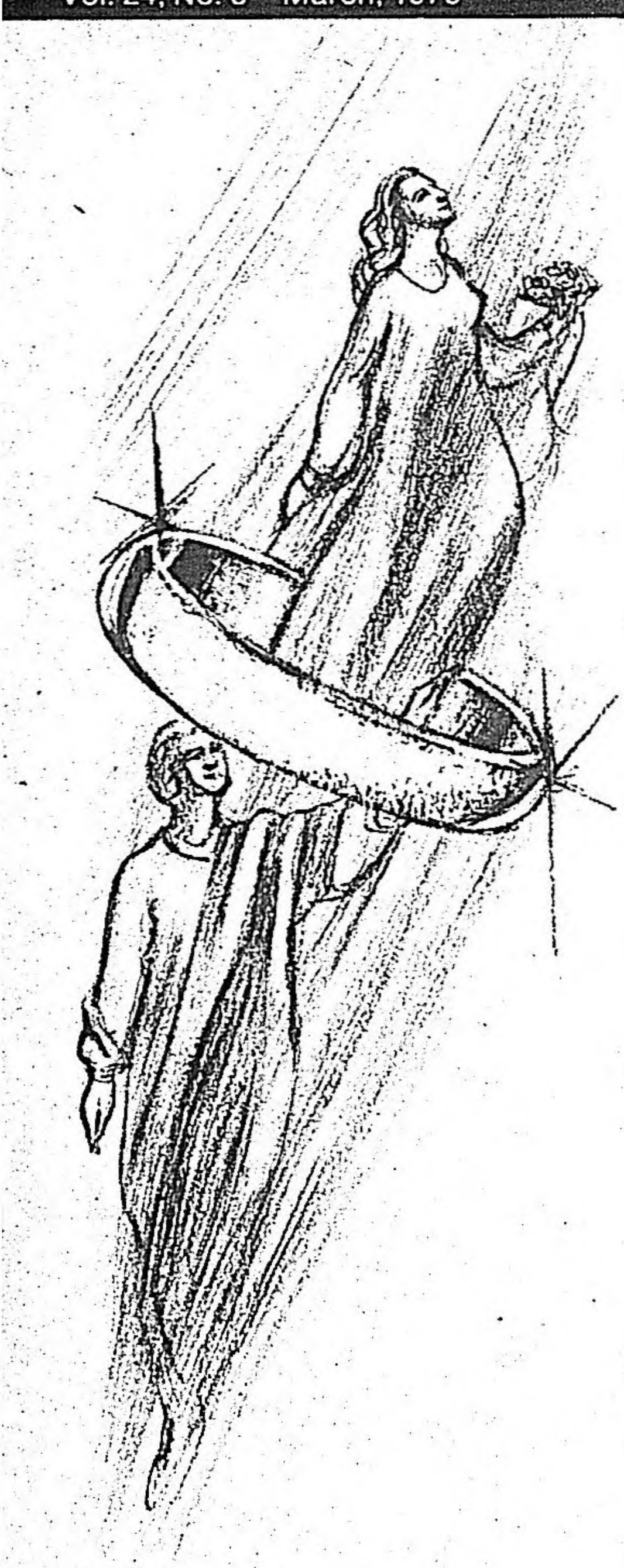
CHURCH OF ALL RELIGIONS
SCHOOL OF THE ANCIENT MYSTERIES
FRATERNITY OF ALL PHILOSOPHIES
INSTITUTE OF PSYCHIC RESEARCH

Voice of Astara

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THE MYSTIC MARRIAGE

By Earlyne Chaney

In our present chaotic times the sacramental* life claims few devotees, being incompatible with an extreme immersion in sport and gossip and the driving of sharp bargains. But a life devoted to sacrament should interest every professor of that most noble of arts, the art of living, since it is conducive to beauty and dignity, happiness and profit.

When I refer to the sacramental life I do not speak of it in the usual sense. That to which I refer is divorced from the forms and observances of any specific religion. The sacramental life about which I write consists in the habitual perception of an ulterior meaning, a hidden beauty and significance in the objects, acts and events of mundane activities.

Though binding us to a sensuous existence, they nevertheless contain within themselves the virtue of liberating us from it. To perceive this virtue it is necessary to discover in these activities, over and above their immediate use, their pleasure or their profit, a hidden meaning which teaches some lesson emancipating to the soul.

HOLY SACRAMENT

The ordinary meaning of the sacrament is, of course, the holy communion of the Christian church. Its origin is a matter of common knowledge. The evening of the night when he was betrayed, Jesus and

*sacrament: "a devotional rite or symbol."

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YOUR DORMANT, UNUSED POWERS

by Muriel Noyes Gillchrest

What is the difference between "your will" and what is meant by "Thy Will be done"? Have you ever asked that question? Your answer may be, "If God is my Source, and my Life-Force is what God is, then my will must be God's will for me."

How much do you really know about what is called "Nature's Laws"? In school you learned about the Law of Gravitational Force, that a ripe apple falls from a tree to the ground and doesn't fly away in the sky. You might recall that boiling water makes steam, and a man named Fulton harnessed steam to run a ship. It probably has occurred to you that the laws of physics, chemistry, and mechanics are marvelous discernments, but has it occurred to you that despite these scientific marvels, you still may not perceive how to activate your will to be in tune with the Divine Will?

There is an immaterial, invisible (to most of us) Something, a substance we often call "Spirit," which religionists have named GOD, or Brahma, or Janardana, or Allah, according to their native language. That it is a Cosmic Principle, which they say emanates from the sun as solar energy, not too many have known how to relate to it, even though we recognize today how to utilize solar radiation for radio, radar, and television, along with many other helpful forms of manifestation.

But, how can we follow all of Nature's Laws? Do we really know all of them? If they are infinite in number, and really do "work together for good," wouldn't it be simply grand if we felt tuned in, not just part of the time, but ALL the time?



Caroline Wilson (second from left) instructs Rodolfo, Elaine, Barry, Debbie, Connie, and Fred in use of our new EDP equipment.

COSMIC LAW

"Thy Will" is the Cosmic Law of Being, but it seems to be a great mystery to the *intellect* of the masses, the conscious mind, and the five senses. Of course, you know we have seven senses — not just five — and the sixth sense of intuition hasn't yet come forth very efficiently for the majority of seekers. However, the growing interest in what has been termed "extra sensory perception" gives us hope. Whether we call it "fortune telling," or "prophecy," or just plain

Continued on Page 26

SMILE — YOU'RE ON EDP

No, it's nothing like being on *Candid Camera*! It's EDP which means that the records of your progress through the degree studies and your mailing address are being kept on Electronic Data Processing equipment.

The same persons who formerly kept your records are still doing so and they are as directly concerned with you as they were previously. It is just that we now have a faster and more accurate method of staying in close contact with you than ever before.

DEGREE LESSONS INTERRUPTED

It is an expression of confidence which we very much appreciate to have Astarans send advance tuition beyond Fifth Degree, Lesson 22, and its accompanying monograph. However it imposes a burden upon the staff for which we ask your indulgence.

Please do not order lessons beyond the Fifth Degree for it requires our returning the tuition to you along with an explanation, record keeping, etc. The Degree Lessons are temporarily interrupted at this point. You will be notified well in advance of when additional lessons may be published.

Thank you for being patient and not causing additional work here at headquarters.

SIX MISTAKES OF MAN STILL TRUE

The Roman philosopher and statesman, Cicero, said it 2,000 years ago, and it's still true today. The "six mistakes of man" are:

1. The delusion that individual advancement is made by crushing others.

2. The tendency to worry about things that cannot be changed or corrected.

3. Insisting that a thing is impossible because we cannot accomplish it.

4. Refusing to set aside trivial preferences.

5. Neglecting development and refinement of the mind, and not acquiring the habit of reading and study.

6. Attempting to compel other persons to believe and live as we do.

CHANGES IN LESSON FORMAT

It has been necessary to find a way to cut the cost of Lesson production and distribution rather than raising the cost of the Lesson to the Astarian. The change contemplated is to bind two Lessons into one cover instead of printing and binding them separately as we do now.

Such a procedure will require some re-typing and new plates. This being true, may we ask if you, as a reader, have any suggested corrections you'd like to make. If so, would you please forward your ideas, giving Lesson, Degree, and page number to Astara, c/o Pearl Secrist? We will greatly appreciate your interest and helpfulness.

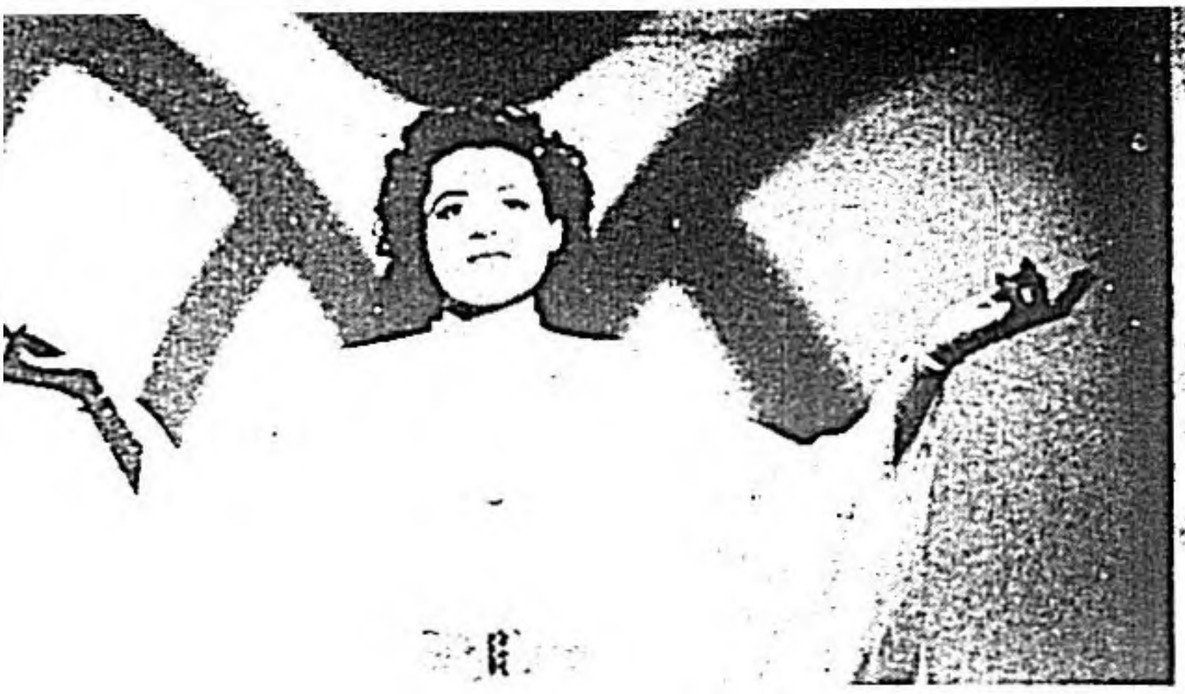
PARAMPANTHI IN CLASSES



The popularity of Swami Parampanthi's book, *Creative Self-Transformation Through Meditation,* has resulted in numerous requests for his services as a class and seminar teacher.

One of the larger groups for which he will soon be teaching is the Universal Center, 1904 Silverwood Ave., Mountain View, CA 94040. Parampanthi will participate in a seminar there March 13.

If you are interested in arranging for a class or seminar in your vicinity, write to Swami Parampanthi in care of Astara concerning his availability.



An Astarian in Need Never Walks Alone

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

Dear Robert & Earlyne:

Approximately a month ago, my roommate telephoned a healing request to Astara's headquarters on my behalf. I had suddenly become ill with a very bad sore throat, fever, and cold symptoms. I am a pre-vet student and cannot afford to miss classes. Shortly after the call, my roommate, also an Astarian, gave me a general healing treatment. My throat immediately lost its soreness and my glands became noticeably less swollen.

During the night while I was unable to sleep, a masculine voice in my mind gently commanded me to sit up and said, "I can heal you if you sit up. The position will be better." I hesitated, and again heard the voice. Doing as suggested, I took a cross-legged position with my back supported by the wall. Immediately I felt a spiraling effect and my mind seemed to expand out into space. I felt totally separated and free of my body as I looked down at Earth as if from space.

For the first time in my life, I knew what the loss of individual consciousness was, and I realized what a tremendous gain it became. The loss of the individual really does gain everything in the universe. A circle of white light engulfed the earth, and I mentally forced a stream of my own energy to join with the Light. The feeling of boundless love came over me for a short time and I found myself conscious of my body and back in my room. Fully confident that by morning

I would feel totally well, I settled back for sleep, when I was interrupted again by a masculine voice. The voice asked that I sit up again. "You are not finished", it said. After sitting up, I found myself in space a second time and "aware" of many others, although I never did "see" any of them. Chanting began and light filled my form. I realized that I was having some form of an initiation. Unfortunately, many of the words said I did not understand, and very little of the ceremony was retained in my memory once I became aware of my body and the room. The phrases I do remember are: "You are now a brother of the Starry Cross," and something that sounded like "Selah Kubula."

Although it was over a week before my strength returned to normal, I missed only one class and somehow managed to study and concentrate when I felt exhausted. I felt disappointed that I was not completely well, as I had believed I would be. That week at a self-hypnosis class an important point hit home. Our instructor demonstrated how to perceive a human aura. When my turn came, and the class was asked to observe my aura, it was a gray color. The instructor explained this was due to a recent illness that I was recovering from. As I started to return to my seat he said quietly, "You are being aided by a tremendous energy force, keep it up".

All doubts that I had disappeared. I know that although I am not always aware of it, I am not "walking alone" and although I am not always in the position I had hoped for, I am still always under protection. Thank you for making Astara possible.

Wishing you and all Astarians great peace.

Sincerely,
D.K.
Berkeley, CA

MARCH STUDY CIRCLE

CRYSTALLIZATION OF PERSONALITY

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 session begins with simple Yoga exercises and ends with a healing meditation.

In March, Swami Parampanthi will explain and discuss the growth of an individual from infancy to a mature, enlightened human being. This process is called by Swami Parampanthi "the crystallization of human personality."

His sessions will cover in detail the following subjects: (a) how inherent human negativity can be overcome by equally inherent positivity of the human personality; (b) how crippling fear can be transformed into an instrument of victory by the spirit; (c) how the feeling of nothingness can be changed into an awareness of inner radiance; and (d) how confusion and chaos in human life can be replaced by clarity, order and fulfillment.

Swami Parampanthi will show how his methods of self-transformation have actually worked in many lives and how you can today apply simple yet highly effective techniques for crystallization of your personality.

March 5: From Negativity to Positive Impulses.

March 12: From Fear to Victory in Spirit and Action.

March 19: From Nothingness to Radiant Self.

March 26: From Confusion and Chaos to Order and Clarity in Life.

These sessions will benefit persons from all walks of life. They will be of special interest to those who suffer from the negativity and difficulties of life. All are welcome. Attendance by donation.



TRIED COOKBOOK AND — BANG!

Among the many laudatory letters we've received regarding the *Light and Life Cookbook* is the following:

"I am having so much fun with the Cookbook you so kindly sent me I must tell you.

"After reading thru the prelude and on thru the other introductory pages I began browsing thru the recipes with not much enthusiasm at first. Mainly, I think because I did not have on hand some of the ingredients called for. However, I tried two recipes for which I did. And then bang! They acted like magic. Each one seemed possessed with magic drawing me on to others to try. Such fun!"

Devotedly,
M. M.
Long Beach, Calif.

SWAMI SATCHIDANANDA SPEAKS AT MARCH LODESTAR SEMINAR

Swami Satchidananda, noted Hindu religious teacher, author of *Integral Hatha Yoga*, and founder of Yogaville — a model Connecticut community based on Yogic principles — is the third featured speaker of the 1976 Lodestar Seminar series.

To better accommodate the large turnout expected for Swamiji on March 27, Astara has booked the Scottish Rite Temple, 4357 Wilshire Boulevard, as the location of this month's Seminar.

From 10 a.m. until 4 p.m. Swami Satchidananda will present the approach of Integral Yoga to higher awareness of the sacred gift of Life, and to the realization of the Self.

FILM ON YOGA

He will open the day with a talk on "The Forbidden Fruit," followed by a 16mm film showing one of the well-known Yoga Ecumenical Retreats conducted yearly by the Integral Yoga Institute and Satchidananda Ashram in Connecticut. The film illustrates how the universal concept of Yoga can bring together people of different backgrounds, nationalities, creeds, and beliefs.

Swamiji will spend a part of the afternoon in loving dialogue with everyone. During this period the participants are invited to bring questions covering spiritual practices, significant experiences, and also questions relating to any phase of life of an individual or general nature.

Born December 22, 1914, into a highly spiritual family, the Swami has worked in the fields of agriculture, mechanics, electricity, cinematography, and business, nurturing at the same time his spiritual aspiration. As manager of the Siva Temple in Perur, India, he would often meditate all night.

At the age of 28, he launched a fulltime quest for spirit — living, meeting, and studying with such renowned sages as Ramana Maharshi, Sri Aurobindo, and others. While in the Himalayas, he met his Master, Sri Swami Sivandaji Maharaj, and later received Sannyas (monkhood) initiation on the holy Guru Poornima Day, in 1949, along the banks of the sacred Ganges.



At a recent meeting Swamiji was asked whether he still had any desires, and he promptly answered, "Yes, that I may die serving others." Therefore, Swami Satchidananda's presence at the March Lodestar Seminar will be mainly to serve *you*. Come with an open mind and sincere heart, unafraid to bring before him your deepest needs so you may benefit from his visit.

Attendance is by reservation only with tuition for the full day at $12.50 per person ($7.50 for a second person in the same immediate family). Luncheon will be served for all attending at $1.00 per person, payable in advance or at the door.



Dr. Earlyne reflects on the meaning of *The Mystic Marriage* for all Astarians.

BOOK MAKES DINNER GIFT

We are often at a loss when it is necessary to select an appropriate gift for a special occasion. The writer of the following letter has an excellent solution:

"Your newest book — 'Make It An Adventure' — is really a gift to the world. I'm not halfway through it yet, but every chapter is to me worth the price of the book. It's a rich gift. When less than halfway through it, I decided to give it to a young couple who had invited me to dinner. An odd dinner gift? I don't think so.

"A gift of wine may bring a flush of joy for an evening — a vase of flowers a spot of beauty for a week — but a gift of a book, well chosen, may leave its imprint on many lives — so, I'll bring this book."

Thank you,
E. W. S.
Stowe, Vermont

Continued from Page 1

his disciples were gathered together for the Feast of the Passover. Aware of his impending betrayal and desirous of impressing powerfully upon his chosen followers the nature and purpose of his sacrifice, Jesus ordained a sacrament out of the simple materials of their repast. He took bread and broke it and gave to each a piece as a symbol of his broken body. And to each he passed a cup of wine as a symbol of his poured-out blood.

In these, as in the washing of the disciples' feet on the same occasion, he made his ministration to the needs of man's bodies an allegory of his greater ministration to the needs of their souls.

WHAT MARRIAGE SYMBOLIZES

Thus the sacrament of the Lord's Supper is of such beauty and power it has persisted even to the present day. Being mystic Christians, perhaps we can find some all-embracing symbol to illustrate the sacramental view of life. Marriage is such a symbol. The public avowal of love between a man and a woman, their mutual assumption of the attendant privileges, duties and responsibilities, their marriage, in short, are acts so pregnant with consequences to them and to the race that by all right thinking people it is regarded as a high and holy thing. Its sacramental character is felt and acknowledged even by those who would be puzzled to tell the reason why.

The reason is involved in the answer to the question: what does marriage symbolize? The most obvious answer — and doubtless the best one — is found in the well known and abused doctrine common to every religion: that of the

Continued on Page 9

Dear Astarian -

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

As your Messenger
Envelope I'm ready to
carry your 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

Continued from Page 8

spiritual marriage between God and the soul. The mystic way comprises those changes in consciousness through which every soul passes on its way to perfection.

When the personal life is conceived of as an allegory of this intense, ample, super-mundane life, it assumes a sacramental character. With strange unanimity those who have followed the mystic way have given the name of marriage to that memorable experience in "the flight of the alone to the alone," when the soul, after trials and purgations, enters into indissoluble union with the spirit, that divine creative principle whereby it was made fruitful for this world.

Marriage, then, however dear and close the union, is the symbol of a union dearer and closer, for it is the fair prophecy that on some higher arc of the spiral of its evolution the soul shall meet its immortal mate and be initiated into Mysteries Divine.

SYMBOLS AFFECT CONSCIOUSNESS

An example occurs to me of the power of symbols to produce those changes of consciousness whereby the soul becomes ready for this union. This is the story of an eminent scientist who, during his bath one morning, reflected upon and confessed that though he took great pains each day to cleanse his body, he made no effort to cleanse his mind and heart. Having struck upon such a reflection, the parallel appealed to him so profoundly he began to practice the higher cleanliness.

We are often admonished that ordinary life, our mundane life on this tedious earth plane, is a training school for a life more real and more

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TWO ASTARIANS IN NEWS RECENTLY

Two members of Astara were recently subjects of feature columns in newspapers on the east and west coasts.

Fred Fitzsimmons, a national league baseball player, coach and manager for thirty-five years, was the subject for a column by James Murray on the sports pages of the *Los Angeles Times*.

Fred was also interviewed on an hour-long TV special concerning the 1936 World Series in which he pitched for the New York Giants.

Lt. Col. John McGann (Air Force, Ret.) was featured in a column in the *News & Observer*, a New Smyrna Beach, Fla. paper. John has become an inventor since retiring from the Air Force and has forty inventions to his credit. In addition to his service career he has taught at Colgate, Trinity and Newark College of Engineering.

THE ESSENES AND THEIR ANCIENT MYSTERIES

by Robert G. Chaney



Rediscover the Mysterious Ones... the "People of Hidden Strength." Were the teachings of Jesus rooted in the Essenes? Relive the rich legacy of the mystical, miraculous, esoteric, prophetic. Spiritual truths for daily living.

Tuition $2.00

Continued from Page 9

sublime. If this be true, then everything pertaining to life in the world must possess a sacramental character, and must possess it inherently, not merely by imputation. Can we discover, then, some of the larger meanings latent in little things?

When, at the end of a cloudy day, the sun bursts forth in splendor and sets red in the west, it is a sign to the weather-wise that the next day will be fair. To the devotee of the sacramental life, it holds a richer promise. To him the sun's brightness is a symbol of the love of God, the clouds, those worldly preoccupations which prevent that love from being seen. This purely physical phenomenon, therefore, which brings to the man in the street a scarcely noticed augmentation of heat and light, and an indication of fair weather on the morrow, induces in the mystic an ineffable sense of divine imminence and beneficence, and the assurance of their continuance beyond the dark night of the death of the body.

SACRAMENT IS EVERYWHERE

Continuing the story of the eminent scientist, it became his habit to see the sacrament in everything. When he swam in the sea, he enjoyed to the full the attendant physical exhilaration. But a greater joy flowed from the thought that he was back with his great sea mother — Nature — that feminine principle of which water is the perfect symbol, since water brings all things to birth.

At the end of the day, when he laid aside his clothes, he thought too of laying aside his physical form so that he might be free to roam at will during the hours of sleep, clothed in his subtle form of the fourth dimension. In every mundane activity he strove to see the analogy to the holy sacrament.

To every sincere seeker Nature yields her secrets but since men differ in their curiosities, she reveals different things to different men. A walk in the woods, or in the open, instructs the geologist concerning the present makeup and past activity of that particular part of the earth's surface.

To the botanist, the flora of the neighborhood becomes an open book, while the drama of insect life unfolds itself before the patient entomologist. All are rewarded for their devotion in accordance with their interests and desires, but woman-like, Nature reveals herself most fully to him who worships not

TRANSMUTATION . . .

HOW THE ALCHEMISTS TURNED LEAD INTO GOLD

by Robert G. Chaney



Describes a process of association and conscious direction to transmute the mundane into the purposeful within the crucible of your being. How the One Substance can become operative in your life. Translates the Art of Alchemy into the Soul Science of spiritual growth.

Tuition $2.00

OCCULT HYPNOTISM

by
Robert G. Chaney



A revelation of the practical and personal uses of hypnotism, a scientific art rediscovered. Implications for its use are numerous and beneficial in personal relationships and the revitalization of physical, emotional, and spiritual energies. Techniques described with suggestions for further exploration.

Tuition $2.00

the fair form but the soul.

This favored lover is the mystic, forever seeking instruction in things spiritual. He perceives in Nature an allegory of the spirit, and interprets her symbols in terms of the sacramental life.

Man seeks less ardently and so much the more ineffectively by his will and his imagination to image God. In the world of insects we gain hints of what we have been, and what we may become — something corresponding to the grub . . . a burrowing thing; a caterpillar . . . a crawling thing; and finally, the butterfly . . . a winged creature.

After this fashion, then, does one who leads the sacramental life come to perceive in the sensuous manifold of Nature, that one divine Reality which thus both instructs him in super-mundane wisdom and woos him to superhuman blessedness and peace.

In time this reading of earth in terms of heaven becomes, with the sacramentalist, a settled habit. He is then hitching his wagon to a star, and changing his grocery shopping cart to a chariot of the sun.

NEW LESSONS READY

Lesson 22 of the Fifth Degree and a special monograph are now available to Astarians who have progressed to that point in their studies.

In Lesson 22, Earlyne shares with Astarians many personal secrets. She begins with the autobiographical story of parenthood: the long preparation through fasting, solitude and meditation, vegetarianism, natural childbirth, mystical experiences during gestation and the birth of her daughter Sita.

The special monograph, *You, Astara and the Ladder of Your Life,* explores salvation of the Planetary Lifewave, the dynamic relationship between the masculine Father and the Great Mother. The monograph also discusses World Karma, the mystery of thought as substance, the process which allows one to draw spiritual power from true worship.

To order the above teachings, use the Degree Lesson order form in this month's *Voice.*

AN ASTARIAN WRITES

He was not one man. In a sense he was many men.

His knowledge far exceeded what a man can learn in a dozen or more lifetimes. He seldom showed his genius, except for those times when he was talkative, or when he felt someone was interested in a certain subject.

Strange as it was, his great love was doing things with his hands, using a hammer or saw, or planting and tending a garden. He was like nature itself; he loved all things . . . rain, snow, animals, children, people in general.

He stated many times that all we see, feel, and hear — even those things we can't perceive — had a purpose. He said most people try too hard or move too fast to notice beauty, or anything else but their own little world.

I hung on every word he spoke. He was always a teacher. All I had to do was listen, then meditate on what he had said. I realized he never said anything that was not important.

I learned much from him: to be patient, to see things I never knew were there, things I had taken for granted like watching a robin hunt a worm, or a dog give his love and complete trust to his master — without expecting anything but a pat on the head or a kind word in return.

I noticed the beauty of things. It was then I understood, "Be like a child." Strange I should quote the Bible; I paid so little attention to it before. I wondered, was I getting religious?

He never spoke of religion. Yet he

Continued on Page 23

ABOUT *REMEMBERING*

Bernadene Villanueva, a modern day prophetess in the tradition of ancient times, recently disclosed the following message:

"Earlyne has truly brought a greater understanding of the unknown to the world through her inspiring book, *Remembering*. When medical men, science, healers, and psychics can bring together the best of both worlds, then will we truly serve mankind."



Bernadene is the founder of Hilarion House Creative Consciousness Center in Tampa, Florida. She has presented her particular gifts for prophecy and spiritual healing not only for large public meetings, but also on TV and radio and for numerous physicians, psychiatrists, and parapsychology research groups throughout the country.

ALL DEGREE LESSONS THROUGH THE FIFTH DEGREE, LESSON 22, MAY BE ORDERED BY USING THE CONTINUATION REQUEST FORM ON PAGE 28.

ASTARA's Book List

Compiled by Pam Sargent

MAR/APR 1976



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?

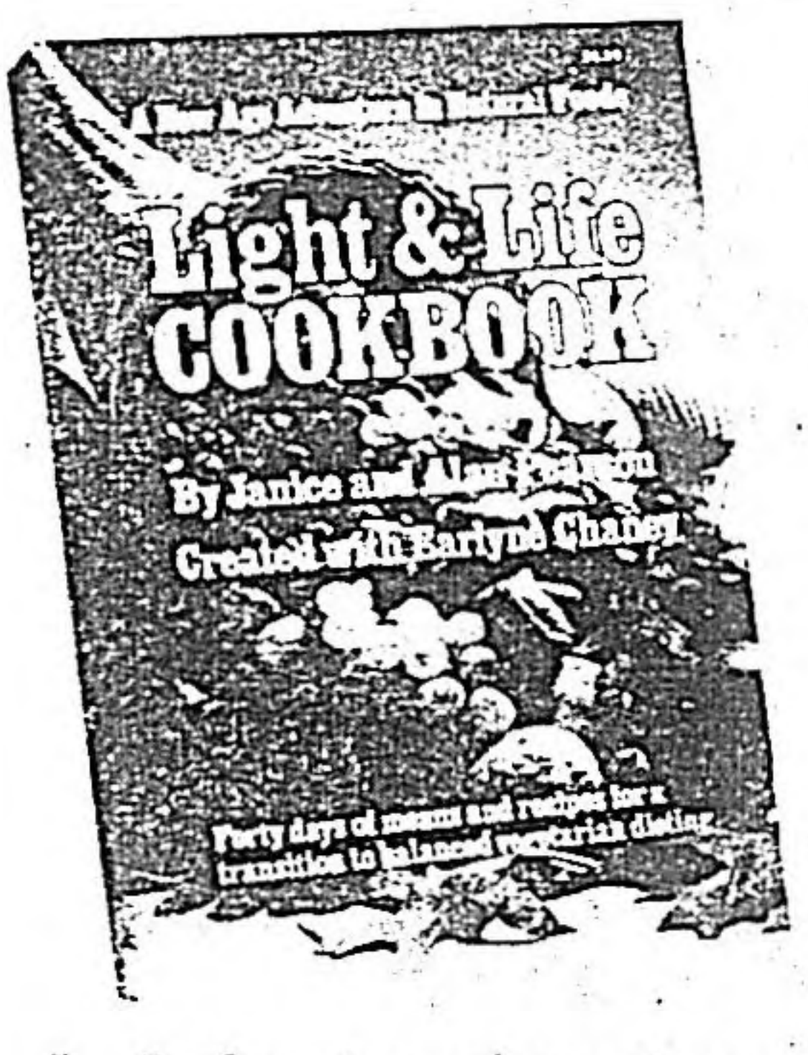
. . . and that you can dream dreams of the one whose love endured from the past? *Remembering* tells of the girl's lonely search for the beloved and how the pilot, from the Other Side of life, guided her to find the eyes that haunted her dreams.



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.



How soon do you want to feel better?

Immediately?

Then try the

LIGHT AND LIFE COOKBOOK

By Jan and Alan Pearson

Created with Earlyne Chaney

A forty-day transitional diet to vegetarianism.

. . . Can you smell the aroma of *Cheddar Cheese Cutlets* glorified with *Sweet Basil Tomato Sauce*, followed by some *California Orange Cake?* (See Day 10.)

Can you taste the bright goodness of *Yin-Yang Stuffed Tomatoes* and *Wok Tossed Greens?* (See Day 3.) Or *Light Asparagus Souffle* with *Honey Glazed Carrots?* And *Peasant Corn Pones?* (See Day 31.)

Are you daring enough to try *Walnut Rounds*, waiting under *Parsley Sesame Gravy* to tempt your taste buds? (Day 26.) Or *Broiled Avocado in Half Shell* with *Tomato Coconut Sauce*, perhaps followed by *Papaya Orange Smoothie?* (Day 28.)

And above all, can you feel the surge of energy, know the strength and stamina, experience the inner physical cleanliness and alertness of mind which result from a natural, full-of-health diet? The *Light and Life Cookbook* guides you in Aquarian Age eating adventures that are nearly as exciting as they are healthy.

OVER 300 PAGES OF HELP

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.

Member price $6.60



MAKE IT AN ADVENTURE

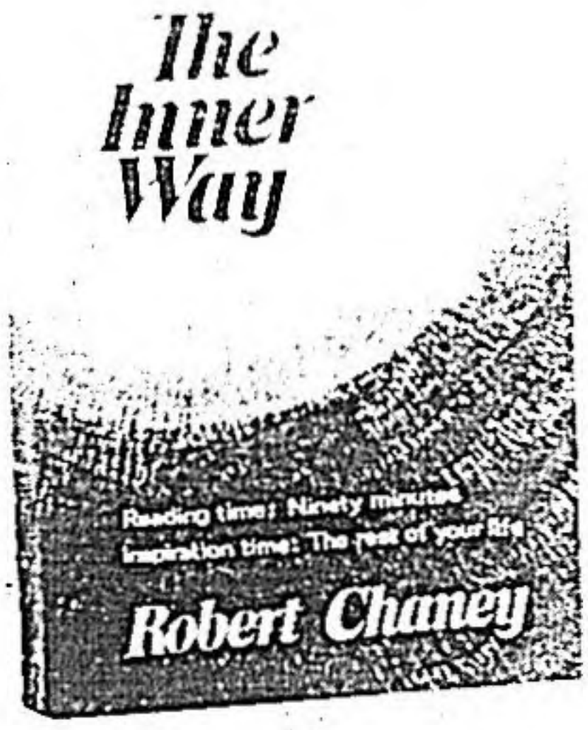
By Marcus Bach

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.**

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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.

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Annalee Skarin teaches that creative power is waiting at all times to be made manifest within man, transforming him from a limited mortal into a divine being.



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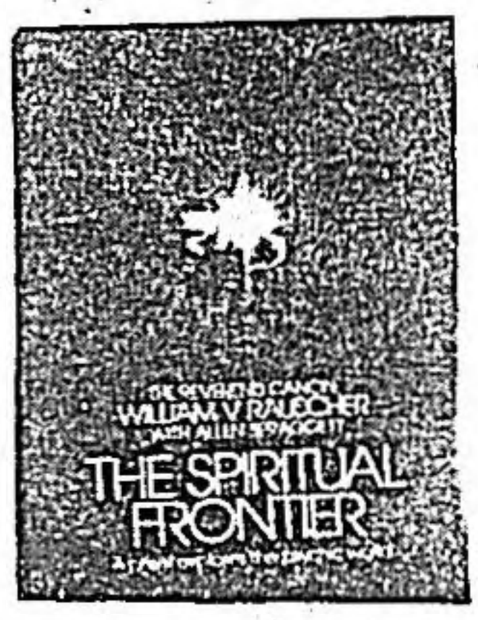
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Reverend Rauscher's narrative is packed with intriguing personal experiences and anecdotes ranging from ESP, astral projection and possession, to reincarnation, communication with the dead, poltergeists, and spiritual healing.

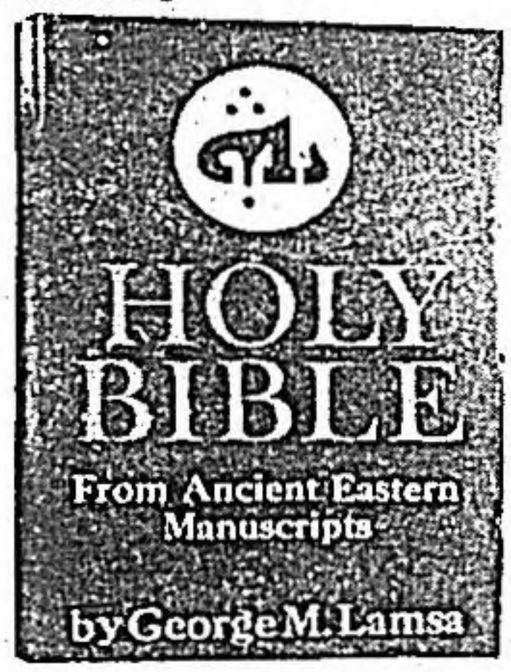
He builds a fascinating and inspiring case for his deeply held conviction that psychic phenomena are not only real, but can be, in fact, a primary medium for conveying God's message to man.

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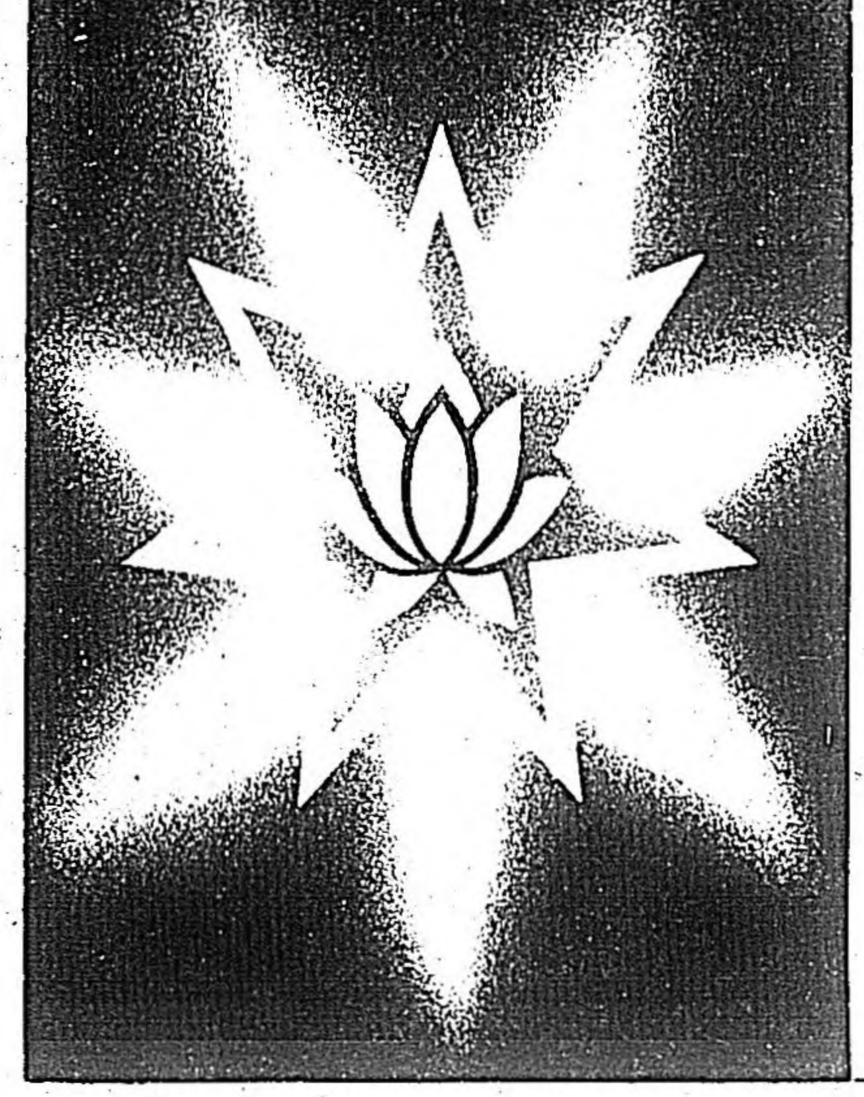
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1. Fill in the Petition.
2. Concentrate a moment upon the Astarian Symbol.
3. Hold it between your hands with a prayer . . . then send it to us.
4. Each day sit in meditation for a few moments, visualizing yourself in an aura of White Light.

Please direct your prayers and spiritual healing energies to:

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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

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!



A VISIT WITH ROBERT

March, 1976
Astara's 25th Year

Dear Fellow Astarian --

There is a young man from Seoul, Korea, on our staff. At Christmas he gave me the silk-screened banner which you see pictured on this letterhead.

At first I assumed it was some kind of calendar pertaining to the Year of the Dragon. Then one day when I was pondering a difficult problem, wondering whether or not to go ahead with an unusually large project, my attention was for some reason attracted to the banner and I asked Mr. Yang to explain the meaning of the writing.

"The banner contains a philosophical saying that is at least 5,000 years old. It is very revered among Oriental people, and is to be found on walls in homes, offices and shrines. It is most frequently

seen where persons have been successful in their professional or business activities. They seem to have an especially high regard for it. The picture is not a dragon, of course. It's a tiger."

After some urging, Mr. Yang translated the characters for me. Allowing for the difficulties of putting an Oriental philosophical saying into literal English, the following advice is basically what the banner offers.

"The first step to success is to select a path that leads to your goal. Follow that one way.

"Sometimes there are obstacles -- difficulties and delays -- but don't keep changing to different ways.

"Never stop. Keep going and you will gain your goal."

My problem was solved. It lead toward one of Astara's goals, therefore the answer was to proceed with the project.

So, you see, "positive thinking" isn't exclusively a modern, Western concept after all. And that is another indicator of the universality of Divine Mind.

But I do suggest that if you're going to become a tiger -- be a gentle one, and a happy one.

Best wishes--

Sincerely,

Robert

Continued from Page 12

would say, "God's trees, God's animals." Was I becoming somewhat like him?

One day we talked of religion. He said, "Religion is a word. You being a man know the difference between right and wrong, good and bad. Seek out someone who needs help, and help him. When a man is feeling low and he turns to you, don't turn him away. Help him. And, remember, what you did is between that man, yourself, and God. Never do to others what you don't want done to you. Don't you feel that what you call religion is nothing more than this?"

For the remainder of the day, I found not another word to say . . . only to meditate on what he had said. That night, as I sat on my porch and looked into the sky, I thought God's sky — God's stars. Stars, stars, why stars? What had he said, something about stars? Yes, I know. He had said *Astara, a place of Light.*

How peaceful, I thought, how beautiful. A place of Light. No darkness. How could anything be lost if there is no darkness? Why that means a person is not lost either — there is always a Light to guide the way.

"Though I walk in the Valley of Darkness" — here, I'm quoting the Bible again.

I must see him once more. I must know about Astara. Reincarnation. I'm thinking of reincarnation, but why? Is what I'm thinking now because of him? I feel differently, I think differently, I see things differently. Not one road, but many roads. What was it he said, "Many mansions"?

I think I know now what he meant. Yes. I know what I must do.

Continued on Page 26

PULPIT GUEST IN MARCH



Dr. Robert N. Miller of Atlanta, Ga. speaks at Astara March 7 on the subject *Scientific Evidence for the Effectiveness of Prayer.*

Dr. Miller, a former professor of chemical engineering at Georgia Tech., is now a research scientist in a large industrial laboratory. He has scientifically demonstrated the effect of prayer and thought on plants through experiments with Olga and Ambrose Worrall. He has proven the reality of the energy which emanates from the hands of healers through a variety of scientific experiments.

Articles concerning his research have appeared in numerous scientific journals as well as metaphysical magazines. His biography is listed in *American Men of Science* and *Who's Who in the South and Southeast.*

ASTARA HAS SERVED
FOR A
QUARTER OF A CENTURY!

ASTARIANS CHART YOUR UPS AND DOWNS — BIORHYTHM FORECASTS

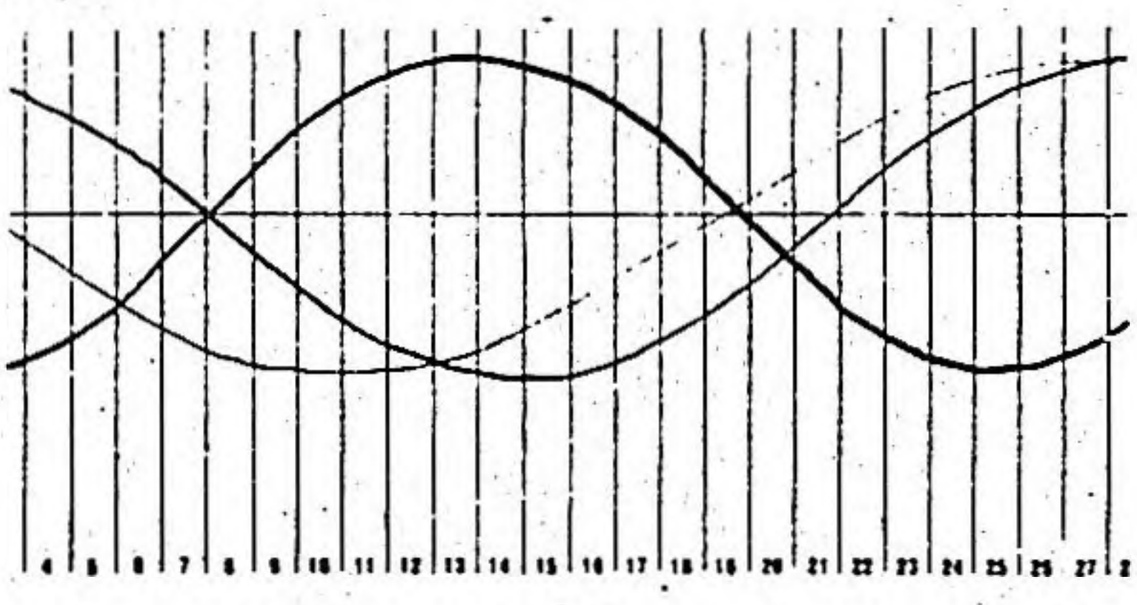
Do you remember the last time when everything seemed to go just right for you — all day long? Or, perhaps, when the opposite was true and nothing worked out no matter how hard you tried?

Those "good days" and "bad days" — and we all experience them — have been observed, analysed, and recorded by medical behaviorists in Europe, America, and Japan since the beginning of the century. They are called biorhythms. Statistics taken from the health records of thousands of patients worldwide show that human physical stamina rises and falls regularly in 23-day cycles. Our muscular system is active and outgoing for 11½ days; then it rests and recuperates for another 11½ days. Much like waking and sleeping, only for longer periods of time.

The same medical sources point out that our emotions undergo similar rhythmic highs and lows every 28 days — 14 days of calm outlook and positive attitude toward others, and 14 days when we are apt to be more on edge and turned inward. Thus our nervous system follows its own path of cyclic vibrations, rising and falling over slightly longer spans of time than our physical biorhythms.

A 33-day pattern of our intellectual creativity was revealed as a result of studying masses of college exams on university campuses across the country. The findings disclosed that our mental alertness and receptivity to new ideas and difficult subject matter is markedly better during 16½-day periods, always to be followed by another 16½ days of comparative bewilderment and confusion. Some days, therefore, are better for our important decisions, while others tell us to "sleep on our good ideas" until our mental cycle turns positive again.

But, how do our 23, 28, and 33-day biorhythms get started? You're right if you said at birth. That magic moment when each of us takes his or her first breath, finally free of our mother's support system, sets in motion all our life cycles — physical, emotional, mental, psychic, spiritual — and our body clocks begin to keep personal time. Those of us who share exact birthdates also share common biorhythms throughout our lives on earth. That's what makes some people more compatible than others. The hour, minute, and second hands of their body clocks tick in harmony from day to day and not in discord.



Keeping track of when our individual biorhythms are cycling together or in opposition is the business of Biorhythm Forecasting. Fellow Astarians Susana and Robert Rowley offer this personalized service to all who are interested in knowing when they are "up or down" physically, emotionally, and intellectually.

The Rowleys do all the mathematical computing for you, from the day of your first breath to

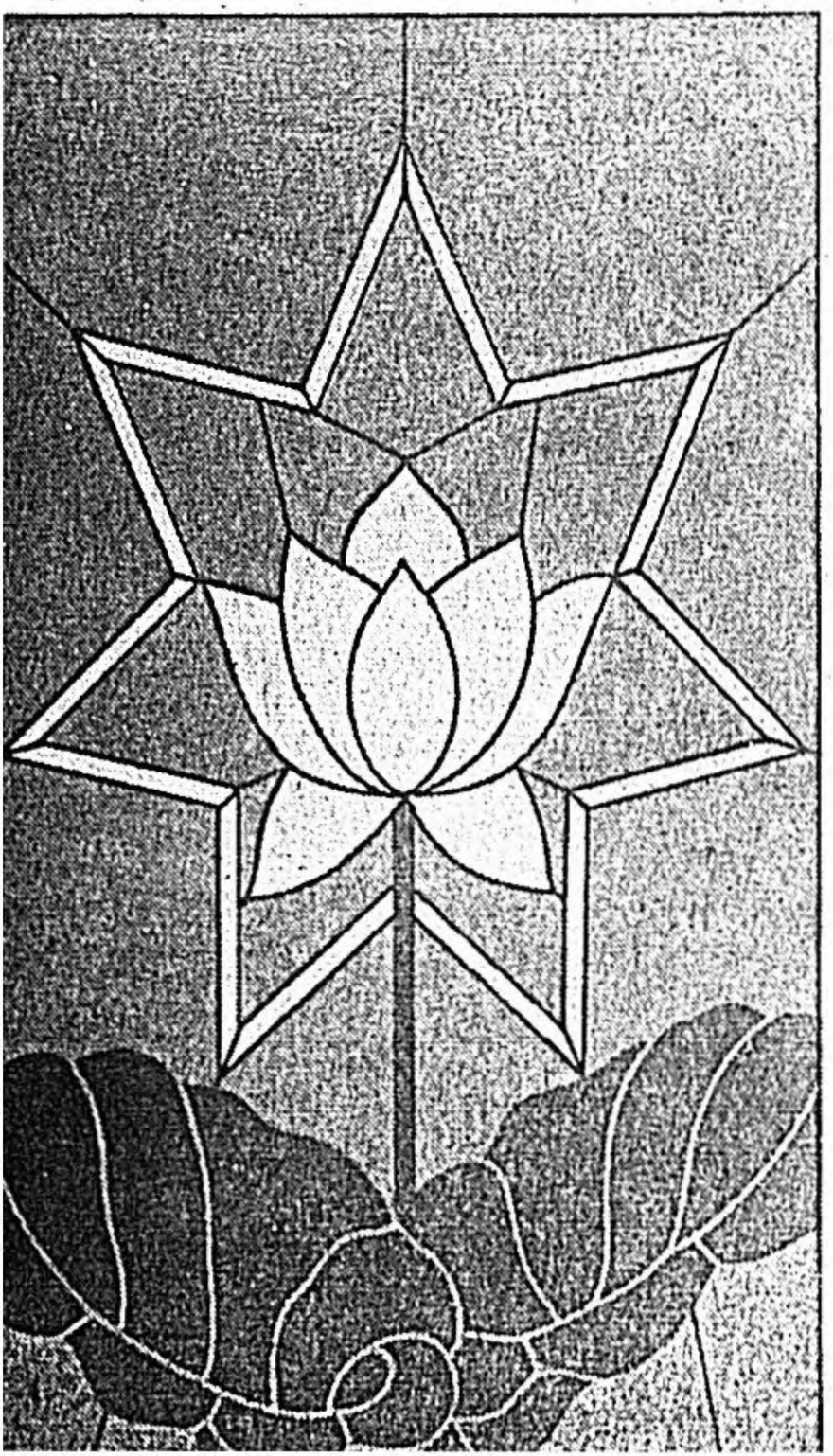
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Swami Parampanthi helps you discover you've actually been meditating all your life -- and by the application of a few simple self-disciplines you begin to utilize your own natural powers in a self-creative way, integrating your normal consciousness 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.

Member's Price $3.75

Continued from Page 2
hunches, it is this sixth sense operating. It usually takes us on to the awareness of the seventh sense of the Divine Spirit.

The terminology here is important. To "go within to the Kingdom of God" means little to one whose sole interest is making money, or to one who insists on having things go his way, regardless who may be injured in the process. We should be most concerned with what is best for the interests of all.

Human beings are so constituted that they can make conditions suitable. To put it differently, they can lay hold of invisible elements that are transformed into the visible, if they are able to perceive what the Original Source IS.

That rare state of mind, called Super-consciousness, is the union made between the conscious thought and the Kingdom of God within. It is made in much the same way as an unwatered tree, having had no rainfall for a long period of time, pushes its roots more deeply into the soil to get the needed moisture.

When some good you desire is missing on the visible level, you are more inclined to push deeper to find out what "God" is. As you discover that God is Love, you behave more respectfully to others. You learn that God is also Balance, and you perceive that, as you give, you are given to . . . you become more generous. You understand that the hungry person who sees only to steal, rather than to go to the Salvation Army or some other worthy organization for help, needs to know more.

Dormant, unused powers exist in all of us. The way to learn more is to find out how to be helpful in teaching others. One excellent way is to PRAY for them to learn . . . to know they are learning, rather than to condemn them and criticize. How? Give them an opportunity to prove their worth, not just more food and shelter. Look for the "something good" they can do, and tell them they have it. Already all of us *are* just what we are seeking to become. If you can see it in yourself, you can perceive it in another. The transformative Intelligence is already within us.

When you know "THY WILL" is done, fear and doubt leave. The Divine in you expresses more of Its qualities. A mistake or "sin" is simply "missing the target." Go within. The God part of you doesn't make mistakes; IT knows. It guides you to do the right thing.

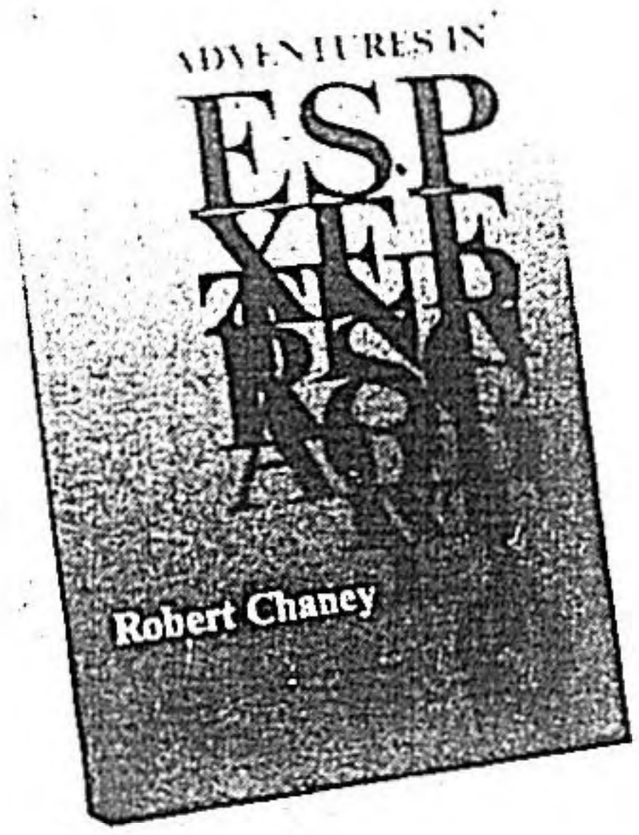
Continued from Page 23
Two things: I must become an Astarian, so I may walk in the Light, and I must help others walk in the Light, too. Remember? He said, "Help someone."

I learned much from that kindly man. However, I have a strange feeling I won't be seeing him anymore, for he will be showing others one of the many roads leading to the Light and to Understanding.

I thank you Astara for having him show me the way. I thank you, Sir, whoever you are, for reassuring me that Life is Eternal, that we incarnate until we're as perfect as the time of our creation.

I now have a goal to achieve. I must learn the teachings of Astara. For it's far greater to walk in the knowledge of Light than in the doubt of darkness.

Robert K. Licata
31 — Old Foxhill Road,
Hampton, VA 23669



ADVENTURES IN ESP

By Robert Chaney

Could you use a time-testeä 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.

Member's Price $3.75

TERSE VERSE

by Alva W. Brower

CONTENTMENT

When thinking of the things I have,
I'm more contented with my lot,
Than when I'm thinking all about
The many things I haven't got.

THANKSGIVING

With thankfulness and gratitude
My God is highly praised.
And with this happy attitude,
My consciousness is raised.

FREED

One time there appeared
A certain cartoon:
There were six caterpillars
With an empty cocoon,
And gathered around
Were the mourners that cry,
While high overhead
There flew a butterfly.

NO END

If only I had
Nothing to do;
Then how would I know
Just when I was through?

WHY NOT?

Release a compliment or two,
Whenever compliments are due.

WAITING ROOM

I need a waiting room
Within my consciousness,
Where problems are dissolved
In perfect quietness.

PEOPLE

Not color of skins
Or places of birth;
But what did they do
While living on earth.

IN MEMORIAM

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

Jack Wight, Dan Wight, Jan Watkins, and Dixie Marsh in memory of mother and father, Esther and Russell Wight.

Germaine Tjarks in memory of Jo.

Marguerite Vogt in memory of her husband, Robert.

Marjorie L. Roehm in memory of her mother and father.

Milton S. Weinberg in memory of his brother, Raymond.

Harry and Sandra Ewell in memory of Rev. Vivian L. Harvey.

Maxine and Arlington Walin in memory of sisters, Charlotte Ridgeway and Florence Wallace.

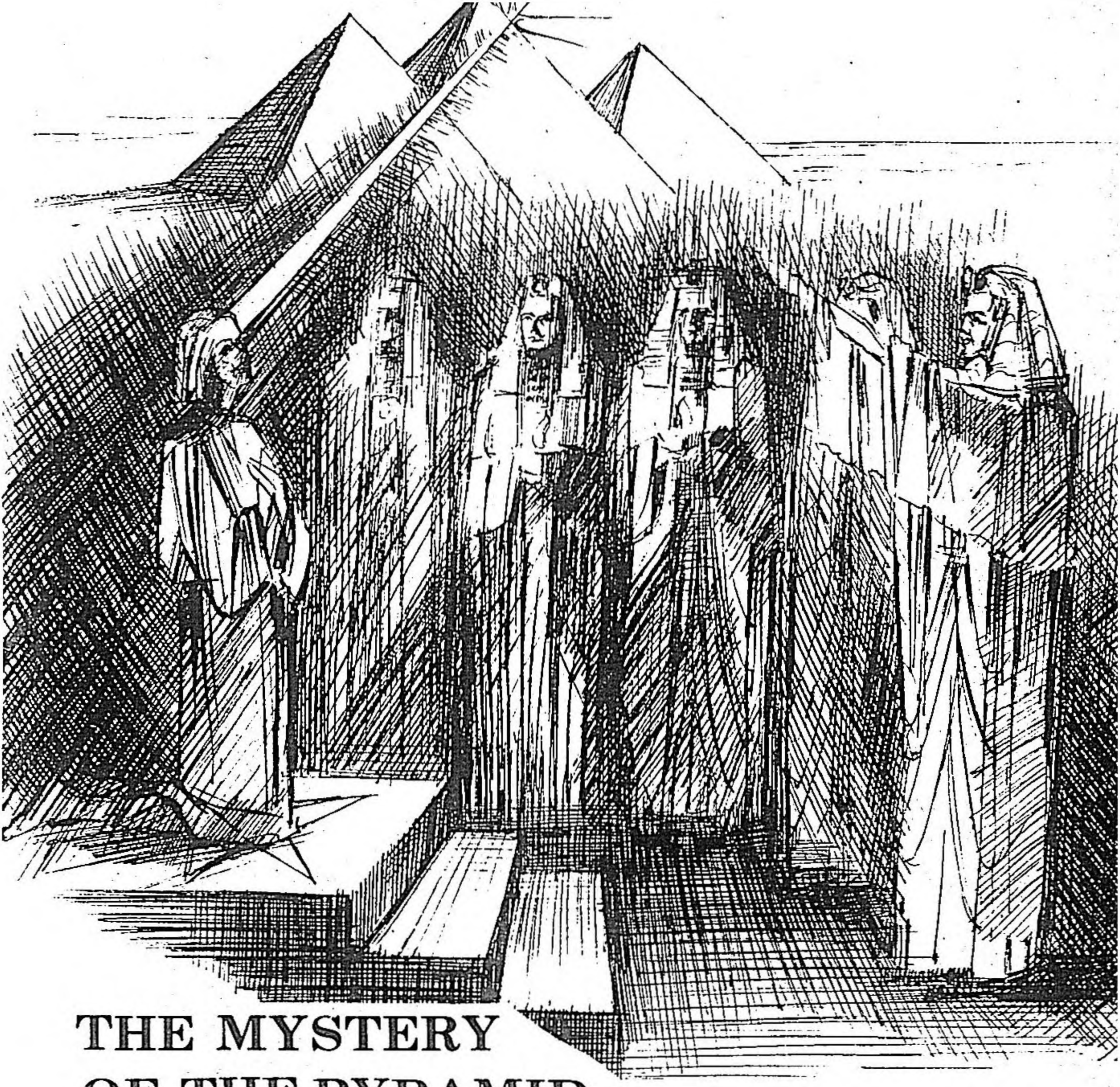
Rachel Lamoureux in memory of Irma Kiely and Ed Novak.

Henry and Lee Anne Cassagne in memory of her sister, Syble Bibb.

Continued from Page 24

the present, and then they project your biorhythms on easy-to-read charts for a six-months look into your future. A full explanation of the meaning of your three biorhythms accompanies your personal charts.

So why not add a new and fascinating dimension to your life? Legibly print your name, address, and birthdate and send this vital information along with your $5.00 check or money order to Palabratorio, P.O. Box 313, Buena Park, CA 90620. Susana and Robert will compute, plot, and return your six-month biorhythm charts to you within the week they receive your specially reduced order for Astarian members.



THE MYSTERY OF THE PYRAMID

How many Candidates in the Mysteries were raised to enlightment in the chambers of the Great Pyramid? What eternal truths were brought to light in the seeming darkness of that man-made symbolic cavern?

We moderns will never know its full, fascinating history. But we do know that it was a symbol of and a place for man's initiation into the higher Mysteries.

There is a pyramid in each of us. It is the cave of the heart. In a unique way it is a symbol of and a place for our journey to a higher status of enlightenment . . .

To discover the pyramid in your heart, use the Continuation Request Form on the reverse side for additional Astarian lessons.

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☐ 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.
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☐ I enclose $25 for fourteen Lessons.
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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.

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SPEAKERS AT ASTARA MARCH '76



Robert N. Miller



Rodolfo Silva



Swami Parampanthi



Robert Chaney

Mar. 7: SCIENTIFIC EVIDENCE FOR THE EFFECTIVENESS OF PRAYER
Robert N. Miller speaking
Robert Chaney, healing service

Mar. 14: ARE YOU MASTER OF YOUR OWN DESTINY?
Rodolfo Silva

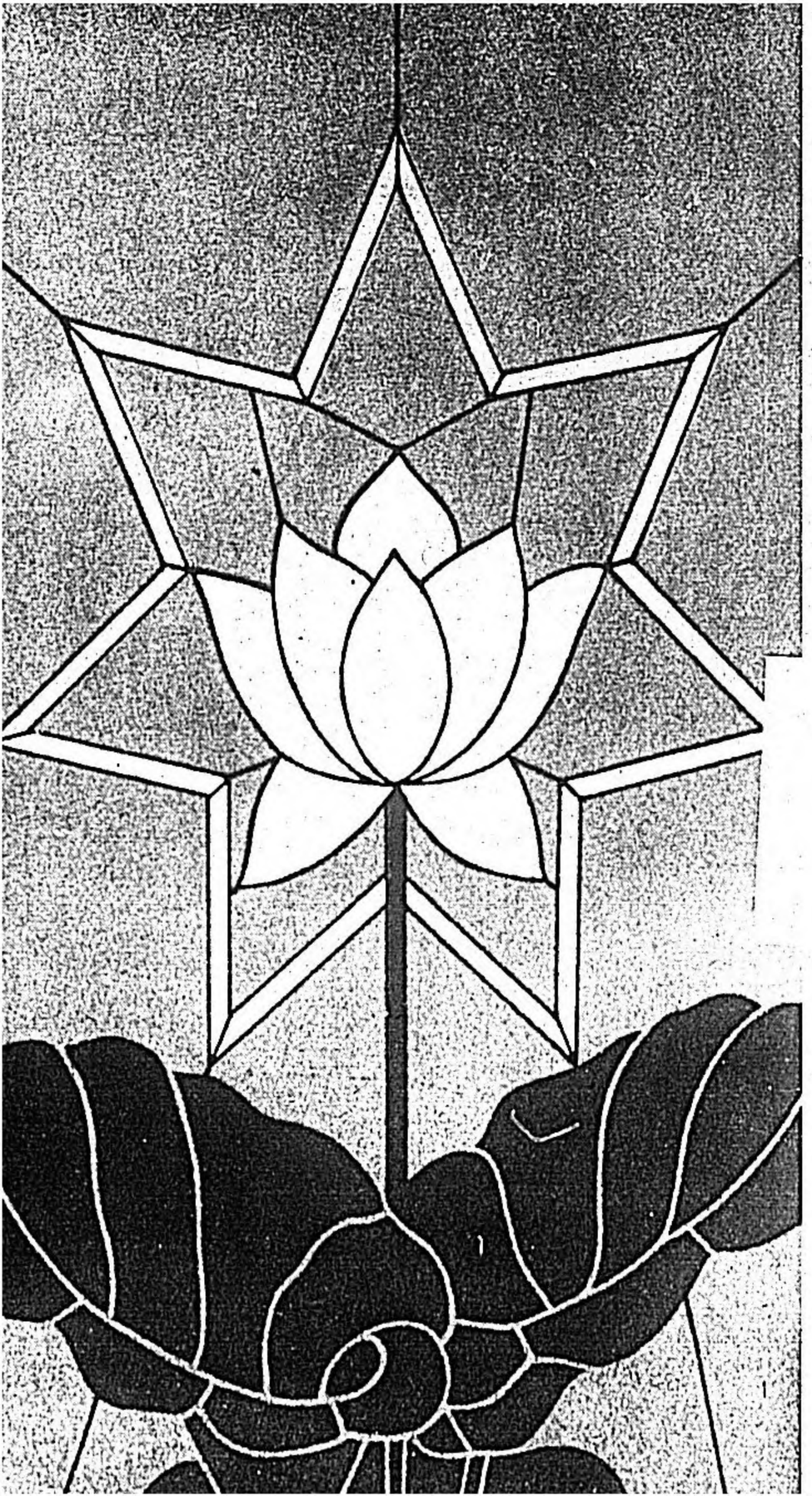
Mar. 21: WHAT ARE YOUR PRBLPS?
Robert Chaney
HEALING CHAPEL — 2:00 p.m.
A special service for group and individual healing; conducted by Earlyne and Robert Chaney

Mar. 28: THE VOYAGE OF DISCOVERY
Swami Parampanthi speaking
Rodolfo Silva, healing service

Apr. 4: SPIRITUAL COMBAT
Rodolfo Silva

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





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