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

Voice of Astara

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EDITOR: Swami Parampanthi



A LETTER OF INSPIRATION

BY SWAMI PARAMPANTHI

Many years ago I received a letter of great inspiration from a gentle and enlightened Master. Allow me to share this beautiful epistle with you all.

Dear Friend: Create a little shrine in your blessed home. It does not have to be a big place; a little room, even a part of a little room which is quiet, clean and pleasant, is suitable for the purpose. There is no need for unnecessary clutter or furniture in the room. It is a nook for your daily prayer and meditation, study and contemplation.

There may be a simple and small altar upon a low table. You may have a few statuettes of saints, some fresh flowers, a book or two and an incense-burner on it. You may have a carpet in front of it and a few cushions around it. Please spend a few moments every day in the morning and evening in the sanctuary.

Pray and meditate. Do soul-searching and withdraw in the sanctuary from the clamor of the world to the inner silences where the daily tension is eased and the gentle voice of wisdom is heard. Use the room in times of crisis and joy, in times of serious thinking and decision-making.

Try to do each day one good, beautiful, and beneficial thing: read an inspiring book or poem, write a warm letter to a forgotten friend, talk encouragingly to a person in need of comfort and consolation, send out healing prayer for those who need it, listen for a while to the many voices of nature, make a new resolution to become a better person, listen to a song or moving music. You may do something interesting and creative with your mind and hands.

Once in a while pause deliberately in the midst of the rush and pressures of life to refresh the restless mind and tired body. Return frequently to the inner castle of your being. Explore, when you

Con't. on Page 2, Col. 1

NOVEMBER PULPIT GUEST



Lotte von Strahl, known throughout the world for her ESP abilities and her work as a sensitive with scientists and criminologists. speaks Sunday, November 17, 1974. Her subject is *Reminiscences Of A Mystic.*

Mrs. von Strahl has demonstrated her "gifts of the spirit" throughout Europe, South Africa and the United States before church groups, scientific investigators, parapsychology groups and individuals seeking help with personal problems.

Con't. from Page 1

have the time, all the areas of your personality to expand and improve the good qualities, and understand and remove the negative and neutral qualities. Suppose you are short-tempered. Face the fact irrevocably; go thoroughly into the problem and work out a plan of action to remove it. Do not sidetrack; do not avoid the decision-making; commit yourself to specific actions. In this way, one can solve almost all normal problems in life.

Be affirmative, positive, and constructive in all your approaches to life's challenges and responsibilities. Remember that every person is a unique individual fulfilling his or her unique destiny in a distinct and inimitable way. Therefore, never compare yourself with any one; be inspired by others; be ready and willing to follow good examples set by others. But blind imitation and comparison should be avoided. Discover the powers and dominant motivations of your life and try to develop them in the light of your own need, capacity, and life. Always retain your own original flavor, your own life-style and being.

Observe yourself under stress and strain; observe your behavior pattern under difficult conditions. In moments of strain and pressure our individual weaknesses are clearly visible. Then, begin the work of transformation. Observe the behavior patterns of other people: understand their outstanding qualities and be inspired; understand their negative aspects and try to avoid them.

Question deeply into the mysteries of existence; do not accept anything on its face value or be awed into blind submission. Listen to others, study books, receive suggestions, be open, but not at the cost of your own conscience.

Touch life at many interesting points, from the most profound to the simple, from deep contemplation to fishing. The communion with nature is very wholesome in life. It is good to be familiar with many aspects of nature: sounds, smells, mystery, magic, trees, flowers, plants, animals, snow, grass, hills, streams, silence, solitude. There is nothing more refreshing than friendship with human beings and with nature in all seasons.

Express all divine emotions: love, thankfulness, gratitude, mercy, compassion, wonderment. Courage, fearlessness, strength are also heavenly virtues. The final thing is to remember God in your own life. If God is with you—who can be against you?

Your Friend and a servant of God and humanity.

CREATIVE SELF-TRANSFORMATION



Swami Parampanthi and Heidi Olsen read galley proofs of Swami's book, Creative Self-Transformation Through Meditation.

If you have not received the notice of your pre-publication privilege for Astara's second book publication, *Creative Self-Transformation* by Swami Parampanthi, be sure to let us know and we will rush it to you.

This fine book which constitutes a six-week course in creative meditation practices is expected from the printer by mid-November. Orders from members on the pre-publication privilege will be accepted throughout the month of November.

Persons who have read the manuscript have agreed that this book fills a need for meditation instruction found in no other publication. Much of its value lies in giving the reader and meditator the opportunity to be creative in fulfilling his own needs and purposes in meditation. CST, as we call it, gives the ancient disciplines of meditation which Parampanthi studied throughout India but applies them specifically for our western world.

REMEMBERING FOR CHRISTMAS

Because we have received so many complimentary letters about *Remembering*, Doctor Earlyne's autobiography, it has occurred to us that some Astarians may wish to have copies to give to relatives or friends as Christmas gifts.

If you wish to order gift copies, we will Christmas-wrap and mail them including a gift card from you, or we can send them directly to you. If you wish gift copies sent individually to other persons, be sure to write the words FOR CHRISTMAS GIFTS on the order. Remember to include the name, address and zip code of persons to whom gift copies are to be mailed and either send us your own card or we will include one for you.

MAIL SERVICE LAGS

Delivery of mail all over the world is snail-slow these days. The tremendous volume the postal departments handle is the main reason, and we give them credit for doing as well as they do under trying circumstances.

It used to be only a few days for delivery of First Class or Air Mail, and two to three weeks for Third Class. Now it often takes a week or more even for Air Mail, and at least a month for Third Class. Please allow for this extra time before inquiring about your mailings from Astara.

Your requests for study material are filled within a day or two after arrival at headquarters, but once in the mail we have no control over delivery time. Remember too that when you send your order it might take over a week to reach us . . . thus, further delay.

Please be patient. Save yourself (and us) time by waiting just a little longer before writing about your order.



An Astarian in Need Never Walks Alone

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

AWAKENED BY A LOVELY VOICE

Dear Astara:

I am finding the joy of being a member of Astara is growing by leaps and bounds, and truly I know what it means that "an Astarian in need never walks alone."

The morning before last I was awakened by a lovely voice calling my name. Half asleep, I went to the door. The cool morning air awoke me completely, but there was no one there.

Going back to bed, I found a black widow spider less than six inches from where my head had lain a few minutes before.

I thank Astara from the bottom of my heart for that lovely voice. Love to all.

Always, D.R., Cedaredge, Colorado

I FEEL VERY LIGHT

Dear Fellow Astarians:

I give many thanks for easing the pain in my left leg, hip and foot.

I know the healing came from all of the love that comes from Astara.

I feel very light, and the left side felt so cold at the minute it started to mend. I can feel blood running through the part of the leg that was injured. It is no longer numb with pain. Thank you.

I have the deepest love and respect

for Astara--the greatest day of my life was the day Astara accepted me as a member. The warmth I felt that day, I cannot put into words. Something like a new lease on life.

I pray that all other Astarians be truly blessed. Every time I learn a lesson through some deed, I give thanks to Astara.

In the One Light,
Mrs. A. J., Riverside, California

"HE WILL BE ALL RIGHT, CHILD."

Dear Friends at Astara:

Last week I had my first need to use the healing petition of Astara. I was very worried about my son who had been having severe abdominal pain, poor color, and had been on iron for two months because of a low blood count. He had been seen a few days before mailing the petition by two doctors, and it was suspected he might have a possible attack of appendicitis and/or an ulcer.

When I filled out the petition and prayed, I felt a warm glow come over me. As I deposited the letter in the mailbox, a message seemed to say in my head, "He will be all right, child."

Two days later he went back to the doctor for a check-up and blood count. The doctor said, "He is all right, Mom, and I'm taking him off of the iron. He is fine." I smiled and silently thanked Astara, remembering that "an Astarian in need never walks alone."

Thank you for all the joy and faith I have since becoming an Astarian.

Sincerely, V.C.M., Pasadena, Calif.

THE YOGIC PATHWAYS

Swami Vivekananda

Swami Parampanthi presents the STUDY CIRCLE to explore the wisdom of all ages and lands—mystical, psychic, and spiritual, in informal sessions, Friday evenings at 7:45 in the MUSEUM ROOM.

The emphasis is on practical techniques for self-development and creativity through spiritual and psychic growth. Each evening program begins with simple Yoga exercises to help participants relax, and ends with a special healing meditation.

On Friday evenings in November, Swami Parampanthi will teach a course on FOUR YOGIC PATHWAYS as explained by SWAMI VIVEKANANDA, one of the great saints of modern India. The word, Yoga, stands for man's ultimate union with the divine essence and God. The ancient seers of India evolved the four pathways of Yoga: Bhakti Yoga (the path of love and devotion), Karma Yoga (the path of inspired action), Jnana Yoga (the path of knowledge) and Raja Yoga (the path of psychic unfoldment). Swami Vivekananda explained these four pathways to God-union in his own beautiful, authentic way.

Swami Parampanthi will explain in detail how the techniques of Yoga can enrich our lives physically, mentally, spiritually and psychically. He will also instruct the students in the art and techniques of higher meditation.

THE YOGIC PATHWAYS:
SWAMI VIVEKANANDA

November 1: Karma Yoga: The Path of Inspired Action
November 15: Bhakti Yoga: The Path of Love and Devotion
November 22: Jnana Yoga: The Path of Intuitive Knowledge
November 29: Raja Yoga: The Path of Psychic Unfoldment

Learn the ancient techniques of Yoga and higher meditation to find enlightenment, peace and inner strength. FREE-WILL OFFERING.

OOPS—OUR EARS ARE RED!

All our nice plans for getting copies of *Remembering* to those who had ordered it went awry. We received copies from the bookbinders at an agonizingly slow pace and could mail only a few each day.

To those of you who were patient about receiving copies you had on order for so long, we thank you. For those who were impatient, we don't blame you.

We are now up to date on mailing and orders now being received are mailed within 24 hours. Book post is slow so allow three to four weeks for delivery in the United States.

YOGA CLASSES

Jaci Eckman presents a yoga class Wednesday evenings during November at 7:00 in the Museum Room.

The class is presented in the manner given to the western world by Swami Satchitananda. There will be chanting, controlled breathing, and hatha yoga in the first part of the class, followed by a journey into the *inner realms*, ending with a short meditation.

The class is open to everyone, with or without experience in yoga. Please eat a light meal. Come in comfortable, loose-fitting clothing and bring a mat or other floor covering to lie on.

Free will offering.

BOOK LIST TELLS TODAY'S STORY



Our office receives a publication titled *The Review of Books and Religion.* It contains a feature titled *Books Most in Demand.* The selection is made by contacting a specific book store for information.

The latest list included 17 books, of which 10 have varying degrees of relationship to studies in metaphysics, mysticism and the esoteric view point. The list indicates today's popularity in the field of interest to Astarians.

In the order of their appearance on the list, the 10 books in our field include:

CONFESSIONS OF ST. AUGUSTINE. Doubleday.

THE MAGIC OF BELIEVING by Bristol. Book Service.

AQUARIAN GOSPEL OF JESUS THE CHRIST by Levi. De Vorss.

IN TUNE WITH THE INFINITE by Trine. Thomas Allen.

NO MAN IS AN ISLAND by Merton. Doubleday.

BEELZEBUB'S TALES OF HIS GRANDSON, OR ALL AND EVERYTHING by Gurdjieff. Routledge & Kegan Paul.

MANY MANSIONS by Cerminara. Morrow.

THE SERMON ON THE MOUNT by Fox, Harper & Row.

LIVING THE INFINITE WAY by Goldsmith. Harper & Row.

THE STORE OF THE OTHER WISE MAN by Van Dyke. Harper & Row.

TRIBUTE TO MILDRED PRATT



Mildred D. Pratt, a charter member of Astara, and for many years one of the Circle of the Secret Seven, stepped into the Dimensions of Light the morning of October 1st. Mildred served the United States government in the Public Health Service as a nurse until her retirement a number of years ago. She continued her interest in healing by conducting healing devotionals in her home shrine twice daily for Astarians everywhere. Her name as a member of the Circle of the Secret Seven was Zara.

"Mildred was a true spiritual light in all that symbolism implies, especially in healing, inspiration and love for her fellow human beings," said Doctor Robert in paying tribute to one whose life was truly dedicated.

Appreciation of Astarians everywhere for her efforts on their behalf was expressed by Rodolfo Silva, Earlyne and Robert during memorial services at Astara.

Note from Dr. Earlyne:

I have just finished reading *"The Inner Ecstasy"* by Dr. Marcus Bach, and I hasten to recommend it to Astarians. It certainly stirs within yourself "the inner ecstasy" he experienced. It brought me nearer again to the Great Light I, too, experienced and for which we all strive to attain as the major goal of our incarnation. Read it!

YOGURT AND CHOLESTEROL

For centuries yogurt has been considered an excellent food for good health, mind and soul. For many years health experts have advocated yogurt for a long and active life but no scientific reason has ever been advanced for this. Now the reasons may be forthcoming.

Twenty-four Kenyan Masai tribesmen have given scientists a pointer as how to reduce the level of cholesterol in the blood, with important implications for research into heart disease.

Western man who overeats food rich in cholesterol suffers from "furring up of the arteries—atherosclerosis—and degenerative heart diseases" to such an extent it is almost an epidemic in the United States.

But the Masai, who live on a cholesterol-rich diet of milk and meat, have been known for years to be almost free of heart disease. Most experts believed this was because of the enormous amount of exercise these nomadic cattlemen take, with a young Masai covering anything up to 25 miles a day.

A team of medical researchers, looking for something completely different, believe they have stumbled over the secret of the Masai—yogurt. The Masai have provided a link between cholesterol and yogurt which may provide a key to a real heart disease breakthrough.

The research has been carried out by Dr. George Mann of Vanderbilt University and Dr. Anne Spoerry of the Kenyan Flying Doctor Service and the African Medical Research Foundation.

The original purpose of Dr. Mann's research was to explore the effect of surfactants—the substance which makes it easier to mix oil and water and which is added to many foods such as mayonnaise, chocolate, ice cream and cakes, and is contained in detergents. Research with animals had suggested that surfactants added to diet increased blood cholesterol levels. Dr. Mann wanted a group of people for research who had no surfactants in their diet.

Twenty-four young Masai men were persuaded to take part in the experiment in return for all the meat and milk they could eat. They were divided into two groups, one of which had surfactants added in small quantities to their diet of meat and yogurt (the Masai prefer eating yogurt to fresh milk).

Dr. Mann returned to the United States and had the results analyzed. The results showed that both those men taking surfactants and those not taking them had lower cholesterol levels in their blood than when the experiment started. Since they had been eating about twice as much as they usually do and were exercising less during the experiment, there appeared to be only one logical explanation—the more yogurt you eat, the lower your cholesterol level.

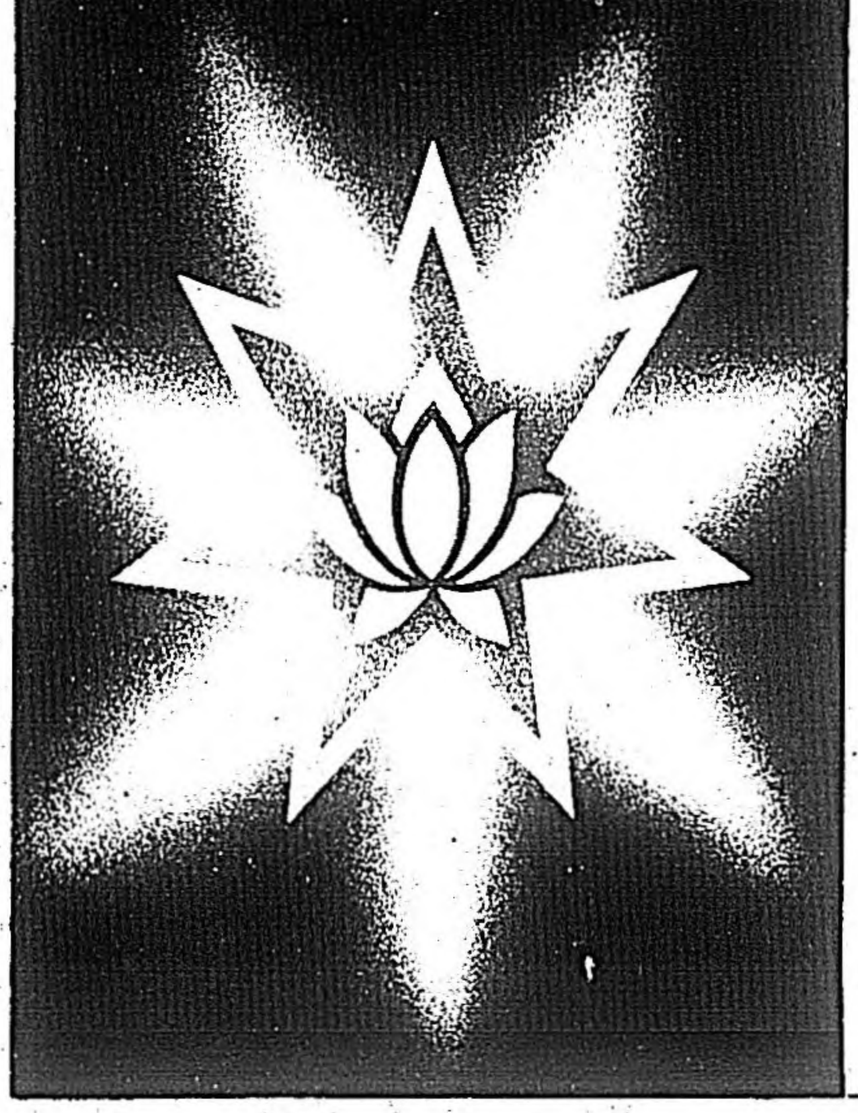
In his experiment in the United States Dr. Mann has found that if a minimum of three and a half pints of yogurt a day is consumed, there appears to be a definite and consistent drop in cholesterol level. Dr. Mann believes that the bacteria which ferments the milk and turns it into yogurt may produce a substance—probably a fatty acid—which stops the body's own production of cholesterol in the liver.

THY POWER

If in every particular action thou dost perform what is fitting to the utmost of thy power, let it suffice thee. And who can hinder thee, but that thou mayest perform what is fitting? But there may be some outward let and impediment. Not any, that can hinder thee, but that whatsoever thou dost thou may do it justly, temperately, and with the praise of God.

—*Marcus Aurelius*

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!

Dear Astarian -

Give me a message,
& I'll deliver it to
Astra's Headquarters
for you.

Do your Messenger
Envelope I'm ready to
carry your Help Station,
request for Lessons,
donation, or any letter
you wish to send.

Just slip me out of
the Voice. For you, I'm
ready to serve any
time.

Sincerely,
Your Messenger Envelope

FELLOW SEEKERS AT ASTARA:

I wish to be active in Astara in as many ways as possible. Therefore, I am sending with this Messenger Envelope a monetary gift which represents that action on my part.

Just as Astara is part of me through its Lessons, letters, healing and other services, so do I feel myself to be part of Astara by contributing the enclosed. As I see Voice articles telling me of each objective gained in 1974, I will know that I have helped make them possible.

The amount I have enclosed is $_____

(please print)

Name _____

Street _____

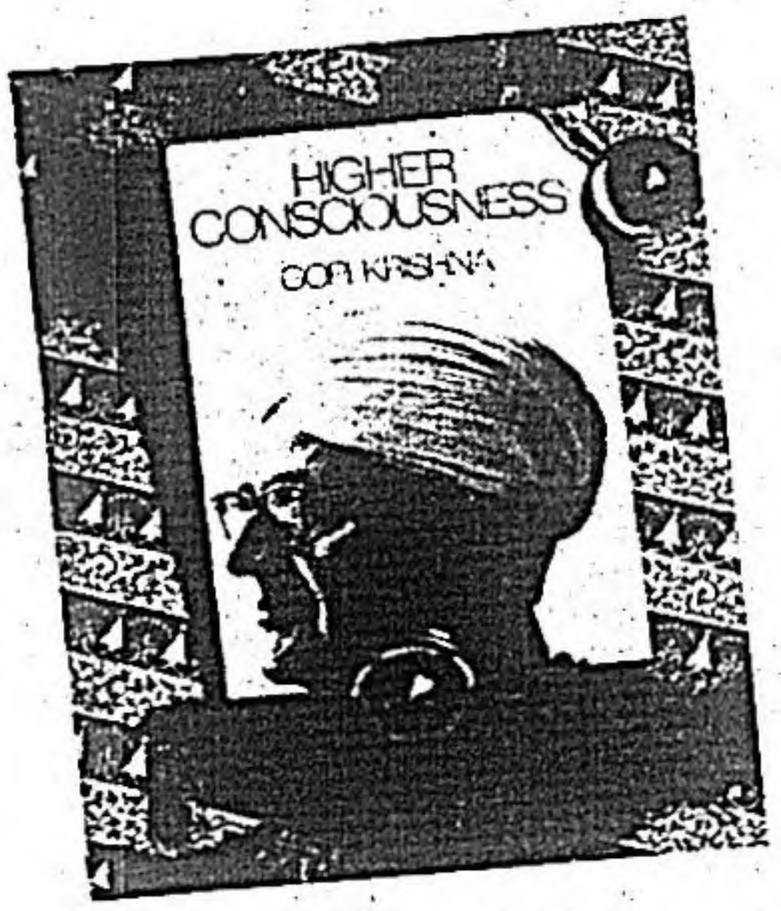
City _____

State _____ Zip _____

(U.S. residents may deduct contributions from U.S. Income tax.)

TO SEND A DONATION TO ASTARA, DETACH THIS PANEL AND ENCLOSE IN THE ACCOMPANYING MESSENGER ENVELOPE

ASTARA's Book List



( ) HIGHER CONSCIOUSNESS...$7.50
by Gopi Krishna. Writing from his own personal experience with Cosmic Consciousness, this author has given an added dimension to this treatment of what is, and what is not, higher consciousness, and the evolutionary thrust of Kundalini (soul fire) to the ultimate attainment of cosmic illumination. Seven sections include: The Physical Aspects of Higher Consciousness; The Nature of Mystical Experience; Religion and Evolution; Yoga and Higher Consciousness; The Problems of Miracles and the Paranormal; Science and Kundalini; and Kundalini in the Evolution of Mankind. (cloth edition)

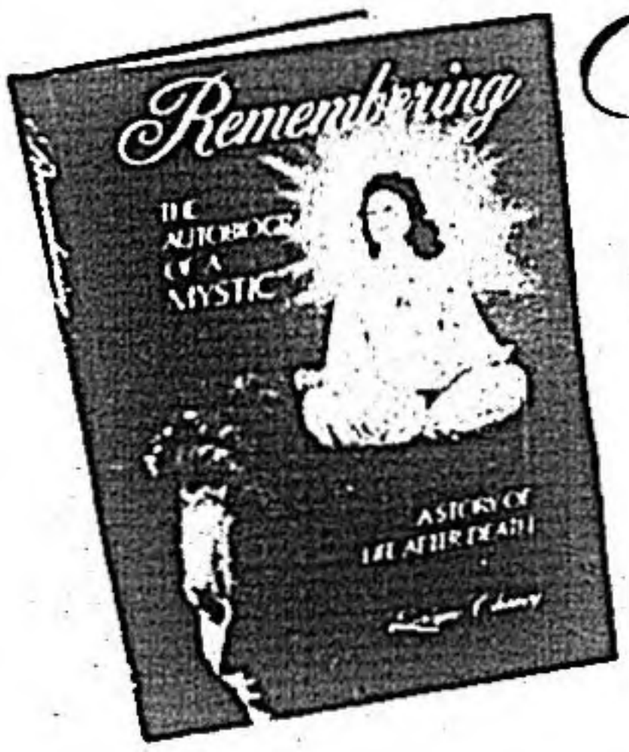


( ) COMPANIONS
ALONG THE WAY..(c)...$6.60
by Ruth Montgomery, author of "A World Beyond," and "Born To Heal," gives her usual eloquent and dramatic treatment to this new book on karma and reincarnation. Received through automatic writing from noted psychic, Arthur Ford, she tells of previous lives they shared, including one during the life and ministry of Jesus in Palestine. The comments about Mary, the Resurrection, and lives of other Bible personalities, give an added dimension to this account of life after death.

( ) PRAYER CAN CHANGE YOUR LIFE...(p)...$1.85
by W. Parker & Elaine St. Johns. Experiments and therapy techniques that prove prayer can heal the mind and body at any age, anywhere, anytime.

Compiled by
Irma Mills

November -
December 1974



Remembering

The Autobiography
Of a Mystic
by Earlyne Chaney

( ) $8.50
Totally
revised,
new cloth
edition

This is a story of life after death that had its beginning in the early memories of a little girl. It is a story of her profound faith and deep inner searching for the truth about her visions and the "inner voice" which guided and taught her. It's a love story that brings tears and laughter as you read of struggles to learn, to cope and to succeed. From the first chapter, "Once Upon a Lifetime," to the final chapter, "Beat the Drum Slowly," this could be your story.

Astara
261 South Mariposa Avenue
Los Angeles, California 90004

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.

* * * * * * * * * * * * * * *

___Number of books ordered. Amount $_____

California residents add 6% tax....._____

Total Amount of this order.....$_____

* * * * * * * * * * * * * * *

SEND TO:

_____

Name - please print.

_____

Name and number of street.

_____

City.....State.....Zip code...



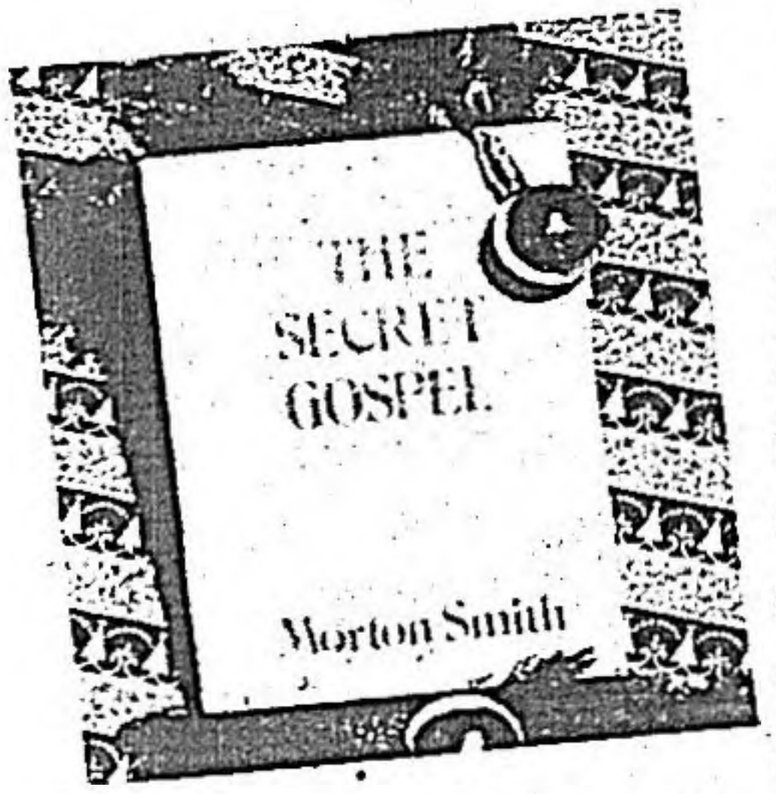
( ) MUSIC & YOUR MIND.(c).$5.65
by Helen L. Bonny and Louis M. Savory. "Listening with a new consciousness," is the theme of this excellent new book. It explains how to reach and stimulate unexplored levels of human consciousness, and gives examples of how music can be used by individuals, groups and music appreciation classes. Suggests a variety of recordings suitable for opening the inner doors of the mind.

( ) TONING: THE CREATIVE POWER OF THE VOICE.....(p)..$1.90
by Laurel E. Keyes. Gives methods for using the sound patterns of the voice to create harmony in ourselves and others.

( ) INNER ECSTASY -- Marcus Bach..(c)..$4.70
In this personal testimony to the "power and glory of speaking in tongues," Dr. Bach asks, "What is the essential reality of self-transcendence? Is its source the human psyche or the Holy Spirit?" He relates the power, and creative direction of the voice to the achievement of harmony between the inner and outer forces of our lives.



( ) BEYOND ESP.....(c)..$5.65
by Gilbert N. Holloway. Drawing from his own experiences, Dr. Holloway gives a personal knowledge to the explanations and interpretations of these "gifts of the Spirit" which are beyond ESP. Faith, prophecy, healing, miracles, discernment, tongues (glossolalia). He further tells you how to use and develop these spiritual gifts. Included are chapters on "Prayer Dynamics," "Space-age Thinking," and "The End-time Drama."



( ) THE SECRET GOSPEL.(c).$5.65
by Morton Smith. From a fragment of a letter found copied on the back pages of a 17th century volume in the Mar Saba Monastery in the Judean desert. Attributed to Clement of Alexandria, a 2nd century saint, this 1958 find is considered an important contribution to the interpretation of the Gospel of St. Mark and its relationship to the other Gospels of the New Testament.



( ) HOW TO GET WELL...(c)..$8.50
Paavo Airola, Ph.D., N.D., nutritionist, naturopathic physician and award-winning health writer, compiled this handbook of natural healing. It is a drugless approach to health and disease and has a complete program of treatment for major diseases. Includes diets, specific vitamins and supplements, as well as information on fasting, baths, and many other ancient and modern methods used in the treatment of common ailments.

( ) VEGETARIAN COOKERY.....(p)..$4.75
by Pietro Rotondi, D.C. A "design for living" cookbook, with vitamin chart, list of substitutions, weights and measures, and vegetarian recipes.

( ) HELPING YOURSELF WITH FOOT REFLEXOLOGY.....(p)..$2.35
by Mildred Carter. Techniques for relaxing entire body tensions. Illustrated.

( ) SECRET OF INSTANTANEOUS HEALING.(p).$2.35
by Harry Douglas Smith. Shows you how to place yourself in contact with the all-powerful Infinite Healing Forces of the Universe.



THE SECRET OF THE DIVINE FIRE

Legend says that in the long ago a god named Prometheus, in a misguided effort to help mankind, stole the secret of the Divine Fire from Mt. Olympus and presented it to man.

The story of his punishment and final liberation comprises the Mystery Drama of man's search for enlightenment. Enlightenment is the goal of the search in which *you* are now engaged through the Degree Lessons.

But unlike those to whom the Secret of the Divine Fire was given ages ago, you have gathered an abundance of knowledge along the way which they had not yet learned. You have passed through initiations which give you the privilege of joining the great company of enlightened ones who share the inner wisdom. Still further enlightenment awaits you; use the Continuation Form on the reverse side of this page for additional Astarian Lessons.

WHEN LIGHT GLOWS,
DARKNESS GOES.



Degree Lessons Continuation Request

Postal delivery requires three to four weeks in the U.S.
For your convenience and saving, you may wish to send advance tuition for more than one month's Lessons. Check your preference in the squares below.

Astara 261 South Mariposa Avenue • Los Angeles, Calif. 90004

I have checked below the tuition payment I prefer. Please send the Degree Lessons to me accordingly.

- ☐ I enclose $4. Send next two Lessons.
- ☐ I enclose $7.80 for four Lessons. Send 2 each month. (saves 20¢)
- ☐ I enclose $11.40 for six Lessons. Send 2 each month. (saves 60¢)
- ☐ I enclose $14.80 for eight Lessons. Send 2 each month. (saves $1.20)
- ☐ I enclose $18 for ten Lessons. Send 2 each month. (saves $2.00)
- ☐ I enclose $25 for fourteen Lessons. Send 2 each month. (saves $3.00)
- ☐ I enclose $38 for twenty-two Lessons. Send 2 each month. (saves $6.00)

When requesting more than two Degree Lessons, they are mailed to you two at a time on the first of each month.

Lessons are usually sent via Third Class mail requiring up to four weeks for delivery in the continental United States unless you request First Class mail.

☐ Please send the Lessons I have requested via First Class mail. I enclose an extra 50¢ for each two Lessons (50¢ for 2; $1 for 4; $1.50 for 6, etc.)

Name (please print)_____

Street & No._____

City_____

State_____ Zip_____

☐ Check here if new address since your last order.

Degree Lessons Continuation Request

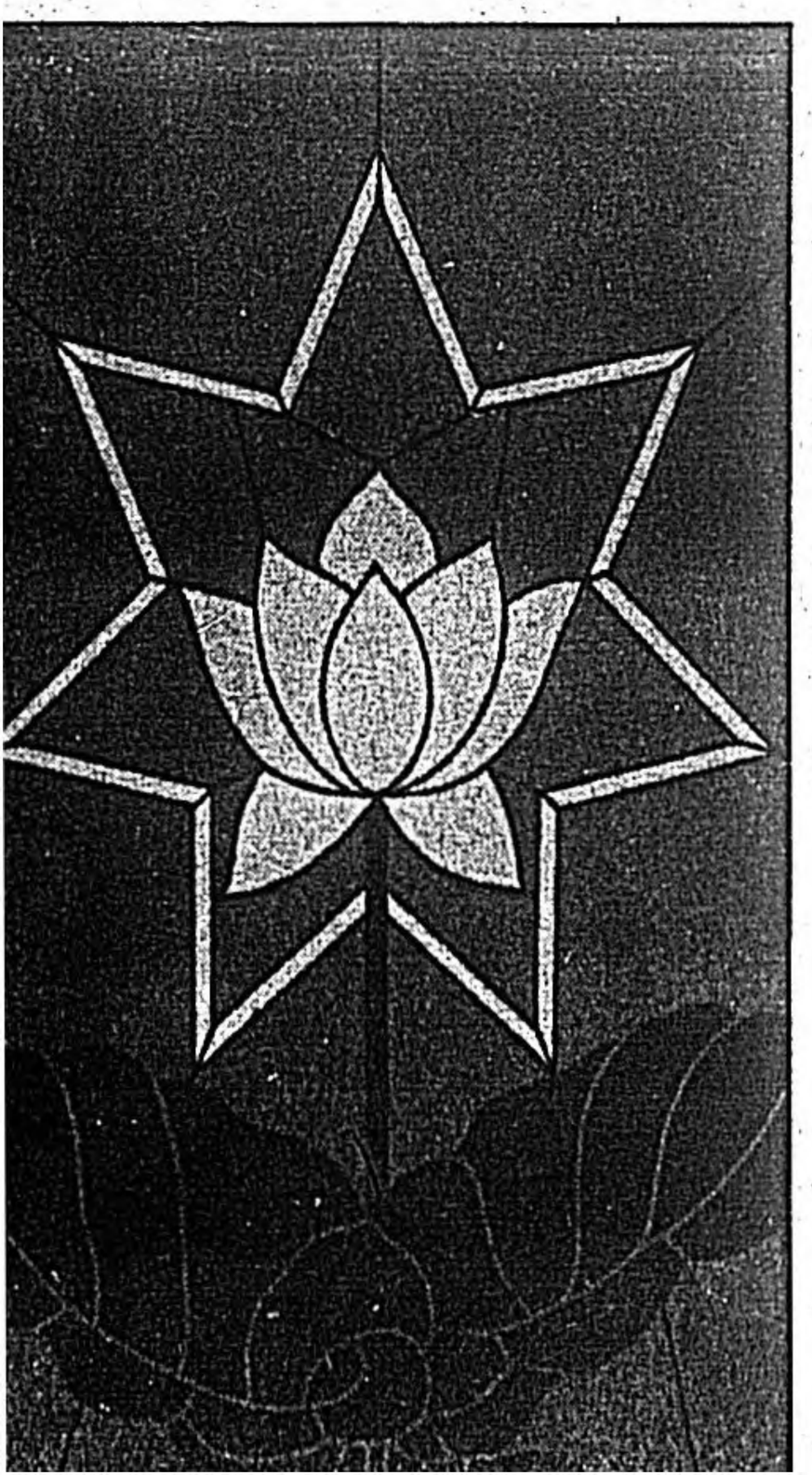


THIS MESSENGER IS DIRECTED TO ASTARA FROM

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

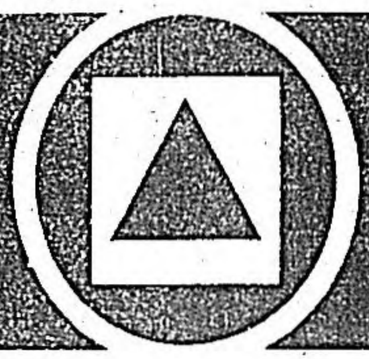


Stamp

Astara

261 South Mariposa Ave.
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

A VISIT WITH ROBERT



November, 1974

Dear Fellow **Astarian,**

Earlyne's book, "Remembering--The Autobiography of a Mystic," finally is available not only to members but to bookstores and libraries everywhere. If you know of anyone who prefers not to purchase a copy at this time, please tell them to ask for it at their library. It may take the library a while to order it but they will in time.

We are receiving a flood of enthusiastic letters about "Remembering." It is truly remarkable how many persons see incidents in their own lives clearly reflected in Earlyne's life story. And it is already attracting seekers to Astara.

Later this month the second book in Astara's "Library of Mystical Classics," Swami Parampanthi's "Creative Self-Transformation Through Meditation," should be leaving the bindery on its way to Astara, then on to you. At the moment we do not foresee delays such as we experienced with "Remembering." CST promises to quickly acquire its rightful prominence as an excellent text and constant refresher course in meditation.

(OVER)

We are sad and happy simultaneously at the passing of Mildred Pratt to the Higher Life. She had spent so many years in self-less serving--first as a nurse in the Public Health Service, then for many years as a member of Astara's Circle of the Secret Seven. Her body finally could no longer serve the spirit.

The words "sincere" and "dedicated" often lose their significance by being used too easily. In Mildred's case they take on added meaning. Without ever knowing it thousands of Astarians are beneficiaries of her devotion.

Earlyne and I recently participated in a wonderful meeting at the Laguna Hills Leisure World Parapsychology Club. An unexpected outgrowth of the gathering was the arrangement of a full-day visit to Astara by a busload of interested members and friends from Laguna Hills--to see Astara, meet the staff, and participate in some workshop-type spiritual meetings. It was arranged to be held early in November. I'm especially interested in it as an indicator of whether or not a series of similar meetings with Astarian visitors from other cities might be practical. If everyone thinks so, we'll make plans to arrange it.

Sita is enjoying her first year at Occidental College. Earlyne is enjoying the first rush of acceptance of "Remembering." I'm enjoying the first day of the rest of my life. Astara is enjoying the first month of its 24th year. And to you, best wishes always--

Most sincerely,

Robert

MINI-MEDITATION

by Hildegarde (Heidi) Olsen

WOMEN OF ASTARA! Do you dislike household tasks? Do you dread washing the dishes? Are you bored to tears with the football games your husband watches on TV?

MEN OF ASTARA! Do you balk at mowing the lawn? Do you avoid fixing that leaky faucet? Are you dismayed at having to take out the trash?

ASTARIANS EVERYWHERE OF ALL AGES! *Don't let it bother you.* Instead of occasions to be postponed or side-stepped, these golden moments can give you an opportunity for meditation. Let this Mini-Meditation tell you how to mini-meditate.

Many have been the times when a sought after answer to a question has come to me while hovering over the kitchen range, or a flash of inspiration has entered my consciousness while dusting or pushing the vacuum cleaner. All of our automatic and routine tasks can become a bore if we allow them to, but they needn't. I think we are often mistaken in our ideas of what meditation really is. We imagine it as a ritual which requires concentrated preparations—retiring into a silent shrine wherein we must sit straight-backed and solemn, awaiting a revelation from "somewhere." It need not be so.

It is, of course, ideal to have a time alone when one can sit quietly and let his mind soar into the Infinite, seeking out the secrets of the Universe and entering even into the Heart of God. But frequently we don't find or make this time in our hurried lives.

The dictionary says: *Meditation—the act of thinking long and deeply.* Why, you can *think* any time, any place. You can stand at the sink swishing suds on the sauce pans while your mind explores all facets of an idea. You can accomplish your routine daily chores and still be completely oblivious to them because you are in your shrine—the shrine deep within yourself.

So let's not frown on the mop, the lawn mower, the washing machine. Instead let's anticipate our tasks as being opportunities during the busy day to free our minds from the mundane. These can become times for *the act of thinking long and deeply.*

INNER CALM AND FAITH

If the stars should appear one night in a thousand years, how men would believe and adore, and preserve for many generations the remembrance of the City of God which had been shown! But every night come out these envoys of beauty, and light the universe with their admonishing smile . . . .

In the woods we return to reason and faith. Standing on the bare ground—my head bathed by the blithe air, and uplifted into infinite space—all mean egotism vanishes . . . The currents of the Universal Being circulate through me.

—Ralph Waldo Emerson

THE GOOD LIFE

To awaken each morning with a smile brightening my face; to greet the day with reverence for the opportunities it contains; to approach my work with a clean mind; to hold ever before me, even in the doing of little things, the Ultimate Purpose toward which I am working; to meet men and women with laughter on my lips and love in my heart; to be gentle, kind, and courteous through all the hours; to approach the night with weariness that ever woos sleep and the joy that comes from work well done—this is how I desire to waste wisely my days.

—Thomas Dekker

ECHELONS OF UNDERSTANDING

By Muriel Noyes Gillchrest

INEXHAUSTIBLE ENERGY is an all-intelligent Power, and we call it Deity. The word "God" used to express the sum-total of all that is meant by "Deity" is an impersonal, creative, mind-action.

We first think of ourselves as little, limited, individual beings—not a part of the GOODness of Life, but *apart from it.* A bit of thinking, reasoning—and praying, is required to comprehend that we are WHAT IT is. We couldn't have been made at all, had we not been made out of what IT is.

Whether LIFE is operating as an individual (yourself), or as Cosmic Mind (Universally), IT is always saying, "I am this," or, "I am that." Because IT believes whatever it claims, THIS or THAT takes form.

"It is done unto you, AS YOU believe," said Jesus, who became the Christ.

Since whatever we believe in can take form, we should stop thinking—and saying—"I am sick; I am in pain," or anything else we don't want to manifest. It is so very important that even while we may be feeling such, we should never voice it, and should certainly try to stop thinking it!

Thinking is a Cause, and Experience is the EFFECT. So, once we can see that thinking causes our experiences, we might take a good look at what it is to our benefit to think about.

Everyone knows that if they pull the electric light plug out of a wall-socket, the lamp on the table nearby is shut off from its power-source. If you know anything about machinery, you know that if you separate the belt from the driving gear, the machinery will stop running . . . but do you know that when you turn your thought away from God, or any kind of "goodness", you have just shut off the power and stopped the machinery?

If you are one who blames your church, your government, your parents, or anyone else, you are shutting off your own connections with a greater degree of Good. Can you extend your present concepts of "good" by counting present blessings?

Just how, do you think, would be the best way to go about it? It isn't too difficult to discern the good you already have and are now experiencing, but why is it so hard to see some kind of "good" in your enemy? That "enemy" is one of your own thoughts, too, isn't it? Are you privileged to change your thoughts? I think so. Maybe, that enemy-thought is just a place where you have never trained yourself to find any good.

You know you can change your opinions (even though you may be reluctant to do so) and that an opinion is a "thought", so why not wonder a bit about that opinion and ask yourself if you really do "know *all* about it"?

Isn't it possible that no amount of pleading, however impassioned, brought an answer to your prayer? Then, could you possibly have "prayed amiss?" Or had you thought of that? Do you know of anything that exists outside of mental causation? The Law of Mind responds to us by corresponding with our mental attitudes. The Law that "put you in bondage" is the same Law that (when reversed) can free you.

This Creative Energy is at your beck and call, flowing through you every minute. Can you declare, "I am that Intelligent Life"? Can you add, "I have the strength and all that it takes to know my Oneness with the Divine"? Sure you can; will you?

When you do this, you are extending your concepts. Your ideas of goodness

expand, and give you a beautiful awareness of what is meant by "Deity".

Anyone can find this transcendent, intelligent power mentally, and feel it, know they recognize its Presence. You can do it.

Maybe you've been looking outside of yourselves for it, rather than within, where IT is? When you find it within, you also know it is wherever you look—outside of you. Then, you really extend your concepts, and the place, or person who helped you to see it, is a part of you . . . and you are ONE.

You can go higher and HIGHER. The understanding is unlimited. Let's all try it!

APPRECIATION

Stinginess is not a matter of money alone. So—

Let's not be stingy with our appreciation when it is justly due.

Or with our words of praise where praise is due.

Or with encouragement when one has tried and failed.

Or with commendation when a job is well done.

Or with understanding and sympathy when another has been hurt.

Or with our service even where sacrifice is required.

Or with acts of love and kindness for toiling ones—who become wearied with burdens along life's stormy way.

Everyone likes to be told that he is admired, respected, and appreciated, and liked. "I like you because . . ." and be ready to give definite, specific reasons.

The deepest principle in human nature is the craving to be appreciated. If you have but a word of cheer, speak it while the one is alive to hear!

Angels come to visit us, and we only know them when they are gone.

Alfred A. Montapert, Author
The Supreme Philosophy of Man

ASTARIAN LESSON ON IMMORTALITY

You learn to live every day to its very fullest and best. You cease to fret and despair over lost opportunities for you sense that they will come to you again. You count each incident a lesson learned. You set your spiritual sites upon a star and you absorb a full portion of its light.

You open your portals to let it flow throught to others. You learn to hold within the center of your consciousness the perpetual thought that you are immortal. You live with it, sleep with it, eat with it, never letting it fully escape from your awareness.

You draw closer to that Infinite Being we call God, the Father. The fear orthodoxy would instill in you slips away. You no more think of fearing God than you think of fearing Christ. You feel an inner poise pervading your entire being, an indescribably basic peace of mind that under-rides every thought, every action. Life becomes the Great Opportunity . . . . . .

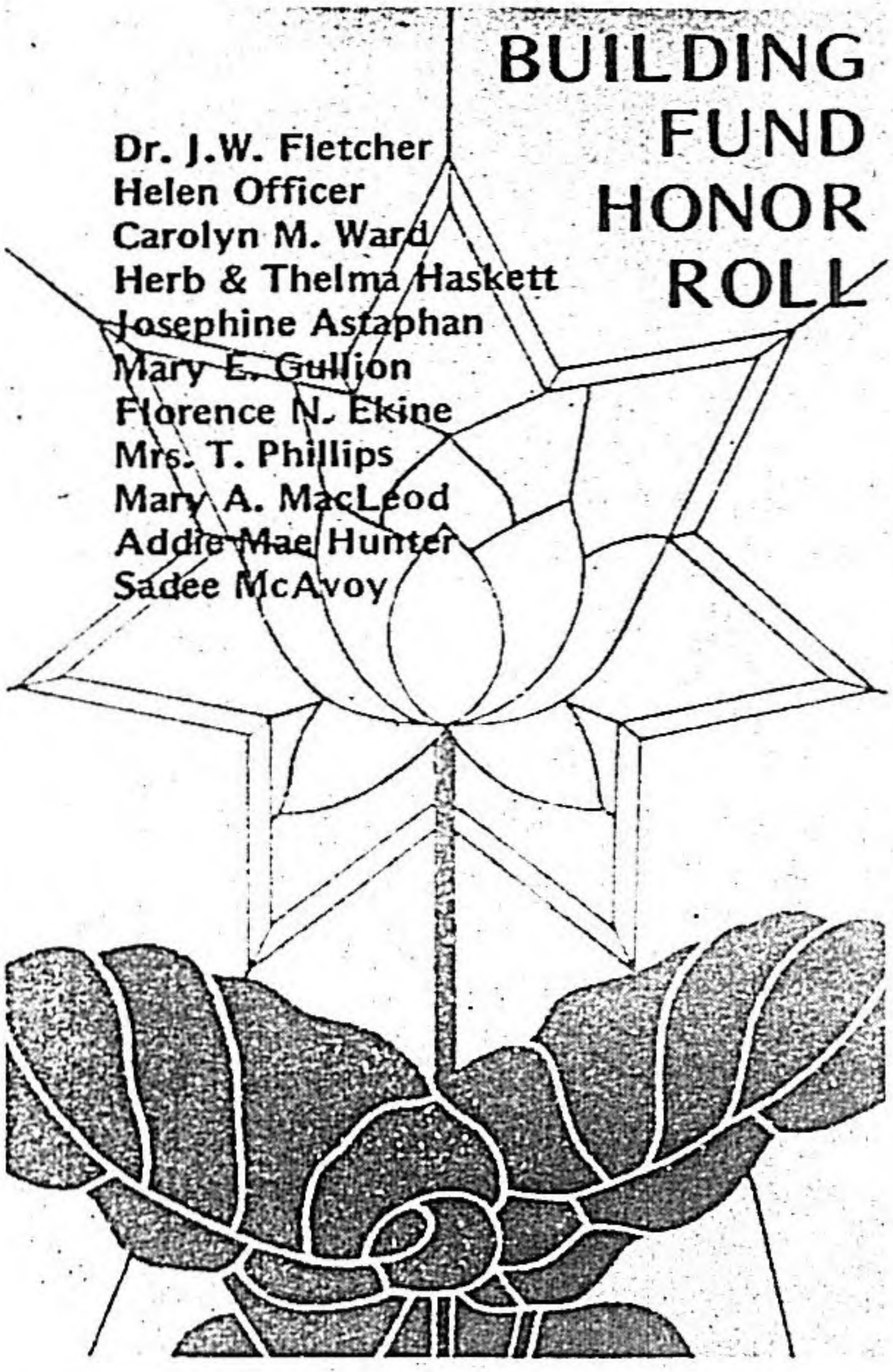
Third Degree, Lesson 10

ADDRESS CHANGE?

If you are moving, don't leave it up to the post office to notify Astara of your change of address. Please let us know as far in advance as possible.

A recent survey by a New York publisher showed that 27-½% of the change of address notices furnished by the post office were incorrect. This, of course, caused much additional correspondence and delivery delays.

So if you will let us know about your new address, you will not only receive your lessons just that much faster, you will also save Astara unnecessary trouble and expense. Thank you.



AN OLD PRAYER

For many years a prayer known as *The Commodore's Prayer* has been quite widely circulated. One of our members recently sent a copy and because it is a good reminder for many of us, we reprint it here with our thanks to the unknown author.

The Commodore's Prayer

Lord, Thou knowest better than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody, helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest, Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace but help me to endure them with patience.

I dare not ask for improved memory but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a Saint—some of them are so hard to live with—but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places and talents in unexpected people. And give me, Lord, the grace to tell them so. AMEN.

STARMIST

We received, played and taped the record "Starmist". The combination of Earlyne and Irma Glen was just out of this world. What beautiful people!

I cannot find adequate words to describe it. Earlyne's voice was quiet, calm, assured. Irma's organ work and music was superb.

Please convey our thanks and gratitude to both.

Sincerely, L. C. T., Napa, California.

COURAGE

Just as so many rivers, so many showers of rain from above, so many medicinal springs do not alter the taste of the sea, so the pressure of adversity does not affect the mind of the brave man. For it maintains its balance, and over all that happens it throws its own complexion, because it is more powerful than external circumstances.

—*Seneca*

NEW LESSONS READY NOW

5th Degree Lessons 12 and 13 are now ready for mailing. If you are eligible to receive them use the Continuation Form attached to the Book List in this issue of the Voice.

Lesson 12, *The "How" of Automatic Writing*, discusses both the benefits and the risks of using this controversial method of psychic attunement. Lesson 13, *Developing Clairaudience and Clairvoyance*, describes inner changes essential to one who would experience these psychic occurrences.

MEDITATION

The sign from God in contemplation is silence, because it is impossible for a man to do two things at one time – he cannot both speak and meditate.

Through the faculty of meditation man attains to eternal life; through it he receives the breath of the Holy Spirit – the bestowal of the Spirit is given in reflection and meditation.

Meditation is the key for opening the doors of mysteries. In that state man abstracts himself; in that state man withdraws himself from all outside objects; in that subjective mood he is immersed in the ocean of spiritual life and can unfold the secrets of things-in-themselves. To illustrate this, think of man as endowed with two kinds of sight; when the power of insight is being used the outward power of vision does not see.

The faculty of meditation frees man from the animal nature, discerns the reality of things, puts man in touch with God.

Through this faculty man enters into the very kingdom of God.

ABDU'L-BAHA

THANK YOU

Our profound thanks to every Astarian who in any way contributed to the success of Astara's 23rd Anniversary celebration. There was an overflow attendance of members and friends at the Anniversary service and good wishes, prayers for continued success and Anniversary donations arrived from members around the world.

With our sincere appreciation for all the contributions we pledge Astara's continued service in your life and an expansion of Astara's light into the lives of others.

IN MEMORIAM

We gratefully acknowledge memorial gifts to Astara from:

Joan Stephenson in memory of her mother, Eleanor B. Lehman.

Oscar R. Sooter in memory of his daughter, Inez Sooter.

Eileen Pate in memory of her husband, Fred D. Pate.

Mary E. Gullion in memory of Lena O. Gullion.

William S. Bell in memory of Mrs. Rubye Bell Fassett, his sister.

Jose Mendoza in memory of his mother, Josefa Ramirez.

CHRISTIANITY BEGAN AS MYSTERY SCHOOL

In a book titled *The Secret Gospel* Dr. Morton Smith, Professor of Ancient History at Columbia University tells the exciting story of his discovery of an ancient manuscript which proves the mystery school origin of Christianity.

The claim of such an origin has long been made by Astara and similar organizations but scoffed at by many scholars. Dr. Smith's find gives historical weight to the mystical beginning of Christianity.

The Secret Gospel is listed on this month's book list.

SPEAKERS AT ASTARA FOR NOVEMBER '74

Nov. 3: YOUR THREE GREATEST POWERS
Robert Chaney speaking

Nov. 10: THE QUESTION
Rodolfo Silva speaking

Nov. 17: REMINISCENCES OF A SENSITIVE
Lotte von Strahl speaking
Earlyne Chaney, Healing Service

Nov. 24: INNER PLENITUDE
Swami Parampanthi speaking
Rodolfo Silva, Healing Service

Dec. 1: THE DIVINE IMAGE INCARNATE
Robert Chaney speaking

Astara

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Lotte von Strahl


Swami Parampanthi


Rodolfo Silva


Robert Chaney



For unto us a child is born,
Unto us a son is given:
And the government
shall be upon his shoulder:
And his name shall be called Wonderful,
Counsellor,
The mighty God,
The everlasting Father,
The Prince of Peace.
ISAIAH 9:6