

THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION NUMBER 33

KNOW THE TRUE JOY OF THE CHRISTMAS SEASON!

This is KUTHUMI speaking. Christmas is a beautiful time for man on earth. It is a time when peace and joy should flood his being as new spiritual energies are shed forth upon the earth. Man must let this spirit of peace and joy permeate him so that its influence is felt wherever he moves. Unless each man carries this spiritual joy within his heart and the peace of Christ within his mind and soul, your planet earth cannot experience a spiritual uplift. So each man must keep these God-like qualities ever before him and within him. He must realize that he is here on earth as a messenger or a witness of God and that he carries within him God's Light to be shed forth and shared with all with whom he comes in contact.

Let man realize now that this is the time to let God take over his life completely. He must cease his worries, get rid of his dislikes and hatreds, and cancel out of his life all disturbing vibrations in order that God may come into his life. The Christ Light is always within, but man must open the doors and windows of his soul so that this radiance may shine forth to others. This is the only way in which peace can ever be established among men, otherwise all talk of peace is futile.

It is now time for man to act, in accordance with the divine Spirit within his soul. Especially at this beautiful season of the year, may each one feel and experience the joy and the light being poured down from the heavenly realms. May he know his soul as a spirit born child of the Eternal Father. Let him know that he is one with the Light of the World and of the Universe. Let his ears be opened to Truth. Let his eyes be closed to those illusions which man counts as realities on earth, but let his inner eyes be open to the true Reality within him. Once man adopts this spiritual attitude, the spirit of joy, peace and good will, will abound on this planet. Man of earth can lift himself up spiritually, not just by quoting words or singing songs, going over the same things time and again, not understanding the meaning of the words he uses, but by allowing the Spirit to inspire him anew continuously.

Do not let another year go by without deep and conscious reflection on the spiritual essence of man's inner self. God wills good to all men, but the good must start with man himself. He must want to be purged of all old feelings of hatreds and resentments. He must want to get rid of all his fears and worries, so that he may become a new being. The only way in which man can accomplish this renewal is not by reliance on his human capabilities, but by asking the holy Christ within to help him. When man desires and asks for help, he will receive help. When the Christ Spirit is shed forth then will man know the meaning of peace and good will among all men. He will know the true joy of the Christmas season, but he will realize too

that the spirit of Christ is not exclusive to the Christmas season, but extends throughout the year.

Remember always that the Christ lives within you and wherever you go. His beautiful radiance lights your way. A person who is aware of Christ's holy Spirit within him walks on blessed ground and whatever he touches is blessed. Man must be mindful of these things now. Time is short. When great changes begin to occur the only consolation and protection man will have is the consciousness of the Spirit of God within his own soul. Herein lies his salvation and here he finds the spiritual strength with which to face all difficult situations. If man allows the Christ Light to take over his life, all difficulties are dissolved as he goes along. I close now, sending my love and blessings. Peace on earth. Good will to all men.

I AM KUTHUMI.

Channel: Bettina Kramer, Aeolian Retreat, Columbus, N.M. Dec. 21, 1975

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It is our privilege to share this unpublished lecture of ANNALEE AKARIN. She has brought forth eight books. Both she and her husband Reason, TRANSLATED in 1952. We feel that her Work is for "this hour".

THE KINGDOM OF HEAVEN.

You remember how we used to go around holding our breath almost, expecting something great and tremendous to happen to us from outside. It isn't something that comes to us from outside at all. It is something that we bring forth from the inside. How shall I explain it? THE KINGDOM OF HEAVEN IS TRULY WITHIN US - and the door is love - the key is ecstasy or joy or a constant awareness of the spirit of God, whichever you choose to call it. But that contact with the spirit of God is light. It is joy continuous and unspeakable. It is such glory and power and joy that there is nothing like it under the sun. The door to the kingdom of heaven is opened by us as we learn to keep out every dark, gloomy, depressing thought. That is the darkness that is banished from our lives, but it is up to us to banish it as we bring forth the light. It is all in our hands. No one does it for us. We do it for ourselves, and for the eternal glory of God. And then we find, as the author of the Odes of Solomon testified, "And I am the door to everything." There was never a truer statement uttered. We are the door. We open our own hearts and minds and souls and step through the doorway of ourselves to the kingdom of eternal light, or heaven. It is glorious. There is nothing else like it in existence. There is no other experience that can compare with it.

As we lay hold of this light and never let go of it for one single second we as automatically step through the door of Light into the kingdom in which everything else is added as it is true that running water will go down hill. Oh, it is so very beautiful; so easy, so plain, and so eternally glorious that I stand amazed with wonder.

Walk only in the light. For it is within our power to eliminate the darkness, and to be filled with Light that we might comprehend all things, and that all things might be added unto us. These sayings are true and eternal and cannot fail.

There are many people who can take you out and show you their fields, their rich lands, their treasures, their fine homes - but everything they possess is on the outside of them, and they will have to leave it all behind some day, for it does not really belong to them at all. It is the Lord's. But it is true that the KINGDOM OF

HEAVEN IS WITHIN YOU and after you have opened the door to your own soul, then He can come in and feast with you. There is no more going out. The paradise of God and the tree of life is found in the center of one's own soul. Every man is a Kingdom, THE KINGDOM, and only as he brings it into subjection can he become the ruler, and reign in dominion and power. You are a complete universe. You alone can conquer the darkness and bring it into eternal Light.

Only as you do this can you become a God, to rule out beyond your own sphere. After one has conquered himself, and opened the door of his soul - and brought forth the kingdom of heaven from within himself, then all things are subject unto him. And the Kingdom of Heaven is like a grain of mustard seed which a man planted in his field and it grew into a great tree and the birds of the air lodged in the branches thereof. Or it is likened unto leaven which a woman hid in three measures of meal until all became leavened. One has to plant it in his own heart, and hold to it, and believe in it, and it will grow - and this is done by giving out love - perfect, eternal love.

Perhaps I can describe it this way: we will say that the garden of Eden which existed at the beginning of time, or of the world, was a spiritual state of consciousness in the mind of man, when they dwelt in the spirit instead of the flesh, for it was the Spirit that predominated. Through some change of thought, or rather act which followed thought, which had been forbidden to Adam, He degenerated into the physical state of consciousness. Man was cast out of the spiritual realm of the garden, to dwell in the flesh, or "The lone and dreary world", the world where mental weeds would be the main crop, and where he would have to struggle constantly to provide for his physical needs.

The way to the Tree of Life was sealed, and consequently man would grow old and ugly and die. It was quite necessary that the fruit of the tree of life be forbidden to man in his fallen state, or he would have partaken of the fruit and lived forever in his sins. However, when man overcomes all sins, or mortal thought, and lives and thinks entirely on the high spiritual plane he can again partake of the fruit of the Tree of Life freely, for the tree is right within his own soul, at the very center of his own being. It is the heaven that is within his own soul, and when he has returned entirely to the spiritual status, he will have entered again into the paradise of God, and all things will be added unto him. I am giving this to you figuratively, but it is quite necessary that we understand completely just how very much of all the glory and Light and perfection is in our hands to fulfill. Christ is not going to come to earth and lift us out of our sins and weaknesses, for when He comes we are already to have prepared ourselves to be like Him. Read again Nephi II: 22-25.

It is already ours. All that we have to do is to understand, then reach out and take hold of these great and glorious blessings. God gave them to us in the beginning. They have always been ours, only we have failed to see them. It is true, "ALL that the Father has is yours," not a million years from now - but at this moment.

Now again, perhaps I can explain in this way. It is true that there are three realms in our brains - the telestial, the terrestial, and the celestial - and that the Celestial realm, or the divine, spiritual part of our intellect holds the Holy of Holies. I shall quote from the "House of our Lord" (page 59) and from "Jesus the Christ" (note 6, page 90). Both books were written by Talmadge.

"The Holy of Holies in the Temple of Herod retained the form and dimensions of the oracle of the Temple of Solomon. It was therefore a cube, twenty cubits in each principal measurement. Between this and the Holy place hung a double veil, of finest material, elaborately embroidered. The outer of the two veils was open at the north end, the inner at the south; so that the High Priest who entered at the appointed time once a year could pass between the veils without exposing the Holy of Holies.

"The sacred chamber was empty save for a large stone upon which the High Priest sprinkled the sacrificial blood in the DAY OF ATONEMENT. This stone occupied the place of the Ark and it's Mercy Seat"... (which had been taken at the time of the Babylonian captivity 600 years before. But the Ark that had always resided in the Holy of Holies was the law of the Lord. It was His word and His voice to Israel...)

It was only permitted for the High Priest to enter this Holy of Holies on the DAY OF ATONEMENT, or on the day on which man was to seek through sacrifice and obedience to receive the "AT-ONE-MENT" with the Lord.

There are many passages of scripture that testify that we are the temples of the Living God, and we have to accept it if we are to accept any of the scriptures that have been given. If we are temples, then within us is the Holy of Holies, the Oracle, or place where God can contact us in the depths of our souls, or dwell in us, even as He did in Jesus Christ.

When we can be sufficiently silent and humble to hear His voice it will be audible to us at all times, and we will do nothing except He giveth it to us to do. We will speak only His words, for this Holy place is in our own souls, and is where His Eternal Laws are engraved. We must learn to listen and to read.

In the New Testament apocrypha, II Clemen VI is the following: "For the Lord Himself, being asked when His kingdom should come, answered, when two shall be one, and that which is without as that which is within; and the male and the female, neither male nor female." I found a verification of this from another ancient record.

Now, just one thought added. Where did Christ teach that the Kingdom of Heaven is? Who and where was His Father? Who performed all His works? This is the same doctrine which is being taught in the Book of Mormon, which you asked about. It is the hardest thing for us to comprehend because we have been taught just the opposite. We have even been automatically trained to seal our minds against such scripture. They have never been explained away. If it is difficult for you to understand these great breathtaking truths, do not let it distress you. I struggled for so terribly long to get my skull jacked up high enough to even read them with an open mind. And then it took a long time to fulfill those promises so that I knew of their truth. It is so breathtakingly glorious, so far beyond anything we have ever been taught, that at first I was completely overwhelmed with the mighty wonder of it all. And when you begin to comprehend the "Ineffable Name of God," this knowledge goes with it. It can only be revealed fully as you develop this Light within, and it is this Light, of this Spirit of Christ, who will reveal the Father to you, that you may comprehend even God, and receive of His fulness, or be filled with Him, that He may truly take up His abode with you.

By Annalee Skarin

JESUS ASKS US TO ABIDE IN THE "HOUSE OF OUR FATHER".

This is JESUS SANANDA speaking. I am here in your midst, and I come because I like to give comfort to man on earth. I see many men with backs so bent with sorrow and grief that they cannot even look upward. All they can see are the stones before them in the path. These stones are the difficulties encountered in the material way of life, which often overwhelms man. He spends all his time worrying, and his worries seem very close and very real to him. But think, oh man, are not most of your worries based on some future happening? Are they not based for the most part on the "if's" of life? If something comes to pass, then I will be in trouble, etc. These are not worries of the present. The present is always here. What you worried about a long time ago has already come to pass. Your present worries are concerned with events which might occur either in the near or distant future.

Move away from the lower shorelines and stand on the high cliffs, overlooking the sea of life. From that vantage point the incoming waves do not look so fearsome as they did when you were down below. It is the same when you stay close to your worries. They will overwhelm you like great ocean waves and you might be submerged or drowned. So I say stand back from your worries and look at them from a higher vantage point and they will not seem so fierce and turbulent as you thought. As long as man lives on this planet there will be differences of opinion; there will be different ideas and different ways of approach. That is all part of this earth life. But if you can look at this from a more impersonal point of view, you will find that life will not seem as impossible as it sometimes seems to you now. There are those of various religious backgrounds, adherents of certain churches, teachings and beliefs. Many groups have different approaches to the same subject. There are those who really do not believe in Holy Communion, which is all right as far as they are concerned, but such objections usually stem from a misunderstanding of the subject. It is because they do not understand the true meaning of that to which they object. Sometime the misunderstanding arises over the meaning or interpretation of a single word. That is the trouble with man's life generally. He has misunderstandings with his neighbor and with other groups. He cannot come to an understanding with his own countrymen. How can he expect to understand those of other countries. It is often the very words and language man uses that acts as a barrier and a stumbling block. When there is a clash of ideas, of different ideas and thoughts, someone gets hurt and feels he is trampled upon. But man must not become so involved in these situations.

I am very eager to help man today. As you look around the earth today there is certainly much disharmony. Much of this disharmony is caused by man's ignorance and his lack of understanding especially where another person is concerned. Every man sets up certain standards and ideals which he expects his fellowman to live up to. When another person does not live up to these standards, he thinks how stupid, uncooperative and impossible that person is. But he doesn't realize that the person he is criticizing also has certain standards and ideals in his mind which he expects others to live up to. Thus feelings are set up between one person and another. Think of all the fences and barriers which have been thus erected among mankind, and the struggle it is to break down these barriers and come to an understanding. So do not raise standards or set up ideals for anyone but yourself. And do not judge another by your own standards. Each person is different from yourself, and as soon as you can understand or realize this, most of your troubles will clear up. How conditions would change for the better upon this planet if mankind understood these things. But today man is still determined that everyone must follow his ideas and abide by his set of rules. This is not possible. Each man comes from a different background

and has had different experiences. These differences must be recognized and ironed out intelligently, not just from a material standpoint but with deep spiritual understanding. One must view all things thru the mind of God. Man is often hurt and disappointed because his human ego has been thwarted. One may even realize that this shouldn't happen, but the ego is still a very important part of earth-man's life. It is very difficult to control and curb that ego.

Remember no one can ever hurt your real Self if you are conscious of the Christ Presence within. The only way you can be hurt is in a material way and by worldly thinking. And especially in your worries about future events which may never come to pass. Many things are predicted but many of these things never happen. If only you would take care of each NOW moment, it would mean a great deal to you spiritually and even physically. Because as man worries, and gets upset because of misunderstandings, it affects his physical system. It brings many aches and pains to the surface. You may not believe this is possible, but such is the truth. If each man would only take care of himself instead of worrying about the other person. This might sound like a selfish attitude, but if you really learn to take care of yourself in the proper way, you will affect others beneficially so it is really not so selfish as it seems. If a man has serenity, tranquility and assurance within himself, all those who come within his orbit feel it and are helped.

So I say to you now, straighten your backs, and lighten your packs by not worrying about a future that may never arrive. How do you know? Tonight, tomorrow or next week you may not be here at all. What good then would all your worries have been? Would they have helped you in any way at all? No! Oh man, accept the comfort that is offered you and surround yourself with peace. But this means that you put aside your worries and cease to be troubled about things which in many cases are purely imaginary. The unseen Being is ever present. My Father is ever there as your Father also. So you do not have to worry. The Divine One is quite capable of managing your planet, not to mention the entire universe. So just take care of yourself and spend your time learning to know your Inner Self, the Presence within you. I had experience in this world so I am able to talk to you about these things. I encountered and overcame a great deal. The one thing that helped me, the one thought ever before me was the knowledge that I was with my Father and my Father was with me. I knew that I had nothing to worry about so long as I was abiding in the house of my Father. Here in your midst, I give you my love and my blessings.

I AM JESUS THE CHRIST.

Channel: Bettina Kramer, Aeolian Retreat, Columbus, New Mexico March 9, 1976.

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The Great Universe.

By Edwin B. Frost

Do you know that your bodies are made of some of the same substances that are found in the sun and the other stars? You are a sample of the great Universe. So do not let little things trouble you but think and act as if you were a part of a bigger world than the little earth upon which you live.

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EDITORIAL DIMENSIONS OF THE HIGHER CONSCIOUSNESS.

Greetings, love and blessings to all of our dear readers of the Golden Dawn. We appreciate your subscriptions and your great interest in the New Age way of life.

In the socalled material world that we live in there are three dimensions, that of width, height and length; and man also thinks in terms of place, space, and ages himself by dwelling upon time, - - thus, his conscious awareness is mostly that of material things, on the gratification of his five senses. This is a carnal state of mind. Most of humanity are in a state of awareness known as 'the race consciousness'. In this state man places himself in a time capsule so to speak and makes very little progress socially, mentally, and spiritually. This state is what is known as 'Egyptian Bondage'.

Beyond the three dimensional world lie many other dimensions or rates of vibration. Just above the third dimension lies that of the fourth dimension. In this state man increases his vibrations and begins to spiritualize his senses, as well as raise himself into the higher sense of Intuition. In this state of awareness there is no place, space or time. This is a new world he has entered into and is a beautiful and glorious world which is unseen by physical sense of seeing and hearing. When man is in this dimension he can function on any of the first four planes of mind, which are known as the conscious, the sub-conscious, the Supra-Conscious and Transma plane.

The fifth up through the seventh dimensions are the higher planes of Pure Spirit, and only "the Pure in Heart" and those who have overcome the world and all worldly conditions, can consciously enter into these sublime higher worlds of the Celestial Planes. Jesus demonstrated mastery on all planes of life when He entered into the state of Christ Consciousness at His Baptism by John, and all through His beautiful ministry. Thus He set an example for all of mankind and said "Follow me." Thus, Jesus entered into the Christ Plane of Consciousness, and His teachings tell us plainly just what to do to enter this sixth plane of Christ Consciousness. He taught that Love is the greatest thing in the world, and that through Grace man can rise above and beyond the karmic law of life which holds man bound to the wheel of birth and death. Jesus being the highest of Masters taught man how to live life abundantly, and not how to die. God is not the author of death. Only man is the author of death and sin, and old age.

When man is in his seventh sense he is then in a state of exalted consciousness and is Supra-Conscious, and has what is known as Cosmic Consciousness. In this state man is conscious of all things and is one with the Heavenly Father. It is here that man is capable of receiving Revelations, and never has any need to turn to other beings or sources for any kind of information which he is seeking.

The three dimensional world is a changeable world, a world of decay and death, and it has many limitations and obstructions which man must master and subdue. Instead, man was created in the image and after the likeness of God, and was given the ability to have dominion over the earth, the heavens, the seas and all material things. With dominion, man enters into the unobstructed universe which is Pure Spirit; a world which is changeless, eternal, impervious to death, immutable, It contains all there is and is all. It is God Manifest. May we all enter into this way of Life.

Austin Love

AT THE CITY OF THE SUN:

Originally it was planned that the City of the Sun would have many adobe brick structures. So, it was a momentous occasion early this fall when Dr. and Mrs. Austin Love moved into the first wing of their adobe home. The attractive fired adobe brick had been purchased four miles away in Palomas, Mexico. With the exception of a brick layer, some plumbing and a concrete slab being layed, Dr. Love has put up this home himself. The community is proud of their first adobe structure. Dr. Love is proud, also, that he was able to build a house on the savings from pension money.

One of the bright spots of the fall season was the visit of the gifted and attractive Georgina Del Oro Flecheur of the Del Oro Foundation at Truth or Consequences, New Mexico, who gave a lecture and exhibit on Saturday, October 23, 1976 on "ATLANTIS: PAST, PRESENT AND FUTURE". Then on Sunday at the 11:00 A. M. services and again at 2:00 presenting some of the steps to power as given in her book "THE LIGHT OF LIGHTS, THE WAY OF WAYS". Her teaching was enriched by her connection with Annalee Skarin and her Works. At 6:00 P.M. on Saturday our community, together with some Deming and Columbus friends, enjoyed a sumptuous potluck dinner, followed by an evening of discussion and music led by Georgina.

Our own local girl, Antoinette Borde, of Columbus, N.M. was chosen as Miss Columbus, U. S. A. this past summer at the Columbus Day Festival in Columbus, Ohio. Now we are all invited to an afternoon celebration here at the Fire Barn where there will be a picnic dinner and program in honor of Miss Borde in Columbus on Sunday by the Pancho Villa Quilters and Crafters. The Village of Columbus is not shown on every map, so, Queen Antoinette gave the festival crowd directions: "Go west to Denver, turn left and proceed South until you have just about run out of the United States, and there you will find Columbus, New Mexico". And, this just about describes our location of the City of the Sun, too.

Some of our members will be spending the holidays with their families in other states. Eileen Schoen made another visit with us from Keyes, Oklahoma. Blanche Carlson's visitors were Mr. & Mrs. Donald J. Carlson and Allen who are moving from California to Dunwoody, Georgia. Dorothy Rayburn Kawick, and husband Tony, from Truth or Consequences, N.M. visited and took part in our week-end affair.

Some winter garden is being started in the hot-house with a heater operating this year. Also a winter planting has been made in the drip-garden section. Both areas have been so successful this year. Faun Homman has added 26 2-month old, 6 month old and 5 Red Rock chickens. There are 12 laying hens and she gets an average of 6 eggs a day, some hens laying since January. We praise her for her fine work in so many areas.

The manuscript "THE LAND OF SHALOM" story of the beginnings of the Oahspe settlement near Las Cruces is now in the library. One of our visitors contributed it. Speaking of the library, the City of the Sun has a marvelous collection of books on religious, metaphysical, New Age, health, and ancient mystical teachings. There are many periodicals.

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We print in this issue the First Contact made with MARKUTE of the planet ATHENAS. The Second Contact, consisting principally of questions and answers will be presented in Golden Dawn No. 34.

I am MARKUTE speaking from the planet Athenas. I am one of the law makers or law givers on this planet. We help to formulate laws for other planets also, in the spirit of wisdom and justice. Our planet is not large and the population is not extensive. Our principal interest is devoted to the cause of complete justice for all men, not only here on our planet but elsewhere in the universe.

Athenas is an earth planet and we realize that we still have much to learn. Although we endeavor to make our laws very wise and just for the good of all, we have not given enough attention to the Christ Presence residing within us. We have felt that we were rather exceptional people in and of ourselves. The only reason we have begun to question this state of self assurance now is because just recently we have had a very famous spiritual teacher visiting us and we admired his astuteness and ability in pointing out to us that of ourselves we were rather useless automotons unless we began to consciously link up with the higher spirits ruling in the universe. We were very much impressed with this man's lectures. We admired his knowledge and his ability to answer our questions. His visit has given us a great deal to think about and ponder over within ourselves. This is one reason we are reaching out and looking around because we are curious about the state of affairs on other earth planets such as your own. Now for the first time in our lives, we are not so sure of ourselves and not so self satisfied as we formerly were. We no longer feel that we are a unique or superior people. We are a very decent people and get along well with our planetary neighbors and with each other. We are not greedy and have no desire to over-reach others. Our principal weakness is pride, a feeling of intellectual superiority.

The cosmic teacher we have mentioned remained with us for one month (your earth time). He went all over our planet and talked to many different groups. He was such an excellent speaker that he drew great crowds wherever he went. Most of the people were quite surprised when he pointed out our weaknesses. This has been a rather shattering affair for us who thought that we were truly exceptional and wonderful beings. This teacher explained to us that we were still like mere babes in the woods, and that part of us had not even been born as yet. He showed us that we were not yet awake to the spiritual life within ourselves.

The people here on our planet have small families. We employ the poorer people as our helpers or servants. By doing work for us they are enabled to support themselves and live decently. We treat these people very well. They are fed, clothed and paid for their services in the coin of our money. Yet our teacher told us that we would have to change ourselves almost completely. We would have to realize that we were as very young children in the spiritual order and we would have to learn all over again how to think and how to live.

However, he thought that our planet was a very lovely one. We have four seasons much as you do. There are no bothersome insects. We have ample water. Our planet is a hilly one and brooks of pure water come gurgling down from the hills in many places. The wild flowers are a riot of beautiful colors. We also have many varieties of ornamental shade and fruit trees. Our homes are built more on the Grecian style of architecture. We have public places for bathing, lovely pools surrounded by flowers and trees. Over the pool there is a domed roof supported by columned arcades. When the weather is colder, there are glass doors which enclose

the arcade. This glass is vibrant with many colors. The bathing pools are separated. One is for the exclusive use of married men and women who bathe together. Another one is for the unmarried young women and still another for the single men. The smaller children also have their own bathing pool. Whenever the people congregate at the baths, much social talk takes place.

We have many libraries and herein may be found all types of information pertaining to law, including the laws of different planets. Our museums show history in miniature, all in lifelike motion, operated by cosmic energies. The historical depictions are always true to the facts because it is a matter of principle with us that truth must predominate. Our schools are not like schools in other places. Children progress individually as quickly as they are able. They start their formal education at four years of age and are usually finished with their training, including the university level at the age of 12 or 13. They are given intensive training in whatever line of work they wish to follow. Girls receive the same general education as do the boys. Besides this, they are trained in the domestic arts, how to run the household, how to prepare foods, how to be a charming hostess, etc. They are also taught literature, history, mathematics, astronomy as well as various arts and handicrafts. Most all the women on this planet marry and enter into family life. Marriages are made very young, mostly around the ages of 13 or 14. But girls of this age are as old mentally as many of those on your planet who are twenty years of age.

Our people love social life. We get together and have many good times. We love group entertainment and participate in outdoor picnics and games. We are also fond of mental games which keep our minds alert. Everyone must participate in some form of physical exercise. Also, certain foods may be eaten only twice a week. This is for the good of our bodies and to prevent the problem of overweight. All of our people learn about law, and in this subject they are most interested. Our laws are short but very much to the point. We try to see that they are worded tersely, yet explicitly, with the meaning so direct that there can be no misunderstanding. I am sorry I must leave now. I am being called away. Contact us soon again. We will be watching for you. Good bye for now.

I AM MARKUTE.

Channel: Bettina Kramer. Aeolian Retreat, Columbus, N.M. January 2, 1976

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TRY PRAISING TODAY

Lets make it a habit to praise something today
The wife and the kids, the weather and the Bay;

The house and the car, the neighbors, the stores,
The news, and crickets, the rugs on the floor;

The traffic, the soreheads, the slivers, the gout;
Just try it my friend, they will love you no doubt.

Praise the mail man, the shoe man; praise the dog and the cat.
Praise the soup, and the cook, to the Boss lift your hat.

I guarantee if you do it, the best that you can,
Your whole world will love you, to the very last man.

Blanche C. Carlson

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CLIMB YOUR INNER MOUNTAIN!

This is MATTON, your space brother speaking. Let this incoming year for man on earth be a time of great awakening, of great improvement in his spiritual outlook, and of true wisdom and knowledge. Sometimes man on earth thinks if he could have a great teacher, if he could go to Tibet to some of the hidden retreats in the Himalayas where some great teachers reside, what a different person he would be. That is how earth man thinks and reasons, little knowing or realizing that he has his Tibet and Himalayas, his retreat and the greatest teacher of all right within himself.

But each one will have to turn within and climb his own mountain of self awareness. Each one must ask himself why he thinks as he does; why he acts as he does; why is he fearful? If he can honestly answer such questions as these he will have begun to gain some knowledge of himself. It takes but a short period of meditation each day in order to do this; fifteen minutes will suffice. Man cannot start his day successfully, plunging into its problems and its overwhelming burdens without first having a quiet period with his inner Self. Without this inner contact man lacks the spiritual strength and emotional control he needs to overcome his problems. Each man must help himself first before he can successfully help others. If each man would just take one little step of self improvement each day, and let a little greater degree of his Light shine out to others, how quickly would this planet earth become renewed. As man climbs his inner mountain of self awareness, he encounters the descending snows from above, the snow of divine purification, of divine love and wisdom beautifying and ennobling the mountain of his inner selfhood. O man, how great thou art! But man cannot attain to this greatness until he takes the first steps of will and desire. Man must come to acknowledge the Oneness within himself and the only way he can come to this realization is by climbing his own inner mountain each time he enters into meditation. This does not have to be a deep or strenuous undertaking. Man is required to do only one thing - learn to know himself - the nature of the Life within him - what makes him tick? If man never seeks to know the nature of his own being, how can he ever know or understand his neighbor? How can he understand the conditions in his state or the nation in which he lives?

Man has to get down to the fundamental steps, the first steps that lead him up the mountain of awareness to the highest point of his being. The real Being of man is that One who waits, who looks on, who views the passing parade of life as a spectator watching. He is the one who watches and sees all, every movement, the laughter and the tears. He sees those who are eager to make progress and he takes notice of the laggards. Each man may take part in the parade of life as he chooses, but in order to climb the mountain of selfhood, he must have a strong inner drive and put forth the same energy which would make a man successful in his outer material life, which does not always mean the acquiring of money. No man can climb the mountain of his own inner being without desire and great spiritual fortitude, that absolute determination to know the greatness of his own being. Each man becomes truly great as he recognizes the One, the Self within him and the Self in all. When he has found that One he has found the greatest teacher, the One with all the answers, the One with all power, love and wisdom, and the peace that passes human understanding. All of this is man's very own when he has climbed the mountain of his inner being.

I hope that this coming season which man calls a new year will be a season not only of good thoughts and ideas but of constructive action, a time when each one takes an active part in the scene of life before him. May each man climb his inner mountain and reach the very pinnacle, where the greatest Teacher of all awaits him. Man is still ignorant of this fact. He thinks that his inner being is someone

separate and apart from his outer self. He always thinks in terms of duality. But there really is no duality; there is only oneness. When man has grasped the concept of this Oneness in life, he casts off his cloak of limitation and steps thru the doorway into the Cosmos teeming with Life around him. He is enabled to travel without himdrance wherever he wishes in the omniverse, and the cosmic hand of welcome is extended to him wherever he goes.

I send my blessings, love and light to each one of you and to all men, hoping that each may find the strength and enlightenment to climb his own mountain and know for himself the meaning of those words: How great thou art! With this I close.

I AM MATTON, your Space Brother.

Channel: Bettina Kramer, Aeolian Retreat, Columbus, New Mexico.

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CORRECTION OF NAME: Page 2 - "lecture of ANNALEE SKARIN".

At this Season we send LOVE and BLESSINGS to
Each of YOU, and to All Who Share Your Heart and Home.

"City of the Sun Family"

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