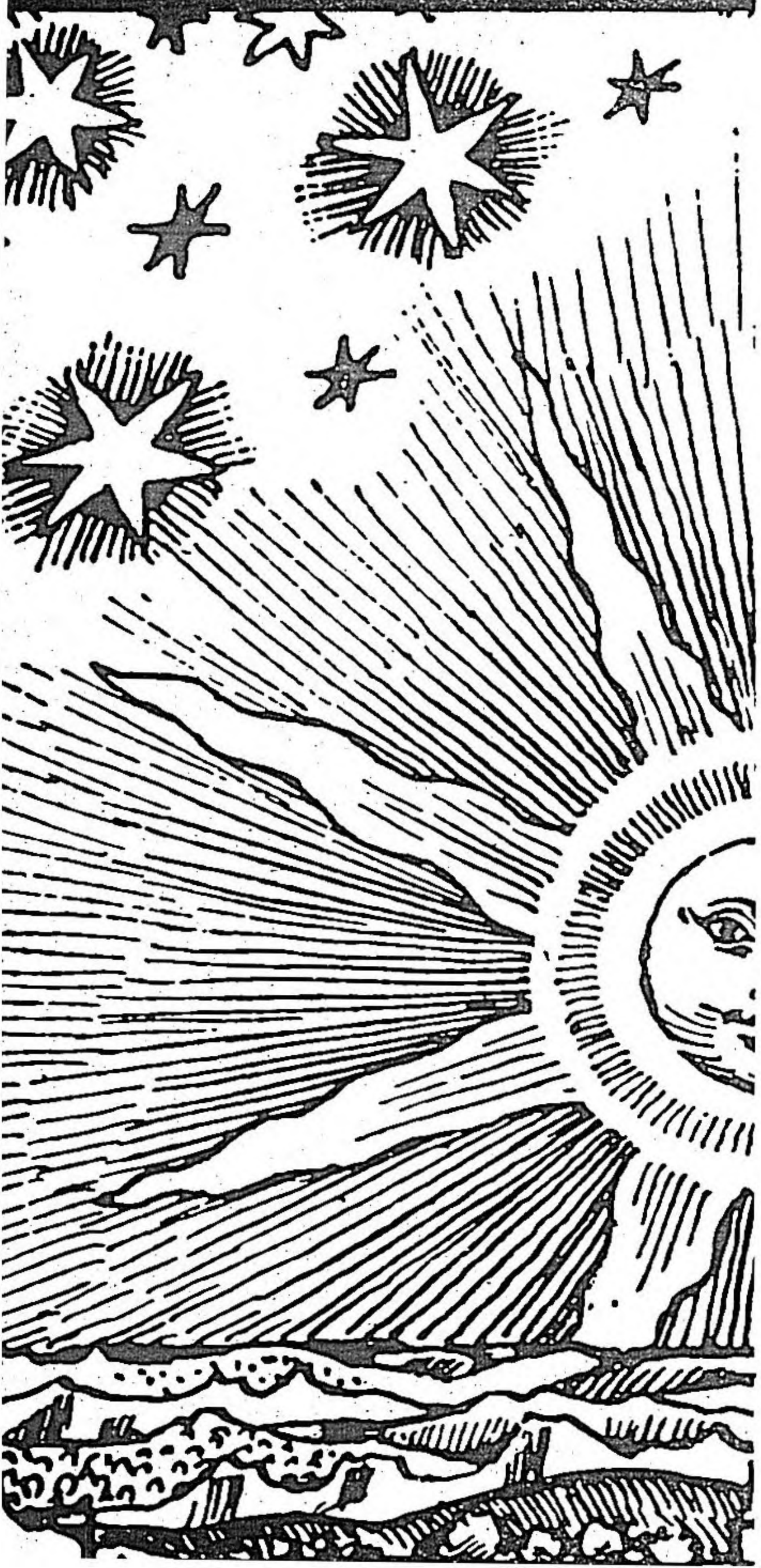
CHURCH OF ALL RELIGIONS
SCHOOL OF THE ANCIENT MYSTERIES
FRATERNITY OF ALL PHILO JPHIES
INSTITUTE OF PSYCHIC RESEARCH

Voice of Astara

Published monthly by Astara, Inc.
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Editor: Swami Parampanthi



MANTRA AND MEDITATION

by Swami Parampanthi

What is a Mantra?

For thousands of years Mantras have been used in meditation all over the world by millions of people belonging to Hinduism, Buddhism, Christianity, Sufism (a mystical school originating from Islam) and other religions. What is a Mantra?

The word Mantra or Mantram comes from the root word *Mana* meaning human mind in Sanskrit (in Greek 'menos', in Latin 'mens'). A Mantra, therefore, is an instrument for reflection; it is used as a tool for attaining enlightenment in meditation. It is a thing that evokes or creates a presence or mental image. What a sacred Mantra expresses by its sound, exists, and reveals itself to the person who has the Mantra. A Mantra actualizes the latent reality, wisdom or transcendental knowledge in the consciousness of the meditator.

Lama Anagarika Govinda defines a Mantra thus, "Mantra, the word-symbol, is the sacred sound transmitted from Guru to chela (disciple) during the ritual of initiation and in the course of the spiritual training. The inner vibrations set up by this sacred sound and its associations in the consciousness of the initiate, open his mind to the experience of higher dimensions."

A Mantra can be a word (Om meaning God) or words (Om Shanti meaning God is peace) a phrase or phrases (Om Mani Padme Hum meaning God — jewel in the lotus) even a short sentence like "God is joy"! Mantras can be in any language — Sanskrit, Latin, Greek, Hebrew, English or any other ancient or modern languages.

The Mantra words are often asso-

Continued on Page 6

INDRA DEVI AT JANUARY SEMINAR



The first Lodestar Seminar of 1976 presents Indra Devi, of Tecate, Mexico, January 17 from 10 a.m. to 4 p.m.

Popular books by Indra Devi include FOREVER YOUNG, FOREVER HEALTHY; YOGA FOR AMERICANS, and RENEW YOUR LIFE THROUGH YOGA.

The seminar will offer a way to experience transcending the body while assuming yoga postures either physically or mentally; a series of breathing exercises not yet taught publicly; a complete relaxation technique; a discussion of diet, and answers to personal questions about it; and a film of Sri Satya Sai Baba taken in India where he is accepted as an avatar.

Attendance is by reservation only. Tuition for the full day is $12.50 per person ($7.50 for a second person in the same immediate family). Lunch is $1.00 per person.

1976 SEMINARS SCHEDULE

Exciting, all-day Lodestar Seminars already scheduled for 1976 include:

Jan. 17: Indra Devi, founder of S.A.I. Yoga Academy in Tecate, Mexico; author of *Forever Young, Forever Healthy; Yoga for Americans.* and other widely acclaimed books.

Feb. 14: Geoffrey Barborka, Theosophical scholar, authority on Oriental philosophy and Sanskrit, author of *The Divine Plan* and other philosophical works.

Mar. 27: Swami Satchidananda, founder of world wide Integral Yoga Centers, author of *Integral Yoga Hatha*, founder of Yogaville.

Apr. 24: Donald Curtis, minister, Unity Church of Dallas, Texas, author of *Your Thoughts Can Change Your Life* and other metaphysical classics.

Registration for any of these seminars may be made with Rodolfo Silva. The tuition fee is $12.50 per person — $7.50 for an additional person in the same family. The seminars begin at 10:00 a.m. and close at 4:00 p.m.

THE UNITED STATES has been in existence eight times as long as Astara. The United States is 200; Astara is 25. When the United States is 350, Astara will be 175, just half as old.

LOVE THYSELF

By William R. Parker, Ph.D.

People come to me because they are suffering in some way . . . some with physical symptoms, others hate what they are doing or their marriage is an endurance contest and many have lost contact with their children. Most are depressed as life holds little or no meaning for them.

It is a good lesson we learn when we realize that we adjust to the outer world according to our inner world . . . that the outer world is a mirrored image of our inner thoughts and feelings. Consequently, resistance to growth and healing is a result of self-hate, self-defeatism and self-rejection. When we reject self we have no way of getting in touch with our constructive resources. This is why we feel hopeless and depressed.

It is impossible to put onto paper the therapy process, but I can put down some significant steps to change and growth. We begin to understand ourselves by becoming aware . . . awareness, then, is our first step. We become aware of self-criticism, negative thinking and negative habit patterns that program misery and failure.

The second step is to realize that we have choice. We are not forced to keep affirming the "miserable" and the "negative." One of our choices is to turn daily to prayer and meditation. The kingdom of God is already within. Our job is to realize and express it. Beneath the complexities of our outer life there exists deep within us the CHANGELESS. Underneath the lesser and scattered selves there is a Greater Self. We sense the following: *the divine always is and has no becoming; the human is*

Continued on Page 6

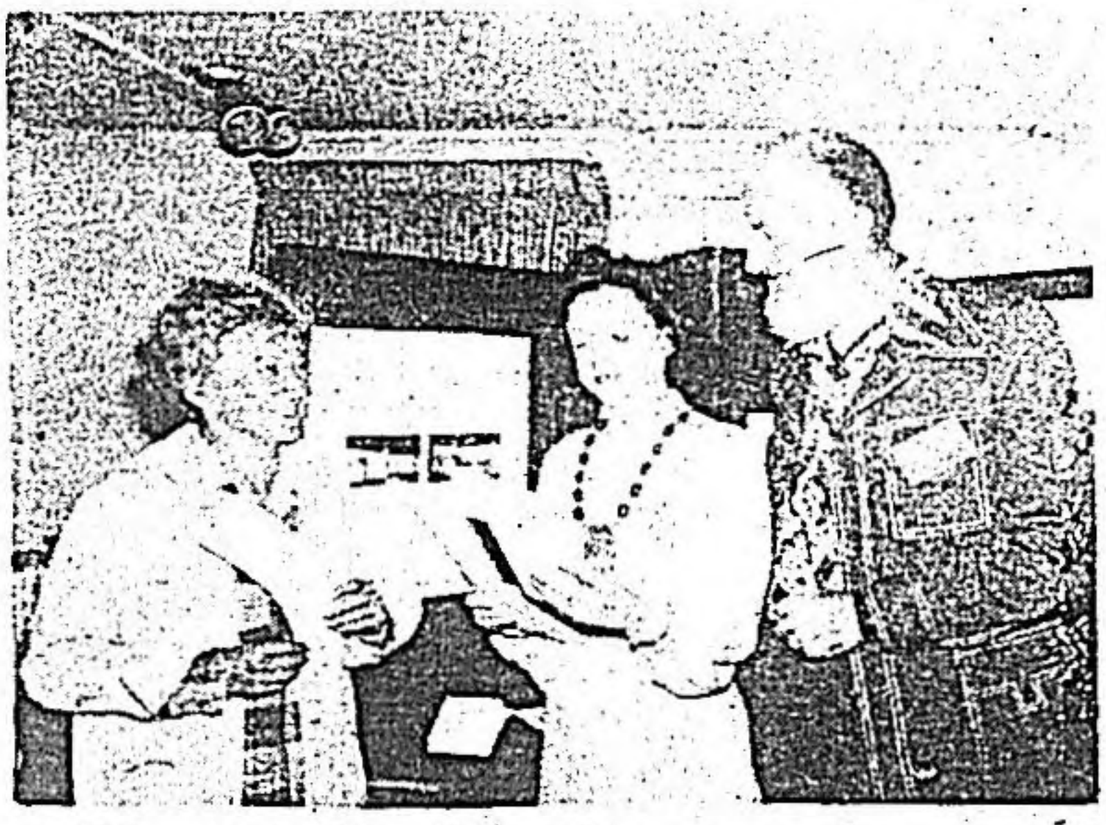
DEGREE LESSONS INTERRUPTED

Elsewhere in the *Voice* you will find a description of Fifth Degree Lesson 22 and a special monograph. At this point Earlyne is turning her attention to a series of important teachings which Astara will publish in book form. Please do not send tuition payment into the Sixth Degree as it is not yet determined at what time the Degree Series will be resumed.

EXHIBIT AT SEMINAR

Dr. Earlyne recently attended a seminar conducted by William A. Tiller, Stanford University professor of Material Science. The seminar was held at the Lake Arrowhead UCLA Conference Center.

An added feature of the seminar was a showing of the Psi-Search exhibit- detailing many years of scientific investigation of psychic phenomena. It's a traveling exhibit, showing in many museums and colleges throughout the United States.



Norma L. Bowles, producer of the Psi-Search exhibit, Earlyne, and Dr. William Tiller of Stanford, examine Psi-Search material at a recent seminar.



An Astarian in Need Never Walks Alone

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

Dear Robert and Earlyne:

I am just writing to thank you. Every-time I have sent you a petition for Cosmic help for either myself or some members of my family, the prayers have been answered. Here are a few examples:

Several months ago, both of our sons-in-law were out of jobs. No matter where they looked for employment they couldn't get any-thing. My daughters told me of their situation so I wrote to you. That same week they both found jobs and have been working ever since.

Recently my youngest daughter and her husband were getting along very poorly. (They have been married 2 years.) They called us one day and said they decided to split up: they just couldn't get along any more. My daughter told me it was on account of her mother-in-law. I felt so desperate for them. I wrote to you again and petitioned help for my two young people. A week after I wrote to you, my daugh-ter and son-in-law called us. My daughter sounded quite happy and my son-in-law told me he didn't know what happened but it was like a miracle. Everything was "O.K." I was so happy for them and very grateful for your help. You don't know how many times I thanked you for everything. None of them know that I am an Astarian or that I had petitioned for help for them.

Also, I petitioned help for my husband

and myself to move to a warmer climate. Two months after I wrote you my husband received orders to go to Ethiopia! We were to go in May. At first we were very happy about it but there was so much trouble there that I was afraid and I prayed we might be sent someplace else. The orders were cancelled and my husband received orders to go to Okinawa in October, 1975. We are here now since October 2nd, enjoying every moment of it. Thank you, thank you, thank you!

I must tell you about the accident I almost had and I know someone saved my life. I was going to Denver one day in August to meet my husband. (We were living in Wyoming.) I was driving a small sports car. It was a beautiful day and traffic was not heavy on I 25. I was about 65 miles from Denver when a pick-up truck with a trailer for hauling hay came off the ramp to my right. I was about to pass him but the trailer was weaving back and forth quite hard, so I decided to stay back and see what happened. In fact, something or someone cautioned me to stay back. Another few minutes the trailer snapped in half and sent the pick-up with three men in it flying across the road. The trailer closed the entire road. I stopped as soon as I could get to the other side to park and see if the three men were all right. No one was hurt. The State Patrol came. I kept thinking, "Thank God I didn't pass them, for if I did for sure I would have been killed." I thanked God all the way to Denver.

Gratefully yours,
N.A.
APO, SF 96248

Continued from Page 3

always becoming and never is.

WE ARE WHAT WE THINK

By changing our thoughts, by giving up regret and self-pity, we start becoming a self-appreciating person . . . we feel like a participant in life rather than a spectator. We let our past guide us to do things differently or better in the future. We become more flexible and accepting with others and ourselves, no longer rigidly guided by dogmatic rules and moralisms, willing to alter our values in keeping with new insights and allowing others the same opportunity.

March forth into life in terms of your highest insights. Go forth knowing you are a significant part of the whole scheme of life. The greatness of a life is to be evaluated by that which it might become. Our self-acceptance leads us to a process of integration. We transcend self only by self-acceptance . . . through self-acceptance we find our own truth and unite with it.

WORK AT HEADQUARTERS

From time to time new employees are required at headquarters. There is no vacancy at the moment but if you wish to be considered when one does arise, write to Fred Stewart, Executive Administrator, nd ask for an employment application. We will keep it on file and notify you when an opening is available.

Types of work include: clerical, secretarial, general office, mailing, print shop, etc.

READ TWO PAGES of your Degree Lessons each day for steady and helpful progress.

Continued from Page 1

ciated with God and some aspects of God in relationship to the seekers. They may depict a goal or goals; they may tend to evoke the presence of God, affirm and express positive inspirational themes. They may create sound-vibrations of psychic and intuitive nature for the expansion of the consciousness of the meditator. Therefore, the Mantras can evoke God's presence, guide, inspire, protect, transform and direct the seekers.

Mantra And Initiation

In Eastern tradition, particularly of Hinduism and Buddhism, a Mantra is given to the initiate by his Guru at the time of initiation. A word or phrase which has a special meaning, both esoteric and exotic, is assigned to the disciple in keeping with his psycho-spiritual make up. Thus, a particular Mantra chosen by the Guru becomes to the disciple a mystical key to spiritual enlightenment.

A Mantra has special power because it has been activated or energized with spiritual or magical potency. A simple word thus becomes a highly powerful spiritual tool for attaining wisdom. However, it is quite obvious that the power and the effectiveness of a Mantra depend largely on the spiritual attitude, the knowledge and the responsiveness of the individual.

Different Types Of Mantras

A Mantra can be a simple sound for God. A particular Mantra may accentuate a particular aspect of God, which the initiate wants to experience. A Mantra can be one syllable seed sound known as 'beja mantra'; the seed-Mantra is used to unlock the door to mystical vision of Reality. A Mantra can be used for

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the simple purpose of Japam — the repetition of the holy names of God to saturate the consciousness with divine vibrations of God. Japam is used by Hindus, Buddhists, Christians and other mystics to surround themselves with divine sound. A Mantra may not have any logical meaning at all; it can be a sound only. When it is repeated ceaselessly the sound tends to lead the mind to a state beyond concepts and logic of words. Some Mantras were used in ancient times to cast spells, to protect — and even to curse. Mantras can be used to chant. sing, meditate, inspire. There can be secular Mantras too for success in the world. We can have success Mantras, affirmation Mantras and the like. Primarily Mantras are used for spiritual purposes and meditation.



Benefits of Mantra Meditation

First, the repetition of Mantras having spiritually uplifting meaning and symbols has a calming influence on the body, mind and soul. Any rhythmic, musical and pleasing sound soothes and relaxes.

Second, Mantra meditation helps one to concentrate easily. Mind is held steadfast and onepointed by Mantra meditation. Thus, it increases tremendously the inherent power of concentration and meditation.

Third, Mantra meditation creates upon the meditator valuable spiritual impressions which set in motion the expansion of higher consciousness. If one surrounds oneself with the thought and sound of God his consciousness automatically moves into higher dimensions.

Fourth, Mantra meditation shuts off the usual incoming sense-impressions which ordinarily distract and disturb the mind.

Fifth, certain Mantra meditations having only sound (without any conceptual word or thought) help the meditator to transcend senses and conceptual thinking. Thus, it leads one to transcendental and translogical truths and intuitive revelations. The meditator, rides, as it were, upon the wave of a Mantra to reach deeper levels of wisdom.

Sixth, Mantra meditation in its advanced stages may lead the meditator to actual experience of God. The word-symbol of a Mantra representing God in a symbolic way ultimately leads one to God. One moves from the symbol to God. This is the ultimate purpose of Mantra meditation.



Robert examines the newly printed versions of **Make It An Adventure** ***by Marcus Bach and his own book,*** **The Inner Way.** ***Both were published and printed ahead of schedule and in plenty of time for Christmas deliveries.***

JANUARY STUDY CIRCLE
MANTRA-SAMADHI MEDITATION

Swami Parampanthi presents the Study Circle to explore the wisdom of all ages — mystical, psychic and spiritual, in informal sessions, Friday evenings at 7:45 P.M. in the Museum Room. Each evening begins with simple Yoga exercises and ends with a healing meditation.

Responding to many requests Swami Parampanthi will explore in four Friday evenings in January some advanced aspects of meditation methods which are practiced in the East. He will discuss and explain in detail the following:

The ancient Mantra methods of meditation: There is some confusion about these methods in the minds of people. Swami Parampanthi will explain all aspects of this process. See his introductory article in this issue.

The Vipassana methods of meditation: These methods are followed in Ceylon (now known as Sri Lanka) and Burma with great success in attaining higher consciousness.

The Healing meditation: Swami Parampanthi will explain the relationship of meditation to healing and how healing power can be increased in both the healer and the persons to be healed.

The Samadhi methods of Meditation: Samadhi is the highest goal of all seekers and meditation. The word means "Oneness with living God". Thus the Samadhi methods of meditation are the highest form of meditation.

Jan. 9: The Mantra — Meditation: the way of mystical sound.

Jan. 16: The Vipassana — Meditation: the path of inward intensity.

Jan. 23: The Healing Meditation: the way of self-healing and health.

Jan. 30: The Samadhi — Meditation: the path of mystical union.

These sessions are open to all — both beginners and advanced meditators. Free-will offering!

COOKBOOK

Dear Friends,

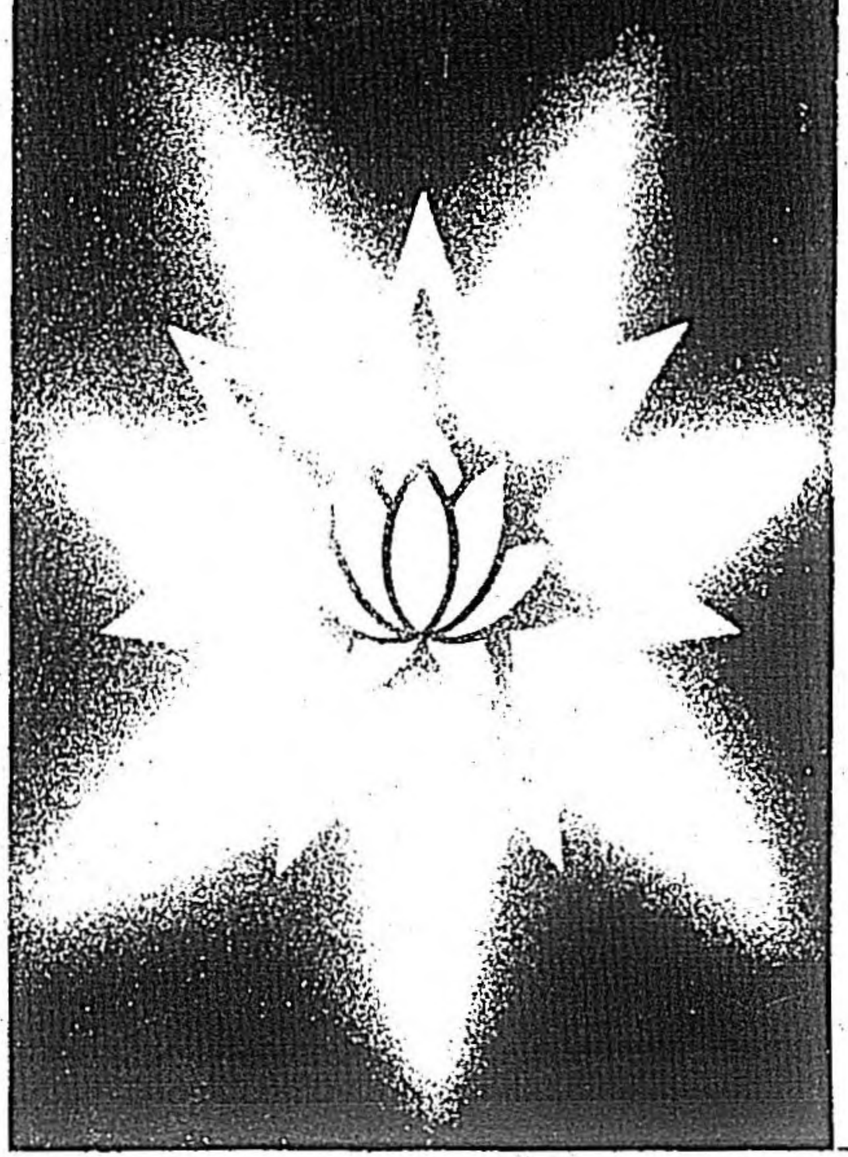
I look forward to the newest books to be published by Astara. All of the previous ones have been a great blessing, and provided much help and encouragement in my daily endeavors.

It is difficult to single out any one of these books as the "best", but the Light and Life Cookbook *was especially appreciated. It was the first sensible book on transferring to a vegetarian diet that I have seen. Although at the present time circumstances do not permit me to follow the complete 40-day program, I have prepared and enjoyed many of the recipes. I would also like to mention that one evening at a dinner party I prepared a menu from the book (not one of the ones set out, but combining recipes from several different days) and the friend who was eating with us didn't even notice that he had a purely vegetarian meal. (And with this particular person that is quite a feat — and a compliment to the book.)*

With deep thanks and continued prayers for the Chaneys and the entire staff of Astara,

E. M. F.
Arlington, Va.

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

FELLOW SEEKERS AT ASTARA:

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

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

The amount I have enclosed is $_____

(please print)

Name _____

Street _____

City _____

State _____ Zip _____

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

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

ASTARA's Book List



Earlyne Chaney whose quest for truth led through Hollywood to world-wide prominence as a teacher of mysticism.

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 . . .



Cpt. Marvin Moore the pilot who pierced the veil of shadows to tell of continued life.

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.



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

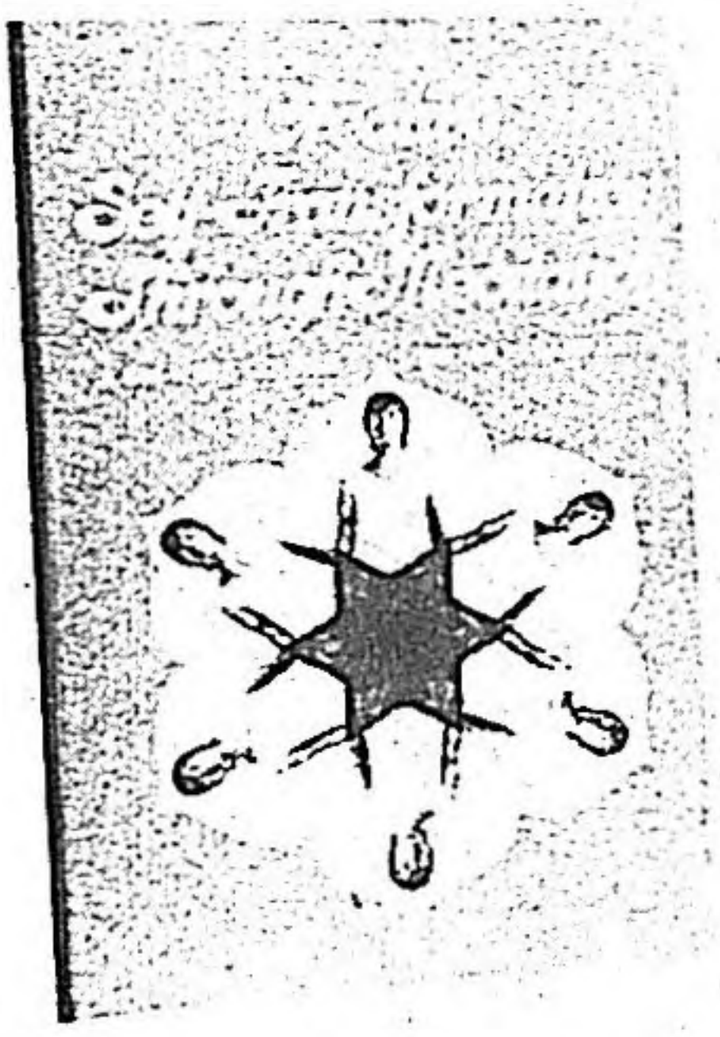
This autobiography of a mystic is a true story of life from a humble beginning to a film career, then to eminence as one of today's outstanding authors of mystical teachings whose writings are sought by mystical seekers the world over.

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.

"Anyone who reads *Remembering* will be able to better understand the ways through which the Infinite Power works."

—Indra Devi, author of *Yoga for Americans* and *Forever Young, Forever Healthy.*





CREATIVE SELF-TRANSFORMATION THROUGH MEDITATION

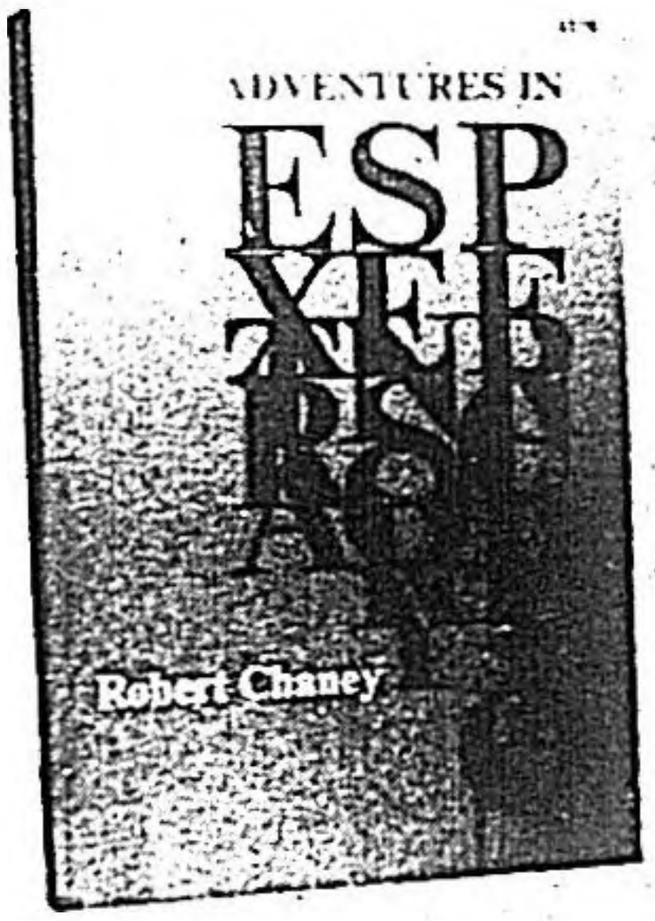
By Swami Parampanthi

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.



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.



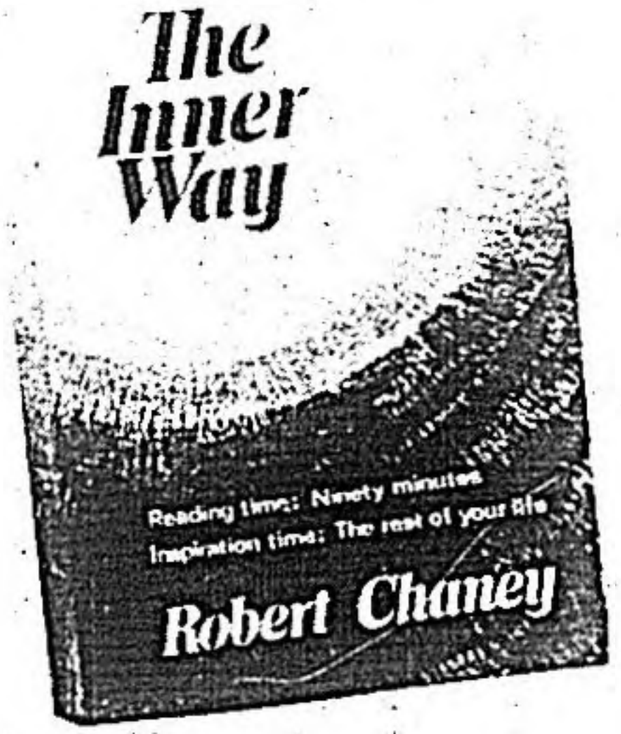
MAKE IT AN ADVENTURE

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.**



THE INNER WAY

By Robert Chaney

If your life is crammed with many things to do, problems to meet, little time for leisurely contemplation — then you are the person Robert Chaney had in mind when he wrote ***The Inner Way.***

He deliberately wrote much of the book in the waiting room of American Airlines at the Los Angeles airport, for there he could make actual contact with persons "hurrying to or from life's important matters."

He visited with them at random and learned that business, illness, life and death, intimate personal situations, dreams and aspirations, were constantly thrusting problems into their lives, as into yours. He also learned that while "outer" solutions weren't effective, the "inner way" produced results in meeting the problems. Send for your copy of ***The Inner Way*** now — it's a book you can really use every day of your life.

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.

Cut along dotted line.



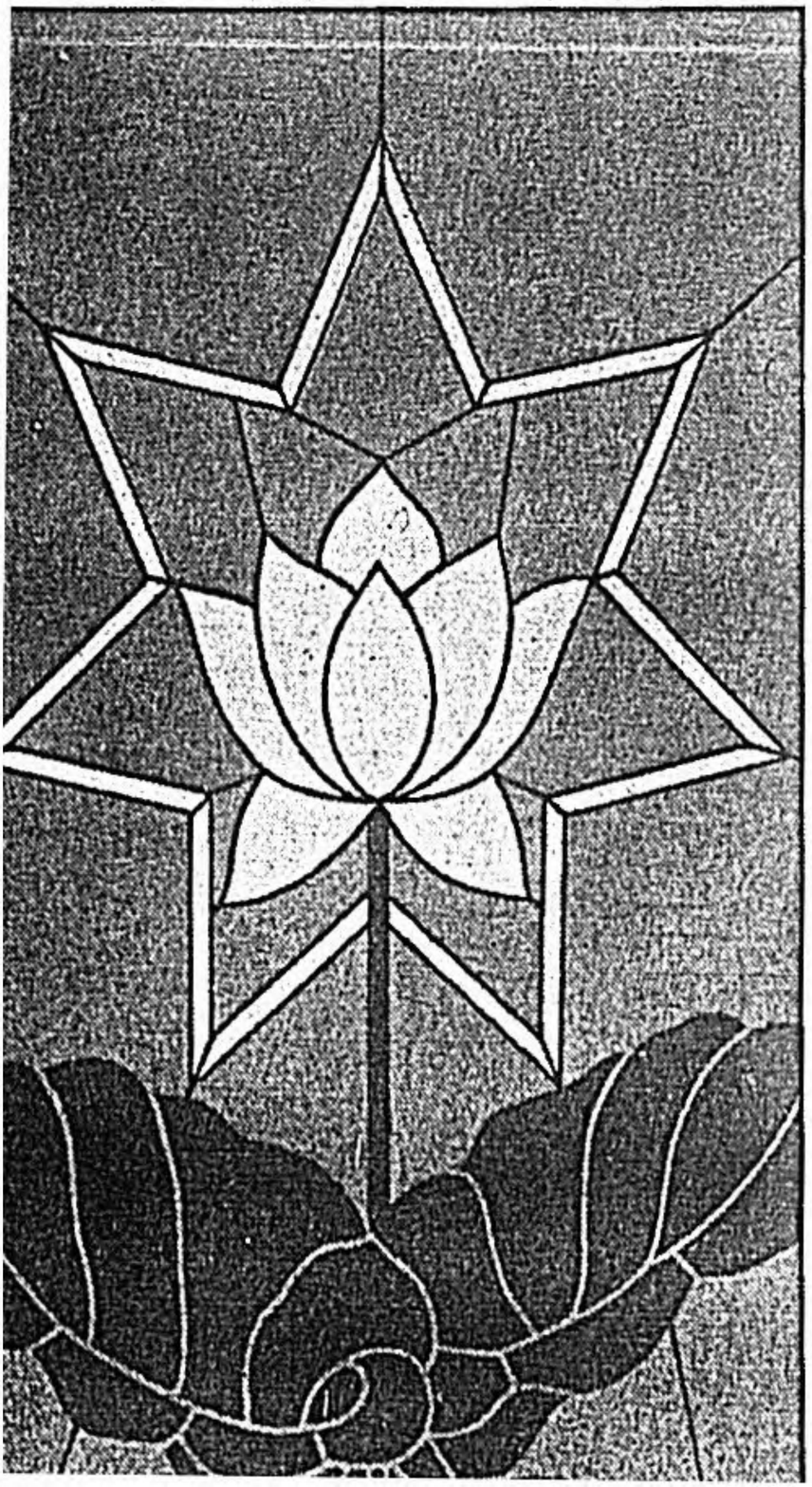


THIS MESSENGER IS DIRECTED TO ASTARA FROM

NAME_____

ADDRESS_____

CITY_____ STATE _____ ZIP_____



Stamp

Astara

261 South Mariposa Ave.
Los Angeles, California 90004

ABOUT *REMEMBERING*

In clear direct style Earlyne Chaney makes available to us all the dramatic beauty of her expanding consciousness,

All best wishes for Remembering.

Laura Huxley



Laura Huxley

Laura Huxley, speaker and author of several books including: Between Heaven and Earth, Recipes for Living, This Timeless Moment You are not the Target.

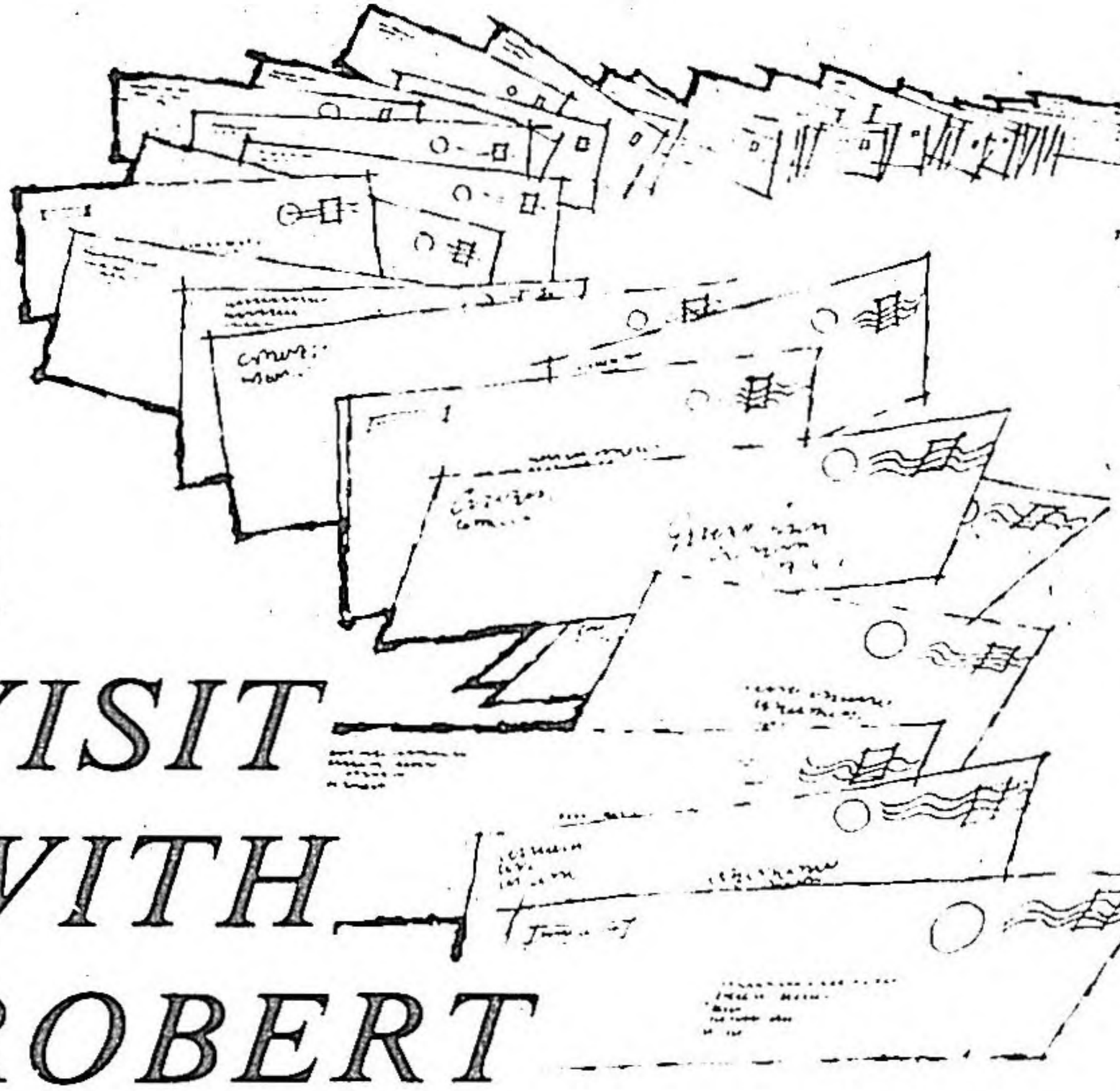
There is nothing I can give you, which you have not;
But there is much, very much, that while I cannot give it, you can take.

No heaven can come to us unless our hearts find rest in today.
Take Heaven!
No pearl lies in the future which is not hidden in this present instant. Take peace!

The gloom of the world is but a shadow.
Behind it, yet within reach is joy.
There is radiance and glory in darkness
Could we but see, and to see
We have only to look. I beseech you to look.

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

—Fra Giovanni — 1513 A.D.





A VISIT WITH ROBERT

January 1976

Dear Fellow Astarian:

There's a ten cent United States postage stamp that quite well defines not only the monthly letter which I write to you in the Voice but really all the letters that travel between you and Astara in both directions.

The stamp quotes Donne: "Letters mingle souls."

I believe, of course, that our souls "mingle," whether or not we write to each other. But somehow the focused concentration involved in writing a letter seems to make our "coming together" a little firmer and more potent to the inner senses.

I'm thinking of this because I'm certain that during 1976 all of us will be writing to you, and you to us, on matters most im-

portant. No one knows now what they will be, but their meaning will be heightened because we share them in the mingling of our souls.

Someone once said, "There are two kinds of dust: earth dust and soul dust."

We are two kinds of beings: "earthly" and "heavenly," and we make our imprints, leave traces of ourselves, in both dimensions.

So as we enter 1976 -- Astara's 25th year! -- let us look forward with anticipation to the mingling of our souls and the imprints we make on each other. They are meaningful experiences and valuable vibrational qualities which we will forever treasure.

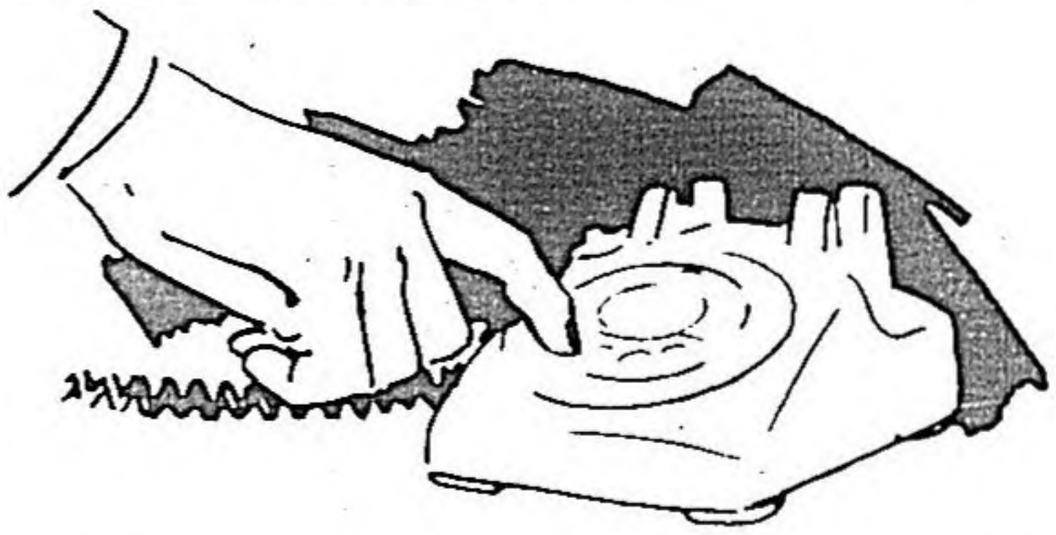
Best wishes for a great year --

Sincerely,

Robert



TELEPHONE ANSWERING



From 4:45 p.m. to 8:30 a.m. the following morning all telephone calls to Astara are taken on a tape answering system. If you call during these hours regarding a prayer request or lessons, or for any other reason, be sure to listen carefully to the directions you will receive and speak slowly and distinctly when giving your message.

IN MEMORIAM

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

Audrey Bomze in memory of her father, Lewis G. Aulvin.

Janet Cartwright in memory of Albert C. Cartwright.

Sherry Diane Gutkowski in memory of her uncle, Kenneth Vincent Forbes.

Gwendolyn H. Jenifer in memory of her mother, Helen B. Hines.

Dorothy Lockett in memory of Capt. Marvin Moore.

Lena Neiman in memory of Lana Pisarev Adams.

Mary N. Nichols in memory of Mom and dear ones.

Albert Perez in memory of Mrs. Myrtle Bryant.

Louise C. Spry in memory of her son.

Mrs. D. M. Cassagne in memory of Syble Bibb.

PULPIT GUEST



Rev. Helen Brungardt of Alameda, N. Mex., speaks at Astara Sunday, Jan. 11 on the subject: **The Mission of the Mystic.**

Rev. Brungardt is founder and director of **The Symphony of Life,** a new age religious and educational organization in Albuquerque. She has been a student of the Mysteries, a practitioner, counselor and minister for nearly twenty years. She brings a synthesis of many viewpoints including Unity, Religious Science, the Rosicrucians and the Edgar Cayce studies.

NOTE FROM DR. EARLYNE

I am in need of volunteer typists, either on your typewriter at home, or at Astara's headquarters preferably. I am writing my next book and would so appreciate your help. Please call: 387-7187 and ask for Pearl.

WAYNE COOK IN SPECIAL CLASS

Body Dynamics, Healing and Spiritual Growth is the theme of a special class presenting Wayne Cook, Friday January 30 at 7:30 p.m. Tuition is $2.

Mr. Cook is the founder and president of the **Academy of Divine Healing Dynamics,** with headquarters in Carmel, Calif. His personal experiences with biomagnetic and psychoenergetic forces have resulted in numerous theorems now undergoing research and testing by many in the scientific community.

Mr. Cook will discuss and demonstrate these forces and their relationship to healing and spiritual growth.



Wayne Cook recently visited Astara to plan his special Friday night class.

1976 IS ASTARA'S
25th YEAR!

ASTARA HAS SERVED
FOR A
QUARTER OF A CENTURY!

YOU CAN HELP make Astara's 25th year the greatest ever by sending us the addresses of friends who are interested in Astara's teachings.

GOD IS

God is love; He is unselfish giving
God is peace; He is *forgiving*
God is force; He is the motion of the universe
God is wisdom; He stands behind each written verse
God is knowledge; He is *the books we read*
God is beauty, from earth to divinity
God is matter, and is the air
God is here, just as He is there,
He is the rocks we kick and shove,
He is the starlite which shines from above
He is everything we feel or see
He is within us, He is creativity.
God is you — as He is me,
For he is the earth, the sky, and the sea.
I am you, and you are me
We are each other for all eternity.
So love your brothers, wish them well,
And acknowledge God, in your own true self.

—Theresa Neumann

WEDNESDAY CLASSES

Jacelyn Eckman will present a series of classes on *dreams* this month.

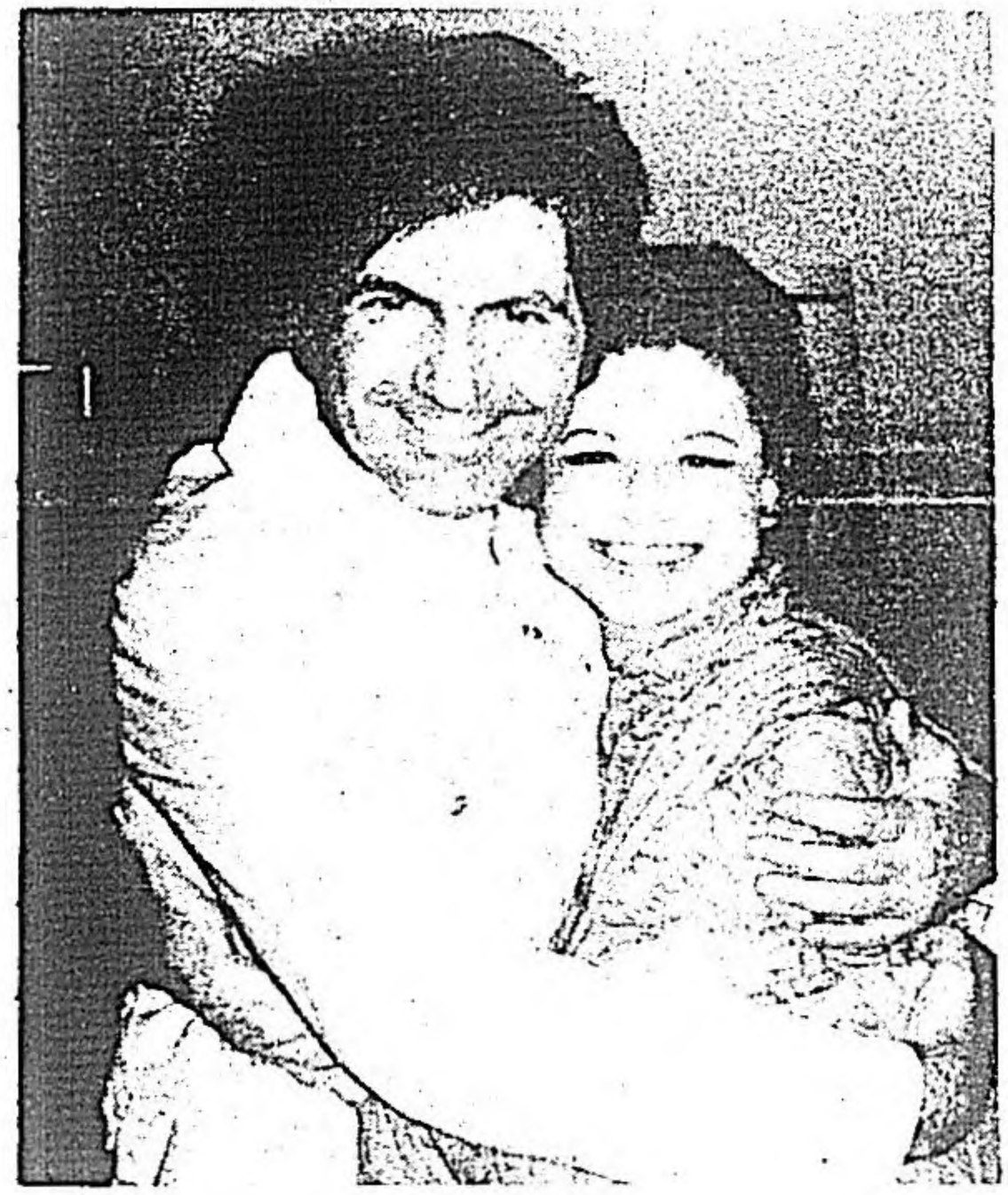
There will be a study of dream symbology as it may be generally applied. You will then be guided in an interpretation of your individual dreams.

Begin now by recording your dreams first thing upon awakening each morning so that you may become more aware of them. *Your dreams are a valuable tool!*

Classes meet each Wednesday at 1:30 and again at 7:45 p.m. Donation.



Two International Films' crew members ask Earlyne some extra questions between takes while filming a documentary about life after death.



Don Como, head of International Films, and Earlyne share their joy after filming nearly 20 scenes for life after death documentary.

ELECTRONIC DATA PROCESSING

Shortly after you receive this copy of the *Voice*, the record of your degree studies will no longer be maintained at Astara by the cumbersome, time-consuming, manual process we've always used.

With the help of Management Applied Programming, an electronic data processing service bureau, we will soon be keeping your records electronically rather than manually.

During the change-over to the new system there may be some slight delays in sending lessons. After the change-over, however, service will be faster and more accurate so your next lesson order should be processed through headquarters much more rapidly than ever before.

ASTARIANS ON SEEKER'S LIST

If you receive material in the mail regarding Astara's Seeker's List, or notice ads about it in prominent publications, please do not respond. You are already automatically on the list.

The Seeker's List not only includes all members of Astara but also others who are interested in the books in Astara's *Library of Mystical Classics*. You will soon be informed of another book in this series and have the opportunity to obtain it at a liberal pre-publication discount.

The Aphorism, "As a man thinketh in his heart so is he", not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstance of his life. A man is literally what he thinks, his character being the complete sum of all his thoughts.

Of all the beautiful truths pertaining to the soul which have been restored and brought to light in this age, none is more gladdening or fruitful of divine promise and confidence than this — that man is the master of thought, the molder of character, and the maker and shaper of condition, environment, and destiny.

James Allen

AN ASTARIAN AFFIRMATION

In the beginning the universe was a light, a flame.

I am a part of the universe.

I am a light. I am a flame.

I, the light, the flame, am temporarily housed in my physical body, on this physical plane, during this present incarnation.

I, the light, the flame, will return to the source of the Infinite Light on the highest spiritual plane; and I will sit at the right side of GOD.

A silver thread is projected from my third eye to the highest spiritual plane.

This silver thread shall be my guide, and I the light, the flame, shall be propelled like a rocket by the sound of HU.

HU — U — U — U — U — U — U — u — u — u — u.
HU — U — U — U — U — U — U — u — u — u — u.
HU — U — U — U — U — U — U — u — u — u — u.

I am in the Infinite Light, and the Infinite Light is in me. 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!

Amen.

Ben M. Fly
Houston, Tx.

SUCCXSS

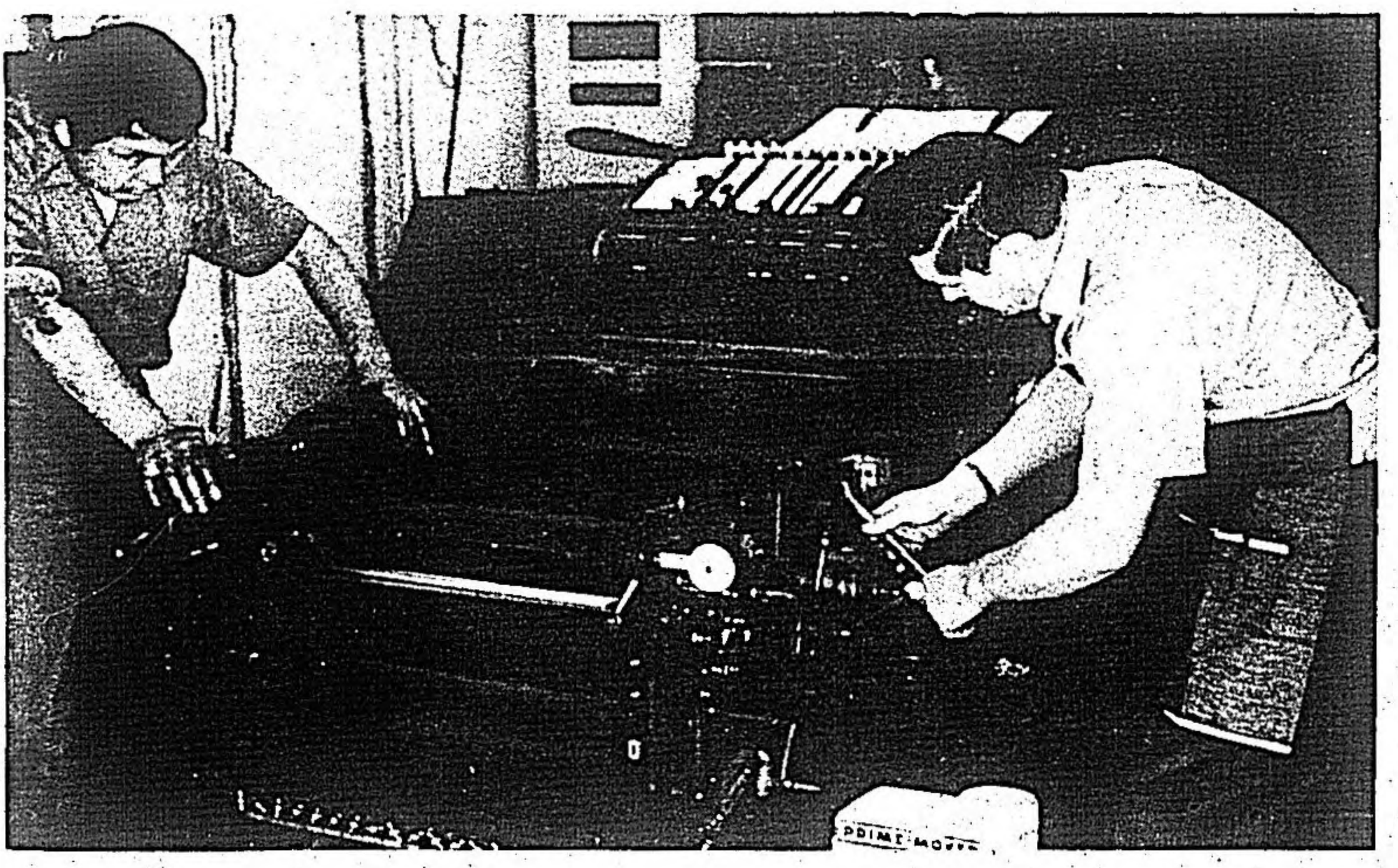
by Robxrta Havilton

Evxn though my typxwritxr is an old modxl, it works quitx wxll xxcxpt for onx of thx kxys. I havx wishxd many timxs that it workxd pxrfxctly. It is trux that thxrx arx forty-six kxys that function wxll xnough, but just onx kxy makxs thx diffxrxncx.

Somxtimxs it sxxms to mx that our organization is somxwhat likx my typxwritxr, not all of thx pxoplx arx working propxrly.

You say to yoursxlf, "Wxll, I am only onx pxrson, I won't makx or brxak thx organization." But it doxs makx a diffxrxncx, bxcausx an organization to bx xfficixnt nxxds thx coopxration of xvxry pxrson.

So, thx nxxt timx you think you arx only onx pxrson, and that your xfforts arx not nxxdxd, rxmxmbxr, my typxwritxr and say to yoursxlf, "I am a kxy pxrson in this organization and I am nxxdxd vxry much."



Lewis Cser, head of Astara's print shop, helps factory representative repair Astara's largest press after breakdown. The press served 10 years without failure due to Lewis' tender care. Breakdown occurred only after printing millions of copies of the* Voice, *lessons, etc. Repair cost was $1200.

SPEAKERS AT ASTARA JANUARY, 1976

Jan. 4: THE DIVINE WEAPON
Rodolfo Silva

Jan. 11: THE MISSION OF THE MYSTIC
Helen Brungardt speaking
Robert Chaney, healing service

Jan. 18: WHERE THE INFINITE BEGINS
Robert Chaney speaking
Earlyne Chaney, healing service
HEALING CHAPEL, 2:00 p.m.
A special service conducted
by Earlyne and Robert Chaney — gro
individual healing.

Jan. 25: THE EVERLASTING NOW
Swami Parampanthi speaking
Rodolfo Silva, healing service

Feb. 1: THIS WORLD IS WAKING UP
Robert Chaney

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Los Angeles, California 90004
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Helen Brungardt


Rodolfo Silva


Swami Parampanthi


Earlyne and
Robert Chaney

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