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



NEW YEARS RESOLUTIONS

"I wonder what 1975 holds for me?" That depends pretty largely upon what you give it to hold — or better still, on what you force it to give up. We are responsible for the preparation of our future . . . we are responsible for the annual self-examination called for by the coming January first milestone.

The arrival of the New Year should mark a new start in our aims . . . goals . . . ambitions to improve ourselves and help make a better world.

1974 is a closed chapter; what is written is written. No erasures are permissible. Regrets are of no value — unless they become a ladder on which we climb to a better tomorrow. "Difficulties" is the name given to the things which it is our business to overcome.

The coming of the New Year is a time of reflection. Just as a business firm takes time to inventory its stock, so should the individual pause and take inventory of himself. Looking back over the tumultuous events of 1974 we offer some profitable resolutions for 1975:

RESOLUTIONS

I will have worthwhile goals, for our bodies function best when they are busy. Many people who have no goals become neurotic. This is the number one ailment of those who go to a psychiatrist.

I will not worry. I will do my best everyday and meet tomorrow as it comes every day.

I will be a confident, friendly, and positive person. I will give of myself, my money, my love. Giving is a spiritual thing. I will help my fellow-man, everything we do to help others is out of love.

I will listen much — I only learn when I am listening. I will speak well

Continued on Page 12

PULPIT GUEST



Dr. Bruce Tracy, Associate Professor at Cal State College, Dominguez Hills, presents an illustrated lecture Sunday, January 19 on the subject *Spiritual Alchemy*.

Dr. Tracy received his Master and Doctorate degrees at Michigan State University and is currently teaching in the areas of literature, philosophy, religion, creative writing and communication.

Dr. Tracy's educational philosophy refreshingly goes far beyond the traditional acquiring of concrete knowledge. He believes schools should help develop each student's will, wisdom, creativity, intuition, inner harmony, idealism and other inner qualities which education usually ignores.

NOTICE

Notice from Dr. Earlyne: Will all doctors in Southern California who are Astarians or readers of the *Voice* please call Dr. Earlyne personally? She has a message to share with you which may be important.

JANUARY STUDY CIRCLE

CREATIVE SELF-TRANSFORMATION THROUGH MEDITATION

Swami Parampanthi presents the Study Circle to explore the wisdom of all ages — mystical, psychic and spiritual, in informal sessions, Friday evenings at 7:45 in the Museum Room. The emphasis is on practical methods of self-development and self-fulfillment. Each evening begins with simple Yoga exercises to make the participant relax, and ends with a healing meditation.

In four Friday evenings in January, Swami Parampanthi will conduct a special seminar on Meditation Methods he has outlined in his newly published book. The techniques of Creative Self-Transformation, called CST, have been evolved by Swami Parampanthi as powerful tools for attaining good health, mental concentration and spiritual illumination.

These four sessions will be devoted to all major aspects of Meditation with particular emphasis on the nature of Meditation, the preliminary steps; the role of suggestions and symbols in Meditation and the exact techniques, simple and advanced. The CST methods are new and integrated, easy to follow and carefully designed to facilitate successful meditation practices for gaining maximum benefits.

January 3: Friday 7:45 P.M. What Is Meditation: Its Nature, Function and Mechanism

January 10: Friday 7:45 P.M. The Preliminary Steps Toward Meditation

January 17: Friday 7:45 P.M. The Role of Suggestions and Symbols in Meditation

January 24: Friday 7:45 P.M. The Techniques of Meditation: Simple and Advanced.

Don't miss this unique opportunity

to receive extra instruction in this ancient art. Swami Parampanthi will answer all your questions and conduct mini-meditations to show how meditation can be successfully practiced. Free-will offering!

YOGA CLASSES

Yoga classes will resume on Monday evenings on January 6 at 7:00 in the Museum Room.

The classes are being presented by Jacelyn Eckman who uses the "integral yoga" system of teaching — a joining together of hatha (or physical movements), pranayama (controlled breathing), chanting, a relaxing exploration of your inner self, and ending with a short meditation.

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

Free will offering.

MEDITATION BENCH

In cooperation with a local manufacturer we have just devised a portable meditation bench that is especially suitable for persons who wish to meditate in a semi-lotus position but find it difficult to do so — or who wish to assume a meditation posture for a longer period of time comfortably.

The bench is highly recommended by Dr. Robert who uses one daily.

The bench is constructed of natural wood particle board, has foam-cushion seat and knee pads covered in purple fabric. It is lightweight and folds for compact storage.

The introductory price for the bench is $29.95 plus $5.00 for handling and shipping charges. California residents add $1.80 sales tax. Los Angeles area residents may call for their benches at headquarters and save the shipping changes.



Swami Parampanthi and Fred Stewart observe the flow of orders for "Creative Self-Transformation" as they pass across the desk of Leola Glass.



An Astarian in Need Never Walks Alone

HEALING TOOK PLACE SO FAST

Dear Robert and Earlyne:

I met with an accident in which I was knocked off the sidewalk by two vehicles, sustaining a fractured hip. Six weeks after lying in bed, a burst blood vessel in my head brought on high blood pressure and I had a slight stroke. For days I could not open my eyes or raise my head from the pillow. I was unable to write or do anything for myself. I called on the Healing Christ and Zoser, and they helped me. Healing took place so fast everyone had to wonder. No one knows what took place except myself.

I am very much better, although I suffer a slight headache at the site where I got the blow on my head. My blood pressure is still a bit high, but nothing in comparison to what it was. I am able to walk with the aid of a cane. I am unable to work and I live alone, but I am still able to do for myself, for which I thank you all very much. I am glad I got to know Astara, as I wrote several times, asking for help, which I know was granted.

I am so deeply grateful to you and the Master Zoser for your healing help. Thank you, and God bless you, and may you continue to use your healing powers.

V.B., Brooklyn, N. Y.

I THOUGHT IT WAS INCURABLE

Dear Astara:

About a month ago, I sent my healing petition to Astara. A week later, all my diseases were healed and now my skin is returning to normal. This really thrills me and scares me. I thought my disease was incurable!

I had this disease since I was about 12--it dragged my life year after year. In 1971, I came to the United States to study, and I have been in and out of Student Health Center probably fifty times. Many doctors and all kinds of medicine and advice. After all this, it was still there--until last month when Earlyne Chaney came. She is truly a Master and a Doctor. I believe she was here with me at least twice. Please send my deep gratitude to her.

I feel ashamed about my past unbelief and stupidity. Now I wholly believe--I believe that "An Astarian in need never walks alone."

C.T.B., Athens, Ohio

VIRTUALLY "PERFECT AND WHOLE"

Dear Dr. Silva:

I thought you might like to know that the man that I called you about is now virtually "perfect and whole," after what his doctor terms a "remarkably short time." The kidney infection that JC was suffering from was potentially fatal, and usually requires some months to fully recover from. But, just this evening JC sat with me in my living room looking his old benevolent self.

So, all I can say is that Astara has pulled off yet another miracle. Charlton Heston couldn't have done better with or without special effects!

F.C.W., San Antonio, Texas

SPECIAL CLASS



Se Han Kim, M.D., will be giving another special class on the subject of *Healing Through Self-Acupressure* on Friday evening, January 31 at 7:45.

Se Han Kim studied the ancient traditional art of acupuncture and acupressure with the famous monk, Nam Am, in the Korean mountain Temple of Phy Heoon. There he also studied Chinese medicine, healing with herbs and heating stimulation treatment.

A COSMIC EXPERIENCE

(Remembering — The Autobiography Of A Mystic by Earlyne Chaney has become my favorite book. It has all the ingredients of a great book. It has joy and laughter, pathos and tragedy, mystical dramas and mysterious experiences narrated in hauntingly beautiful language. The following passage which I want to share with those who have not yet read the book, is one of the many glowing examples of the classic stature of the book. Editor.)

Once when I was there on that tiny hilltop, all alone with God, with the world passing by miles before and below me I had a mystical experience which defies description. I had been talking to the Father, as I often did, asking why I could not find the one I sought; asking to be shown the mission I came to earth to fulfill.

Suddenly I felt an all-pervading mystic mist encompass me and an utter longing of the spirit enfold me. Accustomed as I was to the unexplainable inner expansion I had occasionally experienced, nevertheless I was bewildered by the radiance of the miraculous force now sweeping over me like waves from an immense shoreless ocean of light.

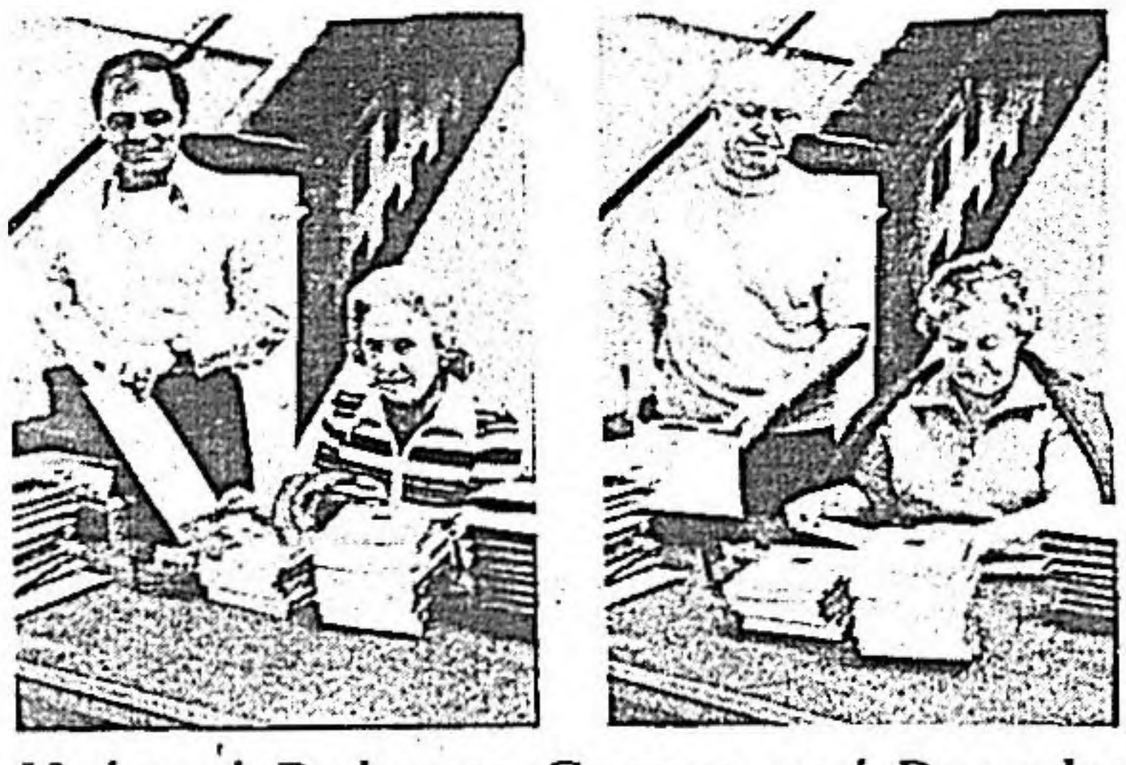
Immeasurable dimensions of space vibrated outwardly from the luminous glow swirling about and within me. A brilliant halo of golden substance pulsated around my head, ebbing and flowing in perpetual motion.

Out of the drifting shadows came a voice — yet not a voice. It seemed to float down from Outer Space and flow over me like a living stream of light.

It was no human voice . . . it was no voice like that of the Father — it was the Voice of God Himself. It rolled over my hilltop and swallowed me up in Light. It seemed to strip away my body and leave my naked soul there bathing in the Sound.



Earlyne talks to the Los Angeles Vegetarian Society about mysticism and psychic experiences during a meeting at Organicville, a healthfood restaurant near headquarters.



Hal and Dolores; George and Dorothy volunteer their help for the huge pre-publication mailing of Swami Parampanthi's book.

SIX LESSONS: ONE BOOK

Orders for Swami Parampanthi's book just published by Astara, *Creative Self-Transformation Through Meditation*, are arriving at headquarters at a fast pace. All pre-publication orders have been shipped.

Perhaps our pre-publication order form was a little confusing for some thought the price quoted should be multiplied by six because the book contains six lessons. This is not true. All six lessons (and other material, too) are in one book and the price to Astarians is $3.50 (regular price is $3.95). California residents add 21¢ tax.

CST, as we know the book, offers you a way to integrate your normal consciousness with its higher counterpart through Swami Parampanthi's meditation methods. It is a six-week course but remember, all six lessons are in one book.

Generations, succeeding to the gain of their predecessors, gradually elevate the status of mankind, as coral polyps, building one generation upon the work of the other, gradually elevate themselves from the bottom of the sea.

— *Henry George*

LODESTAR SEMINAR

The first of a series of seminars presenting various facets of Astara's teachings and other intriguing subjects will be presented Saturday, February 22, beginning at 10:00 a.m. and lasting through the afternoon.

Participants in the seminar will include Doctors Earlyne and Robert, Swami Parampanthi, Rodolfo Silva, Jacelyn Eckman and Karinne Pevarnik and subjects will include the Ancient Wisdom, meditation, ESP, yoga, color psychology, etc.

Reservations to attend Lodestar Seminar must be made in advance and only a limited number can be accommodated. An identical seminar will be held March 22. Tuition for the seminar is $10; additional members in the same immediate family, $5 each. The fee includes a buffet luncheon. Reservations may be placed with Rodolfo Silva, Director of Membership Services. Persons out of the city wishing to attend may obtain information concerning motels and hotels in the vicinity from Dr. Silva.

AQUARIAN FILMS

An Astarian in Louisville, Kentucky, Tom Albrecht, has recently begun a venture called "Aquarian Film Caravan" for the purpose of showing a wide variety of films related to the Aquarian Age. Mr. Albrecht will visit centers throughout the midwest with his film program. Information may be obtained at P. O. Box 4452, Louisville, Kentucky 40204.

GOOD THOUGHTS FOR 1975

The frontiers are never closed; the limits of progress are never reached. The future will be what we ourselves make it.

— *Lillian E. Watson*

IN APPRECIATION

Dear Beloved Friends:

The liberty taken in calling you that is because surely that is precisely what you are, to all who follow your teachings!

I have just finished reading "*Remembering,*" and can only say "WOW!", or string together all the adjectives in the dictionaries and that would still be grossly inadequate to express my feelings about it, or to begin to describe the book. *I have never read a more stirring, inspirational or marvelous autobiography!!* I want to shout from the housetops the news of this wonderful book, as well as your Astara teachings.

For a long time I, too, have been searching in metaphysical realms, not paralleling Earlyne's experience through personal losses, (although they have occurred, as happens in every family), but of curiosity. In this community, I am involved in many, many activities and easily can become "overextended" as to time. I have investigated and attended many churches and groups, have attended seances, meditation study groups and in addition have had a number of "readings" regarding personal characteristics and abilities, potentials, and past lives. (The latter have even been followed up with some interesting psychic experiences, in Spain).

But always there are questions: (1) Which way to follow? (2) Where will I get the *time* to do all I want to do, earn a living for my family and also develop psychically? (3) *What* must I give up in order to become more organized and follow and study Astarianry, Lhama Yoga, daily meditations, pursue the several bents

Continued on Page 13

THE BEGINNING

SWAMI PARAMPANTHI

The new year has begun. There is an air of breathless expectation and our life turns in eagerness and enthusiasm toward 1975. This newness is the perennial theme of all existence. Each day is a new day, each hour is a brand new period, each moment is a bliss-lit time from God and heaven. Each second, new and pure, is an invitation to us to forget the mistakes of the past, and to forge the dreams of the present and the future. In this sense, our life is always beginning, a new beginning!

Past And Beginning

This does not mean that we do not cherish the memories or enrich our life with the heritage of the past. This does not mean that our past efforts have been in vain or our failures would not teach us the valuable lessons. Indeed! we do honor the past and our rich memory speaks to us in wisdom of the years and days gone by. We are really richer for having lived. Yet, it is only one side of the story of man.

Beginning and End

That which begins has an end. Every story, every event, every project has a beginning and an end. Yet, life has a greater reality; life as a whole is always beginning. In our life we have countless events and dramas that have beginnings and ends. Our life moves from one completion to another, from one story to another in an endless movement of time. One year ends and another begins spontaneously. We do not rest forever upon completed projects; the ending of something always signals the beginning of something else. We always finish a book and pick up another. We finish a day and immediately look forward to the next

Continued on Page 16

A VISIT WITH ROBERT



January, 1975

Dear Fellow Astarian,

Writing 1975 for the first time calls my attention to numbers--and that causes me to think of Helen Fitzsimmons, numerologist and a longtime friend.

Helen would tell you that 1+9+7+5 totals 22--and that 22 is an especially significant number.

"Twenty-two means expansion," she would say, "the launching of projects related to high concepts, victory over limitation, world betterment. Twenty-two is the number of power and accomplishment, and its keyword is Light." I surely do hope that the vibrational promise of the number is realized in your life.

Astara's plans for the year ahead are certainly harmonious with such a concept. We are launching new projects as well as improving previous ones. New lessons will continue to flow through the presses and three more books are now scheduled for pub-

OVER

lication.

We will also present a series of instructional programs known as Lodestar Seminars. Two are already scheduled at headquarters in February and March--and others will be announced for presentation at other locations later.

But something whispers in my ear that there is still more in store for 1975. Knowing the creativity, fertility, inventiveness and irrepressibility of the power of Spirit from a working association with it of nearly 40 years, I have an inner feeling that it will motivate additional surprises for us. Through Astara, I strongly feel, many of 1975's potentials will be realized.

Whatever the year reflects of your life and ours, we do want you to know that every effort will be made to assist you in your spiritual and material endeavors. In all you do you have our best wishes--

Happy New Year,

Robert

THE NEW YEAR

The New Year like a book lies before me,
On its cover two words, "My Life," I see.
I open the covers and look between —
Each page is empty, no words can be seen,
For I am the writer, I hold the pen
That'll fill these pages to be read by men.

Just what kind of book will my book be.
My life written there for others to see,
Each day a page written, one by one —
Will it be worthwhile when finished and done?
Lord, help me keep these pages clean and fair
By living the life I'd have written there.

— *Gertrude Laura Gast*

Dear Astarian -

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

As your Messenger
Envelope I'm ready to
carry your Hello or
Comic Help Petition,
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 1971, I will know that I have helped make them possible.

The amount I have enclosed is $_____

(Please print)

Name _____

Street _____

City _____

State_____ Zip_____

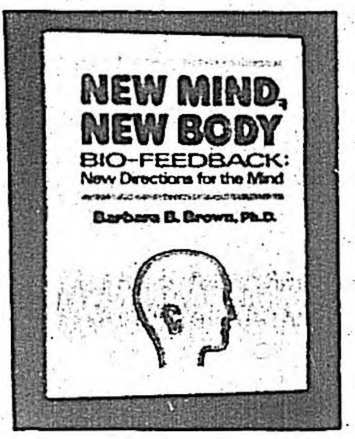
(U.S. residents may deduct contributions from U.S. income tax.)

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

ASTARA's Book List

Compiled by
Irma Mills

January --
February 1975

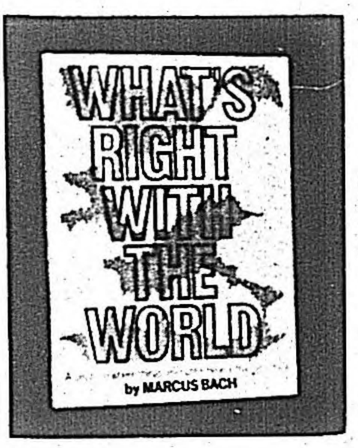


( ) NEW MIND, NEW BODY. (c)..$9.45
by Barbara B. Brown, Ph.D.

"Bio-feedback: new directions for the mind."

This new book deals with the phenomenon by which the individual can learn to control his own biological and mental functioning. Dr. Brown describes scientific experiments from studies on the skin's ability to reveal the mind's unconscious reaction to reality; control of muscles, heartbeat, blood pressure, and brain waves; mental activity, meditation and altered states of consciousness.

In demonstrating the inseparability of mind and body, Dr. Brown foresees a future that includes voluntary control over one's internal body processes, relief of medical problems, emotional distress, and control over death...a world where the individual will be the master.



( ) WHAT'S RIGHT
WITH THE WORLD..(c)..$5.65
by Marcus Bach, author of "Inner Ecstasy," and "Power of Perception." This inspiring new book is proof of how the human spirit can triumph privately, even in the midst of chaos; how we can all make our personal world a place of joy, adventure and wonder.

THE SUPREME PHILOSOPHY OF MAN, "The Laws of Life," by Alfred A. Montapert, gives forty-seven clearly defined and developed steps for attaining life's highest and best.

( ) Now in paperback.....$1.95
( ) Cloth edition..... 4.95



Reg. price: $3.95 Astara members discount price: ( ) $3.50

CREATIVE SELF-TRANSFORMATION THROUGH MEDITATION by Swami Parampanthi

Meditate for better balance in your life — physically, emotionally, mentally and spiritually. Meditate to transform yourself creatively, arousing inner potentials you already possess.

Swami Parampanthi rightfully assumes you are an individual with personal tastes and needs in meditation as in food and dress. In this book he enables you to create your own experiments and personal meditation program. You need not attempt to fit yourself into the same mold with thousands of others. From the meditation methods given here, make your own creative combinations expressly suited to your purposes.

Creative Self-Transformation **gives you six graduated lessons, one for each week, each with a number of variations adaptable to your own point of focus in life. With these lessons you renew your mind, you transform your life with meditation methods held in the highest esteem by sages for six thousand years, yet which are in perfect accord with today's world.**

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...

"Although your knees were never bent, to heaven your hourly prayers are sent, and be they formed for good or ill, are registered and answered still." -- Emerson
Excerpt from "Teachings of an Initiate" by Max Heindel



TOTALLY REVISED .....( ) $8.50

Remembering

THE AUTOBIOGRAPHY OF A MYSTIC

By Earlyne Chaney

REMEMBERING is . . . a story of life after death . . . and love beyond death . . . the story of a quest for a love from a past life whose eyes haunted her dreams . . . of contact with a Great Being from the Other Side whose influence brought illumination to one in search of Light . . .

Do you believe unseen beings guide our lives?

Do you believe unseen beings sometimes guide and guard those whose destiny is marked for greatness? *Remembering* tells of such a being — his appearance and his prophecy to a girl whose search for God led her away from orthodox religion and into mysticism . . .

Do you believe in life after death?

Do you believe our loved ones can, under certain circumstances, return to bring solace and guidance to their bereft? *Remembering* tells of the pilot whose death in a plane crash changed the life of this same girl — how she turned from a career as a movie actress to search for the meaning of life and death and immortality. And how he returned to tell her he still lived . . .

Do you believe you have lived before?

. . . and that you can dream dreams of the one whose love endured from the past? *Remembering* tells of the girl's lonely search for the beloved and how the pilot, from the Other side of life, guided her to find the eyes that haunted her dreams.

This autobiography of a mystic is a true story of life from a humble beginning to a film career, then to eminence as one of today's outstanding authors of mystical teachings whose writings are sought by mystical seekers the world over.

Remembering by Earlyne Chaney is a life-changing experience. A journey through its pages is an upgoing path into the starmists of your own soul searchings, vague rememberings of other lives, other loves, other hopes, your own yet-to-be dreams.

( ) THE BLESSED VIRGIN MARY.....(c)..$5.65
-- Corinne Heline. Depicts the life and mission of the mother of Jesus as symbolic of the feminine aspect of human evolution. Also a chapter on the Feast Days of the Zodiacal year.

( ) THE COSMIC WOMB.....(p)..$2.15
-- A. W. Osborn. Interpretation of man's relationship to the Infinite.

( ) THE HOLY EASTER MYSTERIES.....(p)..$1.45
-- Corinne Heline.

( ) IN TUNE WITH THE INFINITE.....(p)..$1.85
-- Ralph Waldo Trine. Inspirational.

( ) MAGIC GARDENS.....(c)..$4.70
-- Corinne Heline. Angelic communion through the symbology of flowers.

( ) THE MYSTERY OF THE HOLY SPIRIT.(p).$1.45
-- Manly P. Hall.

( ) OCCULT GLOSSARY.....(p)..$2.40
-- de Purucker. Compendium of terms.

( ) THE PROBLEM OF REBIRTH.....(c)..$3.35
-- Sri Aurobindo. Karma, evolution.

( ) THE SILENT ENCOUNTER.....(p)..$2.65
-- Virginia Hanson. Mysticism.

( ) STAR GATES.....(c)..$4.70
-- Corinne Heline. Esoteric interpretation, with rites and meditations, for season-changing solstices and equinoxes.

( ) TEACHINGS OF AN INITIATE.....(c)..$3.35
-- Max Heindel.

( ) WATCH YOUR DREAMS.....(c)..$9.50
-- Ann Ree Colton. Dream symbology.

ADVANCED TEACHINGS . . . FOR THE ADVANCED STUDENT

Your preliminary groundwork has been completed. The more enlightening esoteric mysteries, the more powerful metaphysical concepts, the more profound secret traditions, all are ahead.

Life bountifully rewards those who exceed their own seeming boundaries and press on into "the beyond" of their own minds and inner capabilities. Life says, "The deeper of my mysteries you probe, the greater of my blessings you earn."

And that possibility is precisely what lies ahead for you in Astara's Degree Lessons. Use the Continuation Form on the reverse side of this page for additional Astarian Lessons.

As you continue your study of "Astara's Book of Life" and gain the rewards of its advanced teachings you will further appreciate the fact that . . .

WHAT YOU BECOME TOMORROW DEPENDS UPON WHAT YOU LEARN TODAY



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.

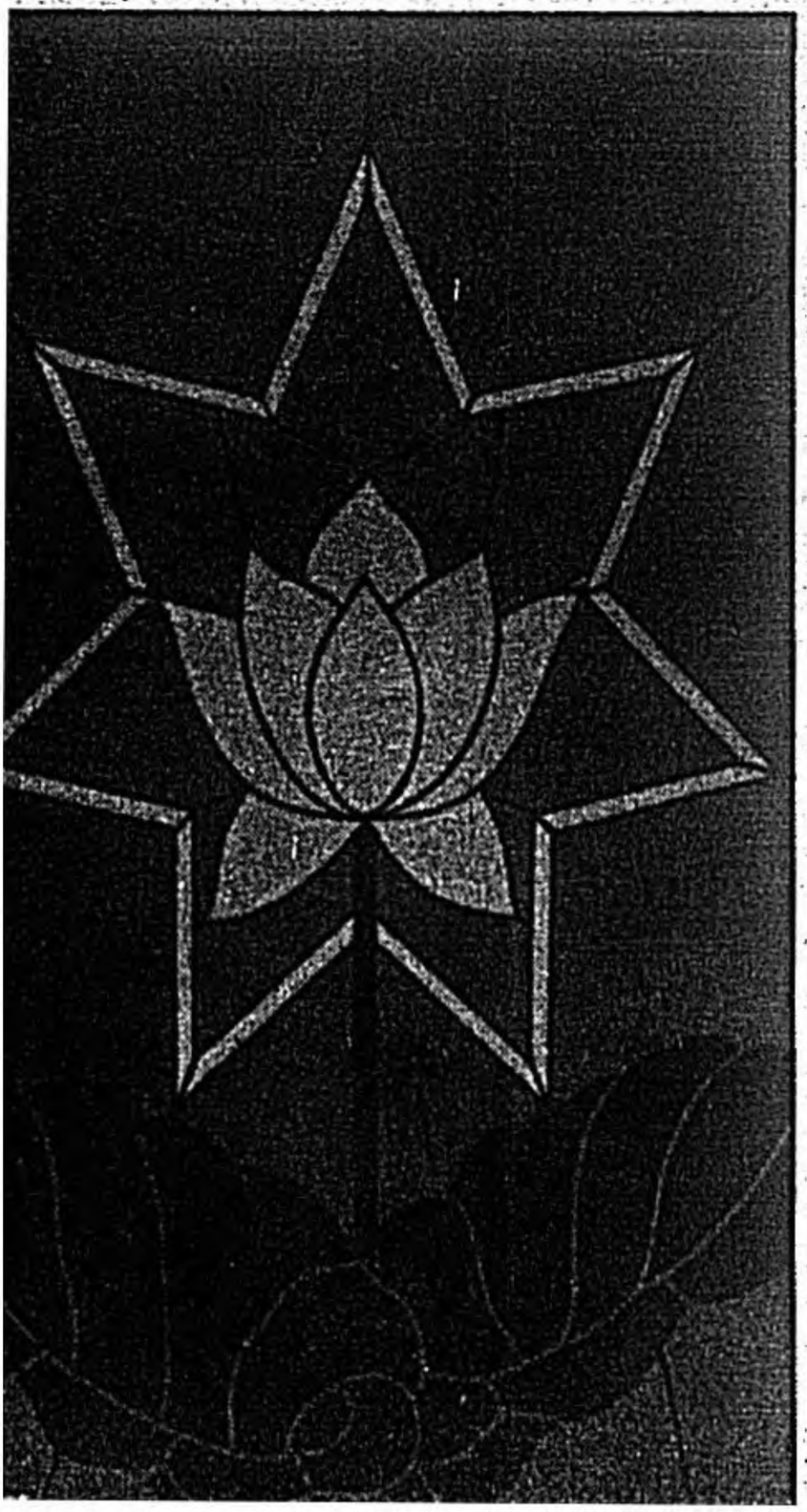


THIS MESSENGER IS DIRECTED TO ASTARA FROM

NAME_____

ADDRESS_____

CITY_____ STATE _____ ZIP_____

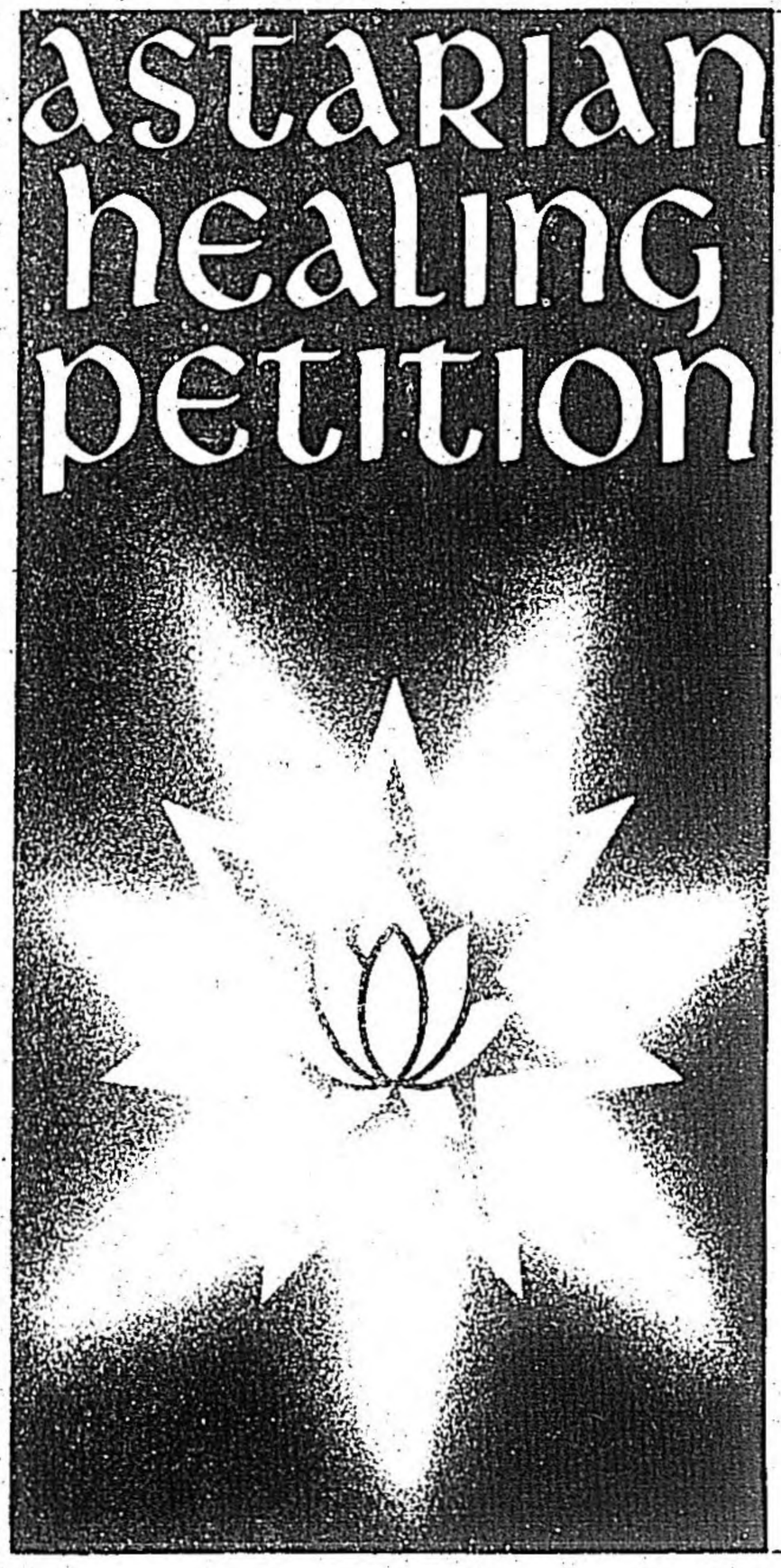


Stamp

Astara

261 South Mariposa Ave.
Los Angeles, California 90004

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!



ASTARA — A PLACE OF LIGHT FOR YOU

The word ASTARA means "A Place of Light," and it literally has become that — not because of its teachings alone but also through the faith and love of its members who make it so.

The Temple of Astara is a symbol of spiritual hope and inner peace to thousands of Astarians all over the world. They look to her beacon of light to guide them on the Path to the fullest possible spiritual attainment.

The growth and development of Astara's spiritual power and light cannot be measured, for such qualities are-invisible, undefinable, intangible. Can peace of mind, comfort to a grief-stricken heart or the unbelievable healing of a pain-racked body be poured into a test tube for observation? What scale can weigh a miracle? Can any laboratory probe the deep mystery of the inner man and God?

These things can only be conceived in the human mind and treasured in the human heart. The only objective measurement is in the physical growth of the organization resulting from the incomparable love of Astarians everywhere for Astara and its principles. True and lasting growth is evidenced in the dedicated lives of Astara's members.

In the Beginning, God created the heavens and the earth. And the earth was without form and void. And darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, "Let there be Light," and there was Light. And God saw the Light, that it was good. And God said, "Let there be Light in the minds of men." And God created channels through which the Light might come. And one of them was Astara. And God looked upon Astara, and He saw that it was good.

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of others. I will be kind and generous. I will associate with good people. I will be loyal and loving to my fellowman.

I will develop the ability to deal with life in a RELAXED rather than a tense manner. I will cultivate quietness. I will make good use of my time. I will support a worthy cause. I will practice self-denial. I will discriminate in my reading.

I will count my blessings. I will take time to enjoy life. I will radiate good will. I will praise when praise is due. I will be a wise optimist. I will look for the best and expect the best. I will work diligently and enjoy the money I make.

I will pray daily. I will observe the golden rule. I will serve God faithfully. To make room for God in the activities of daily life is the greatest goal in life.

1975 is a year of opportunity and challenge for each of us. An opportunity to improve where failure has occurred, an opportunity to improve upon the successes of the past. What actually happens in 1975 is up to each of us. The greatest responsibility given each one of us is to develop ourselves. Self-development is a do-it-yourself job. We get out of life exactly what we put into it — no more, no less.

The passing of time is something that has profound feeling and sentiment associated with it. We are not going to be here forever. Time is running out on everybody. So let us avail ourselves of EVERY OPPORTUNITY TO FULFILL OUR DESTINIES IN THIS WORLD AND COME A LITTLE CLOSER TO GOD AND MANKIND.

I pray for the healing of your body, your family, your financial needs, and that all your needs be met through the amazing grace of God. We are looking to you God to guide and bless us.

The New Year has but one command for all of us . . . GO FORWARD! Count your blessings and continue your search for fulfillment. And so 1975 can truly be a HAPPY NEW YEAR!

Alfred A. Montapert, Author
The Supreme Philosophy of Man

MINI-MEDITATION

by Hildegarde (Heidi) Olsen

HAPPY NEW YEAR, and here we go again!

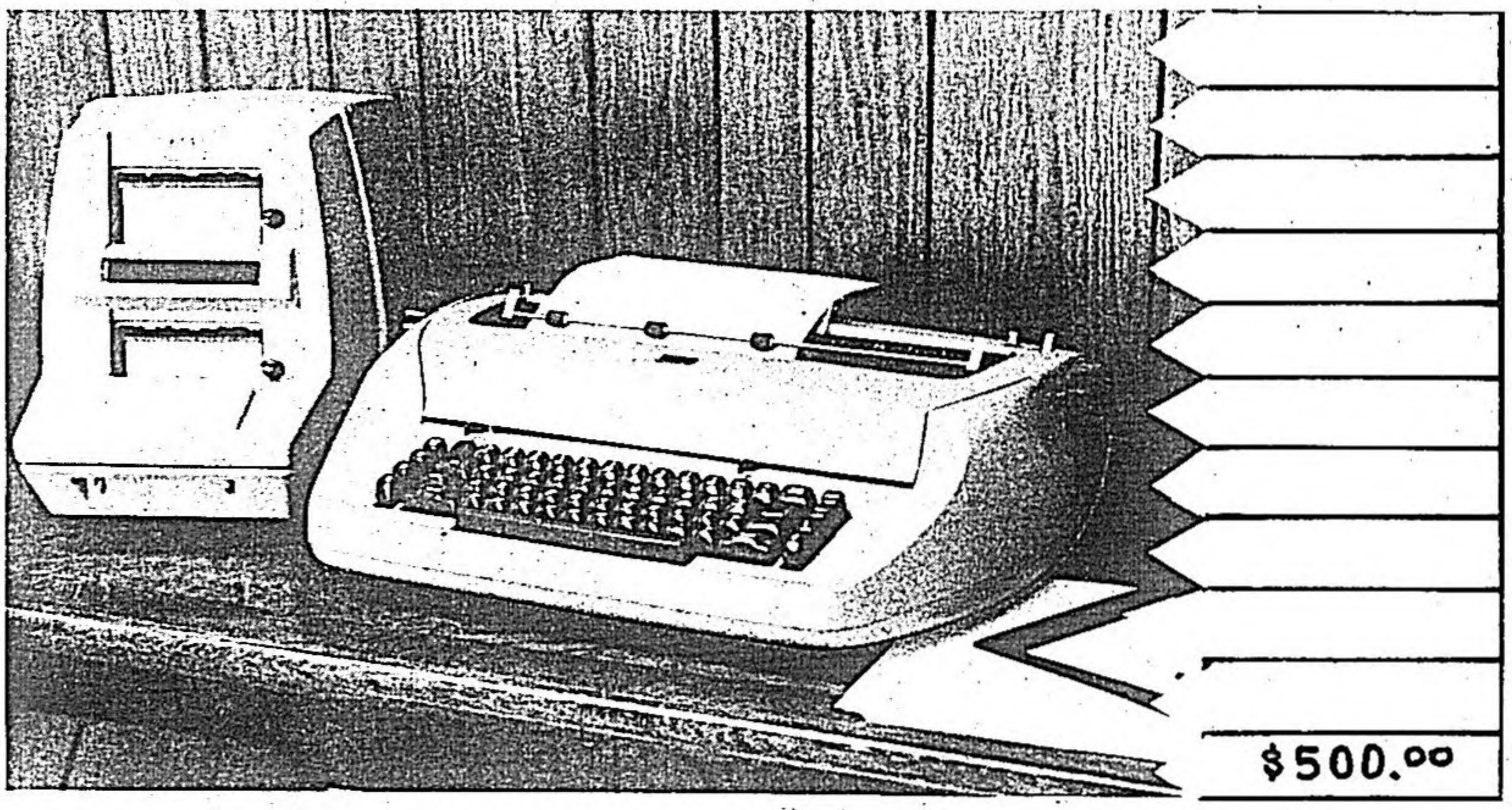
Each December 31st we retire the poor old man who has borne so many woes on his now bent shoulders, and welcome a bold, bright-eyed babe who will take over the moment the minute hand on the clock reaches 12:00 midnight. It's our way of saying *off with the old and on with the new.* We have hope for the year ahead. We're optimistic. "Things will be better," we say, remembering perhaps only the bad times; usually forgetting the pleasant things which have come our way. It's good to look ahead with hope and optimism. Better than fussing around with pessimism, which surely would influence the shape of things to come.

OK. So all's not right with the world. But each is a new day, and one day at a time. That's all you and I have. Live each with hope for not only this small mark in eternal time, but look to the future — for this, too, will surely influence the shape of things to come.

It's true that we have the black hats and the white hats of the world. (Remember the old westerns when the villain always wore a black cowboy hat and our hero's was white? Wow, that dates me!) Just because things appear to be at sixes and sevens now, as we're on the cusp of the Aquarian Age with lots of Piscean black hats

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AUTOMATIC TYPEWRITER



To help with the flood of correspondence that flows through Astara's offices, we have just purchased a new automatic typewriter that types at 175 words per minute from a cassette tape.

This high-speed automatic typewriter is a replacement for an older model that has served us for years but is no longer able to function.

A few months ago a good friend of Astara donated $500 toward the purchase of this automatic equipment. Deducting that wonderful gift from the purchase price of $6,372, and a $500 trade-in on the old equipment, leaves a balance due of $5,372.

If you would like to make a donation toward the purchase of this equipment, please just write the word "Typewriter" on your offering envelope in this month's *Voice*. We'll keep you posted on our efforts to pay for the equipment within a period of two months.

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or talents in this physical world that I want to, but don't have time for? etc., etc., etc. However, "*Remembering*" offers hope — *I don't have to give up anything*(!); my steps will be rightly guided and what I'm meant to accomplish in this incarnation, *will be* accomplished, I'm sure, through following the precepts you have set out. It will be difficult, I am certain, to see so little progress in striving for absolute purity, but one can always try. "*Remembering*" has inspired me to eliminate hearty lunches every day during the work week (I can do without them easily, considering the calorie problem) and using that hour, or longer, for meditation instead, while everyone else is away from the building, practically, and it is very quiet.

I want you to know I could hardly put that book down, until it was finished! I know other Astarians here and will heartily urge them to get their own copies of the book, which I'm sure they will not regret.

For some time now, I had not sent for any lessons. Today I will change that and order more, under separate

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cover. The difficulty is that, or has been, that some of your teachings are "pretty far out" and somewhat difficult to understand, so I keep rereading earlier ones! I have the first 15 lessons, but have only studied through Lesson 11. Had I read "*Remembering*" prior to any of the lessons, I think I would have had a better understanding of it all, and perhaps also, better receptivity. (And, surely the book will increase Astara membership many-fold).

Thank you, Earlyne, for writing it. Thank you both, and Astara, and all those "on the other side" for making it available. Thank you for letting others share your dreams. Thank you for giving us your invaluable teachings. Especially thank you for constructing an organization or institution that embraces *all* religions, *all* paths to Oneness in our individual searches for God.

Sometime last year I was included on your prayer list for a particular goal. That goal was not achieved — at least not yet — but now I know the reason was I simply was not ready. Whether that goal is ever reached,

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SUBLIME THOUGHTS IN STARMIST

Dear Dr. Earlyne & Dr. Irma,

Adequate words are difficult to express the harmonious rapture of the so eloquent intricately blended tones of the music with the meaning of the sublime thoughts in the "STARMIST" record.

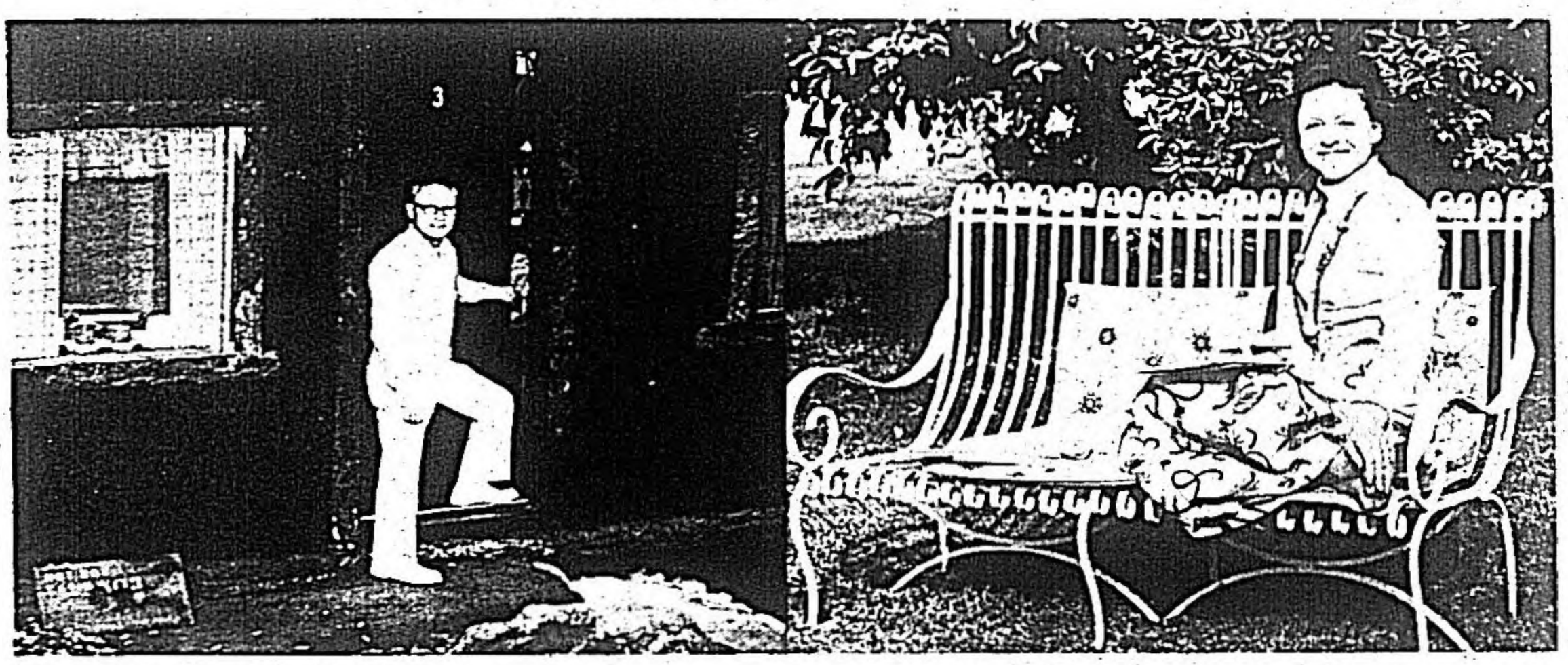
It touches deeply the strings of the heart and as each note goes up the scale I go up with it to the stars for a breath's time.

My deep thanks for the superb record and congratulations to Dr. Earlyne and Dr. Irma for their magnificent achievement — it's really out of this world.

The symphony of tunes speak the words in music piercing the very being, the music so appropriate to the words that it speaks to the heart, mind, and soul.

Thanks again for the inspirational experiences which "STARMIST" provides; and all Good Wishes to Dr. Earlyne and Dr. Irma and Astara.

Sincerely,
Mrs. Eleanor Riccardi
New York, N. Y.



Earlyne and Robert left headquarters a few days recently to do some writing — Earlyne to the desert to write additional degree material and Robert to the mountains to work on a book.

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does not matter. That good that was accomplished with your prayers was not undone, nor will it be. It is simply that God's plan for me, whatever it is, as it unfolds and develops, will be far better than anything I could ever devise for myself.

Thanks again, for bringing me greater peace and serenity through "*Remembering.*" There is much, much more I would like to say to you, but this letter is already far too long, so this will suffice.

Sincerely yours,
J.J.B., Alaska

MAN GETS OLDER ALL THE TIME

In the midst of political turmoil, scientific research continues to bring new revelations to light.

In Ethiopia a group of international scientists recently discovered three well-preserved human fossils dated at over three million years. This moves the age of the human being on earth back another million years beyond previous discoveries.

Scientists are now willing to accept the idea that the human may have lived on earth as many as four million years ago, or even more, and that the "true man" and the "near man" existed simultaneously in Africa.

BUILDING FUND

Mary E. Livingston
Mrs. Mary A. MacLeod
Herb and Thelma Haskett
Jack and Joyce Keller
Minnie B. Dickinson
Loella Neitzel
Antonio Castillo
Dr. J.W. Fletcher

IN MEMORIAM

We gratefully acknowledge memorial gifts to Astara from:

Stella Spisinski in memory of John Spisinski.

William Irvin Taylor in memory of his wife, Nancy Taylor and his father, John William Taylor.

Gladys Whitemore in memory of Dorothy Lovejoy Whittemore.

Cecelia Saunders Schwartz in memory of Dorothy Lovejoy.

Marvin and Verna Townsley in memory of their daughter, Joanie.

Lucille Wolff in memory of her son, Martin Erik Wolff.

Mary Grant in memory of her son, Gary Lynn.

AN ASTARIAN WRITES

(From time to time we receive unsolicited and unusual letters from many parts of the world showing us how the teachings of Astara touch the lives of many people in various ways under different conditions. We are happy to share with our readers the following letter. Editor.)

To Swami Parampanthi, Editor:
Voice Of Astara
Dear Swami!

It is my greatest desire to write and congratulate you on the way and manner you are editing the monthly magazine, Voice of Astara. In addition, I want to consult you in writing concerning the teachings of Astara and other religions like Hinduism.

For your information let me state that I am a Ghanaian soldier stationed at Sinai desert as a United Nations observer. I am very happy to say that peace is here at last. Peace is the only virtue worth working for. As an Astarian seeker I have found peace even in the desert. All around me is nothing but endless stretch of sands.

Let me tell you an event of great

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significance. A few weeks ago I was along the Suez Canal when the mail was distributed and fortunately for me I received the July Issue of Voice Of Astara. The first thing I saw was the beautiful article by you entitled "The Enlightened Arhat." I read the article with great pleasure and then read the whole magazine. When I completed the reading every question in my mind at that moment was answered and dissolved by an invisible fire.

I told my comrades that as far as I was concerned this little magazine called Voice Of Astara was more than equal to many letters. Indeed! my desert loneliness was gone and for a few moments I was intensely happy!

Please try to answer this letter of mine so that I may continue to write to you about my other problems. I want to grow spiritually. Believe you me! I have a burning desire to introduce the teachings of Astara and other world religions in my village. For this reason I pray to all the saviors of the world to show me the correct way.

My greetings to all Astarians.

Your loving Brother
Thomas Y. Korbey

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with great expectation. Such is the nature of our life.

Thus, in the endless beginnings of life there is nothing old or closed. Life is a dynamic process moving like an endless river toward the shining sea of eternity. To accept this law wholeheartedly is to live forever in the excitement of creation and infinite possibilities. To be totally absorbed in the newness of life is to be forever new, young and creative. In this sense, our life is always a new beginning!

OBJECTIVES REALIZED

In 1974, with the help of many Astarians, we were able to realize a number of major goals set a year ago.

In the area of Astara's teachings, we published eight new lessons in the Degree series and produced a number of cassette tapes, and inaugurated the book publishing arm of Astara with two books published -- *Remembering* by Dr. Earlyne and *Creative Self-Transformation* by Swami Parampanthi.

A new organ was installed in the church auditorium.

In spreading Astara to further distances, we were able to effectively increase our advertising budget and thus increase the number of new members enrolled.

In several of the offices we were able to install new carpeting and otherwise improve their appearance. We purchased three new cassette dictation machines, our new automatic typewriter, installed new telephone answering equipment and purchased a new station wagon. We also acquired directional signs for the offices but they are not yet installed.

For 1975 we are looking ahead to publishing more lessons in the Degree series and at least four books.

During this coming year we also hope to improve our registry system and mailing procedures, acquire additional office equipment (a second automatic typewriter is needed), improve the appearance of the Museum Room and rest rooms in the temple, and make other improvements throughout the offices and grounds.

Our thanks to the many Astarians who helped Astara complete such a successful year — and made the vision brighter for the future.

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running around, doesn't mean that we can't center ourselves into our own happiness and optimism; also to outreach our combined Thought-Light into the world to help reshape it.

Man could not and would not have survived had he not always held within his heart the seed of hope and ongoing despite all odds.

Some of the richest in worldly goods are the most tormented. Some of the poorest are the most content. We all have experienced gains and losses in one way or another. We will again. There will always be problems to cope with. That's what life is all about. What's important to remember is that God's turning wheel of time will sooner or later solve them for us.

In the final analysis as James Boswell, the distinguished 18th century Scottish lawyer and writer observed, "Surely happiness of every kind must ultimately center in man's own breast."

May we Astarians try in 1975 not to get more uptight than we already may be about the national and world scene. Happiness lies within our own heart as it beats with other hearts, each in the pursuit of personal and universal happiness.

So again, with hand to heart, have a HAPPY NEW YEAR.

PIONEER 11 AND JUPITER

New Discoveries

One of the spacecraft's findings, described by Dr. Tom Gehrels of the University of Arizona, was that Callisto, outermost of Jupiter's large moons, has a south pole.

The moon, one of four known as Galilean moons discovered by the ancient astronomer Galileo, showed up as a bright blob in one picture as it swung around the planet at a distance of 1,125,295 miles.

At the southern extremity was a whiter region which Gehrels said had never been known before. He declined to say that Callisto's south pole is ice covered, pending further study, but did acknowledge the whiteness could be water frost.

Among other spectacular pictures received as the planet grew rapidly in size on the monitors was a shot of another Galilean moon, Ganymede, swinging around Jupiter at a distance of 624,953 miles.

Ganymede seemed to have a slightly reddish tint. But this may have been a result of the signal transmission itself, which overall was much improved over that of Pioneer 10 in a Jupiter pass a year ago.

One of the afternoon's discoveries was that the turbulent cloud bands that sweep around Jupiter's great red spot — apparently hurricanes hundreds of years old — are broken on the south side rather than smoothly flowing as formerly believed.

The approach pictures also showed in increasing detail the south polar latitudes, with cloud patterns that looked initially like choppy seas in contrast to Jupiter's familiar cloud bands that race across the planet in both directions parallel to its equator.

Among the mysteries that the spacecraft may explain is the source of huge radio bursts from the planet — as powerful as several hydrogen bombs. Jupiter is by far the largest source of radio noise in the sky except the sun.

These bursts are believed connected with the passage of the moon Io, closest of the Galilean satellites, which in some way triggers round-trip electric circuitry between itself and the planet.

— *Marvin Miles*

SPEAKERS AT ASTARA FOR JANUARY, '75

Jan. 5: THE INNER LIGHT
Rodolfo Silva

Jan. 12: FAITH RELIGION vs.
EXPERIENCE RELIGION
Robert Cheney speaking
Earlyne Chaney, Healing Service

Jan. 19: SPIRITUAL ALCHEMY
Bruce Tracy speaking
Robert Chaney, Healing Service

Jan. 26: THE ULTIMATE CHALLENGE
Swami Parampanthi speaking
Rodolfo Silva, Healing Service

Feb. 2: BUILDING THE INNER PERSON
Robert Chaney

Sunday Services at 11 A.M. ORGANIST: Rose Diamond Telephone: (213) 387-7187



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