CHURCH OF ALL RELIGIONS
SCHOOL OF THE ANCIENT MYSTERIES
FRATERNITY OF ALL PHILOSOPHIES
INSTITUTE OF PSYCHIC RESEARCH

Voice of Astara

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THE SHRINE: INNER AND OUTER

By Gregg M. Rolla

Recently, a friend of mine and myself were discussing the value of shrines. He seemed rather perplexed at the fact that millions of people, from both East and West, make pilgrimages to holy places on earth, thereby hoping to reap some spiritual benefit which they seemingly could not obtain by themselves in any other way. He failed to understand what shrines had to do with the basic principles of Christianity, and compared them in relation to any common "church" one might attend. Where, indeed, is the difference to be found?

The dictionary defines a shrine as "... an object such as an altar, temple, chapel, or spot or place considered sacred because of its relation to some holy person, miraculous event or because of its character and historical associations."

Knowing this to be so, at the moment I personally hold to the probability that the true spiritual shrines in the world are those places which are deemed hallowed and sacred because of some spiritual manifestation which has taken on a physical appearance of one type or another. This brings to mind, in the Western world; such places as Lourdes, Fatima and Garabandal, where non-physical reality has clothed itself in "garments of flesh."

Certainly, it may be assumed that these places are sacred simply because God chose them through which to reveal Himself. It matters little whether or not they are needed, or whether or not they have anything to do with the basic essence of Christianity. The fact remains that these places *do* exist because of an extension of the Cosmic's grace to the material plane, and to ignore their reality within the world would seem foolhardy. Certainly it is not fair to those who, for

Cont'd. on Page 8

MYSTERIOUS MELCHIZEDEK

by Hildegarde (Heidi) Olsen

Melchizedek is surely the most baffling of all Biblical personages to step, as he does, briefly and impressively in and out of the fabric of Scriptural reference, leaving scarcely a clue to his identity.

Who was this Melchizedek "who met Abraham returning from the slaughter of the kings, and blessed him"; to whom the patriarch "gave a tenth part of all"? Who was he who "abidth a priest forever"?

The Bible tells us little more about him except that he is "King of Salem," "without father, without mother, without descent, having neither beginning of days, nor end of life." No mere man could claim such heritage!

Was he one of the gods Genesis tells us once walked amongst men? . . . one of the great Ones who came to teach and guide infant humanity during its formative years of mental and spiritual growth? Surely he must have been.

Past Absorbed by Blotter of Time

Fragments of "fabled" Lemurian and Atlantean nascent fire-mist days have filtered down through the ages in legend and myth, for factual, recorded history dates back only 5000 years. But mystical reference indicates that Melchizedek was omnipresent during these ancient times, his influence extending even through succeeding centuries to other days and lands.

Esoteric writings refer to him as Priest-King of Atlantis, and attribute him with bringing two great gifts to humanity—the honey bee and wheat. Historians trace the origin of wheat only to Egypt, not acknowledging this land to have been largely peopled by emigrants from earlier Atlantis who brought this golden staff of life with them.

Melchizedek Influence Extends Abroad

At Stonehenge in the British Isles stand

Con't on Page 7, Col. 1

FEBRUARY STUDY CIRCLE

THE BEGINNINGS OF PSYCHIC DEVELOPMENT



Swami Parampanthi has initiated The Study Circle to explore in depth the wisdom of all ages—mystical, psychic and spiritual—in informal sessions on Friday evenings. The Study Circle meets in the Museum Room.

During each session a specific subject is discussed. In January the following important subjects were explored: *How To Attain Self-esteem; Am I My Brother's Keeper?; The Birth of the New ME, and Toward a Richer Life NOW.*

The emphasis in these studies is on practical techniques for self-improvement and the development of individual psychic and spiritual faculties. Each evening the program begins with simple Yoga exercises (so come informally dressed and bring your exercise blanket) and ends with a meditation conducted by Swami Parampanthi.

There is no formal lecture. All members of the group have the opportunity to ask questions, participate fully and learn. In the February sessions on Friday evenings, Swami Parampanthi will begin a new program called THE BEGINNINGS OF PSYCHIC DEVELOPMENT.

Friday: February 1: 7:45 P.M. *Color In Human Consciousness*

Friday: February 8: 7:45 P.M. *Color In Health & Healing*

Friday: February 15: 7:45 P.M. *Sound Techniques In Meditation*

Friday: February 22: 7:45 P.M. *Vis-*

uqlization Techniques In Meditation

These four sessions are designed to develop your psychic abilities through color understanding and application, and sound and visualization techniques in meditation. All are welcome. Free-will offering.

PEOPLE AT ASTARA

Violet Appeman

Vi's life-long interest in what's back-of-beyond has centered upon spiritual studies, mainly all Sacred Scriptures. Before coming to Los Angeles and learning stenographic duties, she was a florist, gave piano lessons and operated a tea-room. This was during the depression years. Now gardening and music are her most enjoyable hobbies, along with keeping Astara's archives up to date.

She has been at Astara for eleven years as Dr. Earlyne's secretarial assistant. Vi's role in stenographic work with her on the Degree Lessons in Astara's Book of Life is, perhaps, continually helpful because Vi's philosophy coincides with that of Astara's, worded thus in the format of her "Attic Wisdom" of some years back:

> "Behold how Truth is like unto the vastness of the ocean not yet all put into bottles. And the day that someone claims it's all corked up, you know it's not true."



BUT A SHADOW

Extract from a letter written by Fra Giovanni, in the Anno Domini 1513.

I salute you. I am your friend and my love for you goes deep. There is nothing I can give you, which you have not got; but there is much, very much, that while I cannot give it, you can take. No heaven can come to us unless our hearts find rest in today.

Take Heaven!

No peace in the future which is not hidden in this present little instant.

Take Peace!

The gloom of the world is but a shadow, behind it yet within our reach is joy.

There is a radiance and glory in darkness, could we but see--and to see we have only to look.

I beseech you to look.

Life is so generous a giver, but we judging its gifts by their covering cast them away as ugly or heavy or hard.

Remove the covering and you will find beneath it a living Splendour, woven of love, by wisdom with power.

Welcome it, grasp it and you touch the Angel's hand that brings it to you.

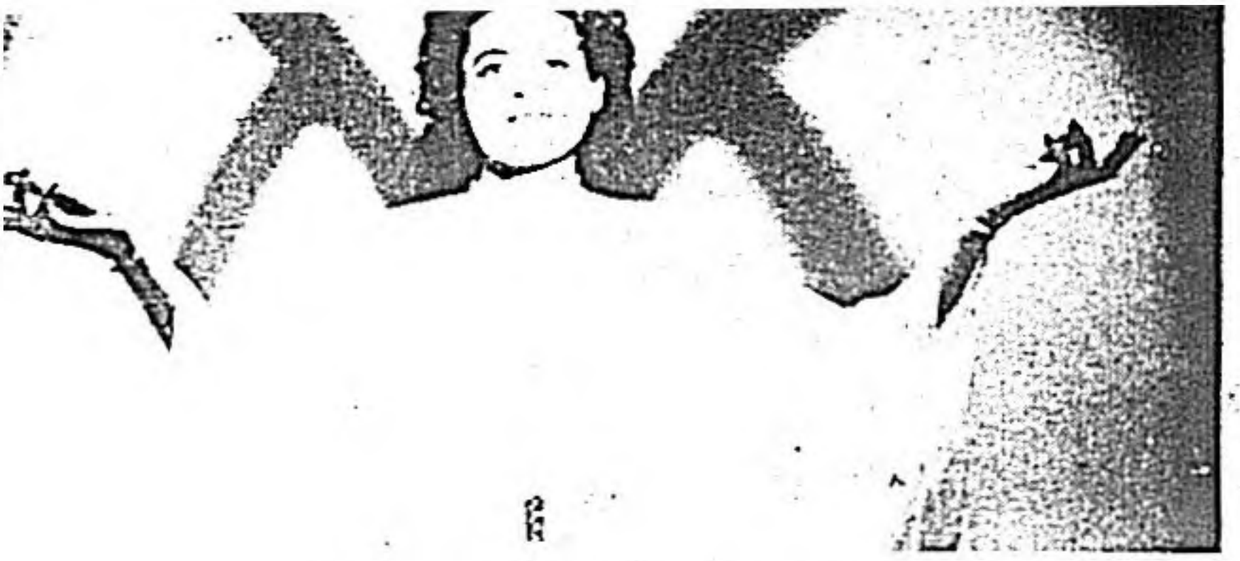
Everything we call a trial, a sorrow or a duty, believe me. Believe me that an Angel's hand is there; the gift is there, and the wonder of an overshadowing Presence.

Our joys too: be not content with them

Con't. on Page 12, Col. 1

If You Are . . .

If you are interested in prayer, if you are interested in healing, if you are interested in communion with God, if you are interested in the release of infinite power in your life, then you will have to break away from the intellect of the mind and come into the love factor in the heart, and be as a little child in the doing of it. *–Second Degree, Lesson 3.*



An Astarian in Need Never Walks Alone

He healeth the broken in heart, and bindeth up their wounds. (Ps. 147:3)

IMMEDIATE HELP RECEIVED

Dear Astarian Friends --

I called Astara 1:30 p.m. Monday November 26 and asked for spiritual help, because I was to have a proctoscopy of my lower intestine in the doctor's office to determine if the growth that was cut out February 16 had healed and not regrown. I was worried and apprehensive about the examination for more than two months, wondering about the outcome of the examination. I was told to have this examination every six months. As that area of my body would be painful or uncomfortable all the time, I was worried most of the time.

I think Dr. Silva talked to me on the phone when I called, and told me not to be nervous. I made a pledge to myself that if the doctor gave me a good report, I would donate to Astara as my gratitude token.

The doctor said that there was no sign of the growth coming back; and the pain that I experienced was mostly due to the hemorrhoids which he did not take out when he operated on the tumor. I also have a long history of the lumbar area of my spine having the disc go out of place, even when just bending my body.

At the February 1973 operation, during all the x-ray tests the spine, especially in the lumbar area, showed ravages of arthritis according to the doctor's report. I had to retire from work after the operation because of the physical condition of my body. This stress made my blood pressure read up to 240/120 and my body ached, my muscles being so taut that I hurt even to anyone touching me. Also arthritis began to affect my hands, wrists, knees and toes.

Immediate Help (continued)

I had sent a petition about a month ago to Astara, asking for help to heal the pain in my left knee and leg from arthritis, which pain would wake me out of sleep. Very shortly after my petition the pain subsided and I had undisturbed sleep.

I have asked Astara's help all these many years for help in crises in my life, mental, physical and emotional, and felt the help coming to me every time. Within a week of my joining Astara, I saw the beautiful face of Rama and right then I felt that I made the right choice in becoming an Astarian. I am humbly grateful for all God's blessings through Astara. I am, W.M.Z., Chicago, IL

HEART RATE REDUCED

Dear Dr. Robert & Dr. Earlyne:

In May I was told I had hyperthyroidism and was given medication for it. It seemed to aggravate the condition; so I stopped it.

Upon returning, the doctor told me I must take the medication, for along with the other symptoms, my heart rate was greatly increased. He took further tests and I was to return in two weeks.

When I came home that day I sent in a healing petition. The results? I'm well again. When he saw me two weeks later he couldn't believe the change. My heart rate had slowed down to 80. Then he said, "I won't be seeing you again." They just sent a letter confirming the results.

My deepest thanks for all Astara has done for me. I am truly walking in ITS wonderful Light! With love, A.S.H., Cambridge, MA



A Positive Response To The Present Crisis

Through the ages, crisis and advancement have followed each other with a mathematical regularity. There have always been the philosophers of doom and the prophets of naive optimism. The recurring events have neither justified the prediction of doom nor the prophecy of uninterrrupted peace and prosperity. The facts and forces of events have unmistakably pointed out the middle way. It is equally true that the coming dawn is preceded by darkness.

By an inexorable law of compensation, the crisis generates its own antidoté; man tends to respond to the crisis at hand with vigor and enthusiasm. An emergency is no longer a game of speculation and hypothesis: it is a serious matter of life and survival. Therefore, I personally believe that at this hour of difficulty, a new vision and a new creative power will emerge once again from the miracle of man who is the never ending source of wonder and endless creativity of God.

God works through man. If this fundamental belief is true—then it is true also that God will reveal once again His life-saving power and grace for the triumphant emergence of man and the world from this dark period in history. But it will be a fatal mistake to wait passively for the coming of the golden time. We cannot ignore our profound responsibility in doing our utmost.

If we look at the world situation today, we are indeed overwhelmed by the vast magnitude of problems. We feel almost hopeless in the face of recurring war, breakdown of values, earth pollution and fuel shortage on an unprecedented scale. Yet, we also know that a journey of a thousand miles begins with a single step, that man is a mighty atom in his own unalienable right, that little drops of water make an immense ocean.

Therefore, we are called upon by our destiny and by our profound obligation to take certain possible steps in the right direction, to search our souls for answers to the problems of life, and to act for our good and for the good of the many. This decisive action does not call for world-shaking decisions. No man is asked by God to do the impossible. We have to explore the limits of the possible potentials of life. Life offers again and again the chances for our growth, advancement and survival.

What We Can Do

What response can we make to the predicament of our times? First, we must have faith in the goodness of man. We are in constant touch with the eternal source of all Good in God. From the depth of man will come the effective strength for good. Second, we are not alone in this battle. God is forever with us. If we do not fail ourselves, God will not fail us. It is a dual partnership; it is a mutual venture; it is a reciprocal action in which the destiny of man unites with the redemptive power of God.

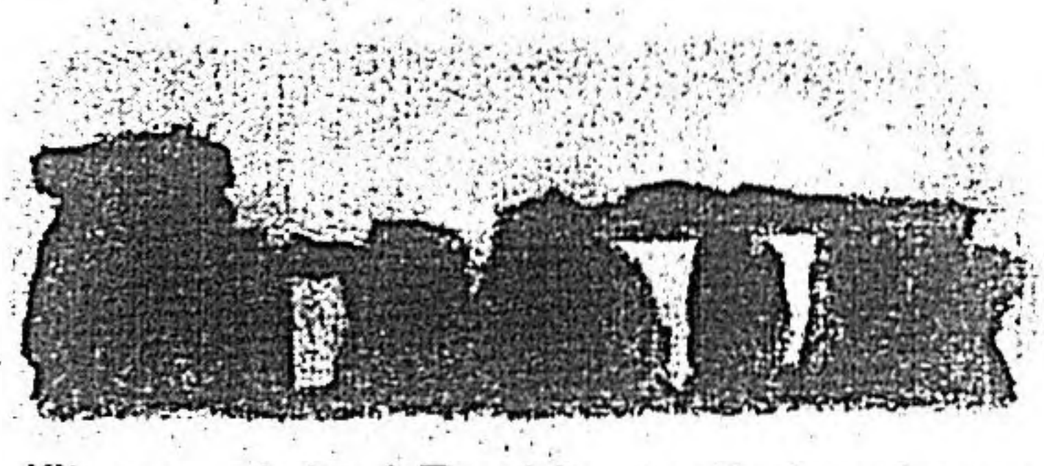
Third, we must do our individual duties in our private and public life. We must align ourselves with good, constructive and creative endeavors of all people. This is a very important thing to remember. Let us do all we can in regard to the fuel

shortage, and other problems of today, in a positive way. Fourth, we must hold fast to the eternal values of life. The proven and effective values of life must be our polar light to guide us toward the summit of light. In this situation we are very fortunate, because as Astarians we are in the light, and if we move in the light we can become an inspiration to others.

Fifth, let us treat with respect and love this gentle earth of ours. Let us radiate good will to all men and women all over the world. Finally, let us have faith and courage, hope, and a bright vision of the golden future to come. This crisis shall pass and the sun will shine again. God tests us in many ways, and I am sure that we will emerge victorious and strong in the end. For, that is our shining destiny.

Con't. from Page 2

crumbling monoliths—once a proud temple of the Celtic Druids. History tells us this priesthood flourished in England between the 2nd century B.C. and the 3rd century A.D. But the Druidic order long preceded the days of the Celts, reaching back to Atlantean times.



These original Druids studied and worshiped nature, eventually bringing their horticultural arts to prehistoric England. That Melchizedek was High Priest of the ancient Druidic Mysteries is indicated by the fact that the old Anglican word for milk is melch, and in olden times pastoral England was called Melch Island.

Melchizedek Initiates Abraham Into the Mysteries

Abraham of the city of Ur in the land of Chaldea was a student of the ancient Mysteries of which Melchizedek was High Priest. Abraham's great initiation took place upon his symbolic return from the "slaughter of the five kings" . . . meaning he had mastered the carnal lure of the five senses . . . at which time Melchizedek "blessed him" by administering the feast of bread and wine. Thus the great Hebrew patriarch became an initiate in the Mysteries.

Melchizedek, King of Peace

The Scriptures tell us that Melchizedek was King of Salem, *salem* meaning *peace.* It is interesting to note that the stronghold of Judaic tradition was eventually centered in the city of Jeru*salem* where, centuries later, the great Master Jesus who "art a priest for ever after the order of Melchizedek" initiated his disciples into the Mysteries when he gave them the bread and wine of the Last Supper.

The Mystical Order of the god-man Melchizedek exists today, and you and I, as Astarian students of the Mysteries and devout followers of the Christ, are members of that Order.

IN MEMORIAM

The following persons have sent memorial donations to Astara and we gratefully acknowledge their receipt.

Burton Arnaiz in memory of his wife, Laurenna.

Pearl M. Smith in memory of Virginia D. Gordon.

H. Guillum-Scott, Annette Heinitsh, M.O. Moore, Rodolfo Silva, Laura A. Stuart and Vivian and Edwin Teeter in memory of Dr. Robert's mother, Maree F. Chaney.

"If you wish to please people, you must begin by understanding them."

—*Charles Reade*

MATURITY is humility. A mature person is able to say—I WAS WRONG. He is also able to say—I AM SORRY. And when he is proved right, he does not have to say—I TOLD YOU SO.

—*Ann Landers*

Cont'd. from Page 1

one reason or another, were chosen to pave the way for the emergence of shrines as spiritual centers of retreat for the weary earth traveler.

It is that, at times, faith in the Unseen (or simply God) must be re-established in the minds and hearts of men. It is equally true that, in some periods of history, the spiritual development of mankind has been darkened by false ideology and untruths which, if left as a means to an end, would obliterate and suppress any spiritual awareness an individual might have in him. When such eras are prevalent in the world, how remarkable it is that the Cosmic intervenes on behalf of mankind, re-kindling the eternal flame within the breast!

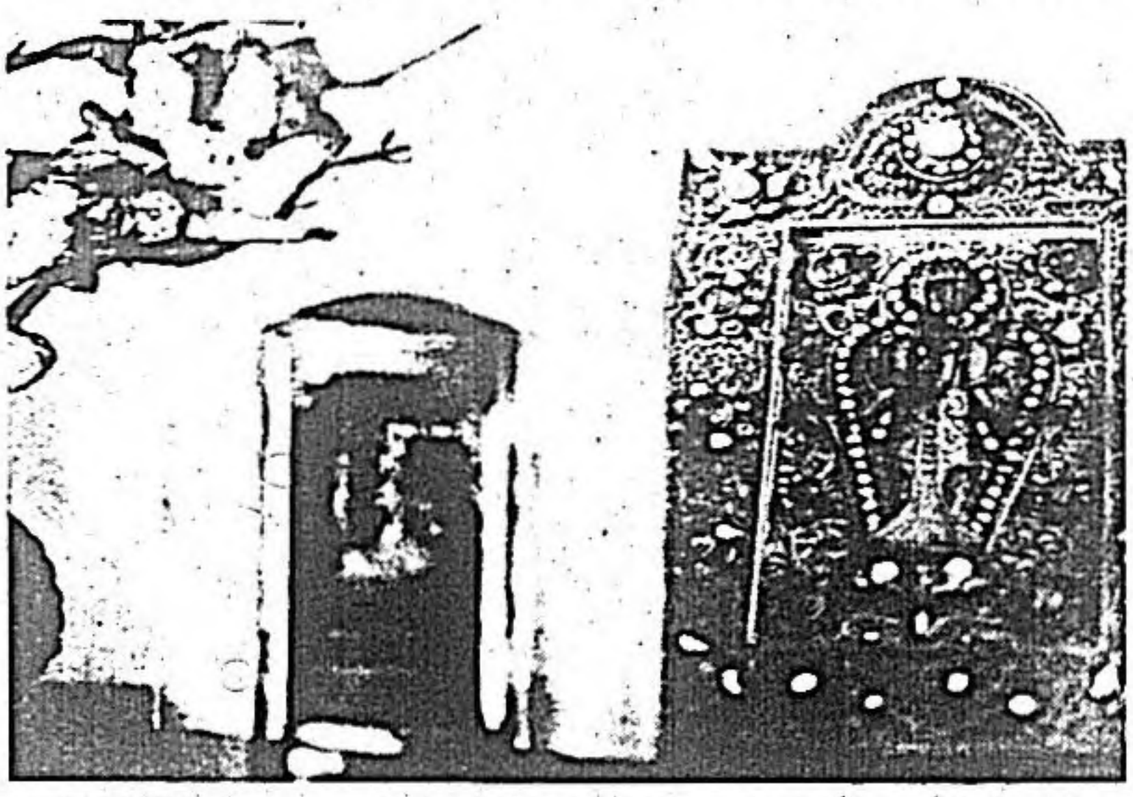
Spiritual shrines are living, breathing magnets of the Cosmic's grace. They are places in time and space which act as channels between the higher dimensions of life and our plane. They not only serve as an inspiration to the poor of heart, but as a beacon of hope to those who travel there. Through these spiritualized centers, much healing and love descend upon those who enter, the sanctum being nonpolluted by the raw material elements of the earth, nor by the gross thought force created by man.

Shrines are not ordinary places of worship, such as might be churches or temples built by man because they have, as their foundation, the intervention of a much more greater force than what man can conceive. This, in itself, would make one ponder upon the Creator's mercy and goodness, upon His revealing Himself to us as a *personal* manifestation in our lives, rather than impersonal.

The true mystic understands, however, that there are two types of shrines: the inner and the outer. He understands that, in all truthfulness, the outer shrine can only remain secondary to the inner, to the eternal shrine within. This inner "place" is the Eternal Flame of the God Presence in each individual. It is the center of our Being, the center of our life and life force, the primary point of consciousness. This is the God of our hearts, the Real Manifestation of Divinity.

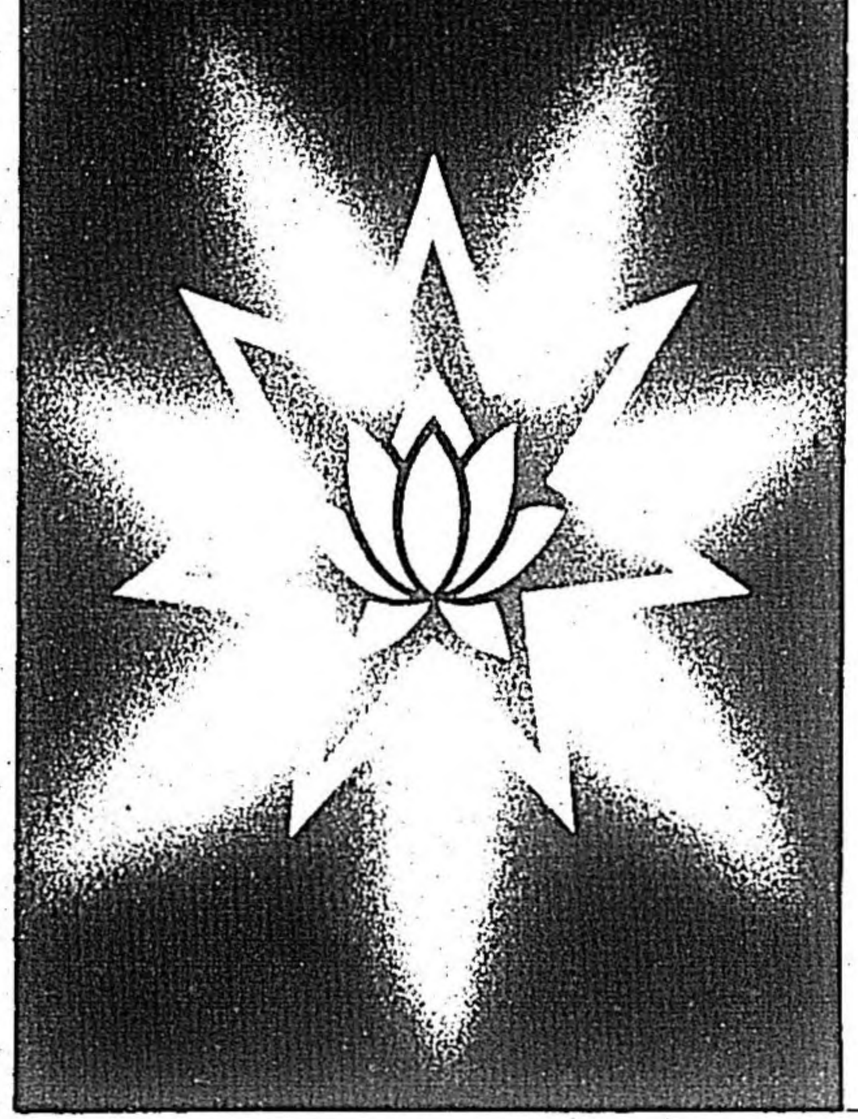
At the beginning of this essay, I remarked that a true spiritual shrine is the place deemed hallowed and sacred because of some manifestation of Spirit. Indeed, what greater shrine is there than that of the God within! What greater altar do we have save that of our bodies? What greater tabernacle than our souls?

Again, as in outer manifestation, the inner sanctuary must be stripped of externals, of thoughts and things which would inhibit rather than inspire the spiritual nature to manifest in personality. When such measures are taken by the disciple, he becomes the builder of the "house not made with hands." It is he, the true mystic, who will always make the pilgrimage daily, traversing the limitless spaces of his own being to find the faith, the courage to give testimony to the truth; who will find, by the power of God within him, the ability to multiply the loaves and fishes; who will inwardly change the water of physical consciousness into the wine of divine consciousness by the power of the Christ within him—all this because God has been enthroned upon the eternal shrine of the inner heavens.



"Be still and know that I AM God," saith the Lord. And the Cosmic utterance pervades all things, yea, even unto the four corners of the earth.

astarian healing petition



1. Fill in the Petition.
2. Concentrate a moment upon the Astarian Symbol.
3. Hold it between your hands with a prayer . . . then send it to us.
4. Each day sit in meditation for a few moments, visualizing yourself in an aura of White Light.

Please direct your prayers and spiritual healing energies to:

Name _____

Address _____

_____

_____

for the following difficulty: _____

_____

_____

_____

NOTE: When requesting healing for someone else, write your own name and address on the back of this Petition. This is *IMPORTANT.*

Astara 261 South Mariposa Avenue Los Angeles, California 90004

THE ASTARIAN AFFIRMATION

I am surrounded by the Pure White Light of the Christ . . .
Nothing but good can come to me . . .
Nothing but good shall go from me . . .
I give thanks!

Would you like to be here—
at Astara today?

Would you like to share in the exciting activities—the services and classes, the healing, filling Lesson requests and answering correspondence to the far corners of the world?

Would you like to be here and join the workers who help spread the Light of Astara in so many ways? Printing Lessons, filling orders for recordings and books? Preparing and mailing the Voice? Sending literature to prospective Astarians?

And there are so many other things to be done—cleaning offices, gardening, typing and all kinds of record keeping.

If you would like to be here and share in these activities, YOU CAN—through your donation. Each dollar contributed enables Astara to perform more services, reach more individuals ready for the Light. When this offering envelope brings your donation to Astara, you ARE here, and helping.

Compiled by
Irma I. Mills

ASTARA's BOOK LIST

January -
February 1974

MANLY PALMER HALL:

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New seventh edition. A convenient means for finding the meaning of various factors comprising an astrological chart. (223 p.)

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DR. GEORGE M. LAMSA:

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Chapters on the "silent years," the Master's childhood and higher education, and "comparative texts" with quotations taken from the Revised Standard Version of the Bible.

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DR. MARCUS BACH:

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ASTARA

261 South Mariposa Ave., Los Angeles,

Each price on this order form reflects the 5% discount allowed on each title. All sales are final. No refunds or exchanges.

Please allow at least three weeks for delivery in the United States.

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California residents add 5% tax.... _____

Total amount of this order.....$_____

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Her life and mission.

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Refers to the whole solar system as one vast musical instrument, with the signs of the Zodiac as the sounding board, and the planets as the strings, each contributing to the total harmony of the universe.

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The study of man as a "god in the making;" a minute universe.

( ) HOLY EASTER MYSTERIES..(paper)...$1.50
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Author, Jess Stearn, has presented Dr. Thompson's cure for your back ache miseries with humor and seriousness. Includes information on whiplash, headaches, sacroiliac "blues" and a program of corrective exercises.

LIFE & TEACHINGS OF THE MASTERS
OF THE FAR EAST -- B. Spalding (cloth)

Vols. 1( ) 2( ) 3( ) 4( ) 5( )Each...$3.35

( ) THE SEVEN RAYS.....(c)...$2.85
by Ernest Wood. Pursues the idea that while all seven rays are always present in everybody, that but one of them in each person is "captain of the team" and the other six help to carry out his purpose. Each ray is explained in detail.

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by Vincent and Margaret Gaddis. True case histories and anecdotes make up this fascinating look at the nature and life style of twins and other multiples.

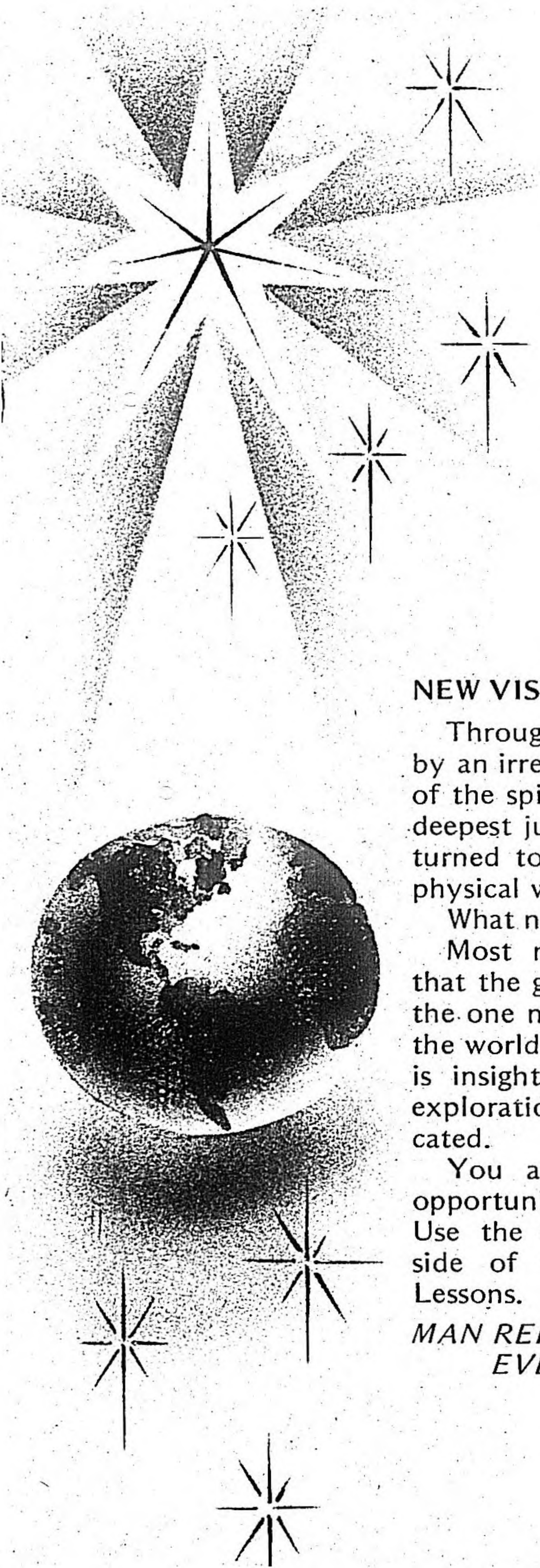
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( ) LITTLE ME & GREAT ME.....(p)...$1.00
by Lou Austin. Explains the differences between the Divine and the finite personalities. Illustrated.



NEW VISION—NEW WORLDS—

Through the ages man has been motivated by an irresistible urge to discover. It is an urge of the spirit. After centuries of exploring the deepest jungles and highest mountains he has turned to both inner and outer space in the physical world.

What next?

Most men of wisdom have long realized that the greatest of all worlds to explore, and the one most people know the least about, is the world within your Self—the greatest vision is insight. It is to this type of individual exploration that Astara's Lessons are dedicated.

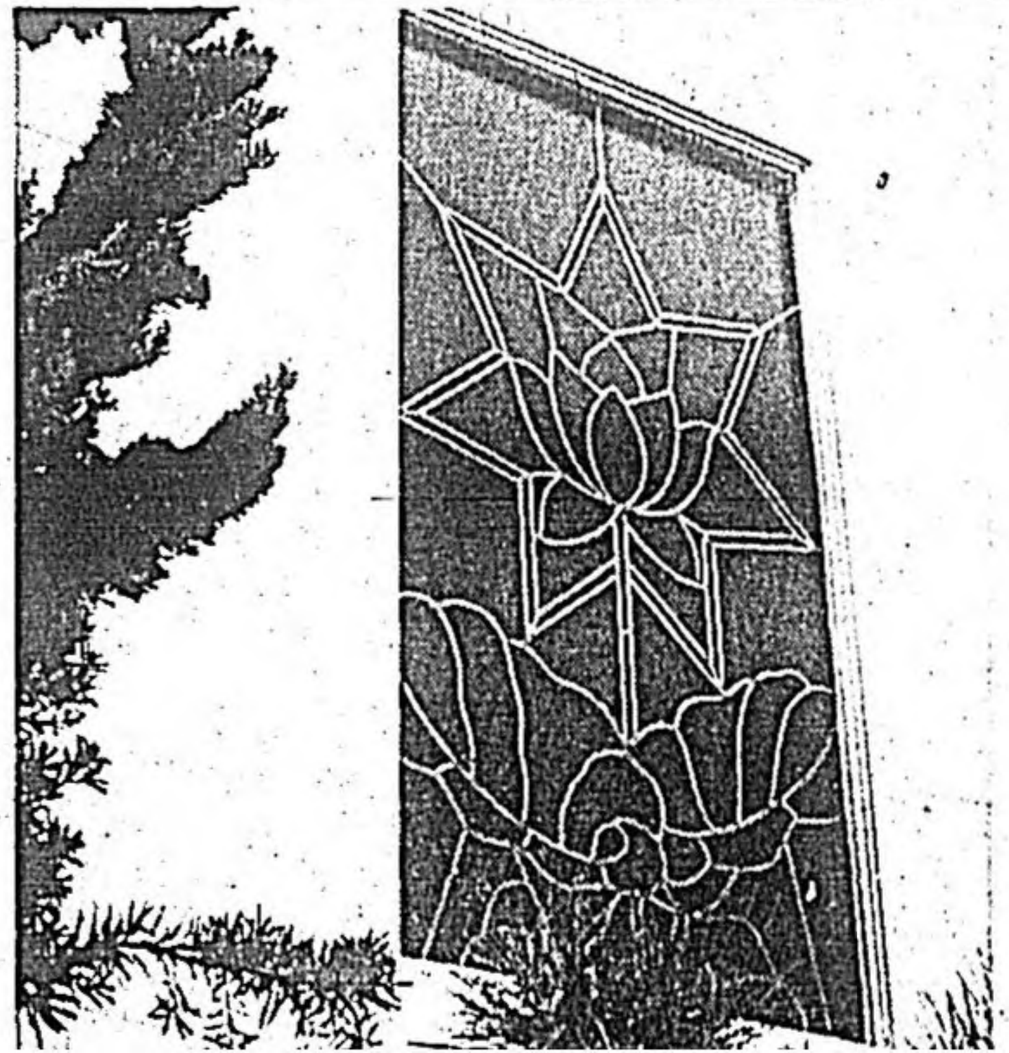
You are already providing just such an opportunity through your Astarian studies. Use the Continuation Form on the reverse side of this page for additional Astarian Lessons.

MAN REFLECTS THE INFINITE.
EVERY BIT OF WISDOM
FURTHER POLISHES THE MIRROR.

From_____

_____

_____



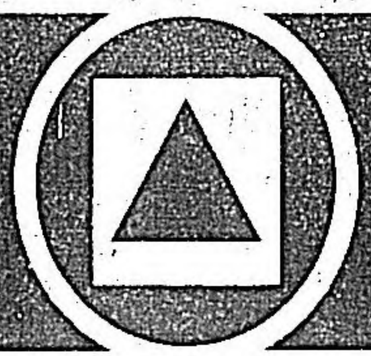
Stamp

Astara

261 South Mariposa Avenue

Los Angeles, California 90004

REQUEST FOR COSMIC HELP



CIRCLE OF THE SECRET SEVEN

On this petition write clearly and briefly the nature of your need, then sign below.
Meditate with it a few moments before sending it to Astara.

Name _____ Address _____

All communications on this sheet are held in the strictest confidence.

Astara 261 South Mariposa Avenue Los Angeles, California 90004



Give us, O God, the vision which can see Thy love in the world in spite of human failure.
Give us the faith to trust Thy goodness in spite of our ignorance and weakness.
Give us the knowledge that we may continue to pray with understanding hearts, and show us what each one of us can do to set forward the coming of the day of universal peace. Amen.

Astronaut Frank Borman's Prayer for Mankind, Beamed 230,000 Miles from Moon to Earth, December 25, 1968



February, 1974

Dear Fellow Astarian:

It's always difficult for me to grasp mentally a specific span of time.

For instance, it seems only a brief period since our daughter, Sita, entertained visitors at Astara's New Year's Eve festivities by singing "solos." She was not quite four when that occurred. She grasped the microphone in her little hand and projected to the audience like a professional entertainer.

Then the years sped by...a kaleidoscope of events, growing, learning, playing, traveling. And suddenly that little four year old is 18 (this month), is about to graduate from high school and enter college, will have the legal privilege of voting. In my mind the entire process only required a year or so. That's how swiftly the passing time seems to me.

Sunrise...sunset...

OVER

This last New Year's Eve Sita was part of the fun and entertainment group which this year was known as the New, Improved, Augmented, Astara Symphonic Orchestra, Marching Band, Glee Club and Coordinated Calisthentics Corps. The ages of individual members of the group span two or three generations. That span of time, also, is impossible for me really to grasp.

It is one matter when a short space of time seems interminable. It is another and far more frequent occurrence when a long period of time speeds by so rapidly that it is hardly realized. To me this further indicates that consciousness is above time and exists in what our friend Dr. Stromberg used to call the eternity domain.

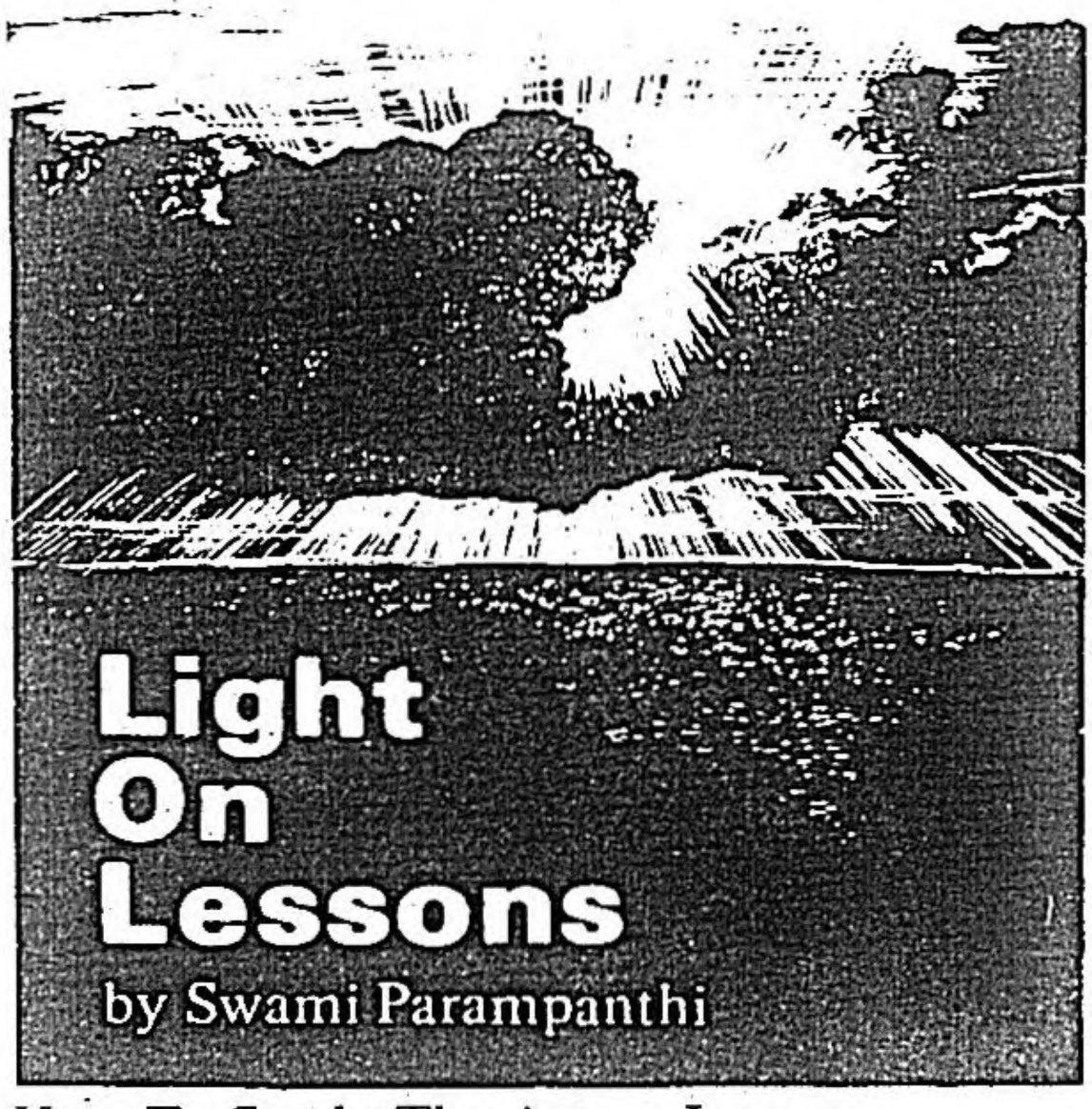
That eternity domain is where you and I are really living. Though normally, we focus our consciousness on this lesser life and its time oriented dimension, if you are occasionally conscious of the eternity domain and base more and more of your life on the reality of that dimension, you are well along the path.

Best wishes for now and for as far in the future as your consciousness can conceive --

Sincerely,

Robert





How To Study The Astara Lessons

Each one of you study your Astara Lessons in your own way. Yet there is always room for more effective ways of studying them. As a student, teacher and counselor, I have been studying difficult books, scriptures and materials for many, many years. Over the years I have developed certain proven methods of study for thorough understanding and clear comprehension of subject-matters. Allow me to share with you my ways of studying the Astara Lessons. Let me talk to you directly, person to person.

Before you take up an Astara Lesson put your mind in the proper mood with a short meditation, and then fully concentrate on it. Try to read it from beginning to end in one or two sittings to get acquainted quickly with the scope and panoramic view of the Lesson. Don't get sidetracked into isolated ideas, phrases and thoughts.

During the first reading, if you come across certain words that you do not understand, or certain ideas that interest you more than others, do not tarry along the way. Just read it through. Mark the words, terms and passages of special interest for future scrutiny and exploration. Never hesitate to underline or sideline. It is much better to have well read and marked Lessons than to have unmarked and unread onés. After reading the Lesson from cover to cover wait for a few days. Let the thoughts slowly sink into your consciousness.

During the second reading give special attention to those words, ideas and thoughts which attracted your attention during the first reading. Explore in depth, reflect and review the subjects of your interest. One great advantage of the Astara Lessons is that they are clearly written with proper headings and subheadings and beautiful illustrations. Each Lesson carries in the end a precise summary.

If you want to study more on some specific subjects, search for them in previous and subsequent Lessons. Chances are that you will find them. In some cases you may look into other Astara-oriented books.

Writing Helps Understanding

If certain passages are difficult to understand, write them down. This facilitates understanding. There is an ancient Chinese proverb which says: Hearing makes a learned man, reading makes a wise man, writing makes a perfect man. Writing helps you to concentrate and memorize the subject-matter at hand; it also stimulates your own thoughts. Then meditate on them. If the revelation does not come immediately, be patient. It will come to you consciously or unconsciously during your dreams or moments of deep intuition.

To put to use certain inspirational lines from the Lessons, make it a point to write down certain inspirational and memorable lines on reminder cards (3" by 5" cards) and carry a few of them at a time with you. A friend of mine, an Astarian, recently told me that he had a violent temper which he could not control. Then he came across a line in an Astara Lesson which simply asks: Am I being kind? He wrote it down on a reminder card and carried it with him. Whenever he would feel angry or agitated he would look at it

Cont'd. on Page 12, Col. 1

and meditate on it. Soon his violent temper diminished considerably.

Keep a progress report on the Lessons you have studied in a journal. Don't hesitate to write down your own thoughts inspired by the Lessons. Studying is not a one-way trip. You also react through inspiration and stimulation. You have also something to say in return. This is a dynamic dialogue. From time to time review the material. You will be amazed to discover new truths and new revelations which will enrich your life. These Lessons contain eternal truths; their values grow as the years go by. The things which were unintelligible before become comprehensible. They are like good wine which matures and grows richer with time.

Finally, do not stop studying the Lessons. Some of us tend to give up these studies; some of us for various reasons do not finish the Lessons available to us. This is our loss. If we only study fifteen minutes a day, we can go a long way in completing the exploration of all the Lessons available. The perennial truths never end; more Lessons will come as Earlyne and Robert Chaney probe the depths of the inexhaustible source of eternal wisdom of the ages.

Cont'd. from Page 3

as joys. They too, conceal diviner gifts.

Life is so full of Meaning and Purpose, so full of Beauty—beneath its covering—that you will find that earth but cloaks your heaven.

Courage then to claim it; that is all!

But Courage you have; and the knowledge that we are pilgrims together, wending home through unknown country.

And so, at this fine time I greet you.
Not quite as the world sends greetings, but with profound esteem and with the *prayer* that for you now and forever, the day breaks, and the shadows flee away.

It is better to understand a little than to misunderstand a lot. *Anatole France*

MAIL INVITATIONS

Occasionally we obtain a list of persons who have purchased books in our general area of interest and study. We then send membership information to them.

It is far too expensive to check names against our membership rolls so it is possible that you may receive the mailing being used. Please excuse it. It does not indicate that we are unaware of your Astara affiliation. It only means that the mailing personnel processing the list could not check all the names individually.

The best thing to do if such material comes to you is to pass it on to a friend who may be interested. You will be doing a service for your friend and for Astara too.

SLOWER DELIVERY

Word frequently reaches us that Third Class postal delivery sometimes requires as long as five or six weeks. Lesson requests are filled promptly here at headquarters, but it may be that you will have to wait slightly longer than previously for their arrival in your home.

SERVING THE FUTURE

A clause in your Will leaving a gift to Astara, or an insurance policy naming Astara as beneficiary will guarantee:

1. That your personal property will be used exactly as you wish.
2. That what you have acquired materially will continue to serve in a spiritual way.
3. That the principles and ideals of Astara, its inspiration and strength, will shine on in the years ahead.

These two methods, a will or an insurance policy, are ways in which your own special interests serve the future—a guarantee that the light grows brighter with passing time.

WHY RELIGION?

The word Religion in the heading above is not intended to refer to organized religion, but to the spiritual impulse present in humankind.

There are those who deem the origin of religion to be rooted solely in superstition. They have not delved deeply enough. Superstition exists, and always has. But it is the faulty expression rather than the origin of religion.

One may as well ask, 'Why hunger?' As a matter of fact, there could very well be a close relationship between hunger and religion. Hunger is an urge to satisfy a physical desire. Religion is an urge to satisfy a spiritual desire. The mind and emotions are related to both.

Religion exists for the same reason that hunger does. It is the result of a need. The act of eating feeds the body and satisfies the outer physical need. Religious activity feeds the spirit and satisfies the inner spiritual need.

What constitutes religious activity? The varieties are as numerous as are the varieties of food.

Prayer, meditation, music, reading scriptures, reading study materials such as Astara's Degree Lessons, church attendance. These are a few of the choices you have to satisfy an undeniable inner impulse . . . the eternal urge of the soul that brought religion into existence in every corner of the earth and among every people known to history.

I dreamed Death came the other night, and heaven's gate swung wide; with kindly grace an angel ushered me inside. And there to my astonishment stood folks I'd known on earth. Some I'd judged and labeled as "unfit" or "little worth". Indignant words rose to my lips, but never were set free, For every face showed stunned surprise—No one expected me.



A moment with Earlyne after a Sunday service.

LESSON REVIEW

by Margaret Doring

The purpose of life is to discover and develop the potentials you possess, inner endowments upon which you seldom draw the interest that is your due because mind and emotions meander under the pressures of modern life.

You possess both an outer physical nature and an inner spiritual nature. The inner self is the mystic potential that changes all things. It challenges you.

Awaken Your Higher Potentials

This lesson booklet by Robert Chaney explains that only five percent of your potentials are used in the necessities of everyday living. To activate the unused ninety-five percent the inner consciousness or spiritual nature must be given an opportunity to express.

It creates new inner patterns that become objectified in outer situations in unique and extraordinary ways.

Cont'd. on Page 15, Col. 2

ASTARIANS WRITE

Dear Friends,

It was my good fortune, or should I say 'misfortune'? to attend the Watch Party.

I was a bit concerned because the first few minutes seemed utter chaos. However, after that the situation deteriorated rapidly and I began to feel right at home.

The marching band exceeded the advertised standards. Proof of reincarnation lies right there. It would be impossible for anyone to get in that condition in one lifetime.

I felt myself slipping, slipping, slowly 'down the drain.' But I recalled "An Astarian never sinks alone."

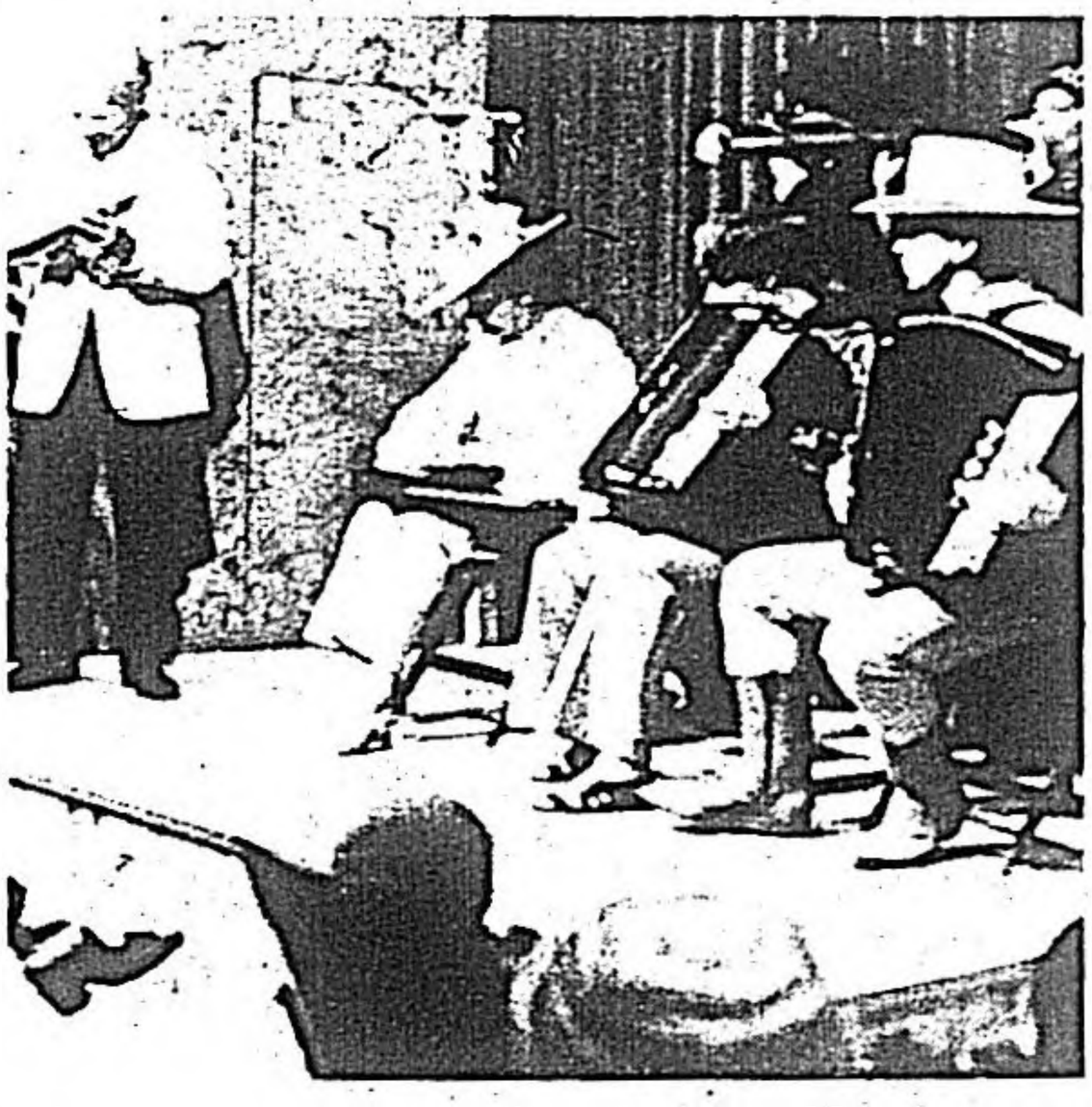
A couple of the musicians are beginning to show signs of talent which will probably disqualify them before long.

I found everyone delightfully insane. If I had known it was so much fun I would have gone off of the deep end years ago.

I hope to attend next year. If the band takes request numbers possibly they will play "Far Far Away."

Sincerely?
Marvin F. Mohler
Los Angeles, California

PS. I'd say it was a big success. The candlelight service was beautiful.



Astara fun group entertains New Year's eve.

Dear Friends,

When I was greeting visitors while on the staff of Astara, I was often told how meaningful the Lessons were to the members from all over the world. One comment, however, was very frequently expressed in a variety of ways. Now that they have found their "path" with Astara, many members cannot understand how people can follow the standard, orthodox religions.

This idea has bothered me, because finding Astara has had the opposite effect on me. Finding Astara has meant finding religion, and since I've found out what it is all about, I can see religion in churches of all faiths, churches where there once appeared to be nothing but dogma, rules and sometimes ritual of a nondescript nature.

Recently I read a paragraph on this subject which I'd like to share with you. Perhaps it may offer some of you a topic for meditation.

"Religion as taught to and practiced by the majority enables those who lack divine inspiration and revelation to align their behavior with the cosmic path, which is known and understood by the initiates. All religions, including Christianity, have both levels of religious experience. The esoteric and the exoteric must not interfere with each other. They are complementary and mutually reinforcing."

If you are among the many who find your family does not share your path and mine, why not try going their way, too. Now that you know what religion is, seek it, and you'll find it while your loved ones are at least learning to "align their behavior". We might even find our own "alignment" to be in need of a little adjusting!

Calla Haack

A gem is not polished without rubbing nor a man perfected without trials.

Old Chinese Proverb

Cont'd. from Page 13

Because you are the image of God you bear the Divine Seal upon your inner nature. You are the emissary of the Infinite and are to become His representative on earth.

There is a *vitality potential*, a *power potential* and an *enlightenment potential*, each of which can cause miracles in your life. A miracle is something that occurs at a higher level of consciousness than we are accustomed to understand.

As you direct your mind from a lower to a higher level you activate unused inner potentials.

Thought patterns take their arrangement from the prevailing nature of your consciousness. They are of magnetic, directive quality and influence every situation they touch.

To become the master of your destiny. To acquire the ability to govern circumstances. To become greater than you are, follow the methods found in the booklet "Awaken Your Higher Potentials."

The noblest question in the world is, what can I do in it. *Benjamin Franklin*

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"Get-togethers" are enjoyable following services.

SPEAKERS AT ASTARA FOR FEBRUARY '74



Robert Chaney



Rodolfo Silva



Howard Carey



Swami Parampanthi

Feb. 3: FRAMEWORK FOR SPIRITUAL HEALING
Robert Chaney speaking

Feb. 10: THE HAPPENING
Rodolfo Silva speaking

Feb. 17: PATHWAYS TO UNCONDITIONED LOVE AND ONENESS
Howard Carey speaking
Rodolfo Silva, Healing Service

Feb. 24: THE HINDU VIEW OF LIFE
Swami Parampanthi speaking

Mar. 3 PSYCHIC PHENOMENA AND CHRISTIAN HISTORY
J. Gordon Melton speaking

Sunday Services at 11:00 A.M.

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Astara

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TIME VALUE