

THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

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1991

ADJUSTING TO HIGHER FREQUENCIES

by Sunny Ray

We are centered in the place where I am reminded that the Light of God is being sent to us in ever increasing frequencies, and it is my experience now, watching people around me, that these frequencies are becoming more and more difficult to adjust to.

I don't know if you have found yourself irritable this week? Or easily offended hurt feelings, things that made you angry? What I'd like to do is to remind us, in dealing with these frequencies, we are dealing with a stress level, before we get started with our days' work. So please know you have all you can do to adjust to these frequencies of Light. As you know, this necessarily has to do with people around you.

These frequencies are geared to bring to the surface our old hurts, old resentments so that we can see them, and deal with them, and then we can let them go.

This is one way by which old patterns are being shown to us. You may find yourself upset about something that a situation calls for. So, knowing that this is true about you, we have to know it is also true of people around us, and everyone has about all they can do to keep their own hand on their own wheel to keep the vehicle on the road. So, knowing they are under just as much stress as we are, we let judgment go out the window.

We have to allow people to be as they have to be; to do what they have to do, and not take it personally. So, as we are practicing the Presence of God, we have to let go of the past, and stay centered where the Peace of God resides, for the Presence is always around us. We wander away when we allow the hurts of the Past to pull us out of that Peaceful Place.

From Rainbow Ray Focus, Sedona, AZ . 36336

PEACE PILGRIM'S MAGIC FORMULAS

There is a magic formula for resolving conflicts. It is this: Have as your objective the resolving of the conflict, not the gaining of advantage.

There is a magic formula for avoiding conflicts. It is this: Be concerned that you do not offend, not that you are not offended.

TAKE RESPONSIBILITY FOR YOUR LIFE

Never forget that YOU ARE IN CHARGE OF YOUR LIVES. Anything that happens to you, happens for only one reason - you LET it happen. You brought it before yourself as a lesson. When you are ready to recognize this, knowing and saying, "I am in charge of my life - the choice is always mine," then you will be ready to go into Christhood.

You are striving for dominion, but as long as you attribute any power, to anything outside of yourself, you cannot obtain Mastery. You have to accept responsibility for everything that takes place in your life. Every experience that comes to you, you brought before yourself. That gets rid of any feelings of blame, judgment, hatred or anger toward anyone else. If anything comes before you, YOU brought it there to teach yourself something. When you are willing to say consciously, "Yes, I am responsinle for this. I am the one who put me in this situation. I am the one who gave me this disease - this affliction," you are acknowledging your power. In saying, "I am responsible for this," you have taken back your Scepter. You are assuming your own control of your life, and you must do it before you can control your life. You cannot find the answers to the problems in your life, until you are willing to admit that you put them there, because you are giving somebody or something else power, and that is your power. If you want to use your power, you must take it, and use it. To do that you must be responsible. When you say, "I am the cause of what happened to me; I am the one who wanted to learn the lesson that I learned from this," then you will find that you have the power to dissolve whatever you do not want.

How do you do that? You simply have a longing to get rid of it, which of course you do anyway. Then you fill yourself with Love - the emotion that fills your life with good. When you are totally filled with Love (something you need to work on all the time) and Love has taken over all your feelings, and are willing to admit that you are the supreme power in your life - that whatever has come to you has come thru your own deeds, acts or acceptance, then you have the power of mastery in your hands.

With the recognition of your own power, you will be able to dissolve your miscreations, in the twinkling of an eye, if you want to. It can be done immediately when you know that you have that power, and nobody or nothing has any power over you except you. YOU hurt you. No one else isat fault. If you are suffering it is because you want to learn from that experience.

When you are willing to admit you chose a certain experience, though perhaps not consciously, and when you are willing to admit that you also have the realization of the cause of the problem, you will be given the answer. Why? Because you, as the God who is responsible for everything that takes place in your life, are all-knowing. You will know what is wrong, and you will be able to correct it because you are all powerful. If you give your power out to outer things, thinking they can hurt you, make you ill or effect your life in anyway, you are giving away your power to correct the situation.

You are an all-powerful God. Stand in front of a mirror and declare your mastery. Look yourself in the eye and say "I have the realization of perfect health," if that is what you want. You are God, putting forth your additional "I amness - your Ad-am - in your image and likeness. What is that? It is God as Joy, Perfection, Health, Harmony. If you say, "I got sick from the flu that is going around." Nonsense! The flu can't hurt you. YOU are soverign in your world. Nothing can hurt you. You have adjusted the events in your life to teach you. That is why man has crucified his avatars. He wants to teach himself. He wants to be able to take back his power of mastery.

That is what you are trying to do with the problems that you face today. Fill yourself with Love - look yourself in the eye - KNOW that you know all things - and you will find that you do. You will find that you have all power, but the other two must work in perfect balance. There must be total Love and the realization of absolute Wisdom, before you can have the realization of absolute power. When you take the responsibility, you have taken back your Scepter and you are then in charge. So be it.

The Light Centre, 1064 McCabe Rd., N.E., Ada, MI 49301

I TRIED TO LIVE AS CHRIST LIVED

O Christ, I tried today to live
As You would live each day,
With love flowing forth to everyone
Who chanced to come my way.

I stopped any bitter words
Before they could cut or harm
One of Your other children, Lord,
With my judgments which can alarm.

I transmuted energies of thought
Which were not worthy of God's child,
And asked the Heavenly Forces quickly
To transform, and make them mild.

I honestly tried to send 'love thoughts'
To each neighbor, stranger and friend,
And not take part in endless gossip,
Nor recriminations without end.

Tomorrow I'll try again, dear Lord,
To live as you would do,
For somehow I felt 'heart satisfied'
As well as closer, Christ, to you.

mjs
City of the Sun

WHAT TO DO WHEN YOU ARE ANGRY

The vibration of a peaceful mind, the tranquil mind and the harmonious mind will be in tune with the spiritual vibration of God and make it possible to receive the broadcast of God's blessings. When you are overwrought and angry, repeat these words at least 15 times. "THE TRANQUIL MIND, THE PEACEFUL MIND, GOD'S MIND, MY MIND." After you regain your composure, then decide what you must do, say, or write. Letters written when you are angry will somehow reflect your anger though they be couched in the politest language possible. If you write when you are angry, the anger will be an invisible vibration of the letter. So long as you had ill-will when you wrote it, the recipient will feel the vibration of ill-will the moment he opens it.

When the other person really appears to you to be a good man, it means your troubled mind has been healed. Masaharu Taniguchi

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HOW TO ENTER INTO THE GOD CONSCIOUSNESS

Here in my Consciousness is a State - a Motion of Light!- which is All Inclusive Intelligence and Power. It is a Law unto Itself - effortless, timeless, spaceless, complete.

An utterly Simple, unseen yet Conscious Stillness.

This God Consciousness in my entire body - my conscious awareness of It - quickens "That" God Consciousness in me, like a tingling electrical sensation of Warmth, Quietness, "Which is His Peace, His Joy, His Confidence - Inspired." This is "The Permissive Will" of the Father in My Consciousness, "The Heavenly Father within". Remember Jesus Christ's statement, "I and My Father are one - I am in Him." God! My whole Wondrous Triune (Trinity) Consciousness: God, His Beloved Son, The Living in living Christ, Soul of the Father's Love which is Universal Solvent.

Responding to My Conscious Awareness of Him, of His Being, My Consciousness is His Perfect Gift to me! His blessing - being perfect, being All Powerful, being His Omni Presence is Creative, Infinite Supreme Intelligent Protective Wisdom. His satisfying Grace, His Self-Sustaining Truth instructs and guides my clear accurate intuitive understanding into "His Perfect Way". His perfect thoughts intuitively teaches ny Understanding to prosper from all my activities and profit therefrom.

My God Conscious Awareness is my believing, and "Believes" every Thought I release in It into It's Living Existence. I now consciously recognize My "God Conscious Awareness in all my thoughts
in all my thinking
in all my activity
in ALL my God Senses of Awareness - in ALL my Christed faculties - gifts, talents, health, virtue, truth teachings, inspirations, revealments. "My Redeemer" is perfecting, releasing, manifesting every "good blessed thought" which now comes into my Conscious Awareness. All is fulfilled NOW - IMMEDIATELY!

Praise, Bless, Glorify and Honor HIM! In return all HE asks is to be recognized, acknowledged and that you identify and claim HIM in Truth as Your Own, The Redeeming Key, The Wondrous Quickening Love Spirit, the ever Inspiring, Increasing, Expanding Elohim Catalyst, Sacred White Light, the Wondrous Redeeming Christ, the Divinity Within.

Thus I awaken and ignite the Divinity Within Me! The Work is Done. God Consciousness is now received! OM.....!

It is suggested that this be used frequently. Become quiet and give attention to each affirmative statement of Truth. Afterwards continue relaxed and quiet. Shared by -

A City of the Sun Light Seeker

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My Thought today -

I dedicate a portion of my prayer time to being one with God rather than always talking to God. In silence I experience the presence of God. I feel the all-encompassing love of God and rest in the stillness of Being. I have silent communion with God and know I am one with divine presence, divine love. In silence I lay aside all cares and concerns of the outer world. I come to God for an infilling of assurance, and I receive it. I return to the outer world with trust in the power of God to direct, heal and perfect all. In the silence I am affirming that the will of God be done. I am at peace.

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NEITHER HELL NOR PUNISHMENT
BUT REPENTANCE, FORGIVENESS AND RESTITUTION

Do you believe that I, your Father, have created places specifically destined to punish you, thus eternally inflicting punishment for your sins? What would I gain from you if truly I punished you with eternal fire? You would curse eternally a God whom you felt was unjust, cruel and vengeful.

Humanity: You have remained lethargic throughout the eras because you have believed that true peace and happiness pertained to the human existence without realizing that they are a part of the spiritual life, which is the true life.

Seek those who love you and those who hate you. Love the life that you have called cruel, failing to realize that it is an open book filled with wisdom for you. Know how to be touched with the joys and sorrows of others. Behold a teacher in every human being and consider yourself as a living symbol of good, not of evil, for according to your deeds in life thus will be the symbol you represent.

Men have imagined hell as a place of eternal torture, believing that all who disobey my laws are sent there. Thus they have created a hell for those with great faults. Also they have imagined another place for those with lesser faults, and one for those who have done neither good nor evil.

Listen, My children: Hell exists in incarnated and disincarnated beings, in inhabitants of this world and those of the spiritual valley. Hell is a symbol of the great suffering, terrible remorse, desperation, grief, and bitterness experienced by those who have sinned greatly. They will free themselves of those consequences through the evolution of the spirit toward love.

When the spirit of a great sinner leaves its material life to enter into the spiritual valley, it is surprised that hell, as it had imagined it, does not exist, and the fire of which he had been told of in past times is nothing more than the essence of its deeds as it finds itself before an inexorable judge, which is its conscience.

I have not forced anyone to follow Me or threatened anyone for not doing so. The law of restitution, which each brings upon himself, truly exists so that the spirit can evolve and attain purity and enlightenment. But hell does not exist, nor does divine punishment. Do not misinterpret that which I have told you figuratively in times past.

I did not create death nor a hell, for when My spirit conceived the idea of creation, I only felt love and only life emerged from my bosom. If death and hell exist, then they have to be human creations which are not eternal; and now you know that nothing human is eternal.

Believe in the immortality of the spirit. I tell you this because there are those who believe death destroys those beings who habitually sin, depriving them of eternal life and subjecting them to eternal punishment.

How can you believe that darkness and eternal suffering are the end awaiting those spirits who, although sinners, will always be children of God? If they need to be taught, here is the Master. If they need love, here is the Father. If they desire forgiveness, here is the Perfect Judge.

The one who never tries to seek Me, by correcting his faults, will be the one who does not reach Me. But no one exists who can escape My justice or My ordeals. Only the pure will be able to come to Me.

My obligation as Father is to give you at each step an opportunity for perfection, teaching you the path through perfect Teachings. I who have taught you to forgive and to love your enemies say to you: Do unto your brothers as I do unto you. Would I be setting an example of this if you saw Me eternally condemning those who did not love Me? Do you believe I lack the power to make those who hate Me, love

Me? Those are the ones to whom I give, not eternal punishment, but sufficient time so that enlightenment, regeneration, and finally love can emerge from them. In the same manner that one awaits the soil to be fertile in order for a seed to germinate, I also await you to fulfill My precept which tells you to love one another.

An excerpt from The Book of True Life. Three Eras Inc., P.O. Box 10195, El Paso, TX 79993-0195.

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The following is an excerpt from: OPERATION PLANET LOVE - O.P.A. Adolfo Prieto No. 125 -D- 501, Col. Del Valle C.P.03100, Mexico, D.F.

Dear Brother/Sister:

Here is a message of LOVE addressed to anyone who would receive it, especially for you, my brother/sister who not only want a better world, but are now needing it; you who are not only hoping to see the Planet in PEACE but are already striving to achieve it.

"We are living at the end of times" "Time has come." "A New Age of Peace will emerge." All these are prophecies that have long been foretold. We can find them in the Book of Revelation, in the Gospels, in the prophecies of the Great Pyramid of Egypt, Nostradamus, the Virgin of Fatima, Pope John XXIII, the Hopi Tribes of North America, the Mayan Codes, and many other traditions.

What lies within these prophecies that could be so important that so many different sources would have told us so far in advance?

The importance of the End of Times, is that it is the beginning of new times. The old order of things will pass and give way to a new world. Centuries of suffering will lead to a millenium of PEACE. How can we enter the Age of Enlightenment if we keep on playing like we are presently doing, being selfish, thinking only of ourselves and not of others, and being so far away from PEACE and LOVE? All this must change.

Are you ready to make that change within yourself? To live in PEACE, to follow the rules of LOVE which are not imposed but flow from the heart? Do you believe you are ready to think of others, looking for ways we can all be benefited, instead of benefitting only yourself?

If you believe that you are not ready, prepare yourself. Strive to excel, to shine, to LOVE, so that you can help those who are not ready for the great change, and in this way you can help as many lost sheep as possible find their way back home. Now more than ever before, your inner work is needed as well as your prayers, and your Light. It is time to make our Lights come together, to be more spiritual, to come closer to truer values, to come closer to our inner selves. The time has come to strengthen our own religion, whichever one that might be. <u>The time has come to UNITE ourselves.</u>

Fortunately, today more than ever, there is a need for a new order of things. PEACE movements are surfacing as never seen before. There is a hunger for God, for more transcendental pursuits such as the search for Truth and Happiness. Summed up in one word, there is hunger for LOVE.

All these movements, like OPA, have only one message, only one end: common welfare through our UNION. A UNION, not of forms, but of essences, since nobody thinks nor sees, nor understands the world or life in the same way. Each of us looks from our own specific point of view through which we make our own interpretation. Therefore, nobody perceives nor thinks things as you do, likewise, there are nc two of us who would feel God in the same way, nor conceive Him the same because our minds and the way we comprehend are unique.

This UNION should be from heart to heart: this is to LOVE. Let's LOVE everyone, and not only those who think and believe the same way we do.

We all need each other; we are an extraordinary team.

We, mankind, also need to UNITE ourselves - WE ALL NEED EACH OTHER!

Would you like to help? JOIN the team. When you pray, pray for everyone. Do not feel alone. The team will be present. WE ARE ONE WITH YOU.

Let's do it, Family. Let's put our hearts into it. Let's shine brighter for the benefit of us all. Do whatever you think you should do, but do it NOW.

The time has come to UNITE, to help each other in order to help the whole Family and the house lent to us: the Planet. Let's UNITE brothers, in what is common to us - HIM, PEACE, LOVE!

Circle of Light and Love, P. O. Box 206, Merlin, OR 97532

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QUIET TIME

I need some space, some quiet time
to call my very own...
a time to think, to read a bit,
or just...to sit, alone...

To close my eyes, to listen
to the sound of falling rain,
the ticking of the clock,
a passing car, a distant train.

I need this time so very much,
to listen to my heart,
to hear what it is telling me.
I need to 'go apart' ...

To touch the inner me,
in the quiet time of eve.
When all is still, I hear Your will
the best...I do believe.

Box 804, Lebanon, OR 97355 Dolores Dahl

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DEVELOPING A STATE OF HARMLESSNESS - WHERE THE FATHER AND I ARE ONE

Matthew 5:3-12, Iamsa edition

Read now the Master's code of harmlessness - the Sermon on the Mount.

Blessed are the humble, for theirs is the Kingdom of Heaven.

Blessed are they who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for justice, for they shall be well satisfied.

Blessed are the merciful, for they shall have mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for the sake of justice, for theirs is the kingdom of heaven.

Blessed are you when men reproach you and persecute you and speak against you every kind of evil, falsely, for my sake.

Then be glad and rejoice, for your reward is increased in heaven.

"Harmlessness is the message of Jesus. In giving no thought to Himself, He restored and uplifted humanity."

University of Melchizedek, Rt. 1, Box 220, Castleton, VA 22716

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MORE PROGRESS PLANNED FOR THE CITY OF THE SUN FOUNDATION:

The City of the Sun Foundation was incorporated Jan. 4, 1971 by Rev. Wayne H. Taylor. Rev. Taylor and his wife, Grace, came from Florida and started a mobile home park across the road from the City of the Sun's 160 acres. This mobile park gave a place for the first pioneers to assemble. Grace made her transition and Rev. Taylor was alone here in 1972 when the first three couples arrived. These seven people became the Trustees to start big improvements upon the land.

Slowly through the years the City of the Sun has been becoming the manifestation it is supposed to be.

In 1973 the first sewer and water lines were installed, the sewer lines connecting with an environmentally approved lagoon. In 1986 a second lagoon was dug. After the utilities were installed several mobile homes were moved in, and a house was built. A storehouse was erected and also a community building with office, library, fellowship room and kitchen facilities. A domestic water well was dug as well as a park area started and an RV space. A small guest mobile was given and laundry and Sanitation buildings built. In the past several years a project known as the "West End" has been established with a number of residents interested in constructing inexpensive, environmentally approved homes using available materials such as adobe, etc. Gradually the population of the little community increases.

For several years we have had an area reserved as a "Healing Area". A pyramid and an Energy Vortex have been a part of this section. Now we are starting to plan a small building for this area. A friend recently gave a gift of $1,000.00. as a "starter" for this manifestation. Now two of our resident members are wanting to contribute to this fund a portion of that which will be given for crafts and programs. You may be interested in these:



UNIVERSAL PEACE PIN

AVAILABLE IN COPPER OR BRASS

(Including postage ..... $ 5.00

($2.00 goes to the City of the Sun Foundation
HEALING CENTER BUILDING FUND.)

from TED SPECKER
P. O. BOX 370
COLUMBUS, N.M. 88029

I would like to offer to the Readers of the "Golden Dawn"

A - KNOW YOURSELF OR OTHERS THROUGH ASTROLOGY.

Astrology is the science handed down for over 5,000 years. It shows where the planets were during your birth, and with mathematics the date and time plus latitude and longtitude where you were born. Each, having a meaning of its own, giving insight to Self.

The computer program I have is very helpful. This is around a 15 page print out depending on your time and place. It is written in Layman's terms.

(continued next page)

B - BIO-RHYTHM

Bio-rhythm explains your personal cycles (emotional, physical and mental.) The long report is approximately 25 pages for one year. It is also written in easy to read and understandable terms.

TO ORDER "A" - ASTROLOGY: Please send name, birthdate and place of birth, plus $13.00 donation.

TO ORDER "B" - BIO-RHYTHM: Please send birthdate plus $13.00 donation.

from Marilyn Whitehead
P. O. BOX 370
COLUMBUS, N.M. 88029

(Note: 33% of each donation for "A" or "B" will go to City of the Sun Foundation Healing Center Building Fund.)

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The City of the Sun Foundation has been incorporated for 20 years. On Jan. 21, 1991 the occasion was honored with a special pot-luck and business meeting. Reports were given by the Trustees, Treasurer of the Foundation, as well as the Secretary. Rev. Wayne H. Taylor, Founder of the Foundation made remarks which were well received. Officers were thanked for their work and special commendation was given to Faun Homman for her years of service as Treasurer. A report was given of the ongoing ministry of the Golden Dawn, as well as the very successful "Shelves of Light" project - - where we share many inspired books.

Election was held with the Trustees as follows: Ted Specker, Chairman, Lester Jackson, Vice-Chairman, Faun Homman, Secretary of Trustees, Marilyn Whitehead and Bob Guilford. Marilyn Whitehead became the new Treasurer of the Foundation and Mary Jane Switzler continued as Secretary. Florence Guilford was chosen as Hostess.

Paul Ryer was accepted into membership as well as Les Visible. At the Members' Meeting of March 11, Susan Eissenger, John Dudley, and Suzanne Adams were accepted.

A T.V. and V.C.R. have been obtained for the community members' enjoyment. Some excellent videos are being enjoyed.

Friends, Suzanne Adams and Carolyn Buck arrived for a visit in the middle of February. Suzanne has now left for a trip to Bali and will return next fall. She is applying for membership and wants to build an earth shelter. Carolyn is considering applying and is meanwhile enjoying especially being in the desert here. Its been good to have them visit and get to know our community. My house is coming along fine. Am now in the process of brick making and will start building in the fall. Thanks for the support during building and for the friendliness shown to Suzanne and Carolyn.

Barbara Wyroth

Already in 1991 many willing hands wielding paint brushes, and other tools, have been repairing and brightening up the pyramid, ABC mobile, laundry and sanitation buildings. The grounds around the Vortex have also been worked upon and are in the process of being beautified.

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"Everything in the universe is related. Through the right use of our God-given human intelligence we begin to see that all life is linked to one Supreme Intelligence."

Paramahansa Yogananda

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REMARKS-

This page will be excerpts from the first letter written by ANNALEE SKARIN to one of her friends, Sept. 10, 1949, after a period of silence of appoximately three years -

"My darling, I must get in touch with you at once. It is most urgent. I have been instructed to gather up my loved ones, that now is the time for them to be gathered into this great and marvelous work! The great unspeakable blessings that the Lord had for me have been poured out without measure..... It will take volumes to tell you all, but first Imust locate you.

"This book, (Vol. I of Ye Are Gods - in a smaller volume) has gone forth like a flame of glory to the honest and true in every country. Now has come forth Vol. II of "Ye Are Gods". It is like nothing else ever written. For months the very light of it would almost blind me if I so much as turned my thought toward it. I doubted if any human being could. It contains the laws of the Millennial Day, and is breathtaking in its glory. Then one morning about seven weeks ago I was awakened early and commanded to get up and write it. And though I had been so positive I could never write it, the words and the scripture flowed through my mind like light and almost seemed to place themselves upon the pages in a rhythm of living glory, and I watered it with my tears. The Veil rolled back and I stood on the brink of eternity with one foot lifted ready to step through, while the past, the present and the future blended into a panorama of glory that was beyond anything my mind had before dreamed of.

"As I stood with one foot lifted, ready to step across, I was told that I was to wait and gather up my loved ones.

"And though I have been in contact with none of my friends for a period of nearly two years, yet in the most miraculous ways those I love have been getting in contact with me. The threads of love are reaching across the years and the miles ..... and Reason and I in breathtaking wonder exclaim continually, "Oh, it is so beautiful! And it is! Only now we know and understand what it is all about and our hearts are a continual melody of love and light. For it is like nothing else on earth.

"I wanted so badly to take you with me but that became impossible as you became too engrossed in gathering your red glass beads.

"I have never felt so humble in all my life, nor so filled with love..... and with my soul filled with the vision of light! I say, if you are interested, let me share these things with you.

"Reason and I both send our love from the 'highway of the stars'.

Forever and Forever yours."

(Signed) ANNALEE SKARIN

We at the City of the Sun are again working upon some of the "unpublished material"of Annalee Skarin. We hope we may have an announcement in the next Golden Dawn of its availability. Some of her remarks she made concerning her Work: "All on earth I am trying to do is to teach mankind that it is possible for every child of God to be in tune with Him and His Holy Spirit; that they can be directed in all they do, in all they say; that their lives can become a melody of living glory as they learn to abide completely and fully in His Holy Spirit." Annalee and her husband, Reason, both translated - the cells of their body were raised up and purified and became cells of Light. This enabled them to go into higher planes. It is a consciousness for all to strive for.

EXCERPT FROM "THE LIGHT OF CHRIST" by ANNALEE SKARIN

As you continue along this glorious Highway of Light you will soon find that you are filled with Light and comprehend all things - and that all knowledge is within your being.

All I can do is to assure you that the only real joy and happiness that it is possible to attain is by following the Light. And it IS true that the letters which I have sent to you are full of Light and Joy, for we have learned what Light is and walk in it. It is no longer just beautiful - it is glorious. It is all glory! All Light! All Love! All Peace! And all Power! It is for man's use and for his glory. It is yours. Just don't be afraid. Don't doubt. "KNOW THE TRUTH AND THE TRUTH WILL MAKE YOU FREE!"

As you take time out to practice the glorious First and Great Commandment, getting the organs of your body united and unified in Spirit, through love, eternal and divine, then I ask that from hereon, after practicing that commandment, you begin to visualize a Light pouring out from you.

You will not see it at first, but you will feel it! Now as often as you think of it turn your attention to this Inner Light and with your conscious mind send it out from you to heal and bless a world. Soon you'll be able to see it with your physical eyes, and others will begin to feel it. And when one is born of the Spirit it is this great inner divine self which steps forth into power, and the little mortal ego self is put aside completely.

The easiest way to send this Light forth is to sit quietly practicing that first and great commandment, unifying the whole body in Love. Then as it becomes vibrating with Love, transfer it into this Light and send that Light out from you. You will feel that the very strongest rays go out from the very center of your body, but soon it will be that you will actually be radiating Light from every cell of your being. Those whose vibrations are not lifted high enough to see it will not see it, but yet they will feel it.

Train yourself to hold this Light constantly and to send it out with magnified power. As you send out this Love upon it, you can either direct it to an individual, a group, or just send it out and it will reach those who are in tune with it and unite with their Light, or heal those who need healing. Try to never lose consciousness of it for one moment. This is how Christ brought it forth to accomplish the works and to fulfill His destiny.

This Light of Christ is joy and song and ecstacy and glory that is unspeakable. As you hold to that ecstacy, the darkness will soon be banished forever and joy such as you have never known will be yours always. You will be cleansed from all past mistakes and prepared to be filled with Light, or to receive your 'Anointing of Light.' Then, in Moses 6:61 it informs us that that QUICKENING SPIRIT is given to abide in us - therefore it is up to us to bring it forth. Now, as you hold yourself in that vibration of joy and praise and glory and rejoicing, what you are really doing is holding yourself in that purifying, glorifying flame of the Spirit of Almighty God, or in His quickening Spirit. This is done by your own conscious thinking. As you begin to understand that it is entirely a matter of thinking, or awareness, or understanding, and that this tremendous power to constantly contact this glorifying Spirit of God, or this Light of Christ is right within you at all times, and begin to use it with understanding, you will understand completely and forever your own responsibility, and why it is necessary to cast darkness from you.

When you learn to contact that Light within you and to abide in that Light, you can ask anything and have it granted. There is such unspeakable power, such dynamic, breathtaking knowledge waiting for those who will only try to believe. Then if you will hold to that belief, it will gradually develop into faith and vision, and finally will become complete knowledge, and knowledge is POWER.

It is true that as we develop this Light and Love, it attracts people to us, and it is only as we fully realize that it is NOT US THEY ARE REACHING FOR, BUT THE LIGHT OF CHRIST WHICH THEY FEEL, can we progress on to higher power. That understanding is the first requisite to higher advancement. The self must be truly put aside that God can work through us; and that we give Him the glory for every step of progress we make is most essential.
(From unpublished material of Annalee Skarin.)

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