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

Voice of Astara

Published monthly by Astara, Inc.
Vol. 23, No. 5 FEBRUARY 1975
Editor: Swami Parampanthi

GOD AND GOD-EXPERIENCE

By Swami Parampanthi

The journey toward God begins in faith, hope, and need. The God-image is delineated by man from his religious aspiration, feeling, imagination, and inspiration. He learns about God from various sources: from the teachings of Great Masters, sacred scriptures, and the insistent promptings of his own soul. He tends to attribute to God all the divine qualities he loves and cherishes.

However, he has to realize that in the final analysis it is his own experience that is valid. Thus, as man searches for God, he returns more and more to his inner self, to the realm of his mystic being. Self-discovery in the highest sense is also God-discovery. He has also to realize that mind, reason, and intellect alone cannot comprehend fully the infinite presence of God.

These insights set in motion the processes of self-understanding, self-correction, and self-purification. In this way, the living God descends into the depths of man and leads him to perfection. If God is within and around man — then, he cannot cheat or lie, be angry or jealous, be selfish or hateful. If man is sincere in his search for God — then, he cannot pursue immoral ways, pride, greed, lust, untruth and violence. In other words, man has to live in the presence of God in a godly way.

FROM THEORY TO REALITY

Gradually the quest for God becomes a way of life with the seeker. He tends to practice all virtues; he follows the path of love and justice; he shuns the path that is

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FEBRUARY PULPIT GUEST



Bernadene Villanueva, founder of Hilarion House Creative Consciousness Center, in Tampa, Florida, speaks twice for Astara in February.

Saturday evening she participates in the symposium at the Scottish Rite Temple and Sunday morning speaks at Astara on the subject, *Prophecy in the New Age.*

Bernadene is noted for her gifts of prophecy and spiritual healing. Her predictions are frequently featured in the National Enquirer and other publications and she has presented her gifts before meetings of physicians, psychiatrists and parapsychology research groups throughout the United States..

SYMPOSIUM FEBRUARY 8

Astara is presenting Bernadene Villanueva with Earlyne and Robert Chaney, at a special symposium Saturday, February 8 at 7:15 p.m. at the Scottish Rite Temple, 4357 Wilshire Boulevard, Los Angeles.

The theme of the symposium is *Yesterday — Today — Tomorrow in Psychic and Spiritual Science.* The admission fee is $5.00. There are no reserved seats. Doors open at 6:30 p.m. All tickets are available at the door.

Dr. Robert will open the program at 7:15 p.m. with a discussion of the subject *ESP For You Today.* Dr. Earlyne will answer questions about life after death, mysticism, etc., in her segment of the presentation titled *Today's Questions for the Ancient Wisdom.*

Bernadene Villanueva, the highly regarded psychic, will discuss *The Art of Prophecy* and then give a six-month future view of national and international events.

This meeting inaugurates an expanded program of public presentations by Astara. The auditorium seats nearly 2,000 people and we will appreciate the assistance of local area Astarians in calling it to the attention of their friends. It is hoped that this meeting will provide a channel for introducing Astara to many persons in the Southern California area.

LEGACY TO ASTARA

We have just received information from an attorney in San Luis Obispo, California, that the estate of Astarian Jean Lerstang has been settled leaving a residual legacy of $9,307.31 to Astara.

Jean was a member of Astara for nearly 15 years. She passed to the higher life several months ago. We very much appreciate her remembering Astara in her will by leaving the balance of her estate to Astara after several other altruistic bequests were made. Her legacy to Astara will continue to further the teachings in her memory for a long time to come.

February Study Circle
FROM EGO TO COSMIC SELF

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 February, Swami Parampanthi will conduct four sessions dealing with the ancient techniques through which the ego-self can be transformed into the COSMIC-SELF. He will explore how it is possible for all of us to make the transition from fear-dominated, narrow and unproductive ego-life to the free realm of creativity and universal SELF which is our divine Being.

Swami Parampanthi will discuss the role of ego and so-called super-ego, and explore how one can move toward his own Cosmic Self from his super-ego role. He will illustrate the ancient technique of CENTERING and SELF-MASTERY and finally show how one can get closer to his or her GOD-BEING by following the teachings of world-religions.

Feb. 7: Ego and Super Ego: Their Functions, Energies and Limitations.

Feb. 14: Super Ego To Cosmic Self: The Journey Into the Mysterious World of Cosmic Experience.

Feb. 21: The Art of Centering and Self-Mastery

Feb. 28: The Final Journey: The Experience of God-consciousness and Spiritual Illumination.

These instructions which combine the Eastern wisdom with Western modern psychological insights into life are specially helpful to those who are on the path of spiritual life and meditation. You will have plenty of time to ask questions and fully participate in these sessions. All are welcome!

FREE-WILL OFFERING!

IN MEMORIAM

We express our appreciation and love to the following persons who made memorial gifts to Astara, and to those whose memories they honor.

David Marsh, in memory of his mother, Martitha Marsh.

Virginia Baker, in memory of her mother, Pauline Markedes.

Barbara J. Barr, in memory of Pete and Rosie Barr.

Mary Knotts, in memory of her mother.

Albert Williams, in memory of his wife, Jessie Williams.

Jose Mendoza, in memory of Mrs. Maria E. Garcia.

Lillian M. Stermer, in memory of her husband, C. W. Stermer.

Arthur Rogers, in memory of his mother, Betty E. Chase.

Harry Miller, in memory of his wife, Alicia R. Miller.

Grace Hedgcock, in memory of her sister, Prudence Hayden.

Esther Wight, in memory of her husband, Russell Wight.

MaryAnn Holick, in memory of her mother, Alice Brodie.

Janet Cartwright, in memory of Albert C. Cartwright.

Joe and Helen Chabot, in memory of their sister, Mrs. Fanny McCoy and their brother, Evan Chabot.



An Astarian in Need Never Walks Alone

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

THANK YOU

In the Master's Name,

I take this time out to say, "Thank You" for the many times you have taken to pray for my family and myself. I have faith in God working through you. You see, you all helped me when I felt I had no hope left. It was you whom God worked through to help me through my greatest crisis. Words alone could not express my appreciation. Here are just a few of the things God has done for me through you:

My baby's bones were healed; I received my driver's license; I received my own car, first a Bonneville and then a Grand Prix; my husband, a Deville Cadillac; my two boys that were having trouble in school are now at the head of their class; my great nervous tension condition gone; a home of my own.

After reading my Degree Lessons constantly, I have developed a new way in every way of life. I am a completely different person now.

Thank you Astara. Thank God for you. I called Astara during September of last year, asking for prayer for a condition I had. The minute that I hung up the phone, I was healed completely. That was what I call a miracle. Thank God for you.

Many do not believe in Astara. As a matter of fact, my pastor told me that being a member of Astara meant nothing. I was deeply hurt because I knew that you all had helped me and my family so much and so many

times. However, I could not convince him; therefore, I stopped trying. I wrote some time ago for you to pray for my son who was in Alto prison. Now he has been transferred to Ellijay, which is no more than about 30 miles from us. We can go to visit him now as often as possible whenever we choose. Thank God for Astara. I made a prayer shrine in my bedroom. It is not fancy, but neat and clean. I pray for all of my fellow Astarians each night.

Please continue to pray for me and my family and perhaps one day we will get a chance to visit you in person, for that is my desire. My love and prayers will continue for you and though apart in flesh, our spirits shall always remain together.

God bless you and ever surround you with the Pure White Light.

Yours in Christ,
Mrs. L.M., Georgia

IT WAS AGONY

Dear Astara,

I want to thank you for healing my knee. I am a ballet dancer and acrobat, and my knee went out of its socket a couple of times. It was agony to dance and I had to keep it bandaged all the time.

I sent a healing petition to Astara, and Rodolfo Silva wrote me a nice letter back.

One morning the following week, I woke up with no pain in my leg, and I have been dancing ever since with no trouble at all.

Thank you, Astara.

T.R., New York

Continued from Page 1.

non-divine. Slowly and steadily the seeker begins to transform himself. Slowly and steadily his soul expands and is filled with the glory and presence of God. Finally, ideas and concepts, images and theories about God are replaced by the living, vibrant God. The mirror of God is shattered by His Living Reality!

God-experience is multiform and infinite in its manifestation. We must not make the mistake of visualizing Him in one mold only. He is the totality-that-is-one. He is simultaneously transcendent and immanent. God is the Beyond within, the Center of our Being that extends into endless Infinity. Therefore, it is impossible to locate and confine Him in any particular concept or image.

The Hindu may worship Him in their beloved savior Krishna and in the impersonal Brahman. The Christian may adore Him in Jesus and the Father in heaven. The Buddhist may meditate on Him as the eternal source of Nirvana. The Taoist may look upon Him as the Mysterious Tao. To the Hebrew He is the great Yahweh. To the Moslem He is Allah. To the Zoroastrian He is Ahuramazda — the source of all goodness, righteousness, power, health and immortality. God is all these — yet He extends beyond in all directions in infinite variety of manifestations.

To Einstein God can be the magnificent Reason manifest in the cosmos; to Beethoven and Bach He may be the source of divine music. To a painter God is the incomparable beauty of all artistic creations; to a philosopher He is the eternal Wisdom; to a scientist He may represent the scientific truths derived from scientific investigations; to an innocent child God may be all the beautiful things and magic in nature. Thus, each God-experience is valid in its own right and seekers may move toward God from infinite directions. For all pathways lead to Him!

God can be experienced in the simple beauty of life, in the expression of selfless love, in the experience of pure delight, in the exercise of compassion and service to humanity, in the peace and tranquility of meditation, in the silence of dawn and evening, in the sheer joy of giving, in the angelic smile of a child, in the fine glow of a butterfly on the wing, in the roar of a tempest, in the gentle summer breeze, in heroic acts of courage, in a thousand radiant forms of nature, and in expression of all virtues, creativity and wisdom!



Swami Parampanthi autographs copies of his book Creative Self-Transformation Through Meditation *just published by Astara and already being used as a textbook by many teachers of meditation.*

GOOD RESPONSES

We are receiving very good and encouraging responses from the readers of Swami Parampanthi's book, CREATIVE SELF-TRANSFORMATION THROUGH MEDITATION. Here are a few excerpts from many unsolicited letters of appreciation:

"Your book is one of the great things that has ever happened to me. It is going to change my life, my attitudes, and destiny. Many thanks. I am grateful!"

A.S.

"Thank you for your book on MEDITATION. I did need more help for meditation practices — now I have it. Ever since I became an Astarian I have tried to meditate. Now your book will give me additional help to meditate successfully. I do appreciate it very much."

G.R.

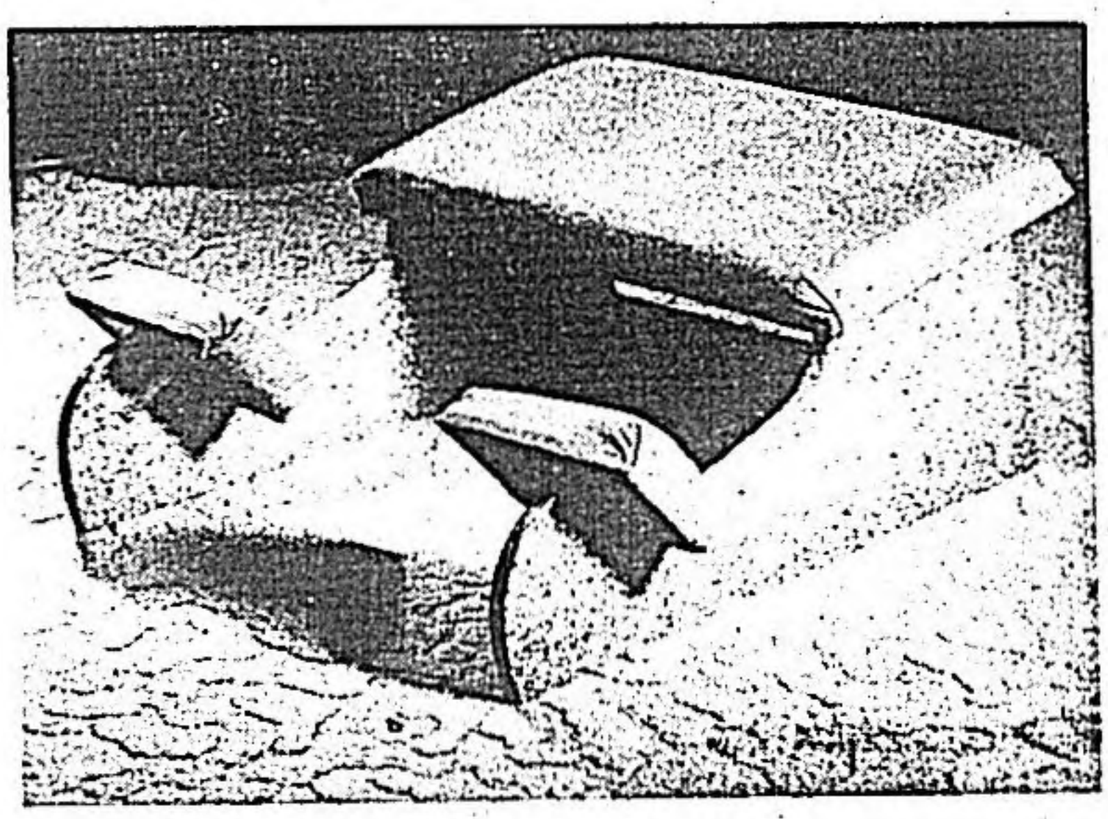
"I was so pleased to receive your new book pertaining to meditation processes. I am finding it most interesting and helpful. The practice of meditation has always presented certain difficulties for me, though I believe that I have understood the basic steps. However, understanding is not enough; it must be put into practice. I hope to accomplish this objective with the great assistance of your book. Thank you so very much."

H.K.

"For the first time in my life I have found in your unique book everything I need to know to practice meditation successfully. I am now practicing meditation daily and already I have begun to find inspiration, peace and physical benefits. Thank you so very much for writing the book on meditation for busy people like us."

F.M.T.

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 charges.

ASTARIANS WRITE

My Dearest Friends:

I wish to express my gratitude and appreciation for all the wonderful events which have taken place in my life since joining Astara.

You have helped so many friends and relatives through your healings, including myself. You have brought to me a happy marriage and healthy little girl. Most importantly, you have given me a feeling of brotherhood, love and trust in a sometimes cold and callous world. I have never been so happy in my life, specially after reading my last Lessons (1st Degree Lessons 16 and 17).

Although I am not worldly rich and cannot at present send money to help you in your work, I send to all of you a Spiritual Bouquet of Love, Prayer and Devotion every day.

May the Great Masters always bless you in your work.
Sincerely,
Synde Carnes

TWO NEW BOOKS COMING

Astara's Library of Mystical Classics, the book publishing arm of Astara, will soon be adding two new books to its list of titles. It is almost a race to see which will first appear in print.

One of the books is about vegetarian cookery and the way to sensibly and beneficially make the transition to vegetarianism. It is a collaborative effort by nutritionists Jan and Alan Pearson and Dr. Earlyne.

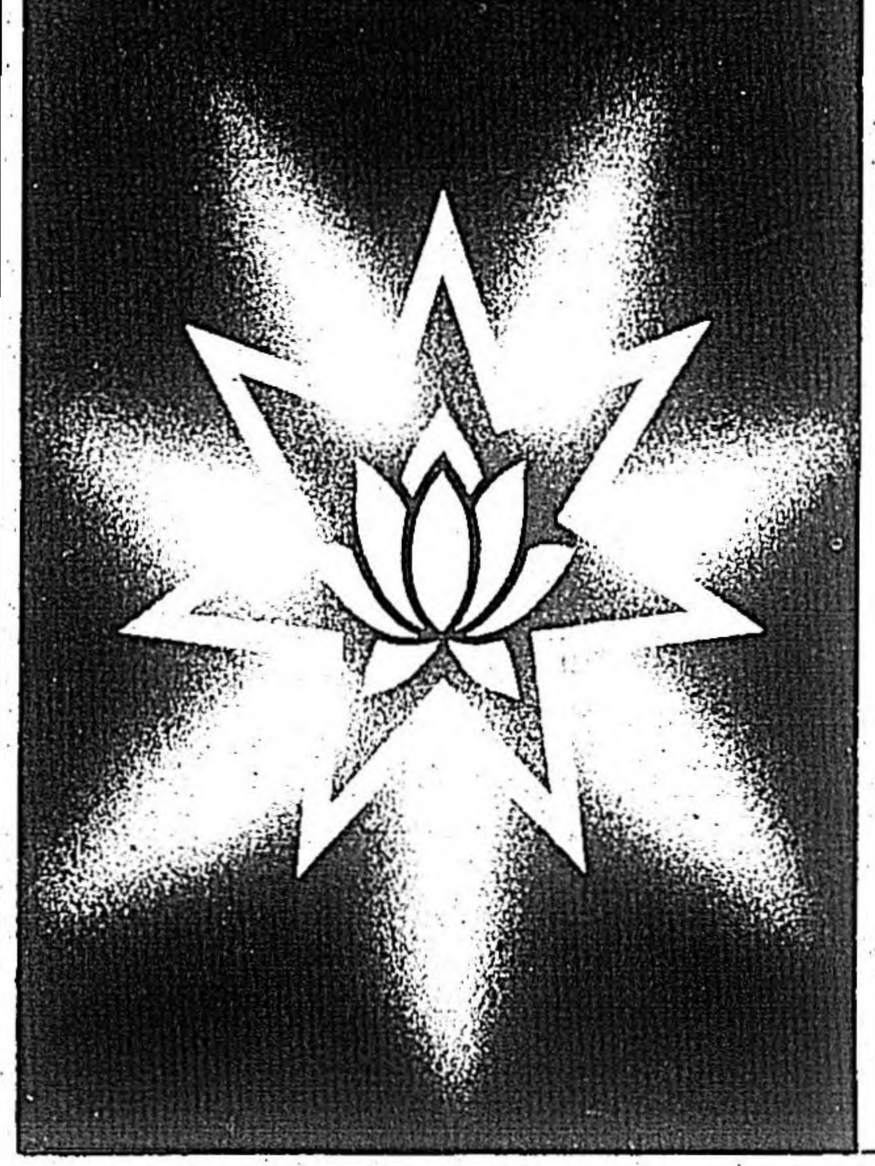
The second book will be titled *Adventures in ESP*. It includes three previously published study lessons by Dr. Robert on clairvoyance, psychometry and intuition plus two additional chapters titled *The Art of ESP* and *The Aquarian Age Consciousness*.

Pre-publication announcements concerning both books will be mailed to you in the next few weeks.

ALL MY LIFE I HAD BEEN SEARCHING,
SEARCHING ALWAYS FOR THE LIGHT;
THEN AT LAST I FOUND ASTARA
AND THERE WAS LIGHT:
RARE AND WONDROUS LIGHT AND WISDOM,
A NEW UNDERSTANDING, A GREATER,
HIGHER CONCEPT.

--Lenore M. Kmutson.

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
Astara's Headquarters
for you.

As your Messenger
Envelope I'm ready to
carry your Healing or
Cosmic Help Petition,
request for Lessons,
donation, or any letter
you wish to send.

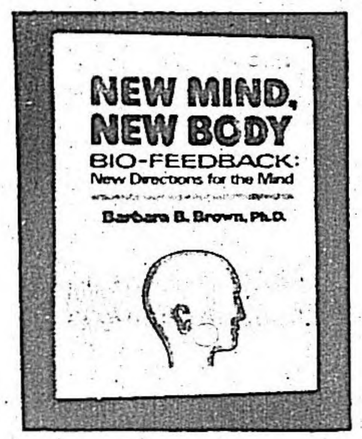
Just slip me out of
the Voice. For you, I'm
ready to serve any
time.

Sincerely,
Your Messenger Envelope

ASTARA's Book List

Compiled by
Irma Mills

January --
February 1975

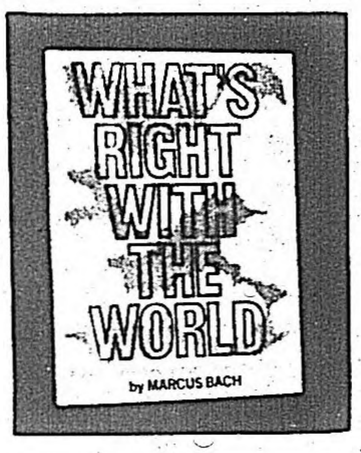


( ) NEW MIND, NEW BODY. (c)..$9.45
by Barbara B. Brown, Ph.D.

"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.....$_____

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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.

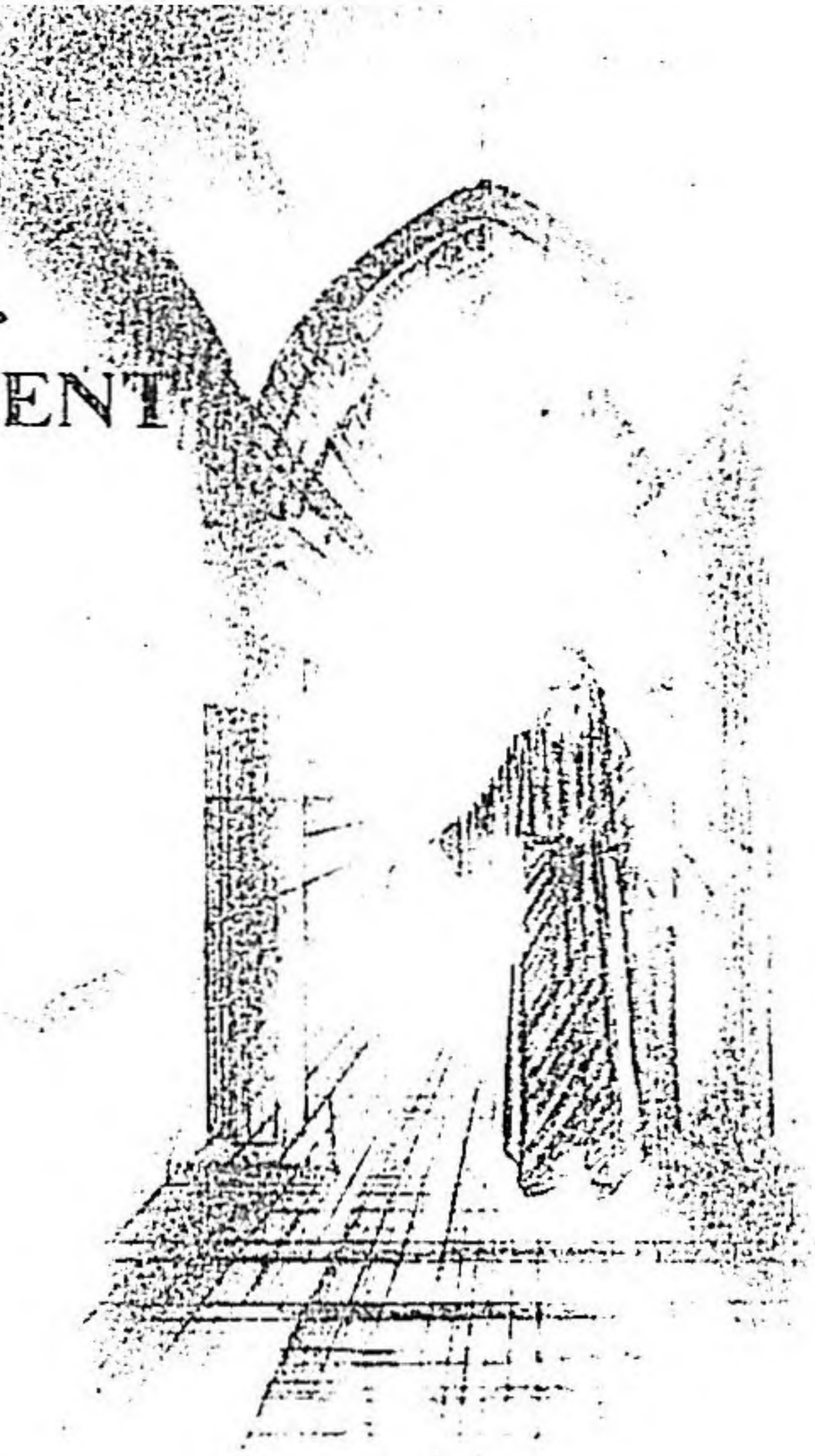
( ) THE SILENT ENCOUNTER.....(p)..$2.65
-- Virginia Hanson. Mysticism.

( ) 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



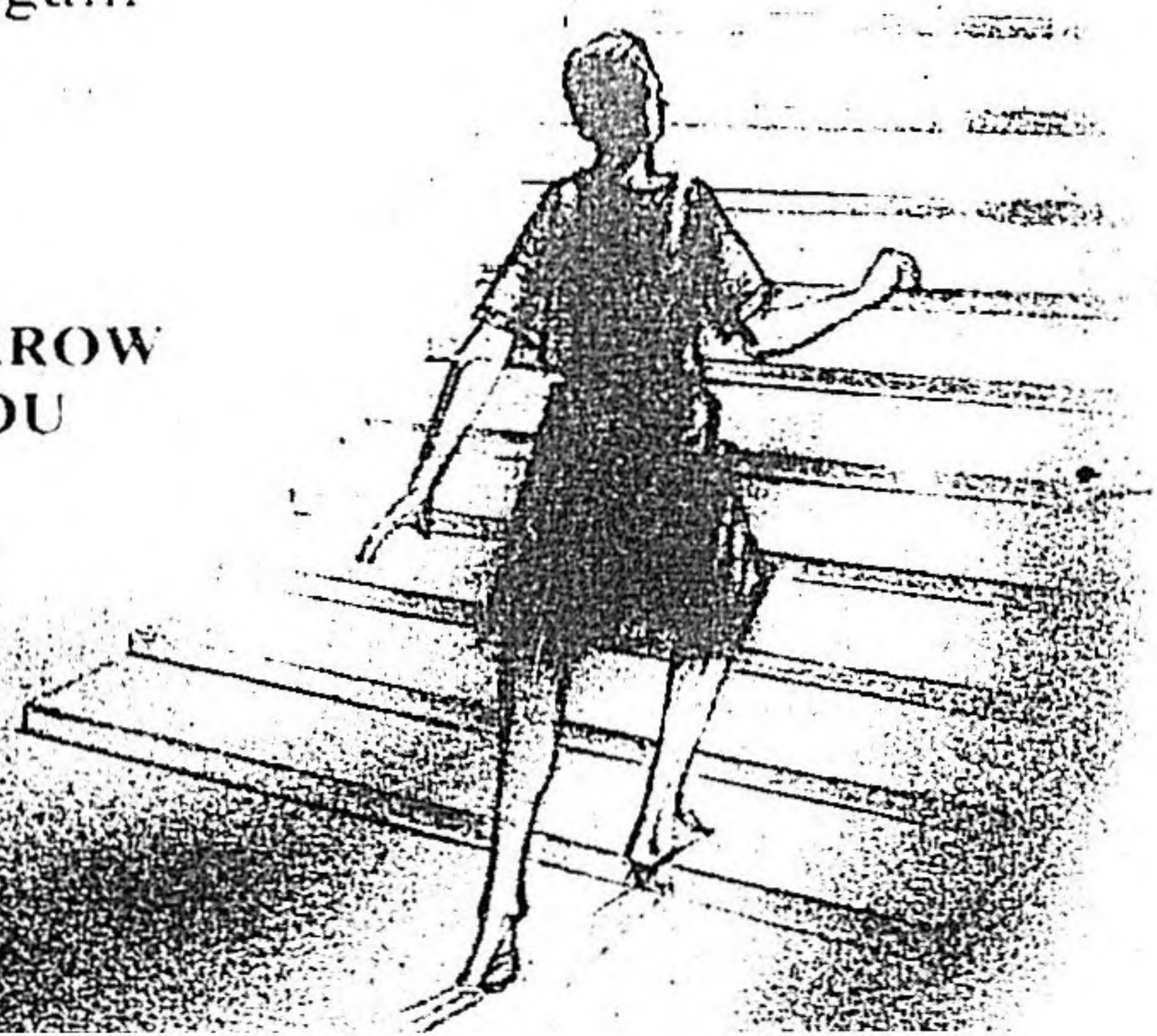
Your preliminary groundwork has been completed. The more enlightening esoteric mysteries, the more powerful metaphysical concepts, the more profound secret traditions, all are ahead.

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_____

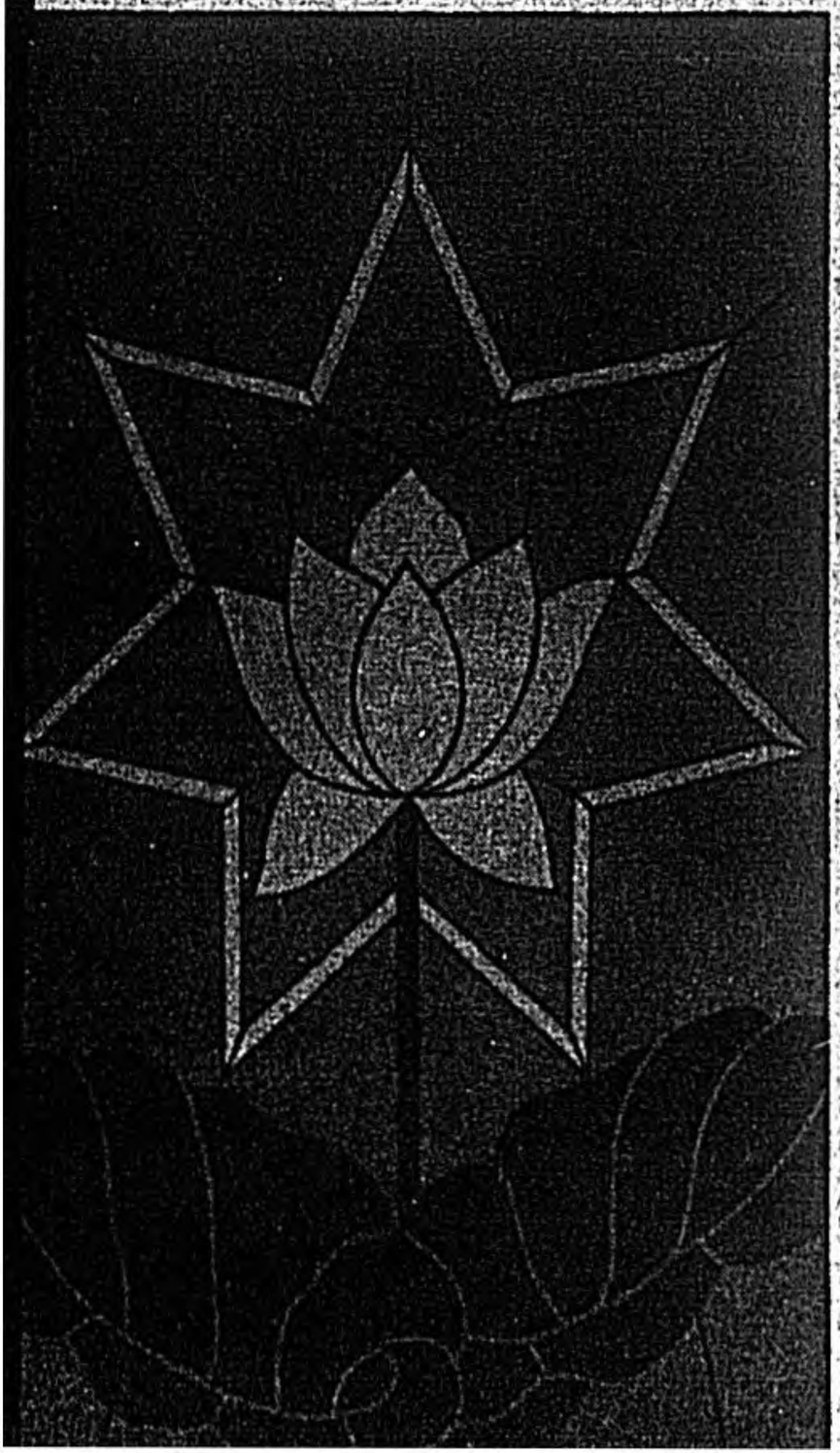
☐ Check here if new address since your last order.

THIS MESSENGER IS DIRECTED TO ASTARA FROM

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

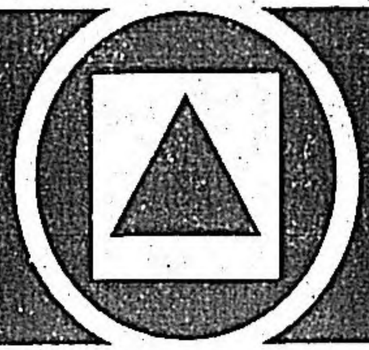


Stamp

Astara

261 South Mariposa Ave.
Los Angeles, California 90004

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

February, 1975

Dear Fellow Astarian,

The year has hardly begun as I write to you. Yet the hum of activity at Astara has already surpassed that of all previous years in its history.

The best way to describe it, I guess, is to say that Astara has suddenly ascended from a plateau on which it had expressed for a time. It has risen to a new higher peak from which it now sends forth its Light.

Both Earlyne and I sense a new stirring on the inner planes, emanating from Astral Astara. The inner activity has its outer manifestation in numerous expressions, each of them containing an inherent potential of tremendous power.

One of the exoteric endeavors motivated by the esoteric influence is, of course, Astara's book publishing arm. By the time you read this, we'll be very close to having four titles in print.

Another outward sign is the several seminars already scheduled, with more to come.

Then there is the recent acquisition of additional space in a nearby store complex, some of which will be devoted to a public bookstore featuring Astara's books and others

(OVER)

in our field. The store will include a used book department, so if you'd like to donate any used books in our field, they will serve the purpose of helping others and helping Astara at the same time.

There is also a possibility that I will again create a radio program, as I once did several years ago, devoted to mystical, esoteric and psychic areas. And we continue to search for appropriate property to hold all Astara's activities including a retreat center.

To me; one of the fascinating elements of every one of these projects is the fact that each of them serves <u>two</u> purposes. First, they offer helpful teachings in accord with Astara's philosophy. Second,

they serve the important function of bringing Astara to the attention of many who might otherwise not know of it and would never gain the benefits they could receive from it.

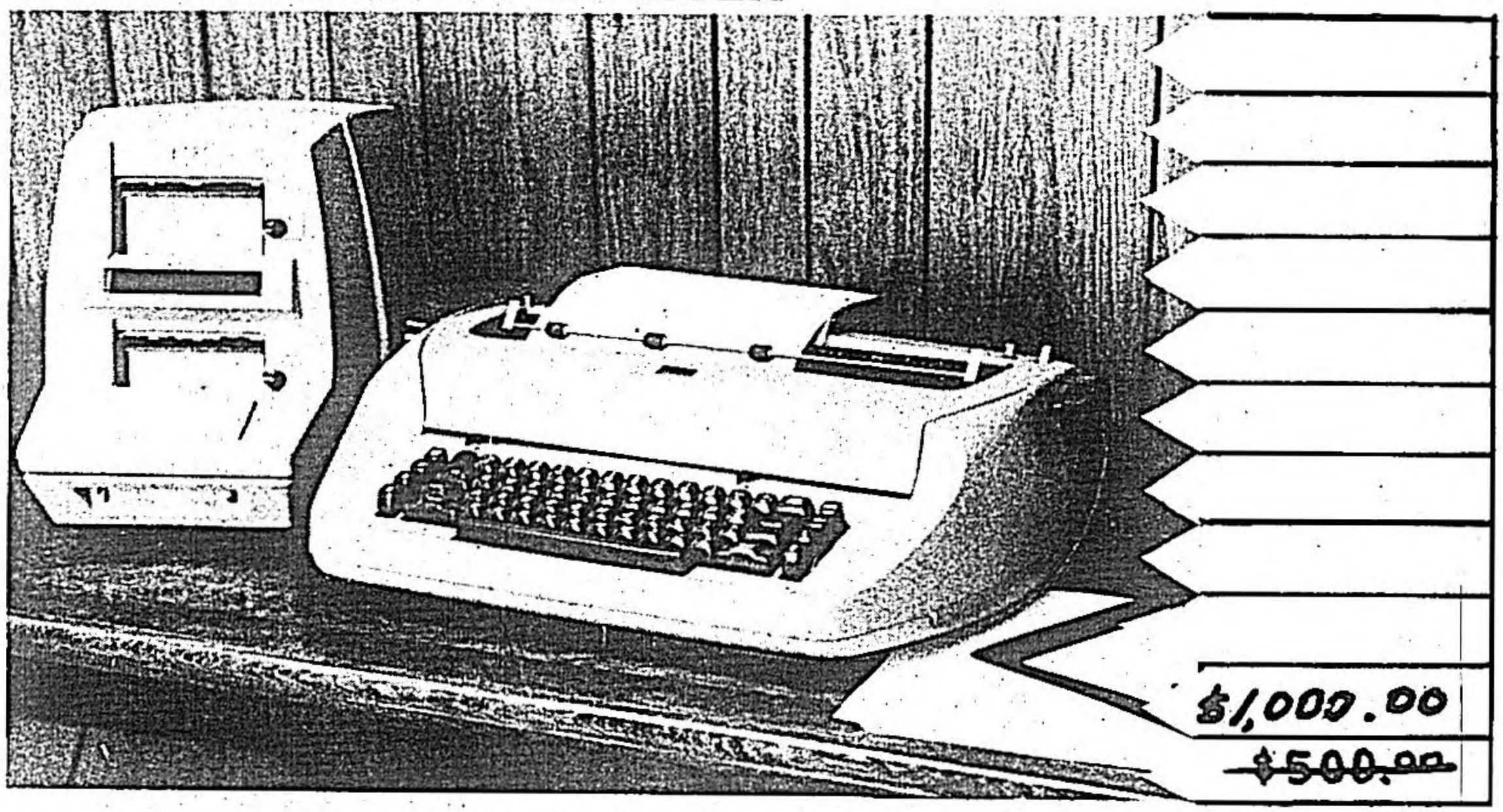
And now in the "family talk" department, as this is written Sita is spending her last day between quarters and is getting her new hi-fi set ready to take back to college. Earlyne is editing one of Astara's Library of Mystical Classics books soon to be published.

I'm planning how to keep pace in the outer world with all that's happening on the inner, and with this letter sending you my--

Very best wishes,

Robert

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.

ABOUT REMEMBERING—

To the Chaneys:

I should think that those Astarians who do not practice Lhama Yoga would now want to do so. Those who are already pursuing the Lhama Yoga technique will find the Ultimate in encouragement and understanding.

Ever before me is Madame Blavatsky's frequent comment, "The more polished the lens, the clearer the picture." Only a person who came into this world comparatively free of bad Karma could ascend such mystic heights as Dr. Earlyne describes. Yet there are other very human moments in the book when I am in there cheering for her, such as the few occasions when she yearns to bash her purse over the head of an opponent to bring home a point.

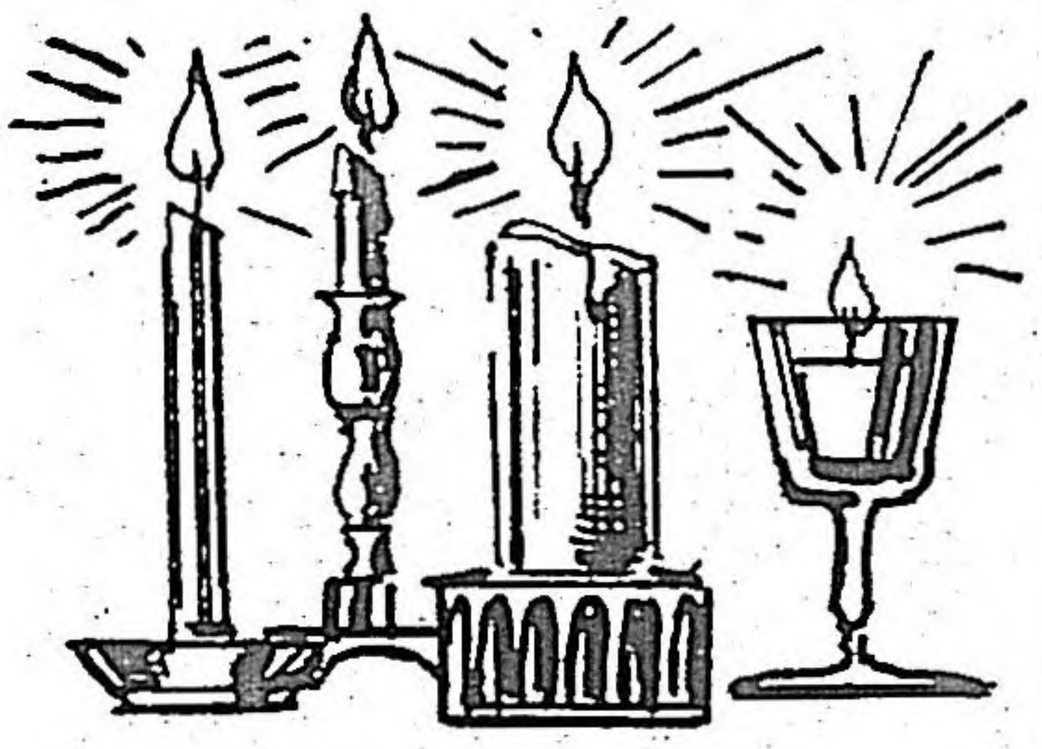
There have been and will be other books written on the subject of mysticism, but there will never be a more inspiring one.

You are welcome to use my letter in the Voice *as I am happy to be identified as an Astarian.*

Very sincerely,

Opal M. Newport
Portland, Oregon

Mini-Meditation
CANDLES



by Hildegarde (Heidi) Olsen

Perhaps it's a little late to be talking about New Year's, but again — perhaps a personal tradition was started which doesn't have to be pinned down to any special time of year.

The parties and parades were over; the football games had been won or lost according to which teams you'd been rooting for. A friend and I were reminiscing over 1974. It was late afternoon and the setting sun was giving way to the dusk of the evening. "Let's light the candles," I suggested.

These are of varying colors in glass containers some eight inches tall which one finds at the supermarket. Several are spotted in the bookcase at the end of the living room; some are on the adjacent spinet piano of my youth, some on the highboy against another wall. They're always festive and gay to have flickering away when friends are over for a bite or just a good chat and exchange of ideas. Somehow it seemed right that the candles be lit on January 1, 1975. *But with a difference.*

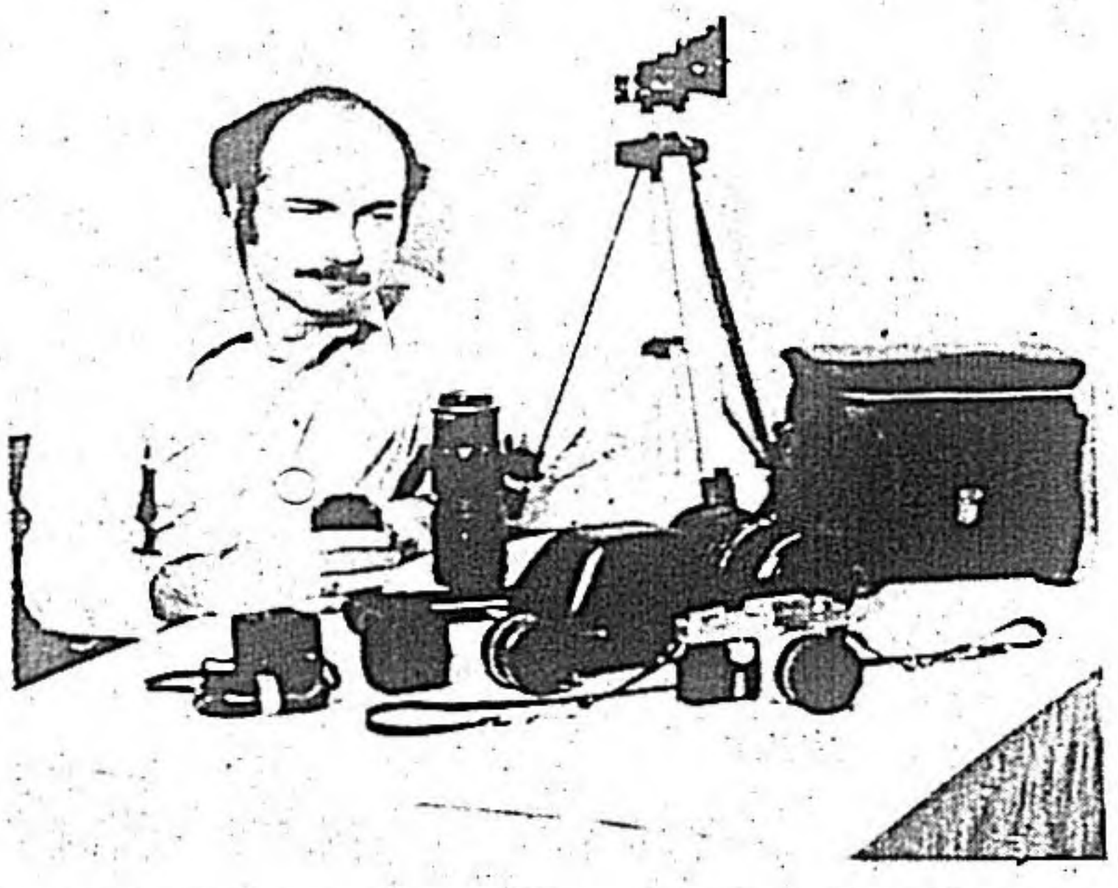
"Let's identify the candles with the names of very special people we care about." We did just that. Along with each match which touched flame to candle was the silent thought of love, of fulfillment of needs, of happiness, health .... whatever brought friends to heart at the moment.

As each candle was set aglow, we placed a slip of paper under it with the name of the person to whom it was dedicated.

This certainly isn't a new idea. It's been done for centuries. What happened at my home on the evening of New Year's Day only echoed an age-old tradition. But suddenly it took on new meaning. The lighting of a candle for someone special.

As old candles burn down they'll be replaced by new ones. The name slips will remain. With each relighting, loving thoughts shall be rekindled. And where is it written that other candles and other names may not be added to this decorative and dedicated array of light?

We Astarians can be counted among those who are Keepers of the Flame. While we're at it, *let's light a candle for the world.*



Artist John Costello checks the Topcon 35mm camera and several accessory lenses valued at over $1,200 and donated to Astara by Astarian Dale Honermann.

LODESTAR SEMINARS FEBRUARY AND MARCH 22

The first of a series of seminars to be presented at Astara's headquarters will be held Saturday, February 22 from 10:00 a.m. to 4:00 p.m. and a second, similar seminar will be presented March 22. It is expected that Lodestar Seminars will be held on a fairly regular basis throughout the year to present various facets of Astara's teachings and allied intriguing subjects.

Attendance at Lodestar Seminars is by reservation only due to the limited number which can be accommodated. Therefore, reservations must be made in advance. Tuition is $10.00 — additional members in the same immediate family, $5.00 each. The fee includes a buffet luncheon.

Reservations may be made by mail or phone with Rodolfo Silva, Director of Membership Services. Persons out of the city who wish to attend may obtain information concerning motels and hotels in the vicinity from Dr. Silva.

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.

When making reservations by mail, be sure to indicate whether you wish to attend the February or March Seminar.

Every day you have to live with yourself. Why not make yourself a pleasing, sturdy, gracious friend?

Thomas R. Gaines

ASTARA EXPANDS AGAIN

We have just arranged to rent additional space in a building complex one block from headquarters, bringing the total of store spaces occupied to five.

Our print shop already occupies three spaces in the building and the newly rented space will house additional storage for the print shop and for the book publishing arm of Astara.

It is also planned to partition off the front of the newly acquired space and create a public book store to offer the books of Astara and other publishers, and a supply of used books in our field.

Additional information about the new quarters and the book store will appear in next month's *Voice*.

A MEMORABLE EXPERIENCE

I have told about this true experience to very few people because many would say that it was a dream. But I did not dream it, I was very much awake!

It was 1960, I had lost my husband, Everett. We had four years of courtship and forty years of married life, and we were very close. At the time of his passing, I was principal of a school and two months later one night I came home from school very tired and went to bed at eight o'clock, and fell into a sound sleep.

I woke up when I heard the town clock strike eleven. I was rested and felt that I would like to get up and do some school work but I was afraid that I would wake up my daughter and family as they had been in bed not more than an hour. So I lay awake, thinking of the lonely life I would have without

Continued on Page 14

BUILDING FUND

Tillie J. Mark
Minnie B. Dickinson
Alfred Thompson
Virginia Reyes
Bertha L. Beedle
Helen and Harry Blusteen
Mary MacLeod
Mrs. Lucy E. Hill
Lee J. and Linnea Beers
Joseph Farkas
Kenneth and Edna Ruch
Jack and Joyce Keller
Anna Kositch
Janis Tomlinson
Medallion winners: Bernice and Paul Allen, CA

THE BENEFITS OF TRUE LIVING

by Alfred A. Montapert
Author, *The Supreme Philosophy of Man*

LIFE consists of much more than mere existence . . . more than breathing, eating, wearing a few clothes, and taking up space. The most important thing has not been learned:—How to conduct ourselves so that we may truly live.

True living is to ENJOY each day. Happiness depends not on the things around us, but on our ATTITUDE. Everything in our life will depend on our ATTITUDE. Here is the crux, the core of life:—"As a man thinketh so is he." So simple, but how true, how profound. How few understand and practice this natural law.

True living means self-development. The first and most important thing in this world for every individual to understand is HIMSELF. This is the greatest problem if life. Knowledge of self requires study. The greatest responsibility given to every person is the development of self. Which means the EQUAL development of our PHYSICAL — MENTAL — and SPIRITUAL faculties.

True living means doing your best every day, being a blessing to others as well as to ourselves. You are living only when you are useful, constructive, and accomplishing things worthwhile. Accomplishment brings happiness.

Continued from Page 13

Everett.

Finally, I decided I would get up, make some hot cocoa. However, when I tried to move, I couldn't. Then a shadow came through the venetian blind and suddenly, Everett knelt by my bed. His face was pressed against mine, his arm across my arm. How could I ever describe my surprise, my joy! We talked and talked!

Then suddenly, I opened my eyes. It was morning. I looked at the clock. It was 6:30 a.m. and time for me to be up and getting ready for school. I couldn't mention my experience to anyone for a long time.

But it seems that I walked on air for many weeks.

How could I tell this experience to anyone? No one would ever believe it was true. It was too sacred, too precious, too unbelievable! Although we had talked for a long time, there were just five things that I was allowed to remember:

1. It was beautiful there. 2. He was very, very happy. 3. I must not mourn. 4. He would not be back until it was time for me to go. 5. It would be a long time but I must be happy.

I am happy and thankful to our Lord and Savior for His many blessings.

Helena K. Norton

SPEAKERS AT ASTARA FOR FEBRUARY, '75



Bernadene Villaneuva



Swami Parampanthi



Rodolfo Silva



Robert Chaney

Feb. 2 BUILDING THE INNER PERSON
Robert Chaney

Feb. 9 PROPHECY IN THE NEW AGE
Bernadene Villanueva speaking
Earlyne Chaney, healing service

Feb. 16 THE ONE LIFE
Rodolfo Silva

Feb. 23 SELF-MASTERY THROUGH CENTERING
Swami Parampanthi speaking
Rodolfo Silva, healing service

Mar. 2 THE DIVINE-HUMAN RELATIONSHIP
Robert Chaney

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

SPECIAL EVENTS

Feb. 8 YESTERDAY — TODAY — TOMORROW IN PSYCHIC AND SPIRITUAL SCIENCE
with Bernadene Villanueva,
Earlyne and Robert Chaney.
Scottish Rite Temple, 7:15 p.m.

Feb. 22 LODESTAR SEMINAR,
10 a.m. to 4 p.m. Reservations
necessary. Swami Parampanthi,
the Chaneys, Karinne Pevarnik,
Jacelyn Eckman. Repeated March 22.

FIFTH DEGREE LESSONS READY

Two new Lessons in the Fifth Degree are now available to Astarians who have progressed to that point in their studies.

Lesson 14, *The Human Aura, Your Magnetic Atmosphere,* tells why and how your aura changes constantly, how it mirrors your total character at all times. It describes the pranic aura, the health aura, how auras blend and how they can be directed at will as agents for healing.

Lesson 14 also describes auric color gr and tells what they mean. The teach include the auras of things and places as w persons.

Lesson 15 is a two-part study. Part I is *How Practically to Practice the Love of Go the World of Man.* It was written by the initiate Burton Bigelow before his death. In it he describes the three ways to attain spiritual growth and tells why spiritual growth is actually a scientific process. He discusses initiations as scientific steps available to all of us. He explains the three great Cosmic Laws.

Part II is titled *Breathing and the Nerve Fluid.* It discusses the ethers and how we affect our own lives by the way we breathe and direct them. The Lesson includes an excellent but easy to perform breathing exercise.

If you have progressed in your studies through Fifth Degree, Lesson 13, you may request the above Lessons by using the Continuation Form in this month's *Voice.*

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