate indeed to have that awareness and the desire to attain Christhood. It can be attained by following in the footsteps of the Master, Jesus the Christ, the great Redeemer.

Those of you to whom Our blessings and Illumined teaching has flowed, are more conscious of the Risen Christ than you have ever been before. The great Master Jesus is the personified example of what you are to become,- though even that is not your final attainment. Jesus became a wayshower demonstrating the pure life, transfiguration, resurrection and the ascension,- and announced to His disciples that they were to teach His way of life, and that all could do what He had done, and even more. He then left the physical presence of man to his own resources and began His ascent into still higher realms of consciousness.

You are moving gradually into His Christliness, and many will attain the full liberation without having to meet the Angel of Death. Christliness is a state of being above that of the human sense consciousness. When spiritual vibrations become intense, there begins a gradual separation between the spirit and the flesh. Finally, as

the vibration reaches its highest intensity through the mortal mind, it transfers into the Spiritual body, and the flesh is either transfigured or is dropped away as an unnecessary impediment to the ascending consciousness.

At this point you are only intellectually aware of the Christ body. Perhaps it is with some trepidation that you consider leaving the mortal flesh and entering wholly into the spirit consciousness in the etheric realm. So long as the individual desires to use the physical form, he must endure the barriers and limitations accompanying it. There are many dear ones upon the path who constantly aver that they desire to enter into the ascension,- but when they do achieve the momentum required to enter into that initiation,- they withdraw into the seeming or familiar security of the flesh form. It is difficult for an individual locked in the human embrace of the flesh form, to realize or even to accept the freedom of formlessness or etheric freedom.

As we speak to you we are not conscious of form. We perceive only the degree of radiance surrounding each one. However, at times we too take on form as it may be required for some service to be rendered. That form changes with the needs, even as your vibrations change from moment to moment as you move through your days activities. During your worldly activities your vibrations are not at all like those which surround you as you enter into meditation or group instruction before the Master Teacher. If you could become aware, (and you can) of the continual change taking place within yourselves, you would be astonished. Morning, noon and night you think of yourselves as being the same in form. Not so! The vibration of every cell varies from moment to moment,- so that as we behold you,- you are like twinkling stars, sometimes more and sometimes less intense. When you are in a state of devotion, the vibrations of your entire being are not at all like the vibrations in which you are absorbed while concentrating upon worldly affairs. Sometimes they are of a most unpleasant nature.

Have you not met individuals whom you thought you knew but who you had not seen for a time, and you scarcely recognized them? They may have become coarser in appearance, or conversely, they may have become more spiritualized. In either event, they were changed almost beyond belief. On the other hand they may have remained much as you remembered them.

The higher type of individual in human form is expressing in higher vibrations, but yet within the human range,- while in the negative range. individuals display negative and even destructive tendencies and low vibrations. One who is well adjusted and joyous, capable of coping with life's problems,- moves in positive or higher vibrations. As he moves toward the expression of positive vibrations,

he moves toward increased vibrations. You will see then how the individual is in a continual state of changing vibration. In order that this condition may not get out of control, We constantly ask the student to assert mastery over his thoughts, feelings and desires. In mastery, the individual is not carried away, so to speak,- by the fluctuations of his impulses or the heights to which he ascends in consciousness. When the fluctuations are eliminated, the individual will have attained some degree of mastery, which is commendable.

There are individuals in the outer world who represent themselves as authorities concerning the control of mind in order to get others to do what they desire them to do, say or feel. They even become rich through teaching and practising hypnotic control which is usually evil or at least undesirable in its effect. It is not God's way. It is not the spiritual way. If it were,- your Ascended Master Teachers would long since have employed the method to induce all of you to achieve far more than you have up to this moment.

Every man born of spirit is a free spirit. No individual who aspires to Christhood should allow any individual to take possession of, or influence his thinking, feeling or activities,- nor should he practise such control over others, even for the seeming good of the individual. Every person must acquire the God Nature on his own. Otherwise it is of no value to his lifestream. It would only be a reflection of some other dominant nature imposed upon his own, and this is of no value to him as an ego.

As one continually thinks positive thoughts, and has feelings of generosity, kindness and love toward all life,- desiring only that which is good and beautiful for all mankind,- he increases the vibrations of his being and world, and gradually becomes a star of Light, emanating that radiance to all wherever he may chance to be. Others seeing that manifestation of Light, will desire to acquire it also, and thus be carried forward on the pathway of their own liberation from the bondage of the human self. This is the opposite of hypnotic control of others, or the exertion of the power complex for self aggrandizement. You cannot force any being to accept your way of life. Indeed, there are those few who will reject even what is for their good,- but the seeds having been sown will one day germinate and the miracle of regeneration will begin to take place within them also, though it may be in another life expression at a far distant time.

Nothing is lost that is of the Light. So take heart and be of good cheer, and move forward toward the consummation of your Divine Plan. Offer your love and light that those who will may partake of your treasure. Those who reject it, bless and gently let them pass,- going your way without malice or condemnation of their ignorance or fear. Understand this and be at peace. Angels of Light walk beside you and support you in their embrace of Light."

Mary Myneta, Preceptress

MEDITATION

Going Within

BAN-DHU Through Illiana

Whenever you want to be ONE with the Supreme Spirit, you must go within where reigns the Supreme One. Too often rigidities are advocated such as certain postures, facing one certain direction, going north and to tops of mountains, etc. These practises, though not detrimental, DO NOT bring you any closer to the Divine Father-Mother God Who is everywhere at all times. A TRUE devotee who has sufficient discipline is not hampered by man's limitations of time and space and position. It is as man THINKS that he is governed, - therefore if you make a determined effort to see the Supreme One everywhere, to feel His touch at all times, - then you will be able to shut out the world and all its noises and conditions at will and find your Oneness with God wherever you are.

My children of Earth, whatever your concept of God may be, - know that in Holy Silence you have found Him! Permit the joy and the calmness that overshadows you during silent meditation to still your mind and to quiet all your organs and your cells. Know, in such moments that it is Spirit that motivates you and is the only Reality! All else is delusion and is destructible, therefore give it no priority, - only let this physical part of you be used to manipulate on your Earth. But the REAL Force that moves your being, that speaks your thoughts and acts your desires is THE Cosmic Spirit which dwells in all beings.

There are those among you who have great worries. This should not be! Observe yourselves as you are while in Silent Meditation; you waver not, - you are not excited nor are you concerned. You are at total peace and filled with calm expectancy and divine faith. How energetic and happy you feel! My children, this exhiliration can be everlasting if you will permit it to be! No physical discomfort should mar one's ecstasy! Meditate; seek and find that Holy Silence at every moment. If your surroundings promote despair, go to a haven if only for a few moments, where peace reigns! Let no one discuss with you NEGATIVE subjects, - for that is of no value to anyone. Live in peace and accept pain and other suffering as part of a cleansing process for your soul.

If these principles are adhered to, a remarkable relief will occur in any beings body which is torn with affliction. Yes, - when one selflessly accepts the cross he must bear, as Jesus did, - he will also rise victorious over the negative thoughts and conditions. Permit Holy Silence to bring full awareness of the Presence of the Source of all being.

Benefits derived from Meditation: -

Yes, Meditation can teach you, beloved, to live in greater harmony. It can aid you in erecting the bridge between the Heaven world and yourself. Let the joy that flows be free to OVERFLOW and fill your every fiber with Meditation's magnificent Peace. You are aware, of course, of the great Peace that enfolds you during these moments,- of the great awareness of God's Holy Presence. One who is faithful to daily meditation finds little in life that frustrates him,- for while in the meditation state he or she has put all concerns behind, having dwelt on the mighty joy of God Realization, and the REALITY fills him that ALL is of God! ALL is an eternal experience, so in this utter state of calmness, daily affairs are carried on with no complexities.

The most important benefits are those received spiritually. Meditation in its purest state uplifts the soul,- taking it out of the chaotic conditions the body seems to dwell in. It is uplifted to God, the Creative Force, and dwells there unhindered by mundane concerns. In this pure state the soul is revivified, made purer and in perfect harmony with the Celestial Ones. Also during a perfect meditation, the body which is out of harmony may regain its balance. Great healing energies are available and come down from the Cosmic Realm providing renewed strength for the 'dis-eased' cells, and the blood will be enriched and flow gently on its course, giving once again clean and pure life to the dis-eased cells, organs and all areas of the body mechanism.

Meditation also provides opportunities for communication on the quiet level with beings on the Earth plane and also beyond with Celestial beings. In the meditative state, the meditator has limitless powers to explore 'space' - that is, he or she, once 'disconnected' from the physical shell is at liberty to travel to many distances,- to other galaxies,- yea, even to the Outer Worlds! No time or space exists for one in deep meditation,- and so they are at liberty to contact the Masters and Teachers, deriving great soul-benefit from them. Also, they are often granted glimpses of Life as it exists on the Shores beyond the Earth. Many valuable lessons are learned which can be shared with other understanding ones on the Earth Plane.

That is right, My children,- there is no limit to the grand lessons learned by those faithful to the discipline of meditation. The Christ in you soars forward,- the little ego being overpowered by the Spirit of ALLNESS! Thus in this state of perfect Oneness can you envision the greater Life,- the limitless Shores of Peace which are filled with God's Bounty. Enjoy this Treasure which is yours, beloved of Earth; let not the joy of Meditation pass you by! Dwell in this Eternal State of Peace for long periods, for no other activity will bring you the rich blessings like proper and sincere meditation.

Come, yes come joyfully and willingly to the Halls of Peace, Wisdom and Pure Love through the doorway marked 'MEDITATION!. Meditate day and night! Do you seek joy, peace or total wisdom? Then dwell upon the Reality of Pure Divinity! Be in constant meditation; be totally detached from things that are of the flesh,- that are perishable.

It is well to dwell upon your planet, utilizing its products and its manner of labor,- but do all with pure detachment of the fruit thereof. Meditate upon the Divine Principle day and night. In all of your activities, let your focus be on Its Divine qualities! You see, blessed ones,- everything you do has a divine quality, but most people are so absorbed in the act and the fruit of the act that they fail to see the Divinity that is hidden to them.

True happiness and fulfillment is not of your world; it is never in the usual things man considers to be happiness. From the Higher World,- from a dimension beyond yours comes all true happiness. Your world offers you 'sugar-coated acid' which man swallows in great gulps, only to regret it,- for it is poison to his being. Yet, alas,- in his greed and gluttony he has permitted these poisons to destroy him. The Higher Dimension feeds you only pure nectar,- neither too sweet nor too acid. It's a perfect blend and will supply your self with Life-nourishing matter that cannot poison you. It will bring you total fulfillment and a soft, gentle feeling of inner satisf faction and JOY!

Do consider your greater Life,- not these few moments of existence you now have! They are but a brief span of time too quickly gone and for so many, totally unfulfilled and lacking in God-Realization. You blessed ones,- you who listen to this wisdom here and throughout the Earth,- are awakened souls at the moment. Do not permit any distraction to come between you and **true** God-Realization. Often we have spoken to you about living IN the world, yet not be OF the world. It is not necessary to repeat these lessons now. Meditate on these thoughts and this Truth will be made clearer at every thought, and you will feel the total happiness that comes to one who partakes of 'God-Communion' every moment of every day.

Inner and outer preparation for Meditation: -

1. Do not strain or expect 'overnight' success. Remember that in most cases you have been many years without knowing anything about this Holy Science, so you should expect that some time, perhaps years will be required to perfect the Discipline.

2. Seek help. Those who help you should guide you gradually by first teaching you to relax, then into concentration, next deep concentration and at last Meditation in its several steps.

3. It is always important that you devote time TWICE each day, (early morning and before retiring) to the practise of your exercises.

4. It is good to meet together with others who are at YOUR level of meditative growth at least once each week in order to work together, exchange experiences, etc.

5. While studying this Holy Discipline, avoid unnecessary contact with those of negative attitudes, or with those who delve into psychism of a lower nature.

6. Readjust your dietary habits,- also your dress habits. Avoid tight, confining clothes and avoid eating an excess of flesh foods. You must keep the Temple free and pure for best results. Learn to absorb much fruit and their juices,- for that is the food or meat of a developing spirit.

7. If you are the guardians of little children, train them in this discipline at the earliest age possible,- thus they will be advanced spiritual beings early in life with beautiful results for your society and for the whole of the planet.

Purpose and method: -

The first point of importance is to understand the PURPOSE of meditation. When the soul becomes attached to an earthly body, it leaves the comfort and safety of its Cosmic Father. It has not been deserted by the CosmicFather, but as time passes and the soul within the body becomes influenced by the surrounding atmosphere, it feels rejected and alone. As soon as this soul admits that he is like the proverbial 'prodigal son' he returns to the Cosmic Father by way of Meditation. In view of these facts you can understand that the purpose of meditation is to re-unite the soul with the Cosmic Divine,- and when this soul has found this union once more its progress is far speedier than the poor soul who flounders endlessly in the sea of ignorance not knowing what it is or where it is to go.

We realize that it is a difficult task to find this union of your soul with the Cosmic Soul. Some of you with many years of practice find that you have not achieved the ultimate yet. Do not be overly concerned about this. In this lesson I will suggest ways that may be helpful, and it must also be remembered that some souls have very likely floundered in this sea of Earth life in complete ignorance many times before their present existence,- hence the road back is much more difficult.

Now I must try to define meditation for you. This is not a simple task. First, what it is NOT. It is not a blank condition of the mind. Those who say this are either ignorant of the truth about meditation or possibly swaying souls in the wrong direction.

It is not the same as the process you call prayer, though that is a general misunderstanding. It is not necessarily a trance state, tho Masters in deep meditation appear to be in such a condition. Meditation is not a tool to be used for materialistic purposes.

Now for what it IS;- It is the method used for union of the soul with its state of origin,- the Cosmic Creator, God, The Father, Jehovah, or whatever name you wish to give the SOURCE. Meditation is centering the attention on a Divine Reality from that Source, such as Love, Peace, Harmony, Universality, Divinity,- attributes which the soul possesses but lying dormant within due to earthbound frailties. Meditation is the Divine means of attaining Illumination. No other method can promise that revelations received are of a Divine Source.

Now I will discuss with you HOW to meditate. I would suggest, as many of your Earth teachers do,- that you first select a certain area of your favorite room to which you can retire at will for meditative purposes. Have a comfortable chair or pad; be certain that the area is comfortably warm. (You see,- no physical discomforts should be felt during meditation so that your whole concentration can center on the Divine), and do not have the area too bright with artificial lights. If at all possible, set up an altar to meet your particular religious ideals. Include symbols of peace, love, harmony. We always suggest the use of candles, for to us they symbolize Inner Light, warmth and the melting away of mundane desires as you see the wax melting down from the candle, the unwanted desires melt away with it. Also the use of a not too pungent incense is very valuable.- for as the stream of smoke flows up toward Heaven, so your souls spiral upward. The gentle scent of the incense reminds you of the sweetness of Truth. Now that you have prepared your center, follow these suggestions:

1. Spend several minutes in preparation by taking deep breaths of fresh air. Then, sitting comfortably, invoke through prayer the help of the Cosmic Father-Mother and of the Masters that They will inspire you during your period of meditation. It may be well to first read portions of a Holy Book, for this will prevent any lower being from entering your consciousness.

2. If you are a beginner, you will need to first learn to concentrate,- so spend a few minutes after the first step by concentrating. Close your eyes and picture your favorite flower. Do not give up until you really SEE the flower; then smell the flower. Do the same with other objects, with people, with animals, etc. It will not come easily at first but soon you will be pleasantly surprised at the results. It is necessary, don't you see, that your mind be capable of one-pointedness in order to achieve perfect Meditation.

3. Now go on with your meditation; you should be well prepared now. Close your eyes, centering your thoughts in the center of the

forehead,- the area known as Third Eye where Cosmic Visions are seen. One suggestion is that one Divine Reality be the focus of the meditation at one sitting,- for instance LOVE. Another time, Peace. And so on. You understand, do you not? Focus complete attention on the Reality you choose; let no other thought push it out of your Inner-vision. In this way and with constant attention on the needed Reality, the soul will achieve growth. To give an example,- perhaps the meditating individual may need to develop self-control. This is a very important Reality for the soul to possess if it is to grow. Then he or she should meditate on SELF CONTROL for as many sittings as necessary until the Cosmic Father has repaired that affliction of the soul. This is what meditation does, you see,- permitting the Father-Mother to cleanse the soul and thus hasten its unity with Him,- a most worthwhile endeavor, we assure you!

4. Do not hurry your meditation periods. Keep foremost in your thinking that the soul's growth is the most important work that you have. No amount of worldly activities will purge your soul. I do not mean to imply by this remark that you must not attend to your necessary human duties. Of course, do these things, but NEVER to the exclusion of soul growth.

5. It is best to meditate in the early hours, but if that is not better for you, then choose another time. The most important thing is that you DO set a time aside for this discipline. It is also best to meditate before the first meal of the day, or if you must meditate at a later time, be certain that the meal has completely digested; (two or three hours after the meal).

6. Following your period of meditation, take more breathing exercises, and quietly and slowly return to your other thoughts and activities. You should be glowing with vigor, peace and strength. Your work will seem much easier; you will feel that you can accomplish gargantuan tasks and in truth you would be capable of this since you are now energized from the highest Octave. Best of all, your associates and contacts will gain strength from you.

7. One last suggestion: if you find it too difficult to center your full attention (see #3), then a very good help is to do the following: have available a notebook and a writing implement, and as you meditate upon a Reality, write down the thoughts as they flow from your mind (third eye). This method helps to center the thoughts. Practise this way until you can achieve more control. Aside from the benefit you derive, your writings will be helpful to others as well.

Practise the above outlined program in the MORNING and again at NIGHT before retiring, for best and rapid progress.

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COMPARING PURE MEDITATION WITH PSYCHIC EXPERIENCES:

Many who are treading this Path for the first time find it difficult to distinguish between PURE meditation and the psychic experiences. Children of Earth,- whenever you become calm and thus permit the mind its freedom, many things can happen and so it is very important for you to understand fully what you are to look for during a meditative session.

Each of you who are sincere in your efforts to achieve a pure state of meditation will heed my words very attenti vely at this time. Let me first begin by describing the sensation that PURE meditation supplies you with. Meditation is NOT a dramatic experience; it is one of blissful peace, of pure joy and love. A sensation of the WHOLE BEING being raised to the Higher Sphere is often experienced,- but there will be no separation experienced. Such separations are NOT meditation. Also colorful hues may be observed which have nothing to do with the human aura! It is Cosmic Radiation that is being seen, but too often one who observes this mistakes it for his own aura or that of a friend sitting nearby. Be careful, My children, that you discern properly that which you see.

Yes, the most outstanding expression felt when an Earthling is successfully in a state of meditation is PEACE! All discomforts should vanish because one has placed his thought upon the Supreme Force. Later, after much practise, the devotee will go one step further and experience PEACE and a feeling of LOVE for all mankind, even those he finds difficult to understand and perhaps to live with. The most advanced devotee,- he who has spent sincere and prayerful hours each day for many years, will achieve what many call "Samadhi" which is the realization that 'you and your Father are One!' Such an advanced Yogi will appear to be in a trance,- yet will be fully conscious and with complete control of his physical functions. His breathing will be halted considerably; he will be motionless and if his eyes are open they will not even blink. He will hear no noise, he will feel no pain even if the pain is inflicted as a test! But, Oh My children, do not expect this elevated state to reach you in a few months or even a few years. It takes many years of devoted contact with the Cosmic Father-Mother God to achieve this blissful state of Samadhi,- the highest form of meditation. Perhaps when you reach a reasonably advanced stage, you will have glimpses of this blissful union, but do not be discouraged if months go by before another such experience occurs.

Out-of-the-body-experiences are NOT meditation, and such experiences occur to many, many beings including those of lesser evolvement. So, My children, do not become excited over such an experience, for that is not a spiritual force but a PSYCHIC one. Viewing auras can be beneficial, yet again, do not confuse this with meditation or necessarily a highly evolved being. We are not imply-

ing that these conditions experienced are evil,- they can be very beneficial and good,- but we are stressing the fact that they are not important to man's PURE spiritual development. There are many psychic gifts available and if used by beings of pure mind, they can be valuable in aiding others. What I am stressing to you in this lesson is the importance in discriminating between PURE MEDITATION and psychic experiences. Are you understanding me thus far? Perhaps you may review what I have thus far spoken, and then I will continue.

Healing treatments, though many consider them successful meditations, should also be separated and placed in the proper category. If a being has deep need of physical and spiritual healing, and his faith is sufficient to draw unto himself Cosmic Healing Radiations, then when he calms his mind and body, the Forces of Healing can and will perform this work. Usually after a 'treatment' has been given, the being will remain in a quiet state and THEN Peace will envelop him and he will be in a gentle state of meditation.

My children, I caution each of you who practise this spiritual discipline,- REMEMBER that when you empty the mind in preparation for the Blissful state, you are then making of your mind a vacuum. In this condition the mind is susceptible to receiving many things, and as we say so often to our Earth children,- the Dark Forces are equally at work on your planet and eager to take over your soul which they can easily influence through your mind. The tool most often used is the 'psychic experience'. To Earthlings, this is like dangling the large bright red lollipop before the hungry child! And like the child, you are deceived by this 'sweet' into thinking that IT is what you are seeking for fulfillment. Through psychic experiences you will never reach God,- or Pure Bliss! In time, after continued use of this 'sweet' - your appetite for Pure Bliss will vanish,- much as the child's appetite decreases for the proper foods if he licks on his lollipop all day!

PRAY, my children! Pray earnestly for protection during your meditative attempts! DEMAND the Cosmic Shield of protection which is made of Cosmic Light, and which cannot be penetrated by the dark Forces! Unceasingly call the name of God! God! God! God! and chant His Holy sound,- AUMMMMM! Let no evil force invade your area! Keep yourself well protected with the Light Shield!

We bless you with the gentle Peace of His LOVE! - BAN-DHU.

Note: In the next issue we will continue with Ban-Dhu's lesson on Meditation,- discussing Group Meditation, right duties for a New Ager, meditation for the very young, and meditation for the intellectual.

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Received by Illiana, New Age Teachings,
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YOU, YOUR OWN CREATOR

(Excerpts From the Diary of Phoenecia)
By Frances B. McKay

Your present personality looks out upon your world and calls it 'good' or 'bad' - yet just how often do you stop to realize that YOU, yourself are the creator of that world; the one who made it pleasant or painful, exciting or dull, happy or frightening?

Yes, Beloved,- YOU created everything you see out there, and now you're bringing it before your physical self day by day to see what 'he' will name it. You are a self-conscious individualization of life (as I've said so many times before in these lessons),- a God becoming manifest on Earth; a Christ (like Jesus) in the making, and all that He did, you too can accomplish sometime, in the way of healing and precipitating PERFECTION around you.

Being a focus of Life, you have all its creative qualities. Therefore, your specific ideas and emotions actually BECOME your environment according to their nature,- for even thoughts, (like everything else) reproduce themselves according to their kind, and thus YOU create your world in your "image and likeness".

Every individualization of Life at the human stage brings forth all that exists in its experience, its possessions, its affairs,- yes, even the animals it meets in its Earthly surroundings which it objectified at an earlier time (but that's another story). In fact the same old world reincarnates around it as it evolves!

Now, I realize this may sound confusing, for it's hard to explain because of man's present understanding, and that's why I suggest you let it rest at this time and hold to the realization that Love + Wisdom equal Power. Feelings + thoughts = all the forms and circumstances on the physical plane. Every mental concept you hold imprints its pattern on the substance of your emotions, after which these in turn objectify as a mirror enabling you to see your faults and strengths in concrete form. That's why every thing you experience "out there" is simply a lesson that helps you take the next step on the Path to your individual state of Godhood.

Every thought you think becomes ensouled with Life and objectifies itself SOMEWHERE, although it may not be strong enough to become visible to your human sight,- for this depends upon the intensity of the feelings that make up its substance. Even so, many a frightening 'thought form' too weak to be seen under 'normal' conditions, appears in the dreams (or should I say "nightmares") of its creator.

Now, of course I can hear you say,-"Oh no! The Earth was already here when I came aboard!" or "my husband and I live at 1256 Such and such a street, and right now we're sitting in the same family room, looking at the same furniture,- so who created that? He, or I?"

There is always a struggle to explain such things, for it's hard to crowd the Infinite into human words, since (so far) man hasn't invented enough of them. Meanwhile, let me say that someone on the Astral Plane could walk right through your chairs and sofas. Also, an ant crossing your floor would think your doorstop was a mountain, and when you tell me that you are both looking at the same furniture,- I can only reply, "Are you sure of that?"

Oh, naturally YOUR thoughts have formed the image of a table in YOUR brain, but all thoughts are individually ensouled with Life to become 'things' at some level of existence, and your husband's subconscious mind, being in contact with the ALL, knows everything. Therefore, he 'sees' your conception of four legs and a marble top, and thus he is innately aware that you've formed the image of a table which you are now projecting into your particular concept of a green room with an oriental carpet, and which is also very like his own idea of the place you both call 'home'.

Since you share a similar vibratory makeup in general, (the kind that causes souls to reincarnate together and draws them into making their mutual conditions on Earth correspond) he too, then forms HIS personal concept of such a table, which he proceeds to project. Thus both of you have agreed to share the presence of a table, and a description of how it looks. However, since each of you is seeing the picture of his own mental image objectified before him, through his own eyes, by his own brain,- there are really TWO tables! I'm sure you follow me,- do you not? Actually, I'm trying to say that EVERY-THING on Earth which you and your mate, (or any two or more people) experience together,- is projected independently by EACH of you, and agreed upon subconsciously as an existing thing or condition.

The ESP of telepathy is scarcely understood as yet by the scientists of your Earth,- but it exists as a matter of course, especially between those of similar radiations. Due to the ONENESS of all Life, souls are able to share their existence in the same world, nation, town or community,- that each may contribute to the experience of the others in their common setting.

The subconscious mind of man needs no external 'eyes' to observe the myriads of thought forms around him. (In fact the astral body sees all things from all sides at once), and though you may not be outwardly aware of what you've seen,- your scientists themselves, have even found that someone who's been to the movies, for instance, on being hypnotized,- can accurately recall what those

behind him were wearing, what went on in the rear of the room, and how many people stood up in the back. All this was observed by the individual even though he never turned his head (or his attention) away from the screen.

Therefore, because of your ability to 'take in' everything around you, whether you actually realize this or not,- it isn't a good idea to sit in front of a working television set unless you are watching the show. While subliminal advertising (or the insertion of scenes showing products that come and disappear so fast you're outwardly unaware of them), is illegal in the United States,- you may find yourself with an unexplainable desire for something you were previously urged to buy without your conscious consent, simply because you weren't paying attention. In fact, the TV that runs for hours as the children play obliviously in front of it while scenes of violence flash,- is often responsible for the way they turn out, and the trouble they get into later on as they mature.

You and the people next door as well as the couple down the street have agreed to share a neighborhood which all of you subconsciously decide to project according to a corresponding pattern, and the more magnetically alike your vibrations become, the closer you will be attracted to each other. This explains the relationship of families, of brothers and sisters, parents and children, husbands and wives. All have agreed to share the conditions of a common Earth life, so they can help and teach each other as they go along. Often they are connected by love, though many build discordant circumstances in which they're unhappy. Little do they realize the progress they're making just the same, and when their mutual lessons are learned, such unhappy conditions will simply disappear,- being no longer needed.

That's how evolution works. It also explains why certain souls, (Cosmic friends or Karmic enemies) keep on reincarnating together time after time. ALL have chosen subconsciously to share their lives that they may progress toward mastery of the Material Plane more efficiently. The races are groups of those with similar lessons to learn; so are the inhabitants of specific nations. If you want examples of this kind of cooperating between men,- look at all the countries of your world and you will see what I mean,- for while all of its peoples are human, each type joins and works with his fellows according to their mutual radiant magnetism. "Birds of a feather flock together" inwardly agreeing to project their cities in certain spots on your blobe in which they then project the climate, the type of buildings, the advancement of their civilization, etc. This causes the castle in Switzerland to look different from the ranch house in the American West, and makes the East Indian market place bear little resemblance to Times Square.

I repeat, Beloved, YOU create your own world according to the thoughts you imprint on the form-making substance of your feelings. Then you project this "image and likeness" of the present YOU into your outer affairs, so you can see your soul's true state of unfoldment, work on the lessons you need to know next, and develop the Powers of a Christ Incarnate, step by step. Always keep your mind and heart centered on your "I Am Presence" and walk in its Light. Leave everything you experience in charge of your God-Self,- for you are its tool of expression on Earth, and 'It' knows just what you need at any given moment, as well as the lessons you've chosen to learn right now. Therefore when a problem confronts you, 'It' knows how to solve it in the wisest way for your very highest good. Though your inner subconscious objectified the difficulty as a mirror by which you can see the present state of your soul,- your Life Source understands exactly how to lift you to a higher level, painlessly and with joy. Thus It will lead you into God-Self Consciousness and teach you how to control the things and conditions that you meet until you can precipitate Perfection on Earth, and nothing less!

To achieve this state of Christhood, of course a man must first learn to control his own thoughts and emotions,- for he who cannot master himself, cannot master the physical mirror about him. Remember that your thoughts are your blueprints, and your feelings are the "stuff" that gives them their objectified form. In fact, basically there are only two emotions to choose from,- Love and the lack of it, called fear,- and every other feeling comes from one of these! Thus greed, hatred, rage, envy and anger stem from fear,- while love begets joy, peace, happiness, etc., and naturally the more violent discords in the music of the human octave are the worst. They are known to be damaging to physical man and his way of life,- yet few understand how much sickness, poverty and trouble are also caused by the daily stabs of irritation and annoyance that the average human being feels, and how effectively they keep him from projecting and receiving his 'good'.

That's why man MUST learn to TRANSMUTE this discord into Love if he wishes to make any spiritual headway. You notice I said TRANSMUTE,- for many people try to SUPPRESS destructive feelings, and you might as well tie on a clean white bandage to hide a festering sore until gangrene sets in! Push down your anger, and it comes up just like a boil in your 'emotional' body. Then pretty soon, it erupts in its physical counterpart as some loathsome disease, as well.

On the other hand,- when you TRANSMUTE your unpleasant emotions, you are literally replacing them with Love,- and this is forgiveness, or the actual GIVING of Love FOR a destructive feeling. Thus everyone should use St. Germain's Purple Flame of Cleansing Action whenever he feels upset. Its healing color comes from the rose of Love plus the blue of Power, and I realize that most aspir-

ants do bathe daily in its radiance. They call on their Life Source to send 'It' from their feet up, to cleanse their auras of so-called "bad" Karma and accumulated discord,- but they seldom remember to use 'It' when they're actually distressed.

EVERY THOUGHT YOU THINK takes form at some level of action, and those based on mere annoyance buzz around man like a million malevolent bees. This is the Astral "maya" that occultists warn about,- for the ugly little flares of temper that millions give way to every day, continue to hold back human progress by thousands of years. When one becomes disturbed, the like vibrations of these destructive little creatures flock to him like flies because of his sympathetic magnetism, thus adding to his inharmonious state until he is actually caught in a current of discord. No wonder most of you Earthlings "blow your stacks" as you so graphically call it, on an average of once every twenty-four hours! Even so, your disturbed vibrations form a forcefield that keeps away the desires of your heart as effectively as an electric fence! In fact, it's almost miraculous that some of you have as much health and prosperity as you do in spite of the problem,- and it only goes to show the superior force of Good in overcoming its opposite.

I can never stress enough how important it is to get still when you're upset. Then call upon your Presence within, (after you've counted to ten, perhaps) asking It to start the Violet Flame upward from your feet, to envelop you and dissolve the discord, transforming it into Love. Feel It flow up over you like a soothing bath, and this healing current will cleanse your whole being, washing away the anger, hurt or damaged pride at once in the sweetness of Its warmth.

If you feel upset later on,- simply do it again. In fact, do it as many times as you need help to dissipate your sense of annoyance, for sometimes through habit, your mind goes back to relive the unpleasant happening. Therefore you make another set of destructive thought forms that need transmuting into Love. After all, why put up with sickness and 'bad' karma when you can rinse it away by this "Law of Grace!" It not only heals the "soreness" of spirit that made you angry in the first place, but also provides the perfect Substance from which health and well-being are formed. Therefore It augments your own depleted supply until you can contact the 'Father Within' for your continuing needs of fulfilment.

Oh, by the way! You can also use this Flame to get rid of unwanted pounds which are simply an accumulation of excess substance that has crystalized on the body and thus lost its free flowing nature. Due to man's yearning for Love (which he needs to exist), many try to feed it into themselves from outside. In your modern times, material things are pursued until tensions mount, and the individual, weakened by the strain, seeks relief in nourishment, adding weight

to his bones because he fails to realize that his true Source of Love and Substance lies WITHIN,- not 'out there' in a dish of hot fudge sundae or lemon chiffon pie. He should look with adoration to his God-Self, causing Its like radiations to flow through his heart and out into his world, thus giving him what it takes to manifest his external desires,- in other words, the good he sought when he was overeating. Meanwhile, the Violet Flame will help him let go of the extra pounds and start replacing them with the Perfect Substance he needs till he can receive his own direct from his 'I Am Presence' within.

Use the Purple Flame to wash away physical defects or ugliness if you like, and draw forth beauty instead from your Life Source. Your Inner Self is an open channel for all the wonderful things you could possibly want, and It longs to express them through you. Also your Love for It, deliberately invoked, provides the essence from which ANYTHING can take form perfectly.

No matter what bothers you, consume it in the Lavender Flame. If it's fear of illness,- use the cleansing flow and then accept the healing Love of your 'Presence' into every cell of your body until radiant health becomes yours. In fact, after getting rid of the discord this way, always contact your God-Self through adoration, and draw forth Its Love in return. This replaces the inharmony with Perfection according to your thoughts. This is the process that humanity MUST take from manhood to Godhood, and the Violet Flame was established to help in this way.

Thus, in using It, you soon wash away your discordant feelings until at last you can declare with the Master,- "None of these things move me!" By reaching toward your Presence, you become so full of Its Love that you seldom get upset regardless of what takes place around you. Therefore, after that the world no longer reflects back your troubles, and you are FREE! So be it, Beloved.

In Love I Am the Christos-Vardis

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RIVER OF LIFE

By Hallie Walter

In May of 1974 I was given a marvelous vision and instruction in the form of a dream. During the following day, details of it unfolded as I went about my work. A few further details were given in a similar way several weeks later. I was in the very midst of the chaos of moving from my home where roots had been so deep,- to a much smaller place in a new condominium a few miles away. It seemed incredible that anything at all of an inspirational nature could get through to me in such a time, and yet it was the very thing I needed most just then. And it was on Mother's Day,- such a beautiful Sunday in May when the very Heavens were literally flooding the Earth with their glories.

It seemed that I was being shown my own portion of a universal truth, and in such a way that I could comprehend it, and that I must share it with any who would accept and use the knowledge of it. In the vision I had seen as from a few feet away, my own physical body moving about in a normal way. As I moved, my head was completely surrounded by, or enveloped in a sea of energies which appeared as short pieces of threads of many different colors, and all were flowing along vibrantly in a horizontal position. This 'sea' appeared to be everywhere present, although the most concentrated forms of it were at about the level of my head and shoulders, and my physical self seemed quite unaware even that it was there. The threads appeared about six or eight inches in length and were of a uniform size, vibrating as they moved horizontally in perfect precision. I was fascinated at the precision and the perfection. My head was facing in the same direction in which they were flowing, and this in itself seemed important, as I had a sense of my own being as it seemed to flow with them while still retaining its own normal position. The following is the explanation which I was given as JESUS was personally instructing me:

These are the Cosmic Energies transforming earth life to a higher, finer substance. As you see, they are constant and consistent,- and they remain undisturbed as you move about among them. They are the TRANSFORMING ENERGIES and are a manifestation of that which you call the POWER OF GOD. They seem to flow like a river and have been called the RIVER OF LIFE because they are the total assortment of ELEMENTS OF LIFE, from the SOURCE of ALL LIFE! As you and others move among them, and learn to flow WITH them,- you receive your supply from them. Certain basic elements are given to all without preference, but these higher transforming energies can only be given to those who are (or will become) consciously receptive to them."

Through the receiving center in your head, your own physical senses and thoughts attune to the SOURCE. So when you have special needs for greater amounts of specific elements, there must be additional receptivity. This is why you are requested to pray to the Father, and to rejoice in the Lord always. For as you pray to the Heavenly Father in the name of Christ Jesus who personalizes Him, of course you do attune to the Most High. And as you do this you also attune to JOY! For Joy is an element of Light, and must come into Earth life. If instead you attune to Earth's sorrow, you cannot assist in the great JOY CARAVAN that is now arriving! Joy is the soul's praise to the Creator who is the Source and sustainer of all life. Joy opens the door through which the life-giving energies of His Love and His ALL-POWER can flow into your life and the lives of those around you. So,- LET THERE BE JOY!

"But of all these elements of Life,- the INTELLIGENCE element which controls your very thought pattern, is the controlling factor through which ALL others must be directed and activated if they are to function perfectly; and the UNIVERSAL LOVE element is its mate!

"Thus you can see how necessary it is for the mind and heart to be truly pure, free from contaminating thoughts of all kinds, if the pure POWER OF GOD is to flow freely into the places where it is so desperately needed, and where you yourself must in some cases direct it to be.

"Be not afraid to ASK HIM for those things your heart desires,- be they miracles of healing or of human relationships. ASK so that you may RECEIVE! Nevertheless not MY will but THINE BE DONE! Are you beginning to understand now what really was meant by that? Not submissive in the sense of being apologetic, as if asking were for a selfish favor from on High. But when you pray "Thy kingdom come on Earth as it is in Heaven" - MEAN IT! Of course the Father's will is to give you the perfect health you need, and every 'good gift' which you are willing to receive. But He cannot do so until you yourself open the door to Him and attune to Him and His Love and righteousness. ONLY as you do this can these transforming energies really pour into your life and the lives of those close around you.

"This is why your own physical body feels depleted of certain energies and actually suffers damage when you permit any disturbing circumstances to upset you and interfere with your inner peace and love. To "love thy neighbor as thyself" is absolutely necessary. To "first be reconciled to thy brother, and then come and offer thy gift" places your own receptivity in right perspective. This is why such vast numbers of great miracles are taking place through the ministry of that one whose followers number in the millions. Her selfless serving is unique. Her heart is so pure, her dedication so total, that she is being used in a very great way to disperse that

POWER into the lives of suffering mankind, and to demonstrate the Reality of God's Power to all the world. For she has learned to by-pass all rituals and dogma of every kind, coming directly to the SOURCE in her vehicle of faith and of selfless serving.

"In turn, many of those who are being healed in her ministry are relaying the Power to another seated near them, (with no thought of their own great need at the moment, as they pray devotedly for the other person),- and are astounded to receive their own miracle in this very moment. But this is a vital clue,- for in completely SELFLESS attunement, they open their own being to the Power without any blockage of any kind; thus their miracle can come in.

"It is as you consciously attune to the SOURCE of ALL LIFE, that you begin to learn to draw upon these elements for your own needs. But you do not draw them into yourself except as you BECOME ONE WITH THEM, and open to them so that they can come in. As you attune, you are being gradually transformed and lifted into a higher state of existence as they permeate your body and your total being.

"The colors you notice in these elements, distributed among and throughout them, give you some idea of the wide range of their nature. Each different element has its own color, and all are available to all created beings of every species, according to needs and receptivity. Yet, any may be blocked out at any moment by your own 'thought energies' if those thoughts are not in positive attunement with the SOURCE. THINK UPON THIS! For in it lies the very essence and control of your own receptivity, and your state of being is determined in the attitude of your own choosing."

End

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MOVING WITHIN THE DIVINE PLAN

'Keeper of the Flame' Through Nellie Cain

It is a time of rejoicing within the Hierarchy as we see you coming into greater understanding and realization. Be unafraid as you move with the Light, for you are all destined to be of great service as you prepare My Earth children for greater understanding and Truth. All is in the Divine Plan, and all are being moved at their own rate of progression, and in their own way. All will ultimately be brought to the truth of their own nature and their own Being, - for it is divinely designed that every man shall come into the Inner Truth. He shall come to realize and to KNOW that he is Divine; that he is not a worm of the dust and that he must not depend upon a vicarious atonement for his release from human experience and degradation, - but he will come to the point where he will know that he and the Father are ONE! The Master Jesus proclaimed 2000 years ago, and hoped at that time to reveal this truth to humanity when He also said, - "Know ye not that ye are Gods?" But man in his blindness could not see, and so he accepted the idea, through the domination of the church and the creeds that were imposed upon him, - that he was unworthy, and that he was not divine, and he has stumbled in ignorance these two thousand years.

The New Age will bring man to the realization of his own Divine nature, and he will move forward as he claims his innate Divine stature, - for one lives to the measure of his own self-realization. Implant within the mind of the child that he is unworthy, or that he is a bad child and he will live up to this image of himself. It is the image which man holds of himself which he will manifest. Therefore it is the work of My Light Bearers to bring man to the beautiful realization of his true Divinity and have it become so much a part of his consciousness that he lives and expresses that Divinity in his every act and thought.

I have called unto Me all of those who are willing to serve in this great endeavor. Not only have they become aware of the Indwelling Presence, but they have become aware of the great work that is being done, and they are being brought together to work in greater strength as each gives to the other, encourages the other, shares in this understanding and establishes Light Centers. It is the work of My Earth Light Bearers to establish the beam over which the great Cosmic Energies can be grounded in the Earth itself. As you meet together and establish the Light, and make of yourselves a focal point for the inflow of Light, - you become greater channels of Light and the Light frequency is established not only in the planet, but in the consciousness of those who are ready and willing to accept its vibrational frequency.

Not only do you receive, but you act as a disseminating center of Light. This is what the New Age work will be; NOT through the formal churches, not through the dispensation of philosophies, - but through small groups who will meet together and make of themselves and their meeting place a focal point as a Light Center. This has been going on for some years and there are many, many more of these Light Centers established throughout the world at this time. For many years this was merely happening at certain points, - like the pyramids, Glastonbury, Stonehenge, Mount Shasta and many places in which the Mystery Schools have been held and which have been focal points of Light throughout the ages. In this Age the Light is to be disseminated not only from these points, but now it moves out into the entire populace and you are to be My Lightbearers who will take the Light and so live that it radiates from you and attracts others to you.

It will mean a total new way of life for you. It is often very difficult to give up the old until one becomes firmly established in the new, - but the TIME GROWS SHORT! I do not mean this to be a cataclysmic type of time situation. I am merely saying it is short in that the vibrations or frequencies are being stepped up and man must be alerted to what is happening and brought to a new understanding. It is very evident that man is responding to the new vibrations, and those who do not understand are responding in a negative way.

You are seeing much chaos and the fall of governments and economies. You are seeing the 'old' disintegrating very rapidly because it cannot withstand, or stand in the new frequency. Man, as he is caught in this is very concerned and disturbed, and feels that all is being stripped away. He does not realize that in reality, this is the cleansing of the Earth and the loosing of the chains of materiality, commercialism, and all sorts of unhealthy and immoral attitudes. It is in the devastation of the things that have been so dear to man that he will come to find the virtues of life and that which has true worth and meaning. But, it is only as there are those who understand and are able to reveal the truth of this that the masses will change. You can help Man through these trying times by BEING the Light; by revealing that there is much more to life than the material side, - or even the great intellectual or mental aspects which have so concerned him.

I have established Light Centers throughout this world. I have called My Light-bearers to action, and it is a joyous time when we find ready and willing Servants of the Light. It is no happenstance that you have been brought together, - for there is much to learn, not only of the phenominal or mystical, or even that which is to be your work, but there is also much to learn of Universal Law. For the Universe functions by precise laws on all levels, - physical, mental and spiritual, - and the more you are informed about Universal Law, the better you are qualified to serve and help others to understand the functions of the Law and how to bring their lives in harmony with the Law - (with God!)

It is not only a matter of living and loving,- it is a matter of qualifying yourselves. Therefore I call upon each of you to be diligent in your own personal search, and to give yourselves wholeheartedly in any way you can, and to be fearless in your proclaiming of the Truth. However, one must always use discernment in these things, because to be too persistent may close a door which you had hoped to open. Perhaps it will be difficult in the first bloom of understanding of this Truth, to show discernment. But as you move forward in this work you will realize that there are other subtle ways of revealing the truth. Words will come that are right for the situation, and the vibration which goes forth from you will also move toward opening the consciousness of those with whom you meet.

Often times you will learn that rather than the direct bombastic approach, one can use the more subtle approach until the consciousness of the one whom you would help is stimulated to the point where he will seek to know what it is that you have which he has not yet found. Then you will see the doors open, for he will be ready and receptive, and much more will be accomplished . Discernment will come through experience. Know that as you proceed,- the proper books, the proper teachers, the proper experiences will all come to you as you are able to digest, assimilate and work with new ideas. But also know that no measure of Truth comes without your also being called upon the test that Truth.

Becoming a Light-bearer, coming into the Light does not mean that you will be without any personal problems,- for life is a growing process. It is only through growth and experience that you will be able to raise your own consciousness and your vibratory frequency and move into higher levels of understanding. So, rather than wondering why an experience has come which might not be pleasant or for which you had not hoped,- recognize all challenges as an opportunity for growth, and try to distill from each experience what measure of growth you can find in it. Then you are truly on the Path!

Being on "The Path" can be a very lonesome experience. It has been true with most people to find themselves involved with family, friends or someone who undergirds them in many experiences,- and this has been good. But you must realize that you will have moments when you go within the innermost recesses of your SELF, where you will know that you are totally ALONE! There will be moments which are so sacred that you could not share them with anyone,- for they are Soul experiences. While it is beautiful and wonderful to share,- yet that which is between you and the 'God of your own Being' can never be totally shared with another. There will be revelations which will come to you that are so beautiful and so wonderful that words could never describe them as they deserve, and relating them would only dilute them. There will also be times when you will feel a great sense of lonliness. All of these things are a part of traveling "The Path"! I say these things not to discourage you, but to let

you know that much of 'Soul Experience' is a solitary thing which can never be shared,- yet you will have much of Light and Love and Truth to share and it will be a beautiful experience and a wonderful adventure. When you can think of life as an adventure and look forward to each new challenge and each new day with a sense of expectancy and give it all you have,- then you are truly serving and walking in the LIGHT!

I have not said anything to you personally, but I will say that you have,- individually and collectively, a great work to do. You will find that you will be moving into greater areas of service. You will be drawn to others of like mind, and as this takes place there will be a great emanation of Light and Truth which will come forth. Know that you DO walk in the Light, you SERVE the Light, and areas of service will open which you could not now conceive or dream of. Your life has now taken its proper direction and you will be My true Light Bearers.

I place My Mantle of Light about you to BLESS YOU! Know that you have only to TURN WITHIN to invoke the Light,- to listen to the STILL SMALL VOICE,- and guidance is always there for whatever problem or experience you may be going through. Practice meditation, become aware of your true nature, take time to feel the Inner Flow of Light and Power that comes from your own true GOD-SELF! Identify yourself with this, for it is in this identification that you will find your true SELF! When you live from your God-Center and express only that which IS,- this is the greatest service you can render. Bless you!"

- End -

Nellie Cain,
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Whatever the condition may be, wherever we may go, we must have mental purity to such a degree to regard everyone as the Image of God. We must also train our minds to be unattached to worldly temptations.

We are not the mere product of environmental influences or slaves to our instinctive passions and impulses. We have a divine faculty to think rightly in the Light of our Wisdom before we act.

We are responsible for all our sufferings and we ourselves have to rid ourselves from the clutches of pains and miseries. It is to be understood that true religion begins in ourselves when our hearts become pure and clean through silent meditation.

Self-Realization is our goal and we must utilise all our energy in attaining this goal. We have a potential power within ourselves and to open that Spiritual Reservoir we must delve deeply into meditation.

Whether we like it or not, there is an urge in us which seeks fulfilment only in PERFECT PEACE; to be empty ourselves is not a state of nothingness but is the cessation of all desires which opens us to perennial joy and liberation.

— **Dr. K. M. P. Mohamed Cassim, Ph. D.,** P. O. BOX 11, VEYANGODA, CEYLON.

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MORE ABOUT SPACE PEOPLE.

By Tarna Halsey

We are living in a time now where many people from all walks of life are asking the question,- "How can I be contacted by the 'Space People' and in what way does one go about doing this sort of thing, etc.

My answer to this question is this: In looking back over a period of many years in my own seeking and searching for all answers to the many questions along the path of spiritual growth,- I searched the Scriptures, and one day while meditating and praying, I was impressed to read Isaiah 30:20, 21 which reads,- "And though the Lord give you the bread of adversity and the water of affliction, yet shall not thy teachers be removed into a corner any more,- but thine eyes shall see thy teachers: And thine ears shall hear a word behind thee saying,- 'This is the way, walk ye in it, when ye turn to the right hand and when ye turn to the left."

Later on I was told by the Space Brothers that ALWAYS when one is trying to make contact with "Beings" they should always 'try the spirits' in this manner: "Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God: And every spirit that confesseth not that Jesus Christ is come in the flesh is not of God,- and this is that spirit of anti-christ whereof ye have heard that it should come; and even now already is it in the world." I John 4:2 & 3. When in doubt, always use the aforementioned Scriptures, and then you will know whether you are being contacted by a "Being of Light" or an entity of darkness.

The Space Brothers have always said,- "Study to show thyself approved; seek and ye shall find; knock and it shall be opened unto you" - just as your Bible says. Then when the student is ready, the teacher or Master will appear.

A good axiom to remember is: "BE what you would ATTRACT!" Remember too,- that THOUGHTS are THINGS, and are creative." THOUGHT IS! The Space Brothers can read your thoughts and know your desires,- and if your desire is to serve in 'God's Work' they will help you along the Spiritual Path. Many times you may see them and converse face to face, and at other times you may hear only a 'voice' instructing you. Fear not, the Higher Forces of Intelligence will guide and direct you in the Love and Light that our Heavenly Father IS!

The Dark Forces can lead you only to destruction, and they will misguide you every chance they get and will try to deceive the very "ELECT" if they can do so. Do be on your guard at all times, and

"Be as wise as a serpent and harmless as a dove,- using wisdom in all you do and say. Patience is the keyword of the day. This has been a constant reminder to me from the Space People and to pass on to others, and it's a very hard lesson for us to learn,- but it is a MUST!

In the system in which we now live, one might say that it is so hard to be patient with all that is going on in this world, and I feel everything I try to say or do is wrong anyway,- so why or how can anyone be patient? Believe me, dear readers, it isn't easy,- for even to this very hour I have been tried and tested to the hilt, but in spite of it all, I am determined to keep on the path of Light and Truth, keeping my eyes set on the Higher Planes of Life.

With the help and guidance from our Brothers and Sisters "up-stairs" they will stand by and pick us up as we stumble and fall. Each obstacle that confronts us is just another test leading us a step closer to a higher understanding. Remember that we do benefit by our mistakes and shortcomings, and it makes us stronger to meet the future ones. These are to be used as a 'Guidepost' along the way.

The 'Brothers' have said,- "You have not been promised an easy road, nor is it going to be a bed of roses!" We work, we seek and we search all through life for the answers to this and that,- and we run from one wind of doctrine to another, and yet we still find that something is missing. Where can we find whatever we are searching for???

We have been told that all knowledge is WITHIN US, and that we must go within ourselves, into the secret chambers of our heart, and communicate with our Father God, and He will hear and answer our call. "BE STILL AND KNOW!" as the Scriptures tell us.

Our Father also sends us teachers to help and direct us, (such as the Space Brothers, Angels, etc.,) and the Good Book tells us to "Be not forgetful to entertain strangers,- for thereby some have entertained angels unawares." (Hebrews 13:2) Ponder this please! How do you know but what you haven't already entertained Angelic Beings in your home, or on the street, or perhaps sitting next to one on a city bus or on a jet plane, or in other public places? Did you ever think about it in that manner? Be on your guard at all times because one never knows who he or she may be conversing with. The Higher Beings can manifest and appear to us in any manner they wish to. I know, because it has happened to me many times, and I was reminded later concerning several occasions when this person was here or there,- and it was an Angel in disguise! Personally, I was not aware of the incident at the time it happened but you may be sure that thereafter it kept me 'on my toes' especially when walking down a city street or in various public places I might receive a kind smile from a stranger. Sometimes when the doorbell

or phone would ring, I would question myself,- "could this be an Angel of Light?" I still find myself almost daily wondering how many crossed my path today, Father? (Angels unawares, that is.)

To those of you reading this article, I pray that you too will have visitations from above,- and I, for one, would enjoy hearing about your experiences along this line. I pray may God Bless you, one and all. BEWARE! Keep looking up,- for there are good things about to happen for you.

Blessings in Light and Love!

Tarna L. Halsey,
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Logan, Utah, 84321.

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EDITOR'S PAGE Continued from page 3,-

Now turning to those who are on the upward path of Spiritual Progression, and therefore manifesting somewhere in the range of positive polarity. I am speaking particularly of the Light Workers,- most of whom are totally dedicated to devoting all of their energy and time to some phase of spiritual ministry. Some work alone and many are leaders of small Light Groups scattered everywhere.

I can assure you that these dear souls have no bed of roses. An easy life it is NOT!! And the farther they progress along the upward Path,- the greater are the trials and tests that they must meet and master! The Kingdom of Heaven cannot be gained without supreme effort and discipline! Many of our tests are in the form of subtle temptations in the areas of the individuals' greatest weakness, and we don't realize what is going on until we become engulfed or considerably involved in whatever it is. As the Cosmic Beloved All Knowing One overshadows me while I write these lines,- I am impelled to urge all of you to greatly increase your decrees of protective invocation of the Pure White Light of the Christ constantly, not just once or twice a day. Only in this way can you possibly attune yourself to the rapidly rising frequencies during the coming periods of acceleration spoken of earlier in this editorial. So be it!

May this coming 'Holy Day Season' be a very special time of spiritual blessings, inspiration and upliftment to every one of you! May you be especially consciously aware of His Boundless Peace, His Infinite LIGHT and His LIMITLESS LOVE! Be aware too of the wonderful Ministry of the Legions of the Angel Kingdom about which there will be articles in coming issues.

Please familiarize yourselves with changes mentioned on page 35, concerning the new subscription policy and also the notation regarding change in postage and handling as well as tax on orders in California.

With all My LOVE, Brother Francis.

MATURITY

By Ann Landers

(Used by permission of San Jose Mercury News, Aug. 30, 1974)

The following originally appeared in her column five years ago. It is being repeated by request of several readers. I feel it is important enough to present to the readers of the Father's House. - Ed.

"MATURITY is many things. First, it is the ability to base a judgment on the 'Big Picture' - the 'Long Haul'.

It means being able to pass up fun-for-the-minute and select the course of action which will pay off later. One of the characteristics of infancy is the "I want it NOW" approach. Grown up people can wait.

Maturity is the ability to stick with a project or a situation until it has been completed. The adult who is constantly changing jobs, changing friends and changing spouses is immature. He cannot stick it out because he has not grown up. Everything seems to turn sour (or uninteresting) after awhile.

Maturity is the capacity to face unpleasantness, frustration, discomfort and defeat without complaint or collapse. The mature person knows he cannot have EVERYTHING his own way. Life wont allow it. He is able to defer to circumstances, to other people and to time.

Maturity is the ability to live up to your responsibilities and keep your word. This means being dependable. Dependability equates with personal integrity. Do you mean what you say, and say what you mean?

The world is filled with people who can't be counted on. They never seem to come through in the crunch. They are the 'cop-outs' who break promises, and substitute alibis for performance. Invariably they show up late, - or not at all. They are confused and disorganized. Their lives are a maze of unfinished business.

Maturity is the ability to make a decision and stand by it. Immature people spend most of their time exploring endless possibilities and then they do nothing. Action requires courage; and there can be no maturity without courage.

Maturity is the ability to harness your abilities and your energies and to do more than is expected. The mature person refuses to settle for mediocrity. He would rather aim high and miss the mark, than aim low and make it!"

- Ann Landers.

POLEETE

A BOOK REVIEW

Poleete Carabel, the author of this very outstanding book just off the press, is a clairvoyant and healer who is also a professional journalist. Poleete is thus able to present the story of her spiritual experiences and powers in an effective literary style. Readers who are interested in ESP, Christian Science and associated phenomena will find much to hold their attention in Poleete's highly readable chapters.

Of all the outstanding elements in her extra-sensory field of consciousness, the author's unquestioning faith in her own intuition perhaps looms the largest. Time after time, she reports,- the certainty that she would succeed in healing sick people never faltered. It was present from the very first. It is almost as though Poleete is saying that "faith healing" takes place by a kind of willpower in the healer that awakens the sick person's flagging will to live! Once this inner will is fully awakened,- cure of the disease, whether psychic or somatic, comes naturally.

Poleete is also concerned to emphasize the point that she has never believed that her spiritual powers were those of her own little ego. Rather, in her view, they have come from a 'Higher Source'. She discusses her activities in this connection by presenting cases in which her intervention controlled dope addiction, tuberculosis, alcoholism, and various other diseases. Poleete also writes interestingly of her journalistic experiences as a newspaper editor and public relations representative. Her style of writing may seem too simple. Her spiritual strength,- (there is no other word for it) comes from her direct, honest simplicity of approach.

This book as a human document can no more be explained 'logically' than the miracles of saints. As a text, for those seeking a healing force for those troubled and baffled, there is much here that will strike sparks for those who are receptive and truly want help.

Before closing this review. special mention should be made of the Chapter on 'Prayer' (beginning on page 63). It will surely help the reader to learn the technique of praying aright, and as a result receive the right answers. One must have an understanding of what prayer really is. Prayer seems to be an elusive word, misunderstood by the average person. Poleete asks, "What good does it do to pray all day to a God of Love, while you are hating or condemning? If you have hatred in your heart, your prayers are useless and return void." Six priceless steps are given as preparation for true prayer. This chapter alone is worth the price of the book.

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Note: This book will be added to the few we carry permanently.

"FINDING YOURSELF"

By Dr. Norman W. Cooper

A BOOK REVIEW:

A limited first edition of this book is just fresh off the press. Just when we think that we wont list any more for a while, along comes one like this carrying the very definite 'nod of approval' by our Grand Director. So here we go again with not one,- but two new books which we shall carry in stock until further notice.

The author says that from the time he was a boy, he has applied what he now calls "SELF-TRUTH-KNOWING". Through this application great and good things happen. Sickness and disease have been healed; discordant human relationships have been adjusted harmoniously.

Like the other book reviewed in this issue,- it is brief and to the point. The title of each chapter begins with the words,-"Your Self ... as Knowing, Consciousness, Silence, Love, Faith, Peace, Law, Joy, One With God, God in You and finally as the Explorer of Yourself".

Following are a few random excerpts from various chapters... "Something natural, normal and easy cannot and need not be taught as a 'method'. Once our thought is thus opened, life can become one long and joyous communication with the "Identity of our Self."

'Self-Truth-Knowing' is not actually a method, nor is it mere words or statements about God. Rather it is listening to and hearing the Divine Voice Within! You are the 'I Am' of your own being. Knowing the truth of yourself should be your all. It is not a question of acquiring knowledge of the Self. You ARE the Knowledge; you ARE the Truth; you ARE the Freedom. Such freedom is Self-Truth-Knowing!

Nothing! No power, no law, no teaching can separate you from the Love called God! God must be found where He IS - WITHIN! And as individual consciousness. This is why a book cannot be the complete means of finding Him, because a book cannot enter individual consciousness. A book may tell us about Him,- but He is never IN a book or in a teaching based on a book. Sooner or later we must leave behind ALL books and teachings about Him,- and ACCEPT HIM,- HIMSELF!

Books, teachers and methods may help you along the way to Self-Truth-Knowing,- but since you are an individual, another's experiences can only temporarily help you. Go to the silence of your consciousness and let the Divine Power within guide you. As you advance on your journey, you will stop looking to another person as your example. No one else has or can experience the Self as you must experience it.

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The FATHER'S HOUSE Quarterly magazine is an important part of the 'Spiritual Activity' by the same name. Under the Divine direction of the Cosmic Christ of Limitless Love to Whom we refer in the context of this activity as the "All Knowing One" - we subordinate our human will completely to His Divine Will and guidance.

Under His direction we are not permitted to set a price for a subscription to this publication. It is not a commodity that can be bought in a bookstore or on a magazine rack,- but rather each one who wishes to be a regular recipient is invited to give as liberally as possible to the support of this entire 'Spiritual Activity' and the result is that as promised in Malachi 3:10, He pours out a blessing that there shall not be room enough to receive it." However we feel it appropriate to point out that both printing and all other costs that we have to meet are increasing constantly and radically. Therefore when you renew your subscription please do take this fact into consideration. Also in this connection, if it will be easier for you, it is suggested that you make your contributions semi-annually,- but when you send your gift please state if it is on semi-annual basis. It will be appreciated if you can schedule your gifts around Holiday time and again about the first of July,- perhaps mark your calendar.

Please Note: - As mentioned in the last issue, as of January 1, 1975, all Subscriptions and Renewals take effect with the February issue. THANKS for making it a lot easier for me! BLESS YOU!!!

BOOKS AVAILABLE *(See note at bottom)

FINDING YOURSELF,	By W. Norman Cooper,	$3.00
'POLEETE'	By Poleete Carabel, (Hardcover)	4.50
VIVEKA (Limited Edition)	By Orphanus (new price)	2.50
ECONOMICS of NEW AGE,	By Kenadjian	3.00
HOW to PREPARE for COMING CRASH,	By Preston	2.00
BUILDING FORTUNE WITH SILVER	"	2.00
WAKE UP AMERICA (The Communist Conspiracy)	"	2.00
The THREE DAY SCENE	By Lorber	1.75
The FATHER'S HOUSE ANNUAL for 1974		6.00

**NOTE:- New policy for postage, tax, etc.
For Postage & handling,- 25¢ for first book; 15¢ ea additional book.
California orders, please include 6% Sales Tax (formerly paid by us)

The FATHER'S HOUSE, 2606 Newhall St., Santa Clara, CA., 95050

THE GOD WITHIN!

GOD MUST BE FOUND WHERE HE IS,- WITHIN!
AND AS INDIVIDUAL CONSCIOUSNESS.
THIS IS WHY A BOOK CANNOT BE
THE COMPLETE MEANS OF FINDING HIM;
BECAUSE A BOOK CANNOT ENTER
INDIVIDUAL CONSCIOUSNESS.
A BOOK MAY TELL US ABOUT HIM,-
BUT HE IS NEVER IN A BOOK,
OR IN A TEACHING BASED ON A BOOK.
SOONER OR LATER WE MUST LEAVE BEHIND
ALL BOOKS AND TEACHINGS ABOUT HIM,
AND ACCEPT HIM,- HIMSELF!

By W. Norman Cooper,

In his book, "FINDING YOURSELF".