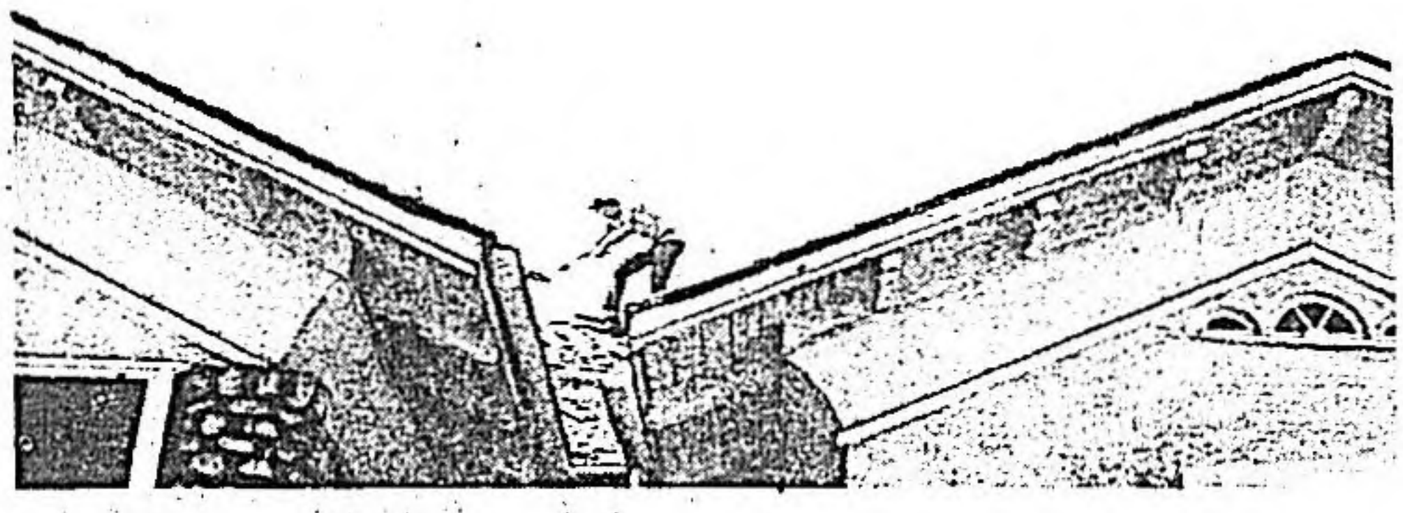
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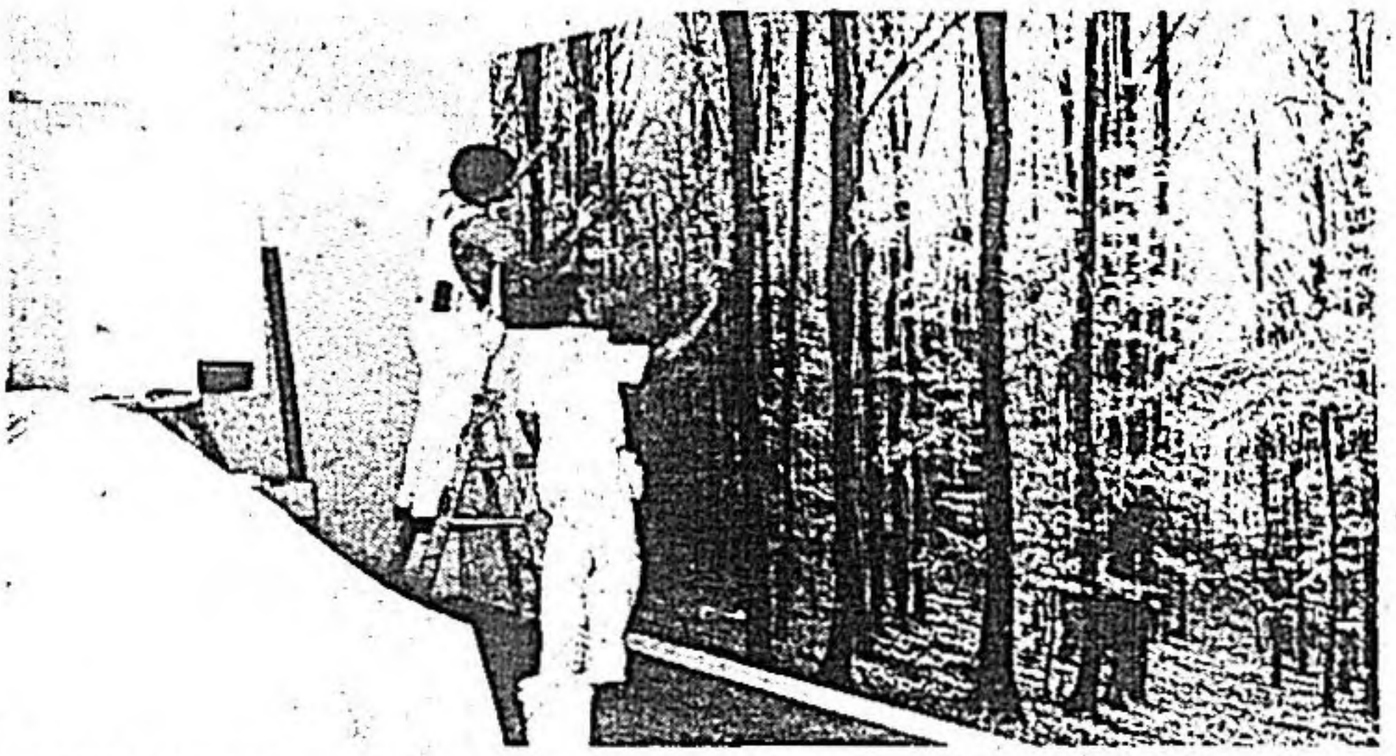
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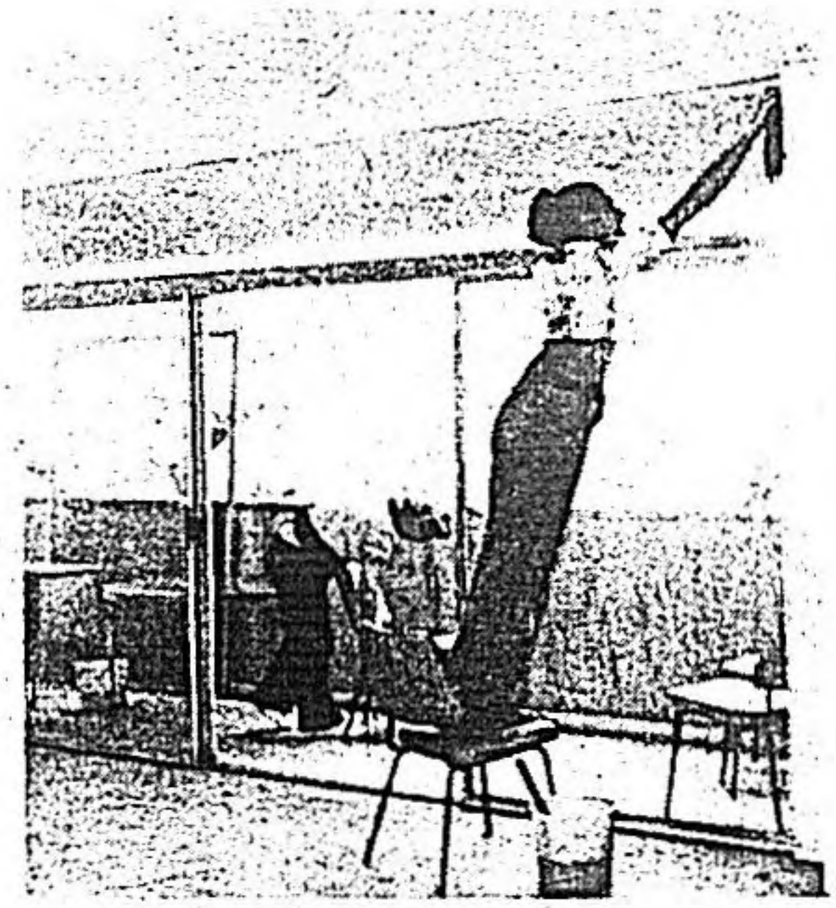












NEW CENTER HUMS WITH BUSY WORKERS

Grand opening activities are not far off, and the face of the old campus is changing fast for visiting Astarians and guests. New roofs, new walls, new ceilings, new paint, and new decorations mark the progress of work in Upland. A new Astara will await you in October!

A Gallery of Astara Guests



SHAFICA KARAGULLA, M.D., is brilliantly qualified to evaluate the creative frontiers of the human mind. Turkish born, Dr. Karagulla gained her reputation as a leading neuro-psychiatrist in Lebanon, Scotland, England, and Canada — before coming to the United States in 1956. She is currently President and Director of Research of the *Higher Sense Perception Research Foundation* in Beverly Hills, Calif., where her findings show that thousands of people are already using their "sensitive" abilities in all areas of life.



WILLIAM A. TILLER, Ph.D., is professor and Chairman of the Materials Science and Engineering Department at Stanford University. In addition to serving as a consultant to government and industry in the fields of metallurgy and solid-state physics, Dr. Tiller has published hundreds of scientific papers and is particularly interested in psycho-energetic problems as they relate to *healing.* He is especially qualified to shed the light of scientific research onto the pathway that lies ahead of twentieth-century man as he proceeds toward the new age.



WILLIAM R. PARKER, Ph.D., is well known as an author, college professor, and counselor-psychologist. Dr. Parker is the founder and minister of the *Community Church by the Bay,* Newport Beach, Calif., and is a popular lecturer and workshop leader at psychic and spiritual conferences across the country. He is Director of Prayer Therapy Institute in Newport Beach, where Cybernetics and Biofeedback techniques are successfully used to remove emotional blocks in individuals during the healing process.



JAMES BONACCI joins Dr. William Parker as co-speaker on the October 3rd program during Astara's month-long Anniversary celebration. Dr. Bonacci is a teacher and counselor as well as minister in the Episcopal Church of Mind. An associate with Dr. Parker at the Prayer Therapy Institute in Newport Beach, he takes an active part in the Human Awareness workshops and seminars conducted by the Institute. Dr. Bonacci is co-author with Dr. Parker of the book, *Man's Greatest Single Problem,* and contributes notably toward the success of group healing meditations.

Will Speak During October



DAMIEN SIMPSON is the founder of Universal Mind Science Church in Long Beach, Santa Barbara, and Mountain View, Calif., and has earned widespread recognition during the past 15 years as a psychic, medium, healer — and host over Los Angeles television channels of *Psychic Phenomena, The World Beyond.* With his charismatic personality and sincere love for people, Damien Simpson takes the complexities and paradoxes of man and his world — on all levels — and teaches his common sense, easily understood approach to life.



MARCUS BACH, director of the *Fellowship for Spiritual Understanding* in Palos Verdes, Calif., has authored numerous interpretive books based on his extensive research among ethnic groups in Africa, India, Pakistan, the Soviet Union, and southeast Asia. His work has brought him into association with many outstanding leaders — including the late Dr. Albert Schweitzer in Africa and Vinova Bhave in India — with whom he has been privileged to explore new approaches and concepts that unite humanity on all continents.



KARINNE PEVARNIK is an unusual Californian who has combined a life-long fascination for color with a career in Architecture and Interior Design. Her excellent training has taken her to many parts of the world, where she has pursued more esoteric aspects of color through the study of metaphysics and yoga. A graduate teacher of yoga from the *Himalayan International Institute* in Chicago, Miss Pevarnick artfully blends the vibrations of color and breathing with yogic postures and reflective meditation. She will teach yoga classes at the Astara Center.



HAROLD SHERMAN, known as "The Elder Statesman of ESP" because of his vast experience and demonstrated psychic ability over many years, combines his skills as a well-published author of self-help and ESP books with a long career as a sensitive in locating missing aircraft, missing persons, and in solving crimes. He is the founder of *ESP Research Associates Foundation,* which sponsors the highly successful "Body-Mind-Spirit Healing Workshops" each year. Hundreds of men and women from around the globe have corresonded with Harold Sherman to relate their ESP experiences.

Outstanding Personalities



C. C. BATEMAN is an international lecturer on dreams and their symbols, teaching their spiritual, mental, and material values. His life-long sensitivity and clairvoyant gifts have enabled him to help thousands of followers to better understand their dream world and to use their knowledge to construct a more rewarding life. World War II took Cash Bateman to India., Currently, he is President of *Dream Counselors, Inc.*, Albuquerque, N.M., and offers to busy Westerners the Tibetan techhnique of Dream Yoga for quickly penetrating the alpha levels of the mind.



BRAD STEIGER, author of such popular psychic-phenomena books as *Mysteries of Time and Space, Revelation: The Divine Fire, Medicine Power*, and *Medicine Talk*, captivates his audiences with a mixture of good humor and a penetrating knowledge of parapsychology. Schools, church groups, conventions, radio, TV — wherever he speaks, Brad Steiger opens your mind to the wealth of things yet undiscovered in the realm beyond human sensory experience. He probes into UFO case histories, into the transcendental heritage of the American Indians.



ANNE FRANCIS, motion picture actress, has been active on stage, radio, and screen since the age of six. Her most recent film and TV credits include the *Honey West* series, *Bad Day at Black Rock, Blackboard Jungle*, and *Forbidden Planet*. Miss Francis has long since been a serious student of esoteric philosophy and frequently lectures on metaphysical subjects in the greater Los Angeles area. She has been a guest speaker at the Astara Temple on a number of occasions and always moves her audiences with uplifting feeling, poise, and beauty.

ROBERT L. MORRIS, Ph.D., Professor of Parapsychology at the University of California, Santa Barbara, holds what is possibly the only full-time teaching job of its kind in an accredited college anywhere in the country. As a parapsychologist — one who studies phenomena unexplained by the laws of science — and as past-president of the Parapsychological Association, an international professional organization dedicated to PSI research, Dr. Morris is a frequent speaker and consultant on the subject of psychic phenomena. He recently headed the advisory group at the California Museum of Science and Industry, in Los Angeles, where unprecedented exhibits of precognition, telepathy, clairvoyance, and psychokinesis were put on public display.

Open the New Astara Center



MARILYN FERGUSON is the author of what promises to be a best-seller in its field, *The Brain Revolution — The Frontiers of Mind Research.* Already into its fourth printing, her work is an exciting analysis of the findings of modern brain scientists. As a free-lance journalist, Mrs. Ferguson has personally interviewed many of the country's leading brain researchers, physiologists, parapsychologists, and neurologists in addition to being the test subject in a continuing experiment with alpha brainwaves and telepathic communication.

KENDALL L. JOHNSON has a distinguished career in a variety of scientific fields, most notably as a research colleague with Dr. Thelma Moss at the Neuro-psychiatric Institute, U.C.L.A. He has also been an active consultant for the National Aeronautics and Space Administration, the Rand Corporation, and the C.I.A. However, Mr. Johnson's work with Kirlian photography — the capture of auric energy on film — has raised him to prominence as a lecturer on psychic phenomena throughout southern California. His studies on *Photographing the Transfer of Bioenergy at a Distance* and *Electronic Devices for Detection of Acupuncture Systems* have received special acclaim from the scientific community as well as from the public at large.



ROBERT EMENEGGER is most noted for his outstanding documentaries on *UFO's . . . Past, Present, and Future.* A graduate of UCLA, he has become an accomplished film producer and writer in the field of UFO research, earning numerous awards nationally and internationally for his artistry — including First Place at the Venice and Edinburgh film festivals. Robert Emenegger's one-hour TV special on visitors from outer space was hosted by the late Rod Serling, Jose Ferrer, and Burgess Meredith and featured many recorded sightings of Unidentified Flying Objects.



EARLYNE and ROBERT CHANEY, co-founders of Astara on October 17, 1951, need no introduction to our readers here or abroad. For the past 25 years they have shown the guiding Light to thousands of fellow Astarians and seekers of Truth in some 90 countries around the world. Now, as a fitting Silver Anniversary fulfillment of the dream they have shared since the birth of Astara — a Church of all Religions and a School of the Ancient Mysteries — Drs. Earlyne and Robert extend their warmest welcome to all members, friends, and guest speakers of honor at the site of the New Astara Center.

URGENT NOTICE ABOUT LIVING ON CAMPUS

Because of numerous requests for permanent quarters at the new Astara Center, we hasten to advise all readers that only short-term accommodations are available at the Center in Upland.

These accommodations are designed to serve only persons attending retreats, seminars, and other scheduled activities. Overnight lodging is $7 per person for each day spent on campus.

We are very sorry that permanent residence for members at the Center cannot be arranged. The present buildings and grounds do not permit it.

AUG. WORK BEES

Anyone who is willing to put on old jeans, tie a kerchief around the hair, and help us clean up the buildings that will require redecorating, painting, and repair — we would especially appreciate your support in this most necessary phase of moving Astara to Upland.

The next "work bees" are planned for Saturdays *August 14 and 28.* If you can pitch-in, please call (213) 387-7187 and sign-up with Fred Stewart. Thank you.

Additional thanks are due to all our faithful workers who have so generously donated their valuable time and effort during the May, June, and July "work bees." Thanks to your help, the new Astara Center will surely be ready for incoming guests before the official opening in October.



AIRLINES NOW FLY TO ONTARIO

Want to know how to fly into Los Angeles for attending an Astara retreat or seminar without having to commute through 60 miles of heavy freeway traffic? Land at *Ontario International Airport* instead of LAX.

The modern facilities at Ontario are a short five miles from the Astara Center in neighboring Upland, an easy matter for your arrival and departure.

Both United Airlines and American Airlines schedule cross-country flights into Ontario from the East coast. Continental and TWA serve visitors from Chicago and the central states.

For West coast travelers, the choice of carrier is more abundant. Ontario flights may be arranged through either Air California, Hughes Air West, PSA, or Western Airlines. Short, air-commuter service in the Los Angeles area is also offered by Golden West Airlines.

So, wherever you live in the United States, there is a major airline that can fly you to Astara in Upland. Simply select your preferred carrier and ticket your flight into Ontario International Airport through the airline office directly or through your travel agency. We look forward to having you with us during the activity-packed months ahead.



A SPECIAL MESSAGE OF THANKS TO ROBERT R. SPRAGUE

We take this opportunity to express our public appreciation to Robert Sprague for his efforts in making the new Astara dream come true.

Thanks to his knowledge and expertise in financial matters, concerning the purchase and remodelling of the Upland College property, he has performed an inestimable service to Astara and to all Astarians around the world. His advice and counsel on the material level have resulted in savings of many thousands of dollars during property negotiations and in fulfilling the building requirements of the City of Upland. On a higher level, he has been a source of strength and inspiration.

Robert Sprague is currently Vice President of Gibraltar Savings and Loan Association, Vice Chairman of the Board of Directors, and Chairman of their Executive Committee. We extend a hand of sincere gratitude to Mr. Sprague on behalf of all Astarians and friends who will benefit from the new Center.

New Astara Center . . .

We send special thanks to the donors listed on this Honor Roll. Repeat names indicate members who have made additional donations. Others, not listed, will appear in September.

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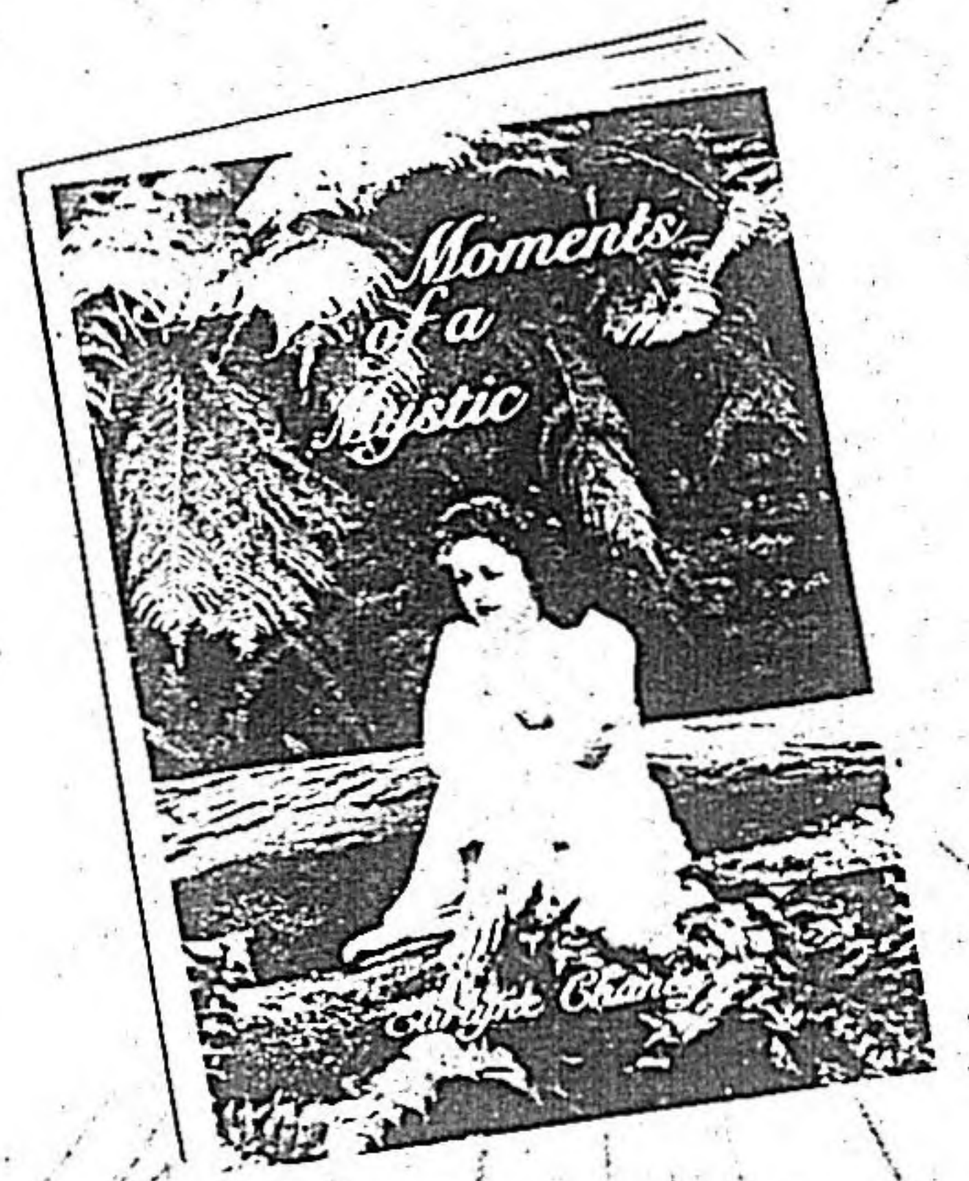
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A copy of this book will be sent to each person who makes a donation to Astara during the month of August.



"SHINING MOMENTS OF A MYSTIC"

by Earlyne Chaney

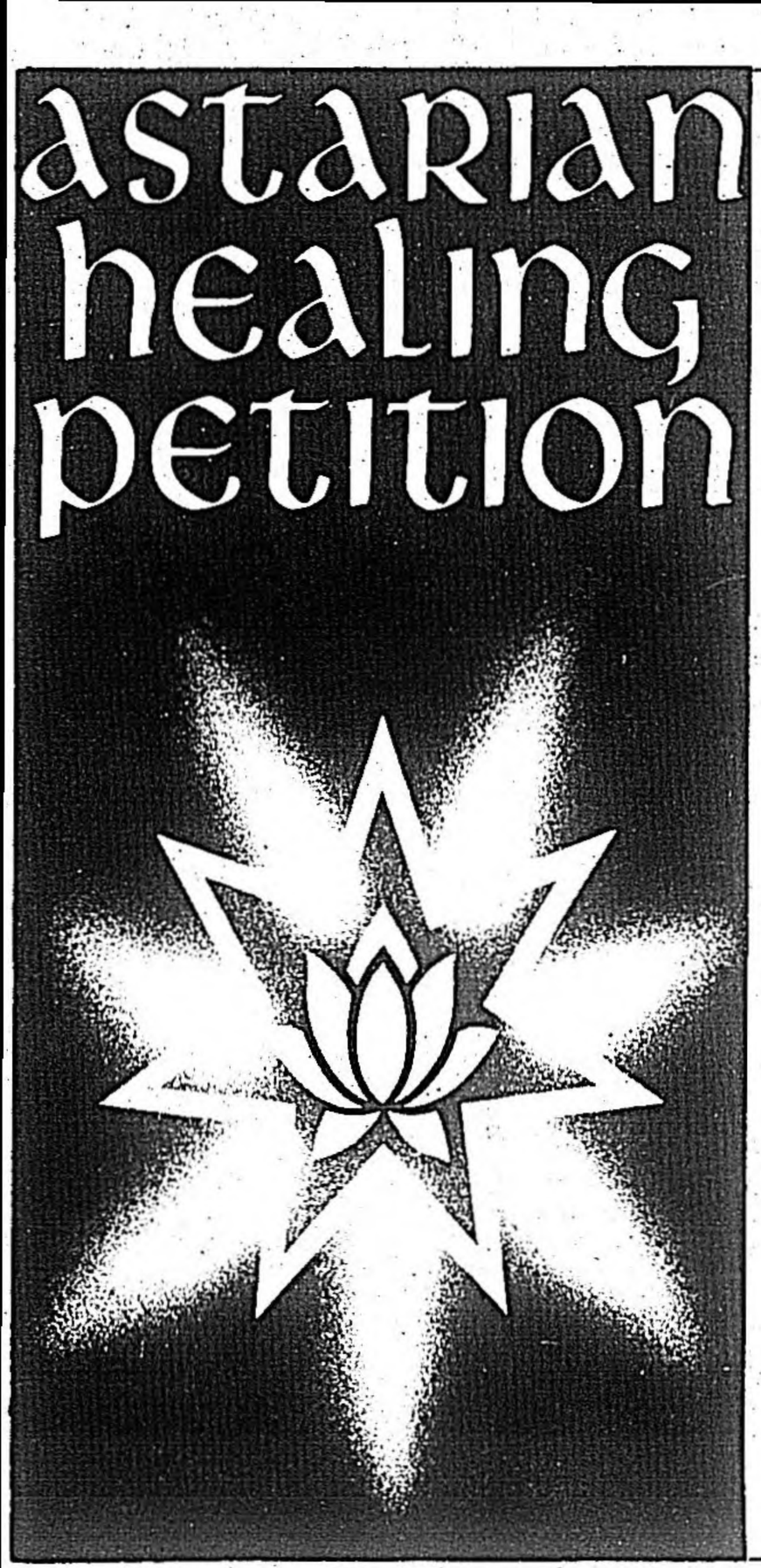
Poetry, calligraphy, and photography are interwoven to create an inspiring, self-illuminating journey through the "corridors of inner space." Not the author's inner space, nor the calligrapher's, nor the photographer's — but your very own, with all its secrets, its loves and tragedies, its joys and aspirations.

A complimentary copy of Dr. Earlyne's "SHINING MOMENTS OF A MYSTIC" will be sent to each Astarian who makes a donation during the month of August . . . a personal memento for your faithful contributions.

You will treasure this book for those special moments when you need inspiration, encouragement, consolation, and healing. You will want additional copies to give to others — for the satisfying knowledge that you have added wisdom and Light to their special moments, and the self-enrichment that comes with sharing.

This is an entirely fitting book commemorating Astara's 25th Anniversary of service, for it encompasses all of life for each individual who absorbs its wisdom and beauty.

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: _____

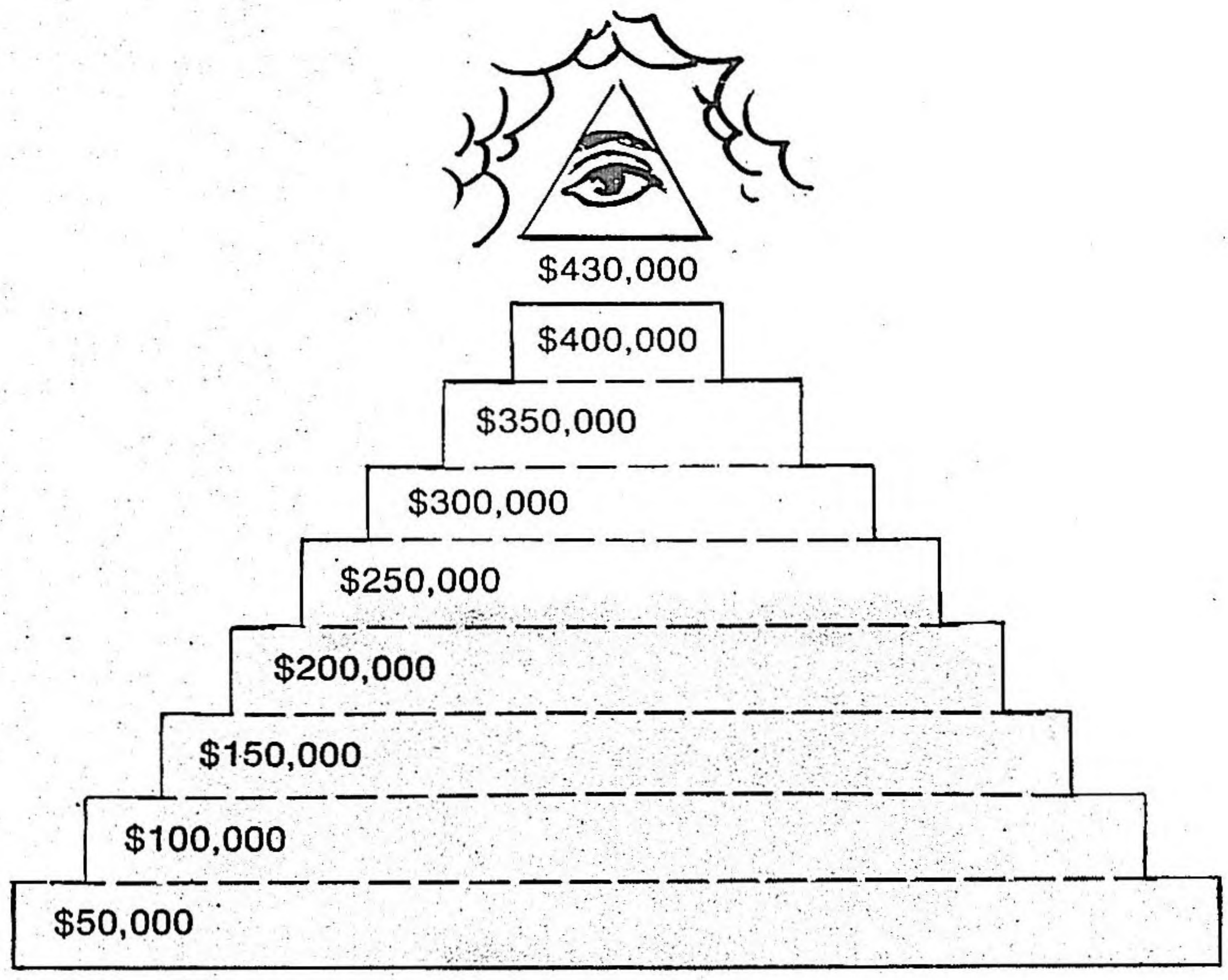
_____

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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



ADD YOUR *BLOCK TO THE PYRAMID*

Here is good news for all Astarian pyramid builders! Your steady flow of donations toward the purchase of the new Astara Center has passed the halfway mark. By June 30, press-time for this issue of the *Voice*, your kind pledges and contributions totaled more than $226,000 -- and the top of the pyramid is now in sight.

Each month our progress toward the true "Place of Light" at the peak is shown for all Astarians to see and to be proud of. Just as Zoser's Step Pyramid was built block by block, so will all of us together build the Astara Center in Upland.

Add your building block to the pyramid -- and watch this page in the *Voice* each month to see how your donation has shortened the final climb to the top.

For The New Astara Center

Robert Chaney
Astara
261 S. Mariposa Ave.
Los Angeles, CA. 90004

Dear Robert:

The once in a lifetime opportunity for Astara to acquire space and buildings for the present and the future -- to fulfill the many ways it will continue to send more and more Light into the world -- is a project in which I want to help as much as possible.

I enclose $_____.

This amount represents:

☐ As much as I can send now. Will send more later when and if possible

☐ An amount I will pledge each month thru the year of 1976

GO AHEAD ROBERT! I'm with you! Keep me informed about the progress by mail.

_____
Name (please print)

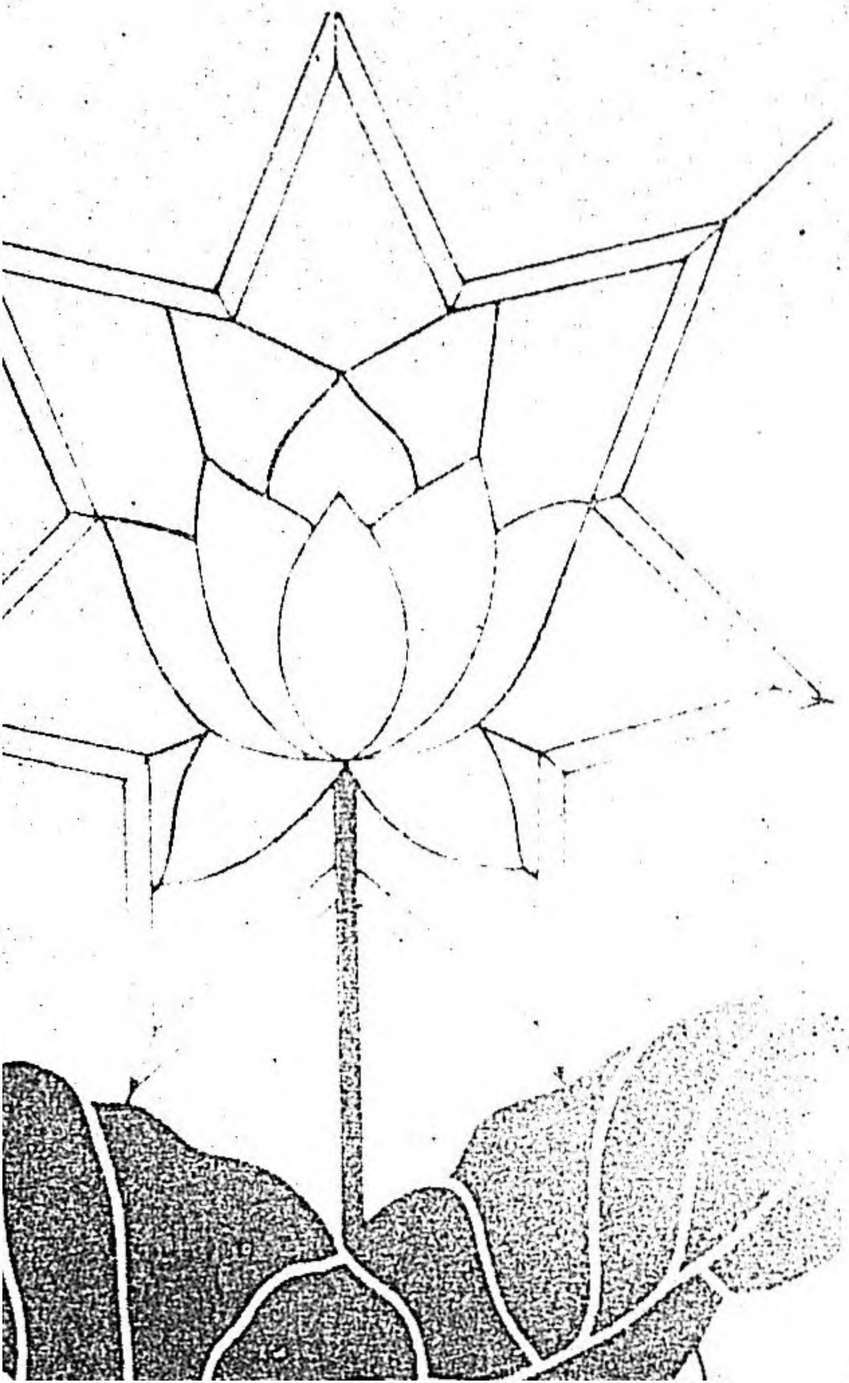
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THE ASTARIAN AFFIRMATION

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!



Astaia

ASTARA's Book List

Compiled by Pam Sargent

JULY/AUG. 1976



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 . . .



Master Kut-Hu-mi, the hidden voice from the Other Side who has guided the hand of Earlyne in her writings.

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 . . .



Robert Chaney whose love, haunting her dreams of a long-ago life, guided her way into a new light.

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.

Name

Street

City

State Zip



MAKE IT AN ADVENTURE

By Marcus Bach

Whatever is happening to you — good or bad, expected or unexpected, wanted or not — is part of a venturesome enterprise so great it nearly boggles the mind. Most people are unhappy, afraid, failing at the enterprise of life because they don't know the simple way to turn it around and make it an adventure.

But every once in a while one comes upon an "alchemical idea" that transforms life wondrously. Just such an idea was used by Dr. Bach to overcome dreaded malaria. He found that others used the same idea — whatever the land or language, or the purpose — with equally incredible results.

Learn to shape your desires and your abilities, grow in mind and spirit, rid yourself of daily irritations, discover your potential talents, and gain new vistas of satisfying achievements. Start a new way of life today with **Make It an Adventure.**

Use Booklist Order Form; member price $5.95



LIGHT & LIFE COOKBOOK

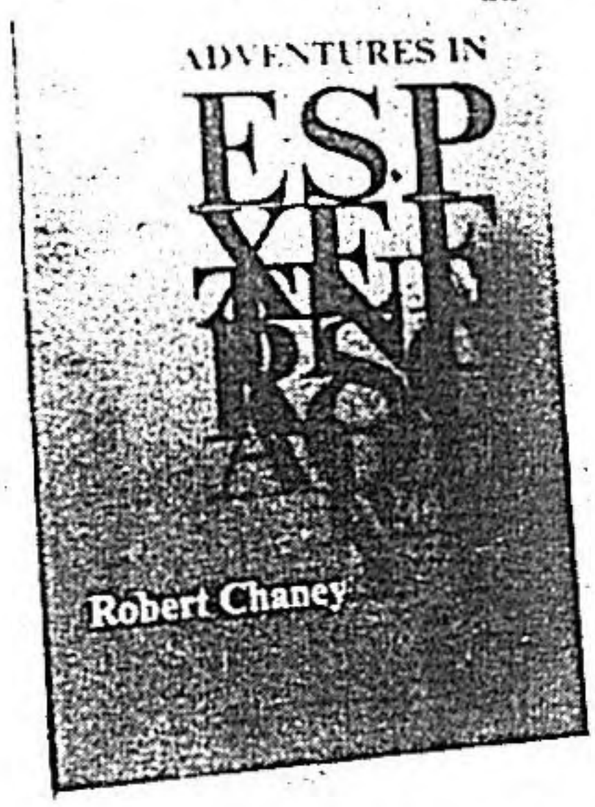
By Jan and Alan Pearson
Created with Earlyne Chaney

The **Light and Life Cookbook** contains forty days of complete menus — breakfasts, lunches, dinners — all nutritionally balanced for providing the greatest possible amount of food value.

Each day's menu leads you a step further toward the healthiest vegetarian regime, but allows you to stop at any point most appealing to you. You can become a "not-quite" or an "all-the-way" vegetarian according to your personal inclinations. Even if you do not wish to be a vegetarian, these dishes will be a welcome relief from the high cost and boredom of meats.

There are dining room tested recipes for all the menus. The recipes are for servings of from one to four persons, easily reduced or increased depending on the number to be served. Natural, healthy ingredients are featured throughout.

Use Booklist Order Form; member price $6.60



ADVENTURES IN ESP

By Robert Chaney

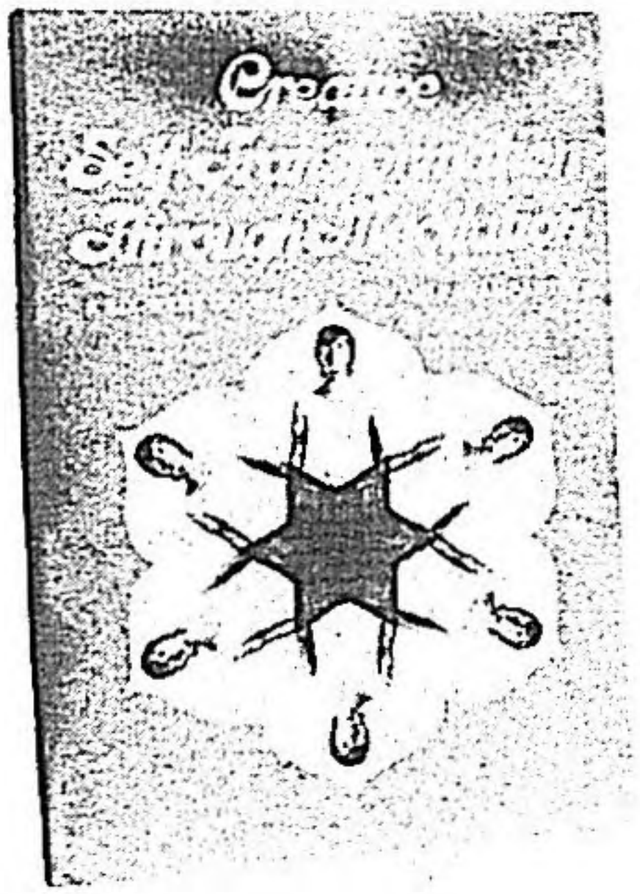
Could you use a time-tested formula to improve your intuition? Would you like to focus your inner sight on visions of other dimensions, or on scenes a thousand miles away? Or know the history of an object, simply by touching it?

Adventures in ESP is a fascinating guide to **unexplored areas of your** inner being . . . areas that become revealed to the Aquarian Age person.

Here is a book of New Age ideas, lessons and development exercises to help you use Extrasensory Perception, ESP, in your daily life . . . to help you solve problems, be more creative, harmonize your relationships with others, improve your business or profession, and experience a deeper and more enriching inner life.

Adventures in ESP is a concise, compact instruction manual to help you develop, use and apply ESP in your everyday affairs.

Use Booklist Order Form; member price $3.75



CREATIVE SELF-TRANSFORMATION THROUGH MEDITATION

By Swami Parampanthi

A SIX WEEK COURSE

. . . Change yourself in a creative way, **bring** forth your inner potentials, go **directly** to the source of your highest **inspiration** creativity . . . your own inner **being.**

Swami Parampanthi helps you discover you've actually been meditating all your life — and by the application of a few simple self-disciplines you begin to utilize your own natural powers in a self-creative way, integrating your normal consciousness with its higher counterpart. To gain spiritual insight, or to become more creative, competent or capable, or to achieve scores of personal benefits, **Creative Self-Transformation** offers you the path towards greater success, self-realization and fulfillment.

If you want to be your real self, use the order coupon for **Creative Self-Transformation,** a treasury of instruction on the world's oldest and most helpful personal science.

Use Booklist Order Form; member price $3.75

MEDITATION AIDS
Recordings & Cassettes

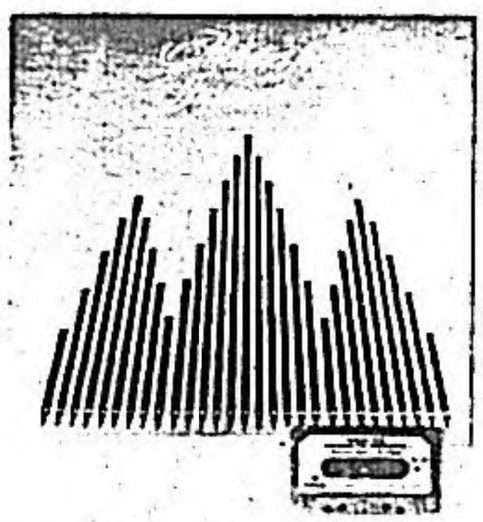
MEDITATIONS ALONG THE INNER WAY



Recorded in the intimacy of the home of Robert and Earlyne Chaney — the heart of Astara — this meditation aid combines the magical alchemy of Robert's gentle voice with the sublime musical background of Sherwood Mertz at the Chaney's organ keyboard. The calm, peace, and spiritual serenity takes you to the most intimate part of yourself . . . your Self . . . and leads you along the Inner Way.

Use Order Form below; minimum donation $4.95 Record or Cassette

MELODIES FOR INSPIRATION



There is a Holy Quietness beyond the staccato din of the mundane world, a Quietness that brings you relief from the pressures of life. This recording, consisting of beloved hymns that are eloquent with meaning from the Christian tradition, captures that Quietness in the dimension of spirit through the inspired artistry of Sherwood Mertz at the organ console.

Use Order Form below; minimum donation $4.95 Record or Cassette



Cassette only
Use Order Form below; minimum donation $4.95

MEDITATION MOODS
with Earlyne Chaney

To be renewed daily through a spiritual consciousness . . . to be "recharged" physically, emotionally, mentally, and spiritually . . . to create a vibrant atmosphere of life, resplendent with inner confidence and aspiration . . . join Dr. Earlyne as she narrates Meditation Moods. This cassette tape enhances your meditations, as you float on soothing waves of organ music by Donna Morgan.

ORDER FORM FOR MEDITATION AIDS

Astara

261 S. Mariposa Avenue, Los Angeles, CA 90004

Please send the selections I have checked on this order form.
I enclose a total of $ _____.

MEDITATIONS ALONG THE INNER WAY ..... Rec. ☐ Cass. ☐
MELODIES FOR INSPIRATION ..... Rec. ☐ Cass. ☐
MEDITATION MOODS WITH EARLYNE CHANEY .. — Cass. ☐

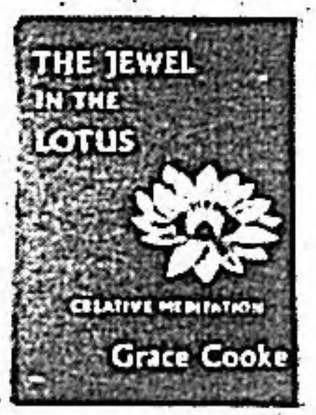
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City _____ State _____ Zip _____

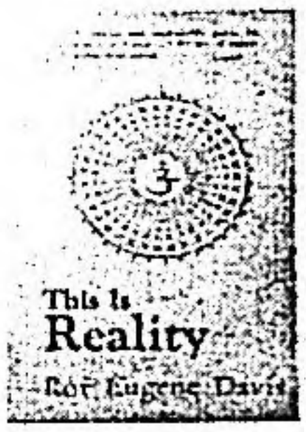
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HANDBOOK TO HIGHER CONSCIOUSNESS

(Reg. $2.95/Members $2.80)

Ken Keyes teaches how to use everyday life experiences for growth into higher consciousness, and how to reprogram the mind so that life can be truly experienced.

THE JEWEL IN THE LOTUS

(Reg. $3.95/Members $3.75)

Grace Cooke has been teaching students the art of meditation for more than thirty years, and draws on some of their accounts to give the key to the experiences which can come during meditation. She is the medium for the teachings of White Eagle.

INSIGHTS INTO REALITY

(Reg. $5.00/Members $ 4.75)

This latest book by Flower Newhouse is a unique collection of revelations through the eyes of one who has known clairvoyance all of her life. Some of the subjects include: Angels, Auras, thought forms, life after death, music and art and more.

REVELATION: THE BIRTH OF A NEW AGE

(Reg. $3.95/Members $3.75)

Written by David Spangler during the three years he lived and worked at Findhorn. He teaches about the new consciousness emerging amongst mankind, the Revelation which it creates and the birth of a New Age.

WHAT THE ANCIENT WISDOM EXPECTS OF ITS DISCIPLES

(Reg. $1.75/Members $1.65)

By Manly P. Hall, this is a study of the Mystery Schools and their teachings.

THIS IS REALITY

(Reg. $3.95/Members $3.75)

See the editorial by Bob Rowley.

BOOKLIST ORDER FORM

Astara

261 S. Mariposa Ave., Los Angeles, CA 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.

CHECK BOX BELOW WHEN ORDERING

- ☐ *Remembering, Autobiography Mystic*..$8.49
- ☐ *Remembering, soft cover*.....$6.60
- ☐ *Make It An Adventure*.....$5.95
- ☐ *Light & Life Cookbook*.....$6.60
- ☐ *Adventures In ESP*.....$3.75
- ☐ *Creative Self-Transformation*.....$3.75
- ☐ *Handbook To Higher Consciousness*...$2.80
- ☐ *The Jewel In The Lotus*.....$3.75
- ☐ *Insights Into Reality*.....$4.75
- ☐ *Revelation: The Birth of a New Age*.$3.75
- ☐ *What The Ancient Wisdom Expects*....$1.65
- ☐ *This Is Reality*.....$3.75

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Total amount of this order..... $____

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THE ATTAINMENT OF ILLUMINATION

. . . is achieved in two ways.

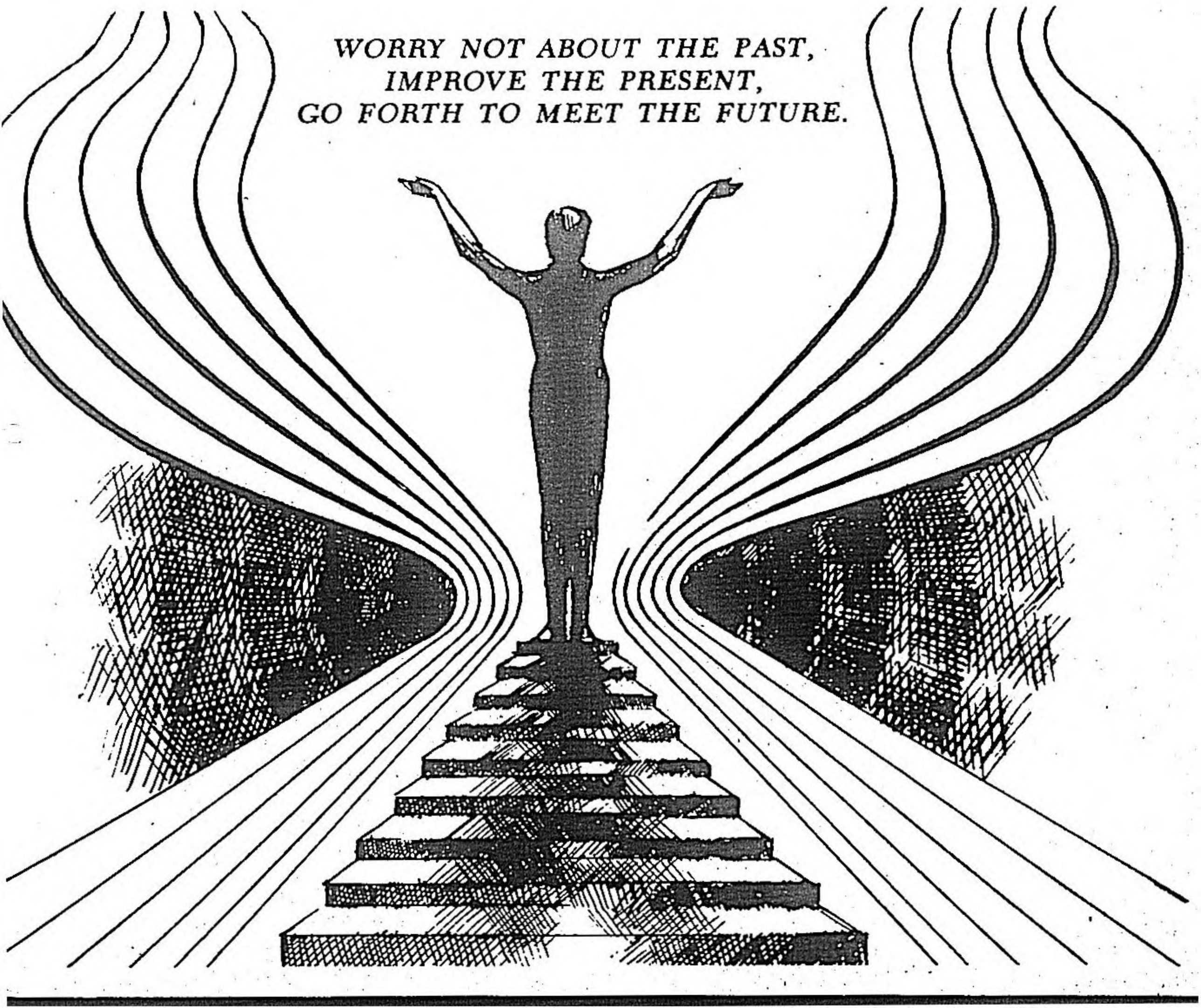
One is through experience and studies — a process by which insight is gained gradually through analysis, comparison, and acquiring knowledge step by step.

The second is through a sudden burst of perception which may also be the consequence of experience and study, or may be the result of spontaneous intuition.

Astara's Degree Lessons lead to the attainment of illumination by both methods. The Lessons provide the foundation on which illuminative insights are gained . . . they clear the inner channels that lead to sudden and often unexpected intuitive insights.

And illumination leads to initiation — to being accorded the privilege of entering a higher stage of wisdom and being, the opportunity for still greater awareness, graduation to a higher state of Self.

Your next two Lessons lead you through these higher portals of Light. Use the Continuation Form on the reverse side for additional Astarian Lessons.



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.

---

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 $1.00 for each two Lessons ($1.00 for 2; $2.00 for 4; $3.00 for 6, etc.)

Name (please print) _____

Street & No. _____

City _____

State _____ Zip _____

☐ Check here if new address since your last order.

Dear Astarian—

As an individual seeker, you are following a light to the "final freedom", a beacon held by Masters who have already reached their liberation into Light.

As part of the brotherhood of Astara, you are pooling your spiritual gains with those of others — bringing humanity itself nearer that sunlit Plateau.

Astara is a lamp at the
gatehouse — let it shine.



NOTE: This is your Messenger Envelope. Use it to send your Healing or Cosmic Help petition, Lesson Continuation Form, letter, donation, recording or book order, or any other message to Astara.

Dear Earlyne, Robert
and all at Astara—

I want to add my flow of energy to the lamp of Astara.

I realize that financial power as well as spiritual power is needed to keep it shining, and I enclose a gift of $ _____ which I have held in blessing.

Please use this donation for:

☐ General operating expenses.

☐ The New Center

I have seen the Light — my gift may help guide someone else Back Home.

NAME

STREET & NUMBER

CITY

STATE ZIP

To send your donation to Astara, detach this panel and enclose it in the Messenger Envelope. (U.S. residents may deduct contributions from U.S. income tax.)

NOTE: For the exact recording of your gift at Astara, and the most rapid possible processing of your Lesson, book, recording or other request, enter your name and address exactly at it appears on the mailing label which brought this to you.

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



August, 1976

Dear Fellow Astarian --

Help for the Upland Center continues to arrive from Astarians around the world. What an inspiration it is, and how necessary it is. We do appreciate enormously every contribution of every size. We know that each donation is an expression of love and encouragement, and a genuine desire to help others without any expectation in return -- an attitude which enobles a gift in a high and spiritual way.

The everyday pace accelerates as we approach the beginning of Astara's 25th anniversary celebration and the official beginning of activities at Upland in October. Articles about it are in the Voice, and I just know there is so much interest that rooms in Astara's guest residence dormitories will be at a premium.

If you plan to attend, I suggest that you contact Shari Braden, dormitory manager, for reservations. If there is an overflow, we've made arrangements with a nearby motel to provide additional rooms. In either case, we must know your arrival date in advance and have a $7.00 deposit to reserve space.

(OVER)

During this month of August, we're issuing two new publications. The first is a series of studies by Earlyne, (really an extension of Degree Lessons in book form) titled The Masters and Astara. At whatever point you may be in your Degrees at the moment, you'll want this book for a far deeper appreciation and understanding of those studies.

The second publication is a 25th Anniversary Commemorative Book of Earlyne's inspirational poems, beautifully hand lettered by Rae Josephson and photographically illustrated by Michael Powers. You'll keep this book at hand for the strength and wisdom it gives you -- and after you've read it you'll order extra copies as gifts to family and friends on any occasion, or just to say "I love you."

There are numerous reservations for the five-day retreats which I'll conduct each Monday through Friday beginning this month and continuing at least through October. They'll be devoted to spiritual and psychic methods of finding and using each individual's inner and higher qualities.

So there's a lot of activity at Astara. It certainly isn't vacation time. But we really don't care because it is inspiration time.

Best wishes,

Robert

PURIFY YOUR BLOOD



August Classes Continue with Master Se Han Kim

Because so many of us are concerned about excessive toxins in our bloodstream, Master Kim will speak about the apricot seed — and the value of its kernels — during his Monday night classes for the month of August. The place will be Astara's headquarters in Los Angeles; the time schedule is given below.

Prunus Armeniaca, the apricot seed, contains important kernels that serve to adjust the temperature of our blood and to cleanse our bloodstream at the same time.

For cleansing your bloodstream, simply eat two apricot-seed kernels per day for two to three months. This gradual intake is not harmful to your system; however, Master Kim cautions against eating more than the two-per-day quantity. Excessive usage may be harmful to the bones and tendons. On the other hand, proper consumption of the kernels helps prevent abnormal growth of tumorous cells throughout the body.

Master Kim can supply you with apricot-seed kernels and other curative herbs. For a price list and literature, write to Paul Kim, P.O. Box 20326, Los Angeles, CA 90006. Furthermore, you can learn more about Oriental ***Herbology, Acupressure,*** and ***Foot Reflexology*** by attending his bi-weekly classes on the following evenings.

Dates: August 9 and 23.
Time: 7:30 p.m. to 9:30 p.m.
Tuition: $2.50 per session.

DR. EARLYNE ASKS FOR BOOKS



Your response to our call for books for Astara's Esoteric Library has been very gratifying. Yet, the search continues, and if you would care to assist in this worthy project for all Astarians, Robert and I — and the unseen Teachers — would be most thankful for your help.

Please check the titles listed below. If you find one or more in your personal library, or can obtain them from other sources for Astara's Esoteric collection, then every Astarian will benefit from your thoughtfulness and generosity.

- ★ "Psychology of the Occult" — by Rawcliffe.
- ★ "Swedenborg, a Hermetic Philosopher" — by E. A. Hitchcock.
- ★ "Of Sacrifices to Gods and Demons" — by Porphyry.
- ★ "Mysteries of the Egyptians" — by Iamblicus.
- ★ "The Immortality of the Soul" — by Henry More.
- ★ "Letter to Anebo" — by Porphyry.
- ★ "Discourse Concerning Socrates' Demon" — by Plutarch.
- ★ "The Book of Sir Marco Polo" — by Col. H. Yule.
- ★ "Alchemy, or the Hermetic Philosophy" — by Wilder.
- ★ "Ancient Egypt" — by Gliddon.
- ★ "Around the World" — by J. M. Peebles.
- ★ "History of Medicine" — by Sprengel.
- ★ "Lives of the Ancient Philosophers" — by Fenelon.
- ★ "Pantheon Egypt" — by Jablonski.
- ★ "The Lost Arts" — by Wendell Phillips.



An Astarian In Never Walk

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

Last January, I was called to relieve a nurse friend, to give her 2 days a week off private duty nursing in a convalescent hospital. When I entered that hospital, shadows of hate and fear met me. I promptly surrounded myself by the Pure White Light of the Christ. The patient I was assigned to was burdened with paranoia, with delusions of persecution. She was writhing, crying, and screaming in her bed, and I was told she was violent. Without speaking a word, I touched her, then quietly said prayers for her and surrounded her by the Pure White Light of the Christ. Like the magic of love, she calmed down. She allowed me to bathe, feed, and care for her without a struggle. Each day I was with her I repeated the same program of prayers and gentle touching and massaging. I did very little talking out loud. I projected communication to her in silent prayer and love. Her hate and fear vanished. Now she has returned to the Reality of Truth.

I thank God for using me as his instrument of love and healing. I thank God, too, for the teachings of Astara. They have taught me the value of inner peace, quietness, serenity, constant faith in the love, guidance, and protection of the Pure White Light of the Christ. The Truth has set me free from old, past worries. It gives me the strength to do my best each day for myself and those whom I may contact each day, and I'm humbly grateful. Through the years, the healing prayers from Astara have healed members of my family, friends and myself, plus many of my patients. I give thanks.

I remain your very interested student. With love and goodwill towards all.

F. C. H.
San Mateo, Calif.

On May 10, 1976, I was very ill. I was suffering from dizziness and loss of energy, which made me feel weak and sluggish. I really felt helpless. I hoped that a little bed rest would help, but when I awoke by eleven that night I still felt the same. I decided to call Astara and ask for a healing prayer to clear my body of whatever ailment it was. No sooner had I hung up the phone and begun meditating I felt a strong vibration flowing through my body, filling me with a sort of peaceful tranquility.

Today -- May 11th -- I feel as spunky and full of energy as I've ever felt.

I just had to write and thank you both and all of Astara for always being there when a person is in need. I truly feel wonderful, because you have helped me so many times before. I am forever grateful.

T. M.
Houston, Texas

Instead of asking for healing, I'd like to share something with you. Thank you so much for your prayers. I'm able to run and dance and do things doctors claimed would be doubtful, due to the operations on my foot.

Also, I asked for a healing for my skin. For part of my condition, there is no cure, but the doctor has found a way to control the malady. I've had it off and on for ten years.

I sincerely believe it has been your prayers that have helped me, and I just wanted you to know how grateful I am for people like you who care. Thank you.

E. B.
Los Angeles, Calif.

Each person making a donation to Astara during the month of August will be sent a gift copy of "SHINING MOMENTS OF A MYSTIC," by Earlyne Chaney.
See Page 12 for details.



YOU *CAN* TAKE IT WITH YOU

by Earlyne Chaney

It's such an important word — "it."

I remember Clara Bow when they called her "The *It* Girl" — meaning she had "It." I used to wonder what the "It" was that she had. Some kind of magical "Factor X."

Then there was the movie, "You Can't Take It With You" — and we all knew *It* referred to money.

Well, I say you can take *It* with you — but I refer to an inner wealth, not material goods. I know I'm going to take my "It" with me, and I'm working hard every day to add to my growing store of spiritual riches. There's so much to take along — much of which is happy memories. And the happiest of my memories have happened since I regained my health.

There's a physical form and a spiritual form, and we continue in the spirit when we cast aside the physical body. But that future form will be based on the accomplishments of the bodies we occupy now, on earth. So it seems to me that health should be one of the first items on our soul's agenda of progress towards enlightenment.

Maintaining health is thus of major importance not only to our present happiness, but our evolvement in future dimensions of life. Having experienced a loss of health during a crucial period of my career, I always find it a joy to share my "formula" — the Way of Returning, so to speak.

First, I became a vegetarian. Second, I turned to chiropractics to overcome a constant headache. Next, I sought a Master acupuncturist. Then there followed an assortment of activities that, I suppose, could be lumped under Naturopathy: herbs, soaks in warm salt tubs, polarity therapy, sitz baths, foot baths, skin scrubs, reflexology, and acupressure massages.

Being a writer and a minister of healing, there has always been the daily meditational practice of projecting the White Light to those who have sent in petitions asking for healing. But I had grown much too busy to continue my own turning within, to heal *me*, to establish my own daily contact with the inner strengths. One of life's most important "Its" is the wealth we find digging deep into the goldmine of the world within.

I well remember beginning again my daily yoga, practicing the postures, sitting in the lotus asana, performing the controlled deep breaths — and feeling the aching, sore muscles! I remember, too, the slow return of vital force, experiencing again the radiant glow of vibrant health, the flow of vigorous energy.

I recall the struggle planning vegetarian meals, giving up first red

meat, then gradually the rest, and watching the change occurring within as the toxins began to pour out of my body to be replaced with wholeness. Out of our kitchen we tossed all the canned goods, sugar coated cereals, white flour products, and processed foods. For how could I build vitality from "dead" food?

New life could only come from nourishment that was alive and full of energy. Into our kitchen came life. In came whole grain bread, honey, unshelled nuts, fresh fruits, beautiful organic vegetables, soybean products, millet, health-store eggs, cheeses, and raw certified milk.

There were new breakfasts of fresh fruit, date-sesame milk and ground nuts — or steel-ground oatmeal with raisins, sesame milk, molasses, and a dash of raw cream. And lunches of heaping raw salads with many of the vegetables from our own backyard.

You should have seen the consternation of our gardener when I said, "Pull up some of the flowers and plant zucchini, broccoli, onions, tomatoes, and carrots!"

There were dinners we learned to love — another green salad, some kind of casserole with nuts or tofu or eggs or cheese — and vegetables steamed in our wok.

Soon there was health again — radiant and glowing. There was again a full, rich life — both inner and outer.

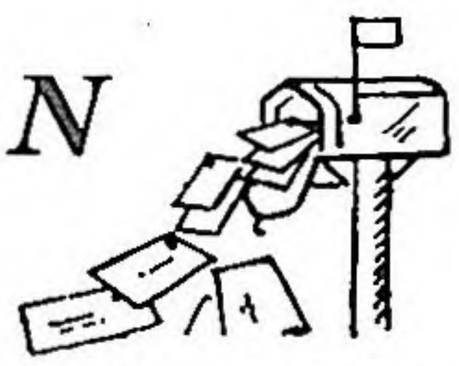
It was then I fully realized that we *can* take *It* with us, and *It* includes learning the true science of life on earth. The way God meant it to be lived. As Nature, our Great Mother, meant us to live it.

And *It* includes all those wonder-hours of meditation, turning the mind inward to listen deep for the sound of silence. And watching, waiting for the inner light to come. That's when you realize how the struggle for physical fitness has its reward. Because you find that, with the glowing health of a sound body, you can totally forget the body, the problems, the decisions of earth, and tune in with the waiting world of the Self, found only in the deeps of your own being.

That's when you really strike gold — the gold you *can* take with you.

★

ASTARIAN QUOTES



I'm just finishing First Degree Lesson Five and felt I must write to say thank you. After years of searching — of feeling so very close to the Truth, yet unable to truly perceive it — I've found my way home!

Words are inadequate to describe my feelings; part of me wants to shout "Eureka" and part seems to quietly nod and whisper, "I've been waiting and now we'll proceed." My deepest gratitude.

S. M. W.
Pittsburg, PA

★

TERSE VERSE

by Alva W. Brower

PAST, PRESENT, & FUTURE

I'm planning my life for the future,
The present is moving fast;
The future is sure to be present,
As soon as the present is past.



EXPERIENCING WHOLISTIC HEALTH

by Alan Pearson
Co-author of THE LIGHT AND LIFE COOKBOOK

PART II — THE PHYSICAL DIMENSION

Part I in this series concerning Wholistic Health considered the important means by which we integrate the Spiritual Dimension of our being into a total program of human homeostasis. Part II, then, deals with the physical dimension and the importance of nutrition in maintaining a balanced body, mind, and spirit.

Although many factors influence the well being of our physical bodies, there is increasingly more and more evidence that proper nutrition may be the most important consideration. Of course the need for adequate exercise, fresh air, and cleanliness cannot be denied nor would we want to neglect their value. However, it is through the biochemical components of living foods that our bodies respond at optimal levels.

An important point to understand during this process is *All Things* entering our bodies via the mouth, nose, and skin are handled in a similar fashion. Therefore we need to be extremely conscious of which substances we allow into our bodies. This brings us to an important concept: The Reaction-Response Mechanism. The mechanism is based on the fact that cells are designed to utilize only specific compounds in maintaining a clean and healthy running machine. These are the proper balance and form of amino acids, lipids, and carbohydrates as well as vitamins and trace elements. The underlying idea of the reaction-response mechanism is precisely this food specificity. Certain foods will cause the body to react and certain foods will cause the body to respond. Those foods that stimulate response perpetuate homeostasis or balance. Foods that initiate a reaction are those that, upon sufficient concentration, cause cellular disfunction and eventually lack of homeostasis or disease.

Clearly, then, our job is to recognize which foods will allow our bodies to *respond* and seek to use these foods as much as possible. Utilizing reaction foods only serves to clog and finally break down the cellular machinery. Indeed many pollutants in the air, preservatives and additives to foods, and chemicals used as fertilizers are implicated in the reaction mechanism that inhibits cellular function, thereby weakening our host defense and response systems. How, then, do we know which foods provide the maximum response in our bodies? A good maxim to follow is one that we emphasize heavily in the *Light and Life Cookbook*. That is, choose foods grown in an organically balanced environment and eat these foods as close to their natural state as derived from their energy system in nature. Being conscious of this concept and applying it to your body ecology and living process will insure you of cellular response and integration of physical health in the wholistic plan. *(To be continued.)*

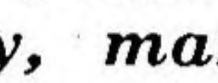
DR. EARLYNE TO ATTEND A.M.R.A. TALKS

In further preparation for her up-coming research trip to Egypt, Dr. Earlyne will attend the latest international conference sponsored by the **Ancient Mediterranean Research Association,** ***September 3 to 6 in San Diego.***

Billed as a bicentennial look at world history, under the title "Ancient America — Modern Man," this seminar spectacular will be hosted by A.M.R.A. director, Dr. Maxine Asher, who headed a team of psychic archaeologists through the pyramid of Cheops and the great Sphinx last May. Dr. Asher's research party will return to the ancient Egyptian ruins in October to further explore underground tunnels at Giza.

While attending the Labor Day weekend event, Dr. Earlyne will meet an international coterie of authors, lecturers, and researchers in the fields of pre-history, marine archaeology, man's origins, ancient civilizations, and new dimensions of consciousness.

Any interested readers who would also like to attend these extraordinary A.M.R.A. lectures should call Dr. Maxine Asher at (213) 473-6588 for additional information and conference reservations.



5-DAY RETREATS BEGIN IN AUGUST

In one of the soul-satisfying, personal goal-oriented experiences of your life, you can achieve a unique kind of self-illumination at a five-day Lodestar Retreat, conducted by Robert Chaney.

These five-day sessions in self-illumination and self-improvement are limited to small groups, allowing for personal involvement and interaction as well as individualized instruction and assistance available in no other way.

Would you like to know how to develop a highly personalized affirmation *(mantrum)*, symbol and gesture *(mudra)* helping you realize your important personal objectives? A special discipline to heighten your memory capacity and to help you gain the highest good from every day of your life?

A way of breathing to improve physical health and enhance your inner capacities of all kinds, including psychic ability? A spiritual way to develop your intuition and to prepare yourself for important future experiences?

Would you like to learn how to select the specific form of meditation best suited to your inner personality as well as your outer needs? Would you like to learn unique methods of healing yourself and others?

Would you like instruction on how to achieve the personal self-improvement goal that *you* select?

All this and more is available to you in a Lodestar Retreat, which, to a considerable degree, is patterned after the teaching methods used in the Mystery Schools of ancient times.

Only a very limited number is accepted at each retreat, so regis-

Continued on Page 22

Continued from Page 21
trations must be made in advance for the Monday through Friday sessions. Tuition is $35.00 for the entire five days — a $10.00 deposit is required.

A Lodestar Retreat is scheduled every week during August, September, and October. Shared dormitory rooms are available at $7.00 per person per night — a $7.00 room deposit is required. When reserving rooms, please give arrival and departure dates.

IN MEMORIAM

We acknowledge the following memorial gifts — and express our appreciation to those who made them and to those in whose memory they honor:

Noma Pendleton in memory of Dennis Thibert.

Elsie E. Smith in memory of Catherine M. Epps.

Dolly Dorsey in memory of Gene Dorsey.

Mrs. Eleanor J. Warren in memory of her son.

Mrs. Ailsa M. Davidson in memory of Harry A. Smith.

Gordon Stevens in memory of Louise Stevens.

Edith Curtis in memory of Bertha Lester.

Lena Neiman in memory of her husband, William.

Nathan Reina in memory of his wife.

Katharine Ulrich in memory of Bertha Lester.

Gladys Reed in memory of Dr. George Lamsa.

TWO SPEAKERS IN AUGUST

Astarians and friends will have an opportunity to hear two outstanding guest speakers during August: popular inspirational author, Vernon Howard; and Christopher Hills, English philosopher, yogi, lecturer, and researcher.

Vernon Howard has chosen for his subject, *The Marvelous View From the Mountaintop,* and will speak from the pulpit on August 8th. He is the author of a dozen books relating to practical self-development, which have sold three million copies and have been translated into several foreign languages. Among his publications are *The Mystic Path to Cosmic Power, Esoteric Mind Power,* and *Inspire Yourself.* His latest book is entitled *There Is a Way Out!* You may purchase Mr. Howard's inspirational volumes through the Book store.

On August 15th, Christopher Hills will speak on *The Supersensitive Life of Man.* He is the founder of the Centre House community in London, which serves as physical headquarters and model for similar communities throughout the world that are dedicated to the new science of self-government as outlined in his book, *Christ Yoga of Peace.* Best known for his unique methods of Self-exploration and diagnosis of one's own level of consciousness as described in his book, *Nuclear Evolution,* Christopher Hills has just published his magnum opus entitled, *Supersensonics,* the science of radiesthesia that permits you to train yourself to be sensitive to all subtle vibrations in the universe — mineral, vegetable, animal, and human. *Supersensonics* is also available through the Bookstore.

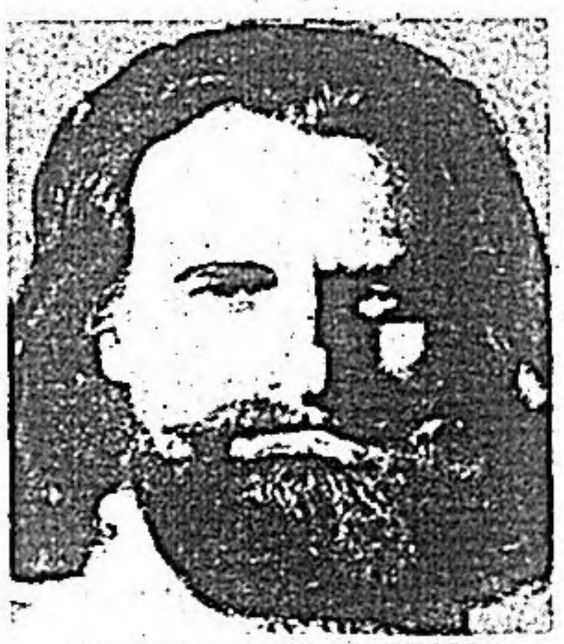
SPEAKERS AT ASTARA AUGUST, 1976



Vernon Howard

Aug. 1: SURFACE CHRISTIANITY
Rodolfo Silva

Aug. 8: THE MARVELOUS VIEW FROM THE MOUNTAINTOP!
Vernon Howard speaking
Robert Chaney, healing service



Christopher Hills

Aug. 15: THE SUPERSENSITIVE LIFE OF MAN
Christopher Hills speaking
Rodolfo Silva, healing service



Rodolfo Silva

Aug. 22: MULTI-LEVEL LIVING
Robert Chaney



Robert Chaney

Aug. 29: SONGS OF THE INNER SELF
Robert Chaney

Sunday Services at 11:00 a.m.
Telephone (213) 387-7187
ORGANIST: Rose Diamond



Madonna of the Trail — the western-most of twelve monuments across the country honoring pioneer mothers. This DAR landmark of algonite stone stands at Euclid Avenue and Foothill Boulevard in Upland, California.

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