

THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION NUMBER 30.

UFO WARNING

We speak here not only of ultrahigh voltage power lines leakage but also deadly electrical emission blasted by atomic testing underground coming to the surface of terrain, reaching bodies of water and your atmosphere. We are at a loss to comprehend why your physicists and medical men and women cannot see why this deadly radiation is harming mankind. This seepage is not only giving more power to dark forces, but causing strange virulent diseases seriously affecting man's brain cells including his ganglia! Well, what does ganglia imply? It means that man's stored incarnative memory cells (better left undisturbed) are awakening, but not always for your benefit! This deadly radiation is also causing man's red blood cells and white cells, blood circulation, the molecular system and anatomic structure, serious damage.

Are your scientists trying to bring forth monstrosities? We mean monstrosities of a very grave nature! For years we have urged scientists to prohibit atomic testing that greatly disturbs Nature's own cyclic rhythm, else suffer the consequences! We rarely offer such foreboding warnings, but since we see urgency for earthman's safety, we add impetus to this short discourse. We must also point out that psychiatrists and psychologists may not know how to adequately treat clients (patients) 'multiple personality'. There shall be many more of these 'case histories' if science does not soon listen to our reasoning because we have been through this scene before! Let it be known that when a soul did not fully express 'itself' in what you call a previous incarnation, this radiation can bring 'it' to the surface of man's mind better left alone! This greatly interferes with the entity's present cycle. They are not meant to intermingle unless a person's high self has good reason to bring the 'past' cycle forward. Now the former pulsed experience was meant to promote growth to the entity's soul, to express and expand Spirit, but under no circumstance should 'it' be FORCED to the surface of mind! Light radiation is stimulating awake favorable memory cells. Dark radiation is stimulating awake unfavorable memory cells and gives strength to negative thought forms. Do you realize the seriousness of this? Bear in mind that the composite (total) man is involved here, so this includes man's so-called previous life cycles as well as his present lifestream.

We urge all earth scientists to immediately begin to regulate ultra high power lines all over your Globe and stop at once this atomic testing if you want your fellowman to have a chance for survival! We urge everyone to break through intellect to Truth as We know and live Truth. Therein lies reasoning and wisdom. We urge all those who read this message to immediately protect your bioplasmic surrounding (aura) with Light of Christ. Visualize a protective cloak around each entity to encompass the Globe. This deadly radiation seepage is the work of diabolical forces. Fight with Light! Light and Love are your only weapons. They are our only weapons as we

project this warning to earthman. Fight with all your might. This is the time to be stronger than you thought possible. Join us - the Light Forces. We are your Life-Line. Reach us.

I AM RHYMER, one of the Light Workers who endeavors to help nullify this deadly seepage.
Channel: Sari. (Lucille McNames) March 24, 1976

LEARN TO USE THE TEMPLE THAT IS WITHIN THEE.

This is AEOLUS, the Breath of the Holy Spirit. I am that which brings Life and Light to every created form on this planet. This is the time of the quickening that was predicted in your book called the Bible. Every man is being forced to make his own decisions. No longer will he be able to run hither and yon, asking others what he shall do, where he shall go, what he shall think, what group he shall join. In doing this man is but asking another man, a man whose breath is in his nostrils, and that one knows no more than the man who is seeking.

But today each one is being forced to go within himself. That is why man has been told from the most ancient times: KNOW THYSELF! Learn to use the temple that is within thee. The Divine Being resides there always, waiting for the outer man to enter in. Here is the only One who can ever tell any man which way he is to take. Every person has this spark of the Almighty within him but what good is this divine spark if it is not recognized and used? Unless this spark is tended, no flame can ensue and no light come forth. Man is then left in a semi-darkness. Confusion reigns in his life. It is when man applies himself only to the things of the outer world that disease, insecurity, and every unhappiness reigns in his life. Man really does not need to experience these disturbing upheavals, if he would but turn to his inner temple and seek the Divine Presence abiding there. If a man wishes to have a friend, he cultivates that friendship. He gets to know his friend very intimately, his likes and dislikes, his strong points and his limitations and knows whether he can depend upon him or not. He usually expects a certain loyalty from his friend which will stand by him when he is in distress. Yet the greatest friendship of all man does not cultivate. He does not get to know the holy Christ Spirit within him, the real basis of his being. That inner spirit is the real man himself. It has no conflict with the outer man or his external life. Man need not become poor as he becomes spiritual, but rather does he become more balanced so that his material and spiritual activities are brought into harmony; so that his thoughts, words and actions and his relationship with others may ever be directed by the inner Spirit. Where there seemed to be darkness before, man now finds light, but he cannot have that light in his life unless he brings it from within himself. The Divine spark within must be fanned into a flame and the light within must spread outward. Man must become so aware of the Christ Being within himself that it becomes his greatest friend and guide. Man would not think of doing anything until he first consulted with his Divine Friend, who has all the answers any man needs. This Divine Love affords all the protection which any man needs. This Divine Wisdom can teach any man how to overcome the difficult situations in his life.

Man cannot know all of this at once, but as he continues to turn within and cultivate the friendship of the indwelling Spirit, all things will be revealed to him. Here he may learn to know the Father, the Almighty Creator of all things and the Holy Spirit that goes forth from Him sustaining all created life and inspiring each and all with what they are to do. Man is here to learn and to attain spiritual growth thru experience. Man learns to know the meaning of the term: Son of God, which he

sees beautifully exemplified in Jesus the Christ who manifested God's glory here on earth. Yes, if man would but wake up and recognize the being that he is, he would find the whole Trinity operative within him. Man must stop being a sheep, always following after another. He must begin to rely on and to use his God given powers. He must know how to tap the great storehouse of Wisdom and Love that is within him. He must become so aware of his inner Presence that wherever he walks is holy ground. The spiritual help he received from within affects every phase of his life. So man must learn to relax, release and rely on the Divine inner guidance. If he is tense and worried, it blocks the flow of light and power thru him. When man enters his inner temple he must leave every worldly consideration outside. It is the same as if he took a shower with heavenly water, washing and purifying him of all worldly effluvia before he enters his holy temple. Visualizing this will help toward realizing it. Man cannot hold on to his own wants and desires or his own feelings about anything. He must not tell the Inner Presence how to handle a situation. No man can be helped if he persists in his own thought. The Holy Spirit or Christ Self within works out each problem in an impersonal and heavenly way, allowing the outer man to "save face" as the Chinese used to say. When man finds he can no longer handle his own problems and gives them over completely into the hands of the Christ, knowing that He alone is capable of handling any situation perfectly, then he will discover that all his needs are met and his problems solved in the best possible way.

So I ask man today that he learn to know himself, his inner Self, the Divine Being that he is. The time has now arrived when man will be forced upon his own resources. In times of confusion and upheavals every man must finally rely upon himself, knowing that there is but one solution to every problem, that there is just but one solution to every problem, that there is but one way out, and that is by turning within and knowing himself, the true nature of his being. Man is ever surrounded with the love of all those in .the heavenly realms. Divine love pervades the universe so no man is ever left without help or guidance. But each one must learn to help himself by turning within and asking the Holy Spirit to direct his way.

I AM THE VERY BREATH OF LIFE WITHIN EVERY MAN BUT THIS WILL PROFIT MAN BUT LITTLE UNTIL HE LEARNS TO KNOW WHAT IT MEANS. WITHOUT MY PRESENCE NO LIFE COULD EXIST YET HOW FEW UNDERSTAND THE BREATH OF THE HOLY SPIRIT. THIS BREATH IS BOTH A FIRE AND A LIGHT AND IT IS ESSENTIAL THAT IT FLOWS THRU EVERY PART OF MAN'S BEING AND GLOWS LIKE AN AURA OF LIGHT AROUND HIM. THIS FIERY BREATH OF SPIRIT FLOWS THRU NOT ONLY MAN BUT THRU EVERY FORM OF LIFE ON THIS PLANET. THE ONE SPIRIT CREATING AND SUSTAINING ALL TRULY, ALL IS ONE, AND OUT OF THIS KNOWLEDGE FLOWS FORTH LOVE, WISDOM, HARMONY AND PEACE, WHICH ALL MEN SEEK. WHEN EVERY MAN LEARNS HOW TO ENTER INTO HIS TEMPLE HE WILL FIND THE ANSWER THERE. HE WILL DISCOVER THAT HE HAS HEAVEN EVEN HERE UPON THE EARTH. LOVE AND BLESSINGS TO ALL.

I AM AEOLUS.

Channel: Bettina Kramer, Aeolian Retreat, Columbus, N.M. February 29, 1976.

I would like to remind you of what has been said before and I quote "The Light from the highest level of creation is that which protects, makes pure and holy and perfect in the divine image of those who seek to know and are open to its purity. Is that not a great goal we have been set, to open the consciousness to the purity of the Divine Light from the highest levels of creation and spirit?"

Master Hilarion

EDITORIAL

GREETINGS to all the Dear Ones in the Light of Christ, in the Dawn of this New Year of 1976. We praise and bless all of you who read the message of this publication, THE GOLDEN DAWN.

At the City of the Sun we are accelerating our preparation for the great and many things that are destined for Humanity in these last days before 'old things are to pass away'. To meet these great challenges we all must ever strive for a still greater illumination of mind, body and spirit, so that the Light of our Soul can shine forth in all of its Glory. So today we will talk about a part of man that is eternal, THE COSMIC or DEATHLESS BODY.

Man was never born to die, yet millions die physically every week. God is not the creator of death, but is the creator of ABUNDANT LIFE. Jesus who had established His Christhood said, "I am come that they might have life, and that they might have it more abundantly" (John 10:10). Christ wants us to have life brim full and running over with joy.

Jesus came to the world teaching A WAY OF LIFE that included methods by which man could be master of all life and have dominion over all life as well. In this process of regeneration man could construct and release his deathless spiritual body of light within. One day when he took Peter, James and John upon a mountain top, He demonstrated to them that there existed an invisible Cosmic Body that could never die. In order to bring forth this proof to His Disciples, He called forth before them Moses and Elias, showing that they were still deathless and immortal. This demonstrated the continuity of life after physical death for those who labor in the vineyard of human service and divine love; for man is truly spiritual in his inner nature, not physical and carnal, for his inner Self is Immortal.

Attainment of this desired state depends upon loving God and your fellow man, and upon doing the good works, for James said, "Faith without works is dead". Just affirming a belief is not enough, for Jesus instructed His disciples and each of us to do the works of God, which were, healing the sick and helping Humanity to find the PATH OF LIGHT. Those who are true Christians can accomplish these works, for with God all things are possible.

The physical body is the vehicle of Soul and Spirit, and as such is the temple of God. By building a perfect mind and body through right living man can use his body and mentality as a material foundation here on earth, giving him an opportunity to overcome the world, awaken his Godly Potentials and his Divinity. This requires certain meditative practices and creative works for man to journey ever upward and onward into the higher planes of life.

The Cosmic Deathless Body is a vehicle of Soul, man's Real Self, and he who finds his Real Self, finds the Creator of all Life. This is a state of awareness called Christ Consciousness. In this awareness of Christ's Presence we are ever guided, inspired, blessed and protected during the 'days to come' when we will need the Lord every day and hour. May His love and light abide with you.

Austin Love.

AT THE CITY OF THE SUN:

Recently Mrs. A. B. Neville of Tucson, her sister Mrs. Martha Basehart of Hardy, Arkansas, and Mrs. Nellie Hosman of Tucson were visitors here, and Don and Ann Orr from Baltimore, Maryland stopped by. Ann had been here about three years ago.

Alex Langhof was here again with information about other Light centers in South America and other countries. As always he had many interesting color slides of these places.

Olie Mae Hale has returned from a visit with kinfolk in Louisiana, Oklahoma, New York, and Washington D.C. Maurice Hastings is taking a course of study at Summit Lighthouse in Colorado Springs. Blanche Carlson attended a prayer seminar at Oral Roberts University in Tulsa and then went on to Michigan to visit two daughters and their families.

Things are growing! The cottonwood trees along our entrance drive are coming out fine; there is a big supply of young plants in the greenhouse, which has been Austin Love's special project; Faun Homman has started rye and alfalfa for the chickens; and Shirley Saunders' tulips, California poppies and purple verbenas are a joy to see.

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We have several projects envisioned but it has been decided that first we should secure materials for sanitary buildings adjacent to the area zoned for travel trailers. After that will be the building of a healing center where various forms of healing are planned. It will probably be an adobe brick structure, which will go up as soon as funds are available. Dr. Philip Strong is planning to have an office there.

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We have lost one of our members, Henry Van Elburg made his transition on Saturday, April 24. Altho he had been in poor health for a long time, when his call came he went very peacefully. On the following Thursday a memorial service, conducted by the Reverend Harold Kramer, was held at the Aeolian Retreat.

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THE TECHNIQUE OF ASTRAL PROJECTION

When we ask the student of metaphysics what spiritual gift is most desirable, the answer without a doubt is "illumination". Closely following this would be the ability to project one's consciousness to any part of the universe, or to any plane of consciousness. Astral projection is not difficult to attain, but it is difficult to follow a set routine intended to develop the ability. Also the practical application of the technique requires perseverence and it requires preparation.

One of the requirements of the preparation is that the body be positively charged with prana. I'll tell you what I do to accumulate a positive pranic charge: I go for a two mile walk in the fresh air and I take my dog along so I can say that I take my dog for a walk. Those who see me walking will accept that, instead of thinking that I am a kook trying to build up a pranic charge.

Another requirement, is to read up as much as possible on astral projection. If your mind is occupied with astral information you are much more likely to project

astrally. Dr. Doreal used to say that in order to project, you must abstain from sugar in any form; be it contained in cake, ice cream or sweetened fruit juice. I do not use much sugar, but I do eat cake and ice cream, and I do drink fruit juice. Yet, I have experienced hundreds of astral projections. I say this, not because I want to prove Dr. Doreal wrong; he may have found this very effective in his own case.

Having taken heed of all these conditions and applied them more or less, we are now ready to proceed further. Having had a lot of experience, I can assure you that it does not make a particle of difference in what position your obody is when you are trying to project. I have tried them all with one exception: I have never tried to project while standing on my head. However, it goes without argument that the best way to project is from a comfortable position. I usually project from my right side.

The next thing to do, is to breathe rhythmically while at the same time you focus your attention on your face. You may get sleepy, but fight it off. Stay awake as long as you can while breathing rhythmically. Let your body go to sleep but keep your mind awake. Do not become discouraged if you fall asleep. The next day try it again. One of these mornings you'll awake with the realization that you have had a vivid dream. Don't worry, you'll have many dreams; but you are working to make them more vivid. One of these days you will realize that you know that you are dreaming, and that you can terminate your dreams at will. Maybe you don't want to terminate your dreams, but that is your hard luck. Remember you are trying to project astrally. If you keep at it with determination, the day will come when you realize that <u>you are projecting</u>!

My first projection occured when I was four years old. I guess I must have been doing this in a previous incarnation. Later, when I was twenty-six years of age I projected near my body, and I looked at my body from across the room. I was so scared I thought I had died, but instantly I was back in my body with a thump. Nothing had harmed me. I am warning you now, for one of these days you are going to look at your body from the astral.

One day you'll find yourself in a strange city. You'll be like a stray cat in a strange warehouse. You won't know where in the world you are. You know that you are lost and you don't know what to do next, unless it occurs to you that you have projected astrally. Look for the evidence that you'd like to bring back with you to your body. Do you see a store window? What language is used on the sign? Do you see a newsstand? If they are selling the 'New York Times' you have good reason to believe that you are in New York. If you see two languages printed on the window, such as French, or Arabic, you may be certain that you are in Morocco, Tunisia or Tripoli.

Then, one day you'll find yourself projected into an astral home. I did once and I came upon a dish of fruit. I selected an apple and I decided that I would take it back with me to my body. When I came back into my body I could still feel the apple in my hand. I put the apple to my mouth, but when I tried to bite into it there was nothing there.

Thus I learned one lesson, that you cannot bite into an astral apple with physical teeth. I had to learn another lesson also. Some years later I found myself projected into the astral. By that time I had learned that it was possible to regress one's consciousness in the astral. On that occasion I regressed to the year 750 A.D. to the library of Alexandria in Egypt. My first impression of the library

was that it was a large church; this no doubt was because the work at the library was done by priests. I noticed that the shelves of this library were not like they are in modern libraries. The shelves consisted of little cubicles; in each one of these cubicles was one document or scroll. I picked up one scroll and noticed that the writing on it was in the Greek language. I decided that I was going to take this document with me. I decided not to take it to my body, but instead, I was going to leave it on the table and then go back into my body. I reached the table and placed the document on it, then I returned to my body on the bed. I roused myself from the projection, then got up and rushed to the table where I had put the document, but it was not there. I was disappointed. What had I done wrong? It was evident to me that the document existed only in the astral and in order to materialize it, I must also materialize my body in front of the table. I know this can be done because I have materialized my body on other occasions while projected. I have not succeeded with this thus far, but I know it is possible.

It occurs to me that there may be another reason why I have not succeeded with this. I am not permitted to do this because of it's implications. Because I could precipitate one of these scrolls, I am almost certain I would be hard pressed to precipitate many more, perhaps thousands. Perhaps the time is not ripe.

If you who read this article are tempted to try my method, I'll say "go ahead", with my blessing. Above all, do not become discouraged. Try and try again. If you fall asleep as is apt to happen, try it again the next day. If you succeed only once, you are well repaid, for then you have learned from experience that you are not just a physical body. AMEN!

Henry VanElburg

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Frances McKay's Excerpts From the Diary of Phoenecia:

Beloved Projection of Mine: Music is the harmony of Life. It's the heartbeat of the World Soul, as heard thru the various races and nations, recording and enhancing the moods and thoughts of man - his joys, his sorrows and his longings - that they may become more quickly visible as the forms and circumstances that make up his outer world.

All generations, rising into their teens - bring to the ears of America, their own particular keynote - hence popular music in this century, has gone from the ballad to jazz and from there, into "swing" until now, the rhythm of the day is what you call "rock".

Everyone who can hear, learns better to music. The kindergartner retains his ABCs more easily and more permanently if he sings them as he memorizes the letters , and the grade school students, who do this with their multiplication tables (or, perhaps, with their spelling - have far less trouble with these subjects later on.

Can you, yourself, recall what you and your childhood friends talked about on the playground at recess long ago? I doubt it, yet nearly everyone remembers the children's chant - "The bell! The bell! The b.e.l!" And who ever forgot, "School's out! School's out! Teacher let the fools out!"?

Rhythmic repetition, especially if it's set to a tune, makes a deep impression on the subconscious mind, so the message indicated becomes far easier to recall and

use. That's why hymns, decrees, affirmations and mantras are sung to the accompaniment of organ music, in your churches of every faith. The schools of the Ancient Wisdom started this idea, for they were either a part of some temple or had chapels of their own - where ceremonies, performed during the day and night at regular intervals, included chanting and the rhythmic tolling of bells or the use of other instruments. This helped the desciple absorb what he was getting in his classes more efficiently, and it, also, gave him a brief emotional respite from the purely thinking process each student must go thru.

Without emotion, even if it's simply in the form of interest - the workings of the brain, alone, produce nothing, for your feelings MUST provide the substance from which your thoughts become the outward things and conditions you experience around you. From your emotions, you actually create your environment, according to the thought patterns you impose upon their form-making essence.

As I've pointed out so many times before, the IDEAL Creative Equation that man must work with, is "Wisdom plus Love equals Power but this boils down, in the case of each specific soul, to "YOUR thoughts plus YOUR feelings equal YOUR environment."

While studies from books and lectures appeal to the intellect, their productiveness in changing man's world, is dead, until these concepts are absorbed by his emotions. Hence the music that appeals to each kind of individual stirs his FEELINGS, which, in turn, absorb the THOUGHTS he entertains that correspond to its type and tempo. That's why the great mass of popular tunes and rhythms, sweeping over your country's radio and television waves, help externalize the various discoveries, inventions, modes of dress, housing, employment, conditions, customs, etc. that each generation comes here to experience, and that's why your children, as they mature, make a whole new world for man to live in, as well as a whole new set of problems he must solve in order to grow.

Ritual and ceremony, both rhythmic and musical, speak louder to your emotions, than the words you may read on a printed page, and taking part in these uplifting forms of "white magic" helps to give you the Substance you must have to remake your world into the "image and likeness" of a more constructive YOU. That's why going regularly to the church of your choice, helps you along toward the Path of Christliness, no matter where you, now, stand in your Spiritual unfoldment. In fact, the sincere Christian, (or Buddhist, for that matter,) be he orthodox or "New Thought", is actually happier than his non-worshipful friends, for his joy and emotional dedication to something higher than himself objectifies as more Perfection in his surroundings, according to his dominant thoughts.

Common interests unite all those who FEEL the same about ANYTHING. Consequently, you may have mob violence, but you may, also, have movements for peace, progress and for the common benefit of everyone concerned.

God-Mind seeks to expand Its experience that It may enjoy the ideas, inherent within It, and It does this partly, by SEPARATING Itself into various focuses,called the souls of men. These individual Sparks of Divinity, then, become so engrossed in what they're doing as the Instruments of Life, that they forget their Source of Animation, and consider themselves isolated in self awareness, from other living forms. Thus, whether you realize it or not, YOU are Life come forth into visibility, that It,(AS YOU,) may learn to control your physical surroundings and to create Perfection on this Power Plane of Earth. The Divine YOU does this, thru your seemingly separate body and your personality of the moment, and therefore, the things and conditions

you're experiencing NOW, are simply Its mirror - reflecting Its progress (AS YOU) while It evolves Its ideas into visible form.

Even so, It can only externalize what YOU think you're able to have and be, since your physical heart, brain, hands and feet are Its tools for accomplishing what you'll LET It do in this vibrating octave. Your personality creates your present world according to the way you think about yourself, moment by moment - and you're constantly revising your judgments of what you see around you - bringing the "outer you" more and more into line with your Divine Source of Self and Its guidance. This is real evolution, and you can speed it up, or you can take a thousand years or so, to become aware of your Godhood.

By the time your physical "looking glass" has picked up an image of the present inner YOU, that same YOU is already becoming MORE, and this new physical picture will, also, have to manifest and await your verdict.

Man, himself, is his ONLY judge, and the ancient Egyptians taught this in their lesser mysteries, by giving each man, who "passed on," the name of Osiris. The deceased was then taken before the GOD, Osiris, that his heart might be weighed and the results recorded by Thoth, the Scribe of Wisdom. There are many tomb pictures, showing the "feather of Truth" on one side of a little balance scale and the man's heart on the other. Since this organ is the seat of the emotional substance from which all forms and conditions are made, the whole incarnation was considered a loss, if the soul was found lacking in love, for no new manifestations of good had been added to his "Christ Bank" during its span. If, on the other hand, his heart weighed against the Truth, was found heavy with Love, he was lead away to his happy reward, by Horus, who stood for his activated Christly Nature.

Each time you contemplate your progress, by looking "out there", with an eye to solving your problems, you take this new knowledge WITHIN you again, and before long, your physical mirror MUST change accordingly. Hence, you're able to externalize yourself at a higher and higher level, thru constructive evaluation, meditation, prayer and the seeking of Wisdom from your Divine Presence. Your pocketbook, your health and your relationships with others, as well as the things you have and the state of your affairs, are simply animated records that show you where you stand RIGHT NOW. You're a God - the creator of your own reality, and as Jesus said, it's not yet revealed what you will be or what progress awaits you as you evolve.

Yes, Beloved! Life separates Itself into souls, that It may realize and enjoy Its potential in the various octaves of existence, more and more, and It does so by totaling the experiences of all who live and who use Its primary qualities of Wisdom, Love and Power as their own.

<u>ALL</u> are BECOMING, because <u>THE</u> ALL is becoming, but meanwhile you can take stock and see what YOU ARE today.

YOU ARE - the center of a mental world - seen thru YOUR eyes and created from YOUR emotional substance, - BY YOU. If you don't like your surroundings, you can change them, by simply changing your thought patterns and your feelings. Letting your ideas impregnate the Substance of Love with the Wisdom of your Source will transform your environment, for what you have and do, depends on how you think and feel, and how closely you mirror the REAL YOU, WITHIN.

You're a God - not a clod - So why not affirm:

My outer world is the perfect reflection,
Of Me, as My God Self, creating Perfection.

Sing this to a melody you like, whenever you think of it, and watch the results. They'll appear FIRST in your attitude - in your opinion of yourself, and, THEN, "out there," as you persist in your new "self concept." Of course, you must try to follow the 11th and 12th commandments as you do this, so you won't just exalt your idea of the "personal you." I'll repeat them at this point, for to those seeking True Illumination this is very important:

No. 11 - THOU SHALT CONSTANTLY FEEL AND KNOW THYSELF TO BE THE GOD THAT THOU ART IN THY DAILY LIFE, AND THOU SHALT ALWAYS ACT ACCORDINGLY.

And No. 12 - THOU SHALT RECOGNIZE AND ACKNOWLEDGE ONLY THE GOD NATURE IN ALL WHO LIVE, AND THOU SHALT LOVE, HONOR AND SERVE IT AS AN EXTENSION OF THYSELF.

YOU ARE capable of doing and being whatever you BELIEVE you can do and be. Your own thoughts and feelings are the only "governor" that can hold you back.

You have the Power to carry things thru - Only yourself can set limits on you. So why not affirm:

I am certain to succeed.
Life fulfills my every need.

YOU ARE a radiating center of Love. Therefore, you have all the Substance necessary to help and bless others, as well as to produce health, harmony and abundance in your own surroundings. It doesn't matter a bit if someone fails to "return" your affection, for Love sent out from your heart can still provide enough form-making essence to take care of all your needs and desires. In fact, you may love your dear ones, your neighbors (no matter how they act,) your friends, the people you pass in a crowd, the children in the orphanages of the World or the family cat - and the Substance of this emotion coming forth from WITHIN, will increase the Divine Essence from which your thoughts become objectified, according to the kind of ideas you entertain. Thru your Mighty Presence, you have access to all that you need to make a Heaven on Earth, and remember, too, that like attracts like. Feelings are magnetic, so Love draws forth from others, after Its kind. However, you can't force It from anyone against his will, and therefore, you've no right to try and designate who will love you.

Beloved, BE a "dove" of Love - Then, why not affirm:

I bless every soul I meet!
Love directs my hands and feet!

You can make up affirmations of your own and sing them as you go about your work thruout the day. Here are some suggestions to get you started, but your own simple poetry will carry a special impact in flagging your interest and holding your attention to the project.

YOU ARE - working toward Christhood.

YOU ARE - one with all the Wisdom you'll ever need to solve anything that confronts you.

YOU ARE - immortal NOW, so if things are "sort of mixed up", relax! You've got "forever" to get them straightened out again.

YOU ARE - needed. You're indispensible to Life, Itself, or It wouldn't have projected you in the first place. You're a necessary piece in the "jigsaw puzzle" of humanity, and without YOU, there'd be a hole in the pattern of Earth.

YOU ARE - one with all life, EVERYWHERE, so try to keep the 11th and 12th commandments, and see how much happier you feel.

YOU ARE - right where your Higher Self has chosen to be at this moment, that you may learn what you need to know next as you evolve toward Christhood.

YOU ARE - safe, in the care and protection of your own I Am Presence, so put It in charge of your body and affairs, and know that all is well.

YOU ARE - unfolding, day by day, and have now, reached a point that lies ahead of most other Earthlings, or you wouldn't be so interested in teachings like this, to help you toward a faster realization of your own Divinity.

WONDERFULLY BLESS'T AND DIVINE ARE YOU.
BORN TO SUCCEED IN ALL THAT YOU DO!
GET "OUT THERE" AND START TO LIVE!
YOU CAN LOVE AND HELP AND GIVE.
CLAIM YOUR GODHOOD, PEACE AND WEALTH.
WALK WITH JOY IN PERFECT HEALTH.,
FOR THE CHOICE IS UP TO YOU.
WILL YOU LET YOUR DREAMS COME TRUE?

In Love, I Am the Christos-Vardis

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January 17, 1976.

PEACE AND HARMONY CAN BE YOURS.

This is Jesus the Christ. Oh man, I speak to you with love. May you realize the peace and harmony which can be yours if you will become one with the Father. Man lives too much in his own mortal mind. When he becomes upset emotionally, disturbed with the problems that face him, it is because he is not tuned in to the Inner Presence. When man becomes one with the Father he is no longer troubled by these things. Man needs to become an optimist. He must see the good things of life coming to him in abundance, and knowing this is possible when he aligns himself with the Inner Christ. This inner assurance will help him to lead his life in the spirit of optimism, contentment and happiness. He will come to realize that all the outward happenings are only a small part of his world. He will always turn to and ask help from his inner Being and this will surround him with good vibrations which will bring forth a stability in his life enabling him to view the outer world as it really is. Man cannot say that he is one with the Father and yet fail to show forth harmony. Harmony, happiness and peace are effects of the life abundant for man on this earth. Man may secure what he needs on this earth without the heavy burden of constant worry. He makes his whole life unhappy because he is mentally or emotionally disturbed.

He must change this life of pessimism into one of optimism. In no matter what field of labor he is employed he should take pride in his work. Man should dedicate his work to the Father and labor for the good of others. Man is unhappy because for the most part he is selfish striving always to acquire that which will benefit him the most. Worries bring on discouragement and every work becomes a burden. But if man were dedicated to the Father this would not be the case. No man could feel that any service he performed for the Father would be a burden. The Father who gives man his very life is also willing to reward him abundantly if man will but turn to Him in love and confidence. Man must make his work a labor of love and trust that the Father will supply him with all that he needs. In this he will also radiate the spirit of joy. Everyone can give a smile and a word of encouragement to another. As each man begins to change his own life, the effects will flow out and influence the whole

world. What a different planet this would be if man reacted differently and was joyous with a divine optimism. Man would no longer work just for himself. He would take pride in whatever he was doing . He would offer all to the Father in love and thanksgiving. Man must not try to settle everything in his own mortal mind. He must realize that the whole outer world is a passing scene. The world of reality is the spiritual world. Thus man on this earth must learn to keep a proper balance between these two worlds, keeping a foot in each one as it were, until his life becomes stabilized. Being in this world yet not of it, he dedicates his life in divine purpose to the Father. He gives up the idea of a separate personal life. If he has really dedicated his life and his work to the Father he should not find anything dull or burdensome. The man who has made a proper adjustment to life, who has the love of God in his heart, reflects outwardly in his face and demeanor, this inner spirit. Is it not pleasant to meet a person whose countenance is open and cheerful? Why does man strive so hard and worry so much? The Father is willing to work thru him if man will but give Him the chance. For that reason man must cease to live in his outer mind and give more attention to the Divine, inner part of himself. Blessings and love I send to all mankind upon this planet.

I AM JESUS THE CHRIST

Channel: Bettina Kramer, Aeolian Retreat, Columbus, N.M. January 25, 1976.

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