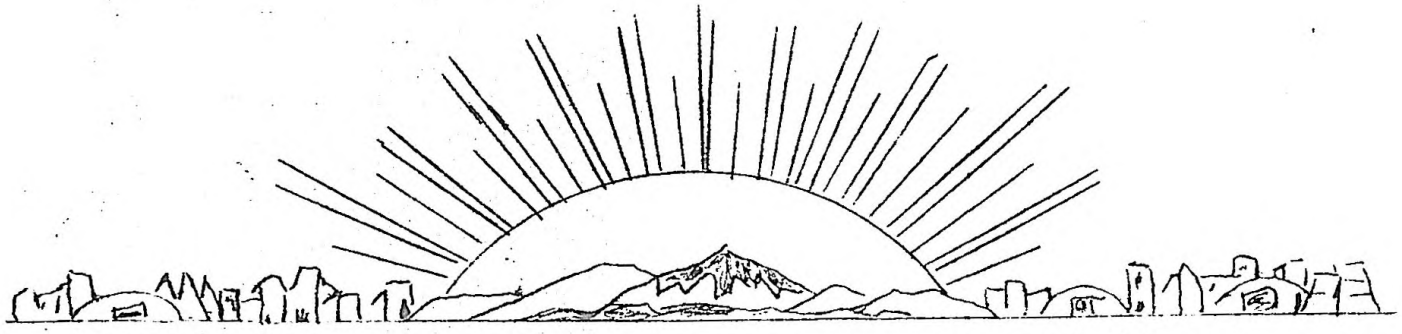


THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

NUMBER 115
(Oct.,Nov.& Dec.)
1990)

THOUGHTS ON "PEACE"

The Alaska Metaphysical Council,P.O.Box 9 3006, Anchorage, Alaska, 99509,gave us definitions of "peace":

If the word "peace" means only the absence of war, then its true meaning is "truce" - the interval between wars. For example, Europe has a hundred year absence of a continent-wide war from the overthrow of Napoleon in 1815t However, this truce was broken violently in 1914 and again in 1939. This happened because militarism and organized warfare remained a social institution and continued to develop its weapons and the preparation to use them.

Three new concepts have emerged in the quest for a more enduring condition of peace:

(a) PEACEMAKING - the set of political measures aimed at preventing, containing, and terminating hostilities, mainly through third-party intervention or mediation.

(b) PEACEKEEPING - involves actual or potential activities of a military nature, usually by an international body, designed to prevent or stop armed conflict between countries or other factions.

Peacemaking or peacekeeping can have no lasting effect so long as the structural causes of conflict remain unresolved. Therefore, we look to:

(c) PEACEBUILDING - this may be defined as an active, pragmatic and information/knowledge based approach for reaching world peace. It involves the goal of abolishing war, the creation of alternative social institutions, both economic and political, and a strategy to persuade the public and the political leaderships of the countries to move in new directions.

Thus, peacebuilding is a development effort involving societies and economies, the meeting of basic human needs, and setting up mechanisms for resolving disputes in a non-violent manner. It includes creating confidence, structuring new organizations and institutions, remedying causes of conflicts - creating a system of peace!

Peacebuilding and peacekeeping are piecemeal, fragmented efforts. Peacebuilding involves a long-term, extended process , built up incrementally. Here are some basic rules which may be developed for successful peacebuilding:

1- Think unity - concentrate on the similiarities that unite our species, not on the differences that divide us.

2- Think positive - focus on how things can be achieved, not on why they cannot be done.

3- Think big - morally, globally, historically, innovatively.

4- Think altruism - do not use PEACE as the means to an end such as for financial gain. The overriding interest always should be human survival.

5- Think determined - be ready, able and willing to take the appropriate action. Yes - YOU!

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The Arden, N.C. Unity group shared excerpts of a recent message to the U.S. Congress by Vaclav Havel, President-elect of a now free and independant Czechoslovakia: "...the salvation of this human world lies nowhere else than in the human heart, in human meekness and in human responsibility. WITHOUT A GLOBAL REVOLUTION IN THE SPHERE OF HUMAN CONSCIOUSNESS, NOTHING WILL CHANGE FOR THE BETTER. Nothing transformative is going to happen in the sense of a total healing for Mother Earth and her merry band of boarders until we all look WISDOM in the eye and heed her call for a GLOBAL REVOLUTION IN THE SPHERE OF HUMAN CONSCIOUSNESS". If the nineties are to witness our civilization navigating these chaotic rapids and arriving at a new level of evolution, it will require that we as individuals, alone and in concert, truly rise to the occasion.

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At the City of the Sun we have been very interested in the items from many sources telling of the ongoing program in schools of many nations promoting the teaching of "PEACE". In all the curriculum - whether for primary grades or advanced students - this was a forgotten subject. In 1986 some Educators in Greece initiated the program. IF WE HAVE THE OPPORTUNITY - LET US INDIVIDUALLY, AND AS GROUPS, ENCOURAGE THESE STUDIES!

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ETERNAL PEACE THE GATEWAY TO SPIRITUAL FREEDOM AND LIBERTY

By Patricia Diana Cota Robles

Peace is a conductor of Healing Light, and must precede all permanent Hesling of mind, body, soul and affairs. When we are in a state of turmoil, our auras repel the Healing Light we desire, but when we are enveloped in the radiance of Eternal Peace, our auras allow the Rays of Healing to penetrate deep into the atomic, cellular structure of our Beings and worlds. Peace is a positive Power, and as we progress toward the permanent Healing of this Blessed Planet, we can clearly see the need for the Light /Rays of Eternal Peace to flood the Earth and all Her Life NOW. As we offer ourselves as the open portals through which the "Cosmic Peace that passeth the understanding of the human mind" will pour into Planet Earth, .. we will begin to experience, once and for all, the completion of Humanity's imbalance, and our transition into Planetary Harmony and Divine Order.

The Solar Rays of Cosmic Peace are now, as never before, entering the atmosphere of Earth and Humanity from the Great Central Sun. If we will lift up our consciousness and open our Hearts to this Glorious Light, we will become Powerful Peace Commanding Presences, blessing in all our spheres of influence. Peace is the Victory of the Divine Plan fulfilled!

"I AM" PEACE

"I AM" the open door for the Solar Rays of Cosmic Peace from the Great Central Sun.

"I AM" Eternal Peace, now established in the Heart center of ALL Humanity.

"I AM" the Golden Light of Eternal Peace pervading all Life.

"I AM" claiming every cell, atom and electron of this Sweet Earth and all Her Life into the Heart of Peace.

"I AM" Eternal Peace, reflecting Humanity's Victory NOW in all our experience.

"I AM" in the world, but I dwell in the consciousness of the Peace of the Great Solar Quiet.

At this critical moment on Earth the Solar Ray of Eternal Peace is establishing a fundamental inner Peace which will endure Humanity's Victorious Accomplishment in the Light. This Ray of Peace shall steady Humanity in the process of becoming One with our true God Reality, and it will create within us the profound

inner Peace Beloved Jesus knew when He walked the Planet, thus enabling us to deal sublimely with even the most difficult circumstances. As this expanding inner Reality of Peace bursts upon the Screen of Life, It will fulfill all the prophecies of the Kingdom of Heaven manifesting on Earth. We began in Peace and Completion, and now we must return to this perfect state of consciousness - the Cosmic Peace of Divine Completion.

The Solar Ray of Eternal Peace now entering Earth will allow Humanity to quickly and successfully master the difficult lessons facing us in the reawakening of our true Reality. This Forcefield of Peace is initiating a process whereby all that needs to be completed, all energy that needs to be Loved Free, will come to the fore to be recognized and Transmuted into Light for its ultimate completing and Freedom. Humanity is the superior Kingdom on Earth, and we are accountable for all of the imbalances presently existing here. Consequently, we are also responsible for the purifying and rebalancing of every electron of misqualified energy involved.

The humanly created imbalances are surfacing on Earth at an accelerated pace, and they are being placed before Humanity's Consciousness in a rather forceful way. This is causing a very turbulent awakening, as the mass consciousness begins to realize the urgent need to change our ways of thinking, feeling and acting. These difficult experiences will, however, produce three very important results: first, we will attain the permanent Wisdom and Understanding that comes from a lesson hard won. Second, we will clearly prove to ourselves the efficacy of the Violet Transmuting Flame, as we invoke Its radiant Light into the atomic and subatomic Life Force within all of our karmic debt, so it can be Loved Free before it manifests, acts or is further sustained in our Lives. Third, Unity will result from the sheer necessity of Humanity coming together in very fundamental ways to overcome the adversity manifesting upon the Screen of Life.

If we, as Lightworkers, hold our attention on God, we will greatly assist in establishing the goals of God Illumination, Truth and Unity in the feeling nature of Humanity.

The Solar Radiation of Peace now blessing the Earth is a tremendous accelerator of the inner Spiritual stability of all Beings it makes contact with. We need to hold this awareness in the forefront of our Consciousness in order to maintain this Reality for the masses, while the temporary illusion of imbalance manifests around them in their daily Lives. We will then be the Peace Commanding Presences we have committed to be.

Humanity has always sought solace, Peace and the security of God when adversity becomes great. If we hold our attention on these pure God Qualities, they will manifest within Humanity. Through our principal radiation of Eternal Peace, God Illumination, Truth and Unity, Humanity will more readily acknowlefge the Divinity within, and in FREE WILL, turn toward the Light.

Eternal Peace is THE NEXT STEP in our Planetary Healing. Peace is the core of everything permanent, as well as the aura around every Perfected part of Creation.

"I AM" the Golden Ray of Solar Peace entering the Planet, re-establishing the Reverence for all Life on Earth.

Even though imbalance may flash upon the Screen of Life - REMEMBER - the building inner Reality shall be PEACE. The All-Seeing Eye of God sees only Peace - the Golden Radiance of Peace within every cell, atom and electron of Life on Earth. This shall be our perception and growth likewise, as Spiritual Beings. As we become the All-Seeing Eye of God, visualizing our own Reality through the eyes of our God Parents, this will soon become the only Truth of our Lives, and we will KNOW the "Kingdom of Heaven" is Solar Peace - the very breath of the Great, Great Silence. When thousands and thousands of Lightworkers have manifested this Solar Peace within their

radiation, then Humanity will be sealed within this radiance in our entirety. This will draw forth the Peace Vibration of the Holy Christ Self pulsating in every human Heart. The inner Peace will capture the attention of Humanity, and no matter what inharmony may tend to pass over the Screen of Life, each one will be centered in their inner experience of Peace, thus detaching from the imbalance manifesting around them. Humanity will then be able to SEE things for what they are, the lessons of God Illumination that Humanity must learn, without attaching any "misery" to them. With a fundamental foundation of inner Peace we will learn quickly, for has been fear that has blinded us to the path of Wisdom and higher learning. Durthis Cosmic moment on Earth, the Wisdom of the REVERENCE FOR ALL LIFE shall become a core constituent in the feeling nature of Humanity, even as the outer Screen of Life reveals the effects of the lack of such Wisdom.

COSMIC PEACE ENFOLDING ALL

In the Name of the Infinite Presence of God "I AM" I call to my God Presence. Enfold me now in your Mighty Presence of Peace until I radiate that Essence to all with whom I come in contact. "I AM" Peace. "I AM" Peace. "I AM" Peace.

I now behold the entire Planet enfolded in the Golden Essence of Peace, and I behold the Pink Essence of Love joyously crowning every electron of that Peace.

I decree that from this day and this moment forward, every expression I make shall be qualified with Divine Peace. The Cosmic Flame of Peace through me is now blessing all Humanity, all the Forces of the Elements, the Kingdom of Nature, the Angelic Kingdom and every Living thing in every realm according to their various needs. The Earth is a Sea of Peace. Peace reigns in every Heart evolving upon this Planet - Freedom's Holy Star.

I accept this call fulfilled - As God's Most Holy Name - "I AM".

Used by permission - The New Age Study of Humanity's Purpose, P.O.Box 41883, Tucson, AZ 85717

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AN EARLY REMINDER OF THE IMPORTANT DATE OF DECEMBER 31st, 1990!

This is World Healing Day and special emphasis is placed upon prayer at 12:00 noon (Greenwich Time) around the world. This was started by the Quartus Foundation P.O. Box 1768, Boerne, Texas 78006-6768. Millions of people have been joining in these prayers for "PEACE' for the past several years.

The Circle of Light and Love, P.O.Bx. 206, Merlin, OR 97532 have given us some suggestions - HOW TO CONDUCT YOUR OWN PEACE MEDITATION:

1. Create a sense of sacred space.
2. Quiet your mind and invoke the creative source of Love and Peace.
3. Consciously release all fear.
4. Ask for forgiveness and forgive others to powerfully create unity.
5. Envision and experience total peace within yourself and the planet.
6. Discover how you can actively help the healing and transformation of our Earth, and share it with others to gain support for yourself.

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DEAR FATHER MOTHER GOD: We ask for Thy solution in the Near East situation. We continually send LIGHT -

To ALL Leaders of every nation in any way affected by the situation.
To ALL members of armed or national services who are part of it.
To ALL who are being uprooted and need food, shelter and medical services.
To ALL being separated from Loved Ones and endangered in any manner.

We ask Thy Holy Spirit to act in the highest way in the situation. We thank Thee for Thy Presence and help in Christ's Name. Amen.

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SELF-EVALUATION AND SELF-ACCEPTANCE

PART TWO

OUR FATHER, Who art in the heaven of our hearts, we have so much for which to thank Thee this day; for all of the beauty which surrounds us, for the warmth of Love in this room, on these acres; for the fellowship we share. We ask Thy blessing on each one here and on each one worshiping Thee according to the dictates of his own understanding. Purify, cleanse the channels of every heart. Erase for this time of worship all sense of limitation or of lack, all consciousness of weakness, of wrong and error, that we might hear with our inner ears and understand in the deeps of our hearts anything which might be for our spiritual growth, our evolvement into a keener awareness of Thee.

Be with those who are in human trouble of any sort; those who are sick in body, those who are troubled in mind and heart and spirit; those who seek after somethingg and seem to find no answer.

Oh, let all of us find Thee, Dear God, in the depths of our beings! Help us to know Thee more perfectly and to love Thee with whole hearts. Amen.

ELAWA

We have spoken to you about the evaluation of yourselves. If you would be true to your own self, you must first know yourself; you must understand that to which you would be true. We trust that you have considered, or will consider, the suggestions which we offered in the process of appraising yourself, of recognizing the masks, the disguises which you hope will present to the world, to different segments of society, that which you would have them see as you.

If you have given this due consideration, then you are ready for the next step which is self acceptance. Some of you are instantly resistant to this thought. We could not ask you to accept placidly that self which you are right now projecting for the world to see because you, within yourself, could not accept that self placidly, smugly. Each of you has an innate instinct for that which is true and ethical and right. Yet, in order that there might come about any change in your outward expression of a self which you know does not conform to those innate spiritual values that come from the heart of you, from the God-knowing deep within, you must accept yourself as you are and move forward from there.

No one can change you, nor can you change yourself, until you recognize the need for change. Until you have looked honestly at the self which you now are, this day, this moment, you cannot know exactly who and what you are; you cannot recognize and understand the deviousness of the human personality. Yet when you have studied all of the facets of your outer expressions of self, you must accept that self, rated as your inner self has appraised you, and then begin to have corrections.

It is easy enough to appraise, to evaluate yourself, if you are honest, and in that there is no judgment; there is only the recording in your conscious mind of what you find. One cannot leap back and start over again without understanding the need to change. Perhaps one of the most important issues in self-acceptance is that truth which was mentioned earlier; that your inner self, your true self, is spirit, a projection of the Father God, the Creator. Therefore, in accepting - after full and honest evaluation - this self which you now are, you must also accept every other person, every individual with which you have contact, in the same way. Accept each one for what he is right now because he is, as you are, in the process of becoming that which you each would be, returning to that state of being in which you were created, the perfect image and likeness of God.

It is not always easy to accept yourself as you now are, is it? You view yourself and see the flaws of character which you have permitted to become a part of the image you are projecting. How much more clearly than any other person do you see those flaws, recognize those weaknesses, and realize how far you have let yourself grow away from that perfect spiritual image. Yet you are, right now, endowed with all the power that is necessary to bring yourself back - not at a single bound - but

to bring yourself back by turning inward and letting the inner perfection of you be your guide; by climbing back and staying steadfastly on the path which is lighted from within.

So often have we told you that there is but one way to achieve this purpose; that is through Love. We have said that no other person can change you and you cannot change another person. Yet we would now qualify that statement by adding that Love does change things; Love DOES change people. Not only does it change the one on whom it is poured; also it changes the one who loves.

Therefore, it becomes the responsibility of you who understand this truth to use Love which God has poured into you to bring about change, not only in yourself but in every other one you meet; to bring about change in those who are in government and in those whom you have deemed your enemy, the enemy of righteousness. Because in truth you as an individual child of God have no enemies. This nation, were it truly abiding in the principles on which it was founded - principles of justice and honor - could have no enemy.

Honor, integrity and love for all of your fellowmen - this is the light which shines upon the path which you, the inner you, desire to walk. We in the invisible realize that every human being, regardless of the concepts he may hold, regardless of his political or social ambitions, regardless of his very Godlessness, is still a child of God; still a part of us. But you must have far sight indeed on the human level, to be able to realize this and to act upon it. You are still walking in the flesh, pressed in upon by all of the outer turmoil, all of the negativities of daily life. You are still made conscious daily of the tumult in the land and in the world. Yet those who seem farthest outside the kingdom still belong and will one day find their way home. Therefore, are they a part of you.

So learn that you must accept yourself and every other person for exactly what you, each one, are and then begin the correction of all which does not accord with the will and the Love of God. Remember, My Beloveds, that within your true self which - in too many cases - you have buried so deeply with the outer trappings of negativity and materialism, you are filled with the Love, the Power and the Wisdom of God. This true self of you, if you will keep your mind and your eyes fixed upon it, can conquer the negative things with which you have let your hearts and your conscious minds be filled; the hatreds and the old grudges, the resentments, the bitterness and the self-pity, the intolerance, the tendency toward unkind speaking and the too-great sensitivity to a sharp word. You are YOU and nothing from without can touch you unless you let it. So often have we said this, yet it needs to be reiterated. Nothing from without can harm or annoy you unless you let it!

Accept yourself as you are this moment with all of the faults and the weaknesses, with all of the dis-ease of mind and body and emotions. Accept that little human self and then begin to bring it back into its original and potential beauty and radiance. This is the purpose of life. This is the mission you undertook when you came to earth for this period of life. You knew the circumstances you would enter. You knew the pressures and the testings you would face. Now prove yourselves. Oh, prove yourselves to have at your command the Love of God and the Power, the God-power to do that which is good, to change that which is less than good, to heal all of the hurts that may come your way.

Oh, you are so precious in our sight and in the sight of the Father! You are so beloved! We have given you what we felt would help to guide you, help to lead you and strengthen you as you make your march through this span of life. Wherein you have failed, you know. Wherein you have fallen short, you know, but accept these failures now and love your way back into the kingdom. Love yourself back into that peace of mind, that serenity which can only come from a perfect at-one-ment with the Father. It requires honesty. It requires determination. It demands discipline. Yet each one of you knows that whatever problems exist inyour life, you have within you all the attributes, all the strength and wisdom necessary to achieve your holy purpose.

Feel our Love this hour. Let your own heart open as a bud unfolded into a blossom and let the Love within you pour out. Let the channel of your heart be clear and open, that God might live through you and express from you - yes, AS you. You, each one, are so vital to His kingdom, to the in-bringing of that kingdom which will ultimately bring peace on Earth. Do not fail the God within you. Do not make our trust in you be for naught.

Oh, God Love you! God Bless you! God strengthen you and make His face to shine upon you and through you now and through all the days before you! Amen.
(Part One was in Golden Dawn 114.)
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FORGIVENESS

THE BOOK OF TRUE LIFE, Vol. 2, Teaching 44:40-45

40. How often have you promised to forgive your brothers regardless of the offense which they have inflicted upon you.

You have asked me for strength to be able to comply, and I have given it to you. But how seldom have you fulfilled your promises.

41. I have divided those who have tried to practice forgiveness into three groups.

The first one is formed by those who, having been offended, and not knowing how to contain themselves, and forgetting my teaching, have become confused and taken revenge, returning blow for blow. This group, a slave to its passions, is the one which is overcome by temptation.

42. The second group is the one formed by those who, once having been offended, remember my example and seal their lips containing their impulses in order to soon tell me, Lord, they have offended me, but rather than taking revenge, I have forgiven.

But I, who penetrate the hearts, have discovered in them the desire for me to take revenge by pouring my justice over their brothers. This group is in total turmoil.

43. The third group, the smallest, is the one with those who, imitating Jesus when they have been offended, elevate themselves toward the Father filled with pity for their brothers to say to me, Lord, forgive them, for they know not what they do.

They have hurt me, but it is not me that they have hurt but rather themselves. For that reason I ask for your charity and that you grant that I return only good to them. This is the one which has overcome.

44. Your conscience, which requests and expects perfect deeds from you will not give you peace until you know how to practice true forgiveness with your brothers.

45. Why would you hate those who offend you when they are simply steps for you to come to me.

If you forgive, you produce merits, and when you are in the heavenly kingdom, you will see those on earth who helped in your elevation.

Then you will ask the Father that they also find the means to be saved and to come to their Lord. Your intercession will have them reach that grace.

Three Eras, Inc. P.O. Box 10195, El Paso, Texas 79993-0195.

"Gratitude is a miracle-working attitude. Nothing really belongs to us until we appreciate it." J.S.Paulsom

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"WE CREATE A NEW GOD NOW"!

The time is now
the division occurs
between the ones
who claim awareness,
who stretch and grow
who create a New Image
of their Creator -
they enter their Kingdom
they claim their BEingness!

And so they divide from those
who cling to the old,
who deny the call,
who are hesitant
to leave the accustomed!

It is ! -
there is no judgment.
Free Will is given,
the choice is open!

Once Earth was imagined
to be flat and the center
of this Universe!
Daring proved
the planet to be a sphere
held by forces suspended in space
free circling a star we call Sun!

There IS Consciousness
waiting between times,
initiating thoughts
in the receptives.

Hede Marker, 5863 Southminster, Houston, TX., 77035

- -

THE LAW OF FORGIVENESS AND LOVE IN ACTION

These two Laws are basic in all Spiritual Healing. Many of those who have been healed will agree with me that they can be proved by all who are sick and sore distressed.

Spiritual Healing - how does it come about?

First of all, by realizing Wholeness - Perfect everything, is the gift of the Creator to all created life, that never at any time can we be separated from this Life-giving Spirit. It is only through man's erroneous actions and re-actions to circumstances and conditions around him that he "shuts himself off" from the free-flowing love of the Creator.

God does not change. Spirit is ever closer than breathing ! - Omnipresent, omniscient and omnipotent, and the moment we become consciously aware of this Truth, the power flows in and God can have His perfect way with us; then at all times we can show forth His Glory, and reflect His perfection; like the Prodigal Son everyone of us has to make our way back to the Father's house, by recognizing, accepting and realizing that "I AND MY FATHER ARE ONE AND INDIVISIBLE." The separation is only in man's mind and this is accentuated by his feelings and consequent wrong actions.

As soon as we realize that the basic law of the universe is LOVE, and that the moment we allow any "unloving attitude" to enter our mind, the renewing regenerating power of life is temporarily shut off.

How then are we to come again into the stream of Love Divine? This seems to present to us a difficulty, a complexity, and yet I believe, and have proved through experience that it is all so absolutely simple that we miss the mark again and again, ever thinking that it is difficult. It is actually as simple as breathing - do we ever question that there will not be sufficient air for us to breath? No, we accept this without question.

Accepting then that the underlying Law is Love and that we have stepped out of its radiance and renewing, revitalizing power, the simplest way, to enter again into the living stream, is by using the Law of Forgiveness. I maintain that without putting this Law into operation there can be no complete and lasting healing. So, first of all, we have to forgive ourselves wholeheartedly, by recognizing that our Soul is Light and Love and by using this Law we release the stream of Love Divine. Secondly, we have to forgive all those whom we may think have done or are doing anything against us.

To all those who are in need of abundant health, joy, or any good thing, try using the Law of Forgiveness, hourly, daily, and watch its transforming processes; watch the way it releases within the human being the pent-up tensions, dissolving all that is negative and bringing about once more that PERFECT EVERYTHING! Let us always remember the words of our Master Jesus, "before ye ask I have already answered."

By Louise Busby
Circle of Light & Love, P. O. Box 206, Merlin, OR 97532.

SEEK THE TRUTH IN YOURSELF

There is no need to seek Truth anywhere else. Seek it in man himself. He is the miracle of miracles. Whatever is not in man cannot be anywhere outside him. What is visible outside him is but a rough reflection of what really is in him. The ancient belief was that Ishwar (God) ruled over the world, with Himself being outside it; this the Indian seekers put to rest through Sadhana (spiritual activity) and revealed that God is not external to man, but his very inner core. They declared that it is impossible to remove Him from the heart where He has installed Himself. He is the very Atma the Soul of our Soul; He is the inner reality of each.

Sai Sathya Sai Baba

FOLLOW THE CHRIST

My Child, thou whose frequent thought concerns little but thine own welfare or thy position in the eyes of others, take stock of thy aims and ambitions and also thy desires. Are they the thoughts, ambitions, desires of one who, putting all else aside, would but follow the Christ?

Earnestly, sincerely, consecratedly consider these questions:

Am I willing to live as simply as did Jesus the Christ?
Am I willing to be companioned as did Jesus the Christ?
Am I willing to call all men brethren, even those who are sinful in the sight of the self-righteous?

If thou canst answer in the affirmative, then and only then art thou attaining unto Christ-discipleship. Selah

From the Teacher Orion

A RETREAT -

This last July I went to Campbell Hot Springs, California, for a week long training in the conscious breathing technique (rebirthing). I had been looking forward to spending this week at Leonard Orr's Retreat for some time. I felt further practice and additional training would make me more confident as a professional rebirther.

I had expected a large part of the week would be spent in actual rebirthing, and in discussion of the process and its facilitation in clients. I was very disappointed in the lax scheduling and in the inclusion of seemingly irrelevant subjects. In fact, rebirthing as a process was minimally touched.

In retrospect, I see the entire week was a giant rebirthing. As a process, conscious breathing is used as a tool for breaking through to one's God essence. This blissful state was encouraged by discussion of false paths - pride, other directedness, complicating and scattering one's focus to name a few. Discovering and working through one's own stuff to achieve union with the divine is the Light Seeker's path. Simplicity, truth and love are watchwords.

Breathing deeply to let in the truth and expel the negative is simply another tool to aid one's way.

I'd like to pass on the most personally meaningful lecture in hopes it will benefit in your process as it has in mine.

We all have feelings and emotions which are simply energy cycles passing through us. When for any reason unpleasant feelings are withheld and unexpressed we lose that amount of energy plus the energy required to keep that energy in. We cannot relate 100% in any part of our lives.

When we are with that person or persons, we check and hold in our feelings. We cannot relate to similar situations and people for fear of expressing negativity. We may project these past incompletions on new situations.

We are, in fact, limiting ourselves in every relationship because of our unwillingness and fear of spontaneous resolutions. Our bodies are tense and we are unable to react to life and relationships in any honest and intimate way.

How can we release these patterns of energy we are holding, many since childhood or birth. Some of these people may be dead or lost from our lives; some we still see but can't (won't) confront in any real way. We are afraid of imagined repercussions. We might be abandoned, ignored, screamed at, unvalidated - the list is endless.

But, the bottom line is to be totally actualized and responsive inour lives, we must release these "with-holds". The process for doing this is:

1- Make a list of each person in our lives with whom we have incompletions.
2- Write for each "_____, what I've been afraid to tell you is _____."
3- Check this over and circle every "Make something wrong" you find.
4- For each of these, find a positive opposite. This may be hard but there is always a positive in the worst experience; whether it is a learning, a strengthening, or a turn in your parh. Life always gets better.
5- Make a gratitude context for each and thank that person for his action.
6- Write a letter to the person and include all "make wrongs" plus the corresponding gratitude. Also include the positives in that relationship. Not everything is negative.
7- Keep rewriting until your letter becomes a letter you'd like to receive. Add an introduction which explains the purpose and process of completion. Polish the letter so your love and gratitude are evident as well as the truth of the original "make wrong".
8- Lastly, send the letter. If you resist, you are not complete. When you are, you can accept any response and give the other person the freedom to respond or not, in any way they choose. Examine your motive. There must be no strings.

BREATHE deeply. You have freed yourself. Your previously blocked energy is available for your own creative and intuitive expression and you can totally accept life and the universal within and without you.

Nancy Leake
P. O. Box 37, Columbus, New Mexico 88029.

AT THE CITY OF THE SUN

A near capacity crowd was in attendance in our community building at a birthday dinner on July 28th. The "tables were sort of turned" and the honorees themselves - Dr. Verlie Barton and Lester Jackson - gave the dinner for their friends locally and in Southern New Mexico. A most excellent dinner and fellowship was enjoyed by everyone.

On July 29, 1990 our community resident of 10 years, Sarah G. Leonard, made her transition. She came here from Florida. During the years she had served on the Board of Trustees, been treasurer one year and Membership Chairman. For a long time she had been leader of a Thursday Light sending meeting, as well as Peace 21 Meetings. The Rev. J. R. Spurlin of Deming, New Mexico led a most inspiring Memorial Service in her honor. From time to time she had displayed writing ability. We wish to close this "remembering Sarah" by sharing one of our favorites and most helpful of her writings:

"Self Affirmation

My body is the temple of the Holy Spirit within me.
My eyes see God's beauty in all creation.
My nose fills my body with Thy breath of life.
My ears hear Thy voice from the visible and invisible.
My mouth speaks Thy words of truth and love.
My mind thinks on the good and the beautiful.
My heart is filled with Thy love, peace and good will.
I love and bless my body and all its faculties
as it absorbs, digests, and releases not only the food I eat,
but the experiences I encounter on my journey back to God.

By Sarah Leonard"

F O R S A L E

The mobile home which belonged to Sarah Leonard is available

For Sale - furnished or unfurnished.

It is a 12 ft. by 60 ft. mobile with a 12 ft. by 12 ft. add on.

The 12 ft. x 60 ft. section has 2 bedrooms, 1½ bathrooms; large

living / dining room combination. The cooler is 1 year old.

For further information contact - Richard Hammond, (505) 531-2420
(If no answer call) - Constance Arnot " " -2637
Note: If you would decide to own this mobile and live at the City of the Sun, information will be sent you. P.O. Box 370, Columbus, New Mexico, 88029.

Note: As the stencils were being made for this issue of the Golden Dawn we received many beautiful thoughts from our friend, Willard Wannell, of Hawaii. We share a few of these words with you at this time because of their extreme importance:

"HOLD THE PLANET IN LOVE., THE FATHERHOOD OF GOD AND THE BROTHERHOOD OF MAN. CREATE POSITIVE THOUGHT FORMS TO INVALIDATE ANY AND ALL NEGATIVE PREDICTIONS. THEY DO NOT,and I REPEAT, THEY DO NOT HAVE TO HAPPEN!

"TRAIN YOURSELVES TO REVERSE ANY NEGATIVE THOUGHTS YOU MIGHT HAVE HAD AND ANY YOU MIGHT BECOME SUBJECT TO BEFORE YOU THINK THEM. DO NOT REPEAT AND GIVE LIFE TO ANY PREDICTIONS OF DOOM. ****THIS IS IMPORTANT**** A person with any degree of Higher Consciousness can cause things to happen by giving energy or recognition to such thoughts or words!"

Williard L. Wannall, 511 Hahaione St. 20-E, Honolulu, Hawaii 96825

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It has been suggested that THIS IS THE TIME TO GO ON A "FAST" - A "FAST" FROM ALL NEGATIVE THOUGHTS AND WORDS.

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Dr. J. Gordon Melton D.D.
P.O. Box 90709
Santa Barbara, CA 93190