VOICE of ASTARA

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

Published monthly by Astara, Inc.
Vol. 26, No. 2 NOVEMBER 1977
Editor: Patti Whiting

A Meditation Focus

May I often give to others
in silent, secret ways —
when the lower self is silent,
the Higher Self can sing.

But when others give to me,
let my gratitude be open —
for a song of true thanksgiving
is in harmony with God.

CAN YOU SMELL HEAVEN?



by Patti Whiting

For many people this month, Thanksgiving's very deep spiritual significance is enhanced by the physical blessing of special holiday aromas from the kitchen. In this article, you'll find that your sense of smell has its own spiritual aspects.

The fragrance of fresh roses, the aroma of hot bread — these are sensations only your nose can identify. But can we only smell physical things, such as flowers or food?

Many people, from personal experience, say no. They say we can *smell* other dimensions of life, much like we can experience extra-sensory sight or hearing.

Sometimes, the stories are simple — a New York man going home on the subway smells spaghetti sauce, and later walks in to find that's what his wife made for dinner. That could be coincidence.

"Psychic Smell"

Take another story. A woman named Grace was away from home on a business trip one night and woke up smelling fire. She couldn't find anything burning and for some reason decided to call her family back home. One of her sons woke up to answer the ring and found the house full of smoke from a smoldering fuel bin.

If not for her mysterious "psychic smell" of that fire, miles away, Grace's whole family might have died in their sleep from smoke or flames.

Perfume from Beyond

There are some less traumatic cases of "ethereal odors." A widow in Illinois could smell the scent of roses whenever she was upset or unhappy. Her husband's last words had been, "I'll always be with you," and she believed he sent her this kind of perfumed peace from the Other Side.

If peace has a smell, then fear has its own odor. You may have noticed, for example, how a dog or a horse can easily detect fear in a person with a few sniffs. You might even be putting up an outward show of bravery, but to an animal, you'll reek of fright.

A Whiff of the Past

A scientific test of emotional reactions to odors years ago had some interesting results. For instance, one man sniffed cedarwood oil and was flooded with memories of his old school days — a trip back to the time he was doing his homework with cedar pencils.

Just this morning on Astara's campus, walking to the Administration Building from my office at the Publishing Center, I experienced each of these "auromas" along the way:

— the heady, delicate fragrance of lemon blossoms from the trees next to the employee parking lot,

— the brisk, efficient smell of new paint from newly refurbished Evergreen Lodge,

— and finally, the sharp, moist scent of eucalyptus leaves dampened by the gardener's morning watering. And that last odor instantly sent my mind back to my early summers at a Girl Scout camp, its grounds surrounded by a natural boundary of lofty, aromatic eucalyptus trees.

The Nose Knows

It's interesting that your sense of smell

Continued on Page 3

Can You Smell Heaven?

Continued from Page 2

has been called the "shortest route into the subconscious."

Have you ever come back from a vacation and noticed the familiar smell of your own home? It's relaxing, isn't it? — a kind of subtle "welcome back."

We can see that your nose "knows" quite a bit. In the second letter the Apostle Paul wrote to the Corinthians, he calls the work of Jesus "sweet-smelling." In fact, you'll remember the Christ child was worshipped by the Wise Men with gifts of rich, sweet-smelling incense — frankincense and myrrh.

Another Higher Sense

You can add an extra dimension to your meditation periods by including fresh flowers or incense in your surrounding environment. And if your sessions include rhythmic breathing techniques, you might keep this image in mind: When you breathe in God's essence, you can often experience what Paul described as "the refreshing fragrance of life itself."

Can you smell heaven? Take a whiff of salty sea breeze, or maybe some fresh-cut grass — whatever aromatic atmosphere you find yourself in where you live — and breathe deep. It's a refreshing way to remember that *all* your senses can lead you upward, on your own Path to the Light.

MEET YOUR STAFF:



Dennis White
Inquiry Dept.



Glenda Des Biens
Receptionist

Precious Mettle

If one should give me a dish of sand, and tell me there were particles of iron in it, I might look for them with my eyes, and search for them with my clumsy fingers, and be unable to detect them.

But let me take a magnet and sweep through it, and how it would draw to itself the almost invisible particles by the mere power of attraction.

The unthankful heart, like my finger in the sand, discovers no mercies; but let the thankful heart sweep through the day, and as the magnet finds the iron, so it will find, in every hour, some heavenly blessings — only the iron in God's sand is gold!

— H.W. Beecher



An Astarian In Need Never Walks Alone

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

Dear Earlyne and Robert --

A few months ago I asked for prayers for my son R.H. who had a brain tumor the doctors could not remove.

Last week they took another brain scan and discovered the tumor is gone -- How can I ever put into words our feelings and thanks to you.

We love Astara and will forever --

W.E.H.
Grain Valley, MO

My dear Earlyne:

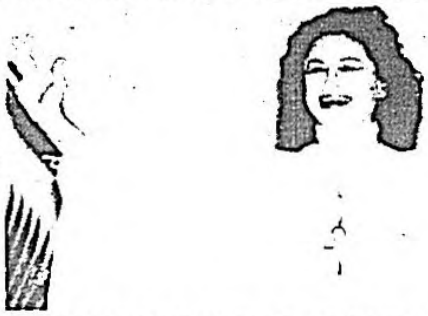
It was such a wonderful experience to see you in Chicago. I am the 67 year-old woman who had a heart condition.

Sunday night after the Fire Ceremony and placing the crystal on my forehead, I retired. I felt a "working" through my chest which seemed to be opening up the veins to the heart. After I arrived home, I felt a "working" in my arms. An examination by my doctor showed clear lungs and heart okay.

Before I left the hotel, the bile began to flow freely, after a lifetime of problems.

C.A.
Terre Haute, IN

THANKSGIVING IN FLORIDA WITH DR. EARLYNE



Nov. 24, 25, 26
Ft. Lauderdale,
Florida

Holiday Inn West
State Route 441
Exit No. 20
off Fla. Parkway

"HEALTH AND HEALING WORKSHOP"

Thursday, November 24, 7:30 p.m.
Free-will offering

Dr. Earlyne will conduct an informal Workshop on yoga, deep breathing techniques, vegetarianism, natural healing methods and remedies. Questions and answer session, closing with a powerful healing service.

Special Meetings for Astarians Only:

"INITIATION IN THE GREAT PYRAMID"

Friday, Nov. 25, 7:30 p.m. AND Saturday, Nov. 26, 7:30 p.m.
Free-will offering

The long-awaited slide presentation on Dr. Earlyne's recent out-of-the-body experience in the Great Pyramid, followed by an inspiring, life-changing Initiation-Healing Fire Ceremony. Each Astarian will receive a crystal specially magnetized with the blessings of Astara's ascended Masters in this singular healing service.

(Although you may attend both meetings if you wish, they will be essentially identical in format. Tuition is $5 for non-members enrolling at door.)

Note: Dr. Earlyne's evening meetings usually last quite late into the night because of enthusiastic audience participation and the time necessary for individual healing attention. Babysitting and transportation arrangements should take this into account.

"INITIATION AT THE MOMENT OF DEATH"

Saturday, Nov. 26, 10 a.m. to 4 p.m. seminar
Tuition $10 (Open to the public)

Dr. Earlyne's revealing slide presentation on the true nature of death liberation. A unique opportunity to prepare yourself for this inevitable and incomparable transition point. Powerful healing service concludes.

Please, no tape recording at any meeting.

For advance Saturday seminar tickets, send your $10 tuition plus a self-addressed, stamped envelope to:

ALICE BOWMAN
P.O. Box 4932
MARGATE, FLORIDA 33063
Tel. (305) 752-0741

ACCOMMODATIONS: **Tel. (305) 739-4000 for hotel reservations desk**

Study Groups

Listed below are Astarians who are interested in forming a discussion group with other members, or in corresponding with fellow Astarians who live at a distance.

Note: We cannot list private addresses here — only P.O. Box numbers, or phone numbers if a box is unavailable. This policy has been set up to avoid possible misuse of your residence address by unscrupulous persons: an unlikely occurrence, but one which we have had to take into consideration.

Also, we'd like to request two favors: first, if you've already formed a study group near one of the individuals listed below, please contact them and perhaps you can join forces. Second, we'd *love* to get some firsthand reports on what your group is accomplishing in the way of spiritual growth and fellowship. Just drop the *Voice* a letter, and we'll try to put your story in a future issue.

- **Inez & Kay Weiman**
  Tel. (713) 463-2705
  Houston, TX
- **Derek & Di Daborn**
  2 Westernhay
  High Pine Close, Weybridge
  Surrey, England
  Weybridge 51515
- **Jan Haas**
  P.O. Box 14311
  Omaha, NE 68124
- **Sam & Ann Stein**
  P.O. Box 7099
  Houston, TX 77008
- **Agnes M. Bowersock**
  Tel. (303) 242-2755
  Grand Junction, CO
- **David Chapman**
  Tel. 776-8050 (Longmont)
  or Tel. 444-1400 (Boulder)
  Colorado
- **David Deggendorf**
  Tel. (314) 731-2686
  St. Louis, MO 63044
- **Helen Buckley**
  Tel. (319) 381-3466
  Davenport, IA
- **Gisele & Lucien Pouliot**
  Tel. (514) 331-1505
  Montreal, Canada
  (French-speaking)
- **Gregg Divine**
  Tel. (312) 871-4171
  Chicago, Ill
- **Miriam A. Dalstrom**
  Tel. 682-5463
  Memphis, TN
- **Jerry Baburek**
  Tel. 379-2206
  Norfolk, NE
- **Bruce Catlin**
  Tel. 432-9605
  Apple Valley, MN
- **Katherine Randolph**
  (808) 669-5003
  Lahaina, Maui, HI
- **Margaret B. Pumphrey**
  Tel. 243-6639
  Dallas, TX
- **Helen M. Jackson**
  So. Forrest St.
  Westport WA 98595
- **Sheila McGough**
  c/o General Delivery
  Honokaa, HI 96727
  Tel. (808) 775-0535
- **Susanne Richardson**
  Tel. (301) 833-8640
  Reisterstown, MD
- **John P. Brown**
  Tel. 533-9358
  Santo Domingo, Dominican Republic
- **Betty J. Burreson**
  Box 111
  Preston, MN 55965
- **Ruth Rahn**
  Tel. (215) 543-9196
  Philadelphia, PA
- **Connie Carlson**
  Tel. (813) 961-1598
  Tampa, FL
- **Anna Aslin**
  Tel. (517) 568-3886
  Homer, MI
- **Wilma Crump**
  Tel. (804) 266-1428
  Richmond, VA
- **Pete & Cheryl Krehbiel**
  Box 133
  Moundridge, KS 67107
- **J.W. Fletcher**
  P.O. Box 101
  Highland Heights, KY 41076
- **Rita Maiswinkle**
  Tel. (609) 346-9248
  Laurel Springs, NJ

Note: If you have had negative experiences from misuse of these study group listings, *please* write Astara and let us know. You will be helping all Astarians by doing so.

Spiritual force is stronger than material force: thoughts rule the world.

– Emerson

The Way to Happiness

by Alfred Montapert



The number one Product of your life is meant to be happiness — deep and lasting joy. Yet, if it were possible to measure happiness or the quality of life on a meter, we might be shocked by how much we are short-changing ourselves. The quality you develop in your lifestyle has a profound influence on your health, wealth and happiness.

The most important thing to learn in life is how to live. When the famous French writer, Colette, was dying of cancer and was being interviewed by a newsman, she exclaimed, "What a wonderful life I've had! Those were my happiest days!" Then, after a sigh of remorse, she added, "I only wish I'd realized it sooner."

The capacity to enjoy life is inborn in all living beings, but joy, like life, does not sustain itself. It must be cultivated. The noxious weeds of worry and strife, rush and disarray must constantly be rooted out. Each of us must be the gardener who labors together with God, if the finest things of life are to come to full flower and fruit.

Levels of the Heart

There are two levels of happiness, and the human heart is designed to live on both. One level is Mundance Happiness. The other is Divine Happiness. Mundane happiness grows thin and quickly loses its glow. Genuine happiness, or Joy, has its source in God and is the Summum Bonum or Supreme Good. It will never lose its luster. St. Augustine said, "*We are made for God and will be dissatisfied until we have God in our hearts.*" Happiness is a basic spiritual quality.

If health and happiness are to be ours, we must learn to master our thoughts. We set the mood of each day by our attitudes and thoughts. If we fill our minds with what is positive, worthy and beautiful, we gradually build integrated, poised, power-filled lives.

Happy Results

If you are a sales person, on your next call see how happy you can be and notice how much easier your negotiation turns out. Or just suppose you have to work with a difficult person, see how filled with simple joy you can be — and you will be amazed how well you get along with that individual. *The results from being happy are so great, I can't understand why some people actually seem to want to be unhappy – they never plant the seeds of happiness*, yet they *want a joyful harvest.*

Happiness is a Hunger

Unless we think of others and do something for them, we miss one of the greatest sources of happiness. Getters generally don't get happiness: givers get it. You simply give to others a bit of yourself . . . a thoughtful act, a word of appreciation, a lift over a rough spot, a sense of understanding, a timely suggestion . . . Unhappiness is the hunger to Get . . . happiness is the hunger to Give.

In the Psalmist's words, "*May the words of my mouth and the meditations of my heart be acceptable in thy sight.*"

The "You" Environment

The environment you fashion out of your thoughts . . . your beliefs . . . your ideals . . . your philosophy . . . and your actions . . . is the climate you must live in for your entire life. The eternal quest of mankind depends upon . . . the character of your thoughts . . . a vocation which satisfies the soul . . . and the ability to give value to your existence.

There is no genuine happiness without God: when we live in His will and His way, we will know divine happiness and joy — His is the only way to reach your full potential. Happy is the man who first knows what happiness is, and who then accepts no substitute.

May true happiness be the goal of your life, the product of your existence and the aura of your Being, each and every day.

IN MEMORIAM

We wish to acknowledge the following memorial gifts – and express our appreciation to both the donors and those whose memory they honor:

Mmes. W.V.D. Loo, Dorothy Laxton, Louise Wade and Mr. and Mrs. Robert Vince in memory of Dolly Cornwell.

Dr. Hedy Milicevic in memory of Anna and John Hemm.

Janice Petrowsky in memory of Charlie and Blackie.

Mary E. Gullion in memory of Lena Gullion.

Lynda S. Carroll "in memory of Pam's father."

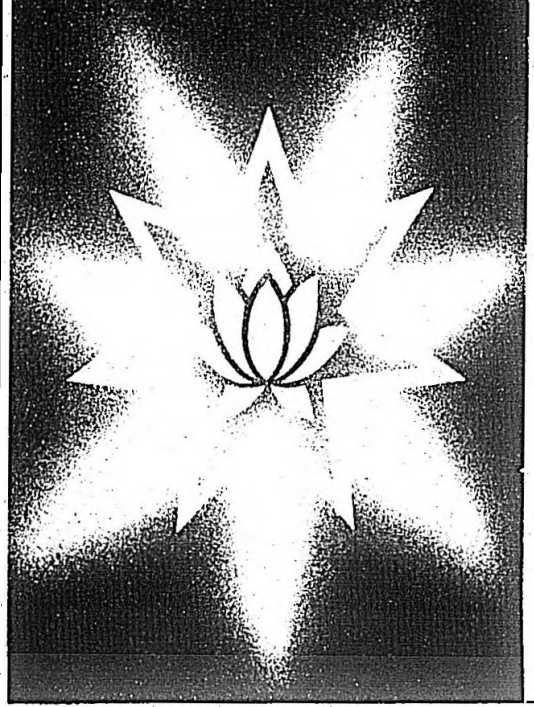
Harvey and Marie Leach in memory of our son, Harold Leach.

Narita Crawford
Kathleen Crawford
Doris Turner
Joy Bannister
Elijah Grososnor
Calla Haack
Marjorie Kovacic
Verda McGee
Sylvester Etienne
Violet Scannciz
Wilson Butler
Clarke & Mavis Smith
Stella Beatty
Emperatriz Rabago
Rita Egle
Leona Goss
Quindara Snider
Eleanor Warren
Xenia Pisarev
Alice Allen
Edward Dolosz
Emma Isaacs
Ivan Jackson
Ruth Miller
Saima Sundberg
Kenneth Stewart
Dollie Dunlap
Rose La Castro
Maurine Bledsoe
Chanceford Hammer
Catherine Portagallo
Billy Prior
Randy Hales
Lila Miller
Kenneth Clark
Timothy Trembley
Christa Welch
Margaret Watson
Henri Watson
Olga Adams
Janet Rotramez
William Garland, Jr.
Jesse Jewell
Frank Haglin
Marjorie Engel
Dennis Wilf
Ralph Hopkins
Patrick Chesney
Luda B. Davidson
Roma Jacob
Angel B. Colon
Lillie Montgomery
Donald Engle
Howard & Fanny Shenk
M/M. D. E. Barrett
Paul E. Shinkle
Manuel Arca, Jr.
Jack Anderson
Gladys Whittemore
Lloyd M. Alexander, Jr.
Russell & Luella Lindstrom
Mary M. Bradley
Dave Elliott

Donor Honor Roll

Anonymous
Thurston Torbett
Alma Grace Cremer
Dollie Dunlap
Evelyn Mayers
Alma Miller
Nina Yours
Myrtle Stufflebeam
Judy Nasmith
Gussie Holmes
John Quimby
Alice Kalita
Marian Newman
Saima Sundberg
Bruce Kirby
Harry & Sandra Ewell, Jr.
Rita Beber
Hedy Duda
Luis Albino Palma
Bruce Faskowski
G. & N. Gutierrez
Augustus Nation
Edna Dayd
Lydia Muska
Ernest Nelson
Carl Emmanuel
Paul Rao
Dolores Rooney
Rosemary Patterson
Rita Ali
Esther Theobald
Mildred Garner
Dick & Madeleine Morris
Elijah Grosvenor
Barry McCallum
William Crawford
Ercell Ragland
Maria Tomovich
Mary Corbett
Esther H. Cullins
Ellen Gantt
Zelda D. Knowles
Karen C. Eckert
Patti Whiting
Mrs. R. Viviano
Herbert & Olive Kelley
Quindra L. Snider
Lucille E. Martin
Grace H. Jenkins
Laura Johnson
Robert & Deborah Sweet
Betty L. Curry
Stella Taliaferro
Richard Jimerson
Edith Knepper
Mary & Robert Kimmell
Richard Wagner, Jr.
Opal M. Newport
Norman Welch
Barbara J. Holstad
Vera Makarenko
Elizabeth Hayes
Mrs. W. Vega
Bertha Quarlés
James Robinson
Madeleine & Dick Morris
Frances Borthwick
Edward Hilstad
Mrs. A. Vanbreeman
Mary Nichols
Caroline Shaver
Inez Nichols Eberle
Ann Blalock
Mary Ann Allan
Cleora Fortin
Mark Commons
Joan Larson
Gloria Hallack
Linda Mel Sewell
André Elien
Katharine Ulrich
Geri Mazoway
Marilyn Austin
M. Thiesson
Constance Walker
Robert & Dolores Lawrence
Finis Cleora Howard
Roberta Matsche
Hieda Magnuson
Blanche Blake
Ivan Rommel
Gilberto Franco
Mas & Marie Honmyo
Ana Viera
Pauline Kellams
Quindara Snider
Frieda English
Edward & Ruth Chevalier
Annie Atkinson
John Van Putten
Arthur & Brenda Edwards
Pauline Murdock
Adolphus Johnson
Louis & Claire Omundson
Betty Paris
Gail Sieger
Gerald William Hill
Gladys Mosley
William Harrold
Dr. Jane Hill
"Y" Crouch
Daniel Umon
Robert Miller
G. N. Eustathopulo
Mrs. Raymonde Sigouin
Maria Helgeson
Edna Leach
Ella Mae Williams
Muriel Trelly

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: _____

_____

_____

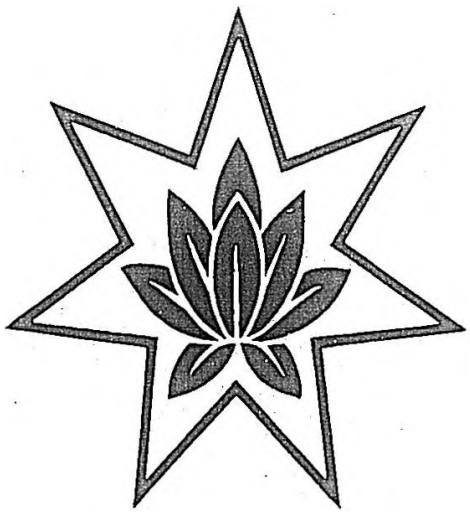
_____

NOTE: When requesting healing for someone else, write your own name and address on the back of this Petition. This is *IMPORTANT*.

Astara 800 West Arrow Highway • Upland, California 91786

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!

Stamp



Astara
800 W. Arrow Highway
Upland, CA 91786

Name _____

Street _____

City _____

State _____ Zip _____



True Self-Improvement Wins Eternal Goals

What does the term self-improvement really mean? Is it learning a new vocation, or studying a subject that was not included in your school curriculum, or some other improvement of the outer personality?

That's what it means to most persons. But to the Astarian it has a far more rewarding meaning. It refers to greater knowledge of, and improved relation with, that deeper Self which is an inner and higher being that is conscious beyond normal consciousness.

The Astarian is not at all unaware of life's material goals, and he seeks them...but he is supremely aware of the fact that they are not the total of life's true purpose. He knows that eternal goals are also involved, and he wins those eternal goals, in part, through the self-improvement methods revealed in the Degree Lessons.

Please turn to the Continuation Request Form to order your next Lessons.

Degree Lessons Continuation Request

Postal delivery requires three to four weeks in the U.S. For your convenience and saving, you may wish to send advance tuition for more than one month's Lessons. Check your preference in the squares below.

Astara 800 WEST ARROW HIGHWAY • UPLAND, CA 91786

I have checked below the tuition payment I prefer. Please send the Degree Lessons to me accordingly.

- ☐ I enclose $4. Send next two Lessons.
- ☐ I enclose $7.80 for four Lessons. Send 2 each month. (saves 20¢)
- ☐ I enclose $11.40 for six Lessons. Send 2 each month. (saves 60¢)
- ☐ I enclose $14.80 for eight Lessons. Send 2 each month. (saves $1.20)
- ☐ I enclose $18 for ten Lessons. Send 2 each month. (saves $2.00)
- ☐ I enclose $25 for fourteen Lessons. Send 2 each month. (saves $3.00)
- ☐ I enclose $38 for twenty-two Lessons. Send 2 each month. (saves $6.00)

When requesting more than two Degree Lessons, they are mailed to you two at a time on the first of each month.

Lessons are usually sent via Third Class mail requiring up to four weeks for delivery in the continental United States unless you request First Class mail.

☐ Please send the Lessons I have requested via First Class mail. I enclose an extra $1.00 for each two Lessons ($1.00 for 2; $2.00 for 4; $3.00 for 6, etc.)

Name (please print)_____

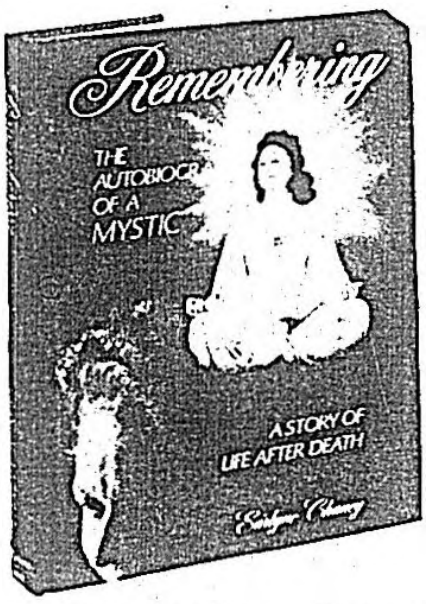
Street & No._____

City_____

State_____ Zip_____

☐ Check here if new address since your last order.

ASTARA'S
LIBRARY OF MYSTICAL CLASSICS



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.

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.

member price, hard cover $9.45

member price, soft cover $7.55



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

"SHINING MOMENTS OF A MYSTIC"

by Earlyne Chaney



- **A sparkling treasure of inspirational verse for now and evermore.**
- **A shimmering journey through the corridors of inner space toward cosmic understanding.**
- **An exquisite blending of mystic vision with the skills of artist and craftsman.**

In this heart-touching volume Earlyne Chaney interweaves the delicate threads of her poetry with graceful strands of calligraphy and photography to create a resplendent tapestry of Light - - an inspiration, a consolation, a healing for all who absorb its wisdom and beauty.

member price $3.75

ASTARA'S LIBRARY OF MYSTICAL CLASSICS



ADVENTURES IN ESP

by Robert Chaney

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.

member's price $4.30



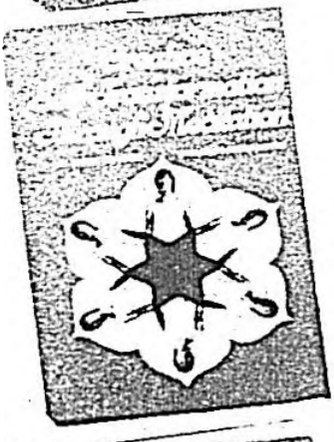
THE INNER WAY

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 has learned that when "outer" solutions aren't effective, the "inner way" produces 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.

member's price $3.75



CREATIVE SELF-TRANSFORMATION THROUGH MEDITATION

by Swami Parampanthi

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. **Creative Self-Transformation** offers you the path towards greater success, self-realization and fulfillment.

member's price $4.70



MAKE IT AN ADVENTURE

by Marcus Bach

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.**

member's price $6.20



LIGHT & LIFE COOKBOOK

by Jan and Alan Pearson
created with Earlyne Chaney

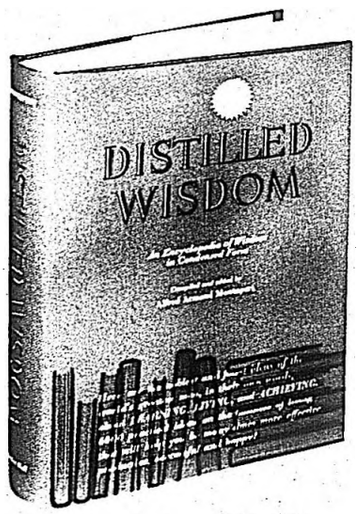
The **Light and Life Cookbook** contains forty days of complete menus -- breakfasts, lunches, dinners -- all nutritionally balanced for providing the greatest possible amount of food value. Each day's menu leads you a step further toward the healthiest vegetarian regime, but allows you to stop at any point most appealing to you. Natural, healthy ingredients are featured throughout.

member's price $7.55

Alfred Armand Montapert

Classics from BOOKS of VALUE

Inspiration and Motivation for Successful Living

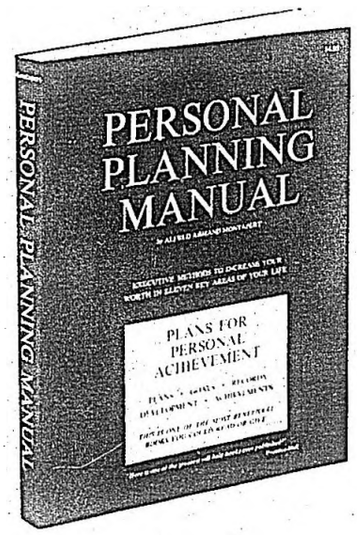


DISTILLED WISDOM

Here are the noblest and finest ideas of the world's greatest men.

6000 practical ideas on the business of living that will help you to be many times more effective, productive, successful and happy.

355 Pages.
7 x 10 Hardback **$6.95**

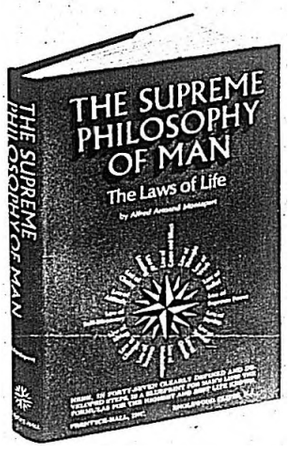


PERSONAL PLANNING MANUAL

How to plan and increase your worth in all eleven areas of your life.

"Here is one of the greatest self-help books ever published."
Prentice-Hall

Quality soft cover edition.
245 Pages.
7½ x 10
$4.95



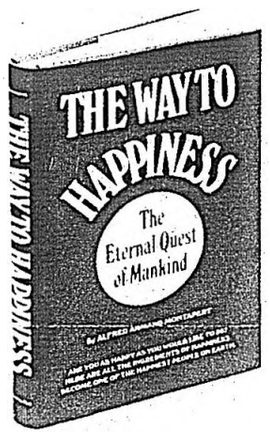
THE SUPREME PHILOSOPHY OF MAN
The Laws of Life

Forty-seven clearly defined and developed steps for personal growth.

"Perhaps the most brilliant affirmation of Faith recorded in our time."
Prentice-Hall

Hardback edition.
248 Pages. 5½ x 8½ **$4.95**

Quality soft cover edition.
248 Pages. 5 x 8 **$2.95**



THE WAY TO HAPPINESS
The Eternal Quest of Mankind

Formulas to a better and happier life. Become one of the happiest people on earth.

Hardback edition.
144 Pages. 5½ x 8½
$5.95

Quality soft cover edition. 144 Pages.
5¼ x 8¼ **$2.95**

Gifts of lasting value...Four of the most beneficial books you could read or give with pride and satisfaction.

Cut on dotted line and mail

ASTARA 800 West Arrow Highway, Upland, California 91786 Phone: (714) 981-4941

Please send the following books at these special member's prices:

Member's Discount!

_____ Hardback copies of DISTILLED WISDOM @ $6.60.

_____ Quality soft cover copies of PERSONAL PLANNING MANUAL @ $4.70.

_____ Hardback copies of THE SUPREME PHILOSOPHY OF MAN @ $4.70. _____ Quality soft cover copies @ $2.80.

_____ Hardback copies of THE WAY TO HAPPINESS @ $4.95.

Enclosed is total payment of $_____.

Name_____

Address_____

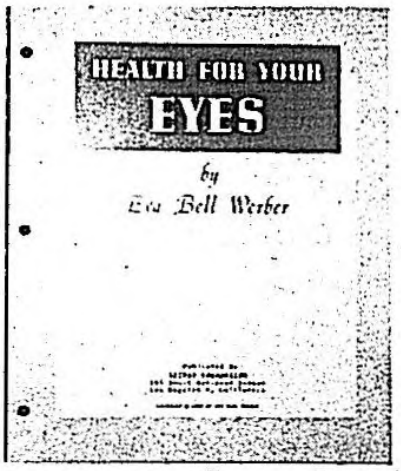
City_____ State_____ Zip_____

(California residents add 6% tax)

FROM ASTARA'S GENERAL LESSON SERIES



HEALTH FOR YOUR EYES
by
Eva Bell Werber



"The eyes are the windows of the soul." Eyes full of tension (manifested in fatigue tight muscles, headaches, furrowed brows) can distort vision, hasten eye disease and make poor "windows" for Light. Includes relaxation & stimulation drills based on the Bates System to restore good vision via natural means.



GOD'S PLACE IN MAN'S CONSCIOUSNESS
by
Harold Sherman



How can you learn to experience God for yourself rather than accept someone else's word?

Topics include: -- Telepathy experiments that prove the way to God power; -- How to seek the God presence; -- How to let God Consciousness direct you to achieve the most from each day.

ORDER FORM

Astara 800 W. Arrow Highway, Upland, CA 91786

Please send the selections I have checked on this order form. I enclose a total of $ _____. (Tuition each: $1.50)

☐ ..... *HEALTH FOR YOUR EYES*

☐ ..... *GOD'S PLACE IN MAN'S CONSCIOUSNESS*

☐ ***YES!*** I'd like First Class delivery. I enclose .50¢ for each item. (Lessons are usually sent via Third Class mail, requiring 3-4 weeks delivery in the U.S. Delivery time is reduced considerably under the First Class mail rate.)

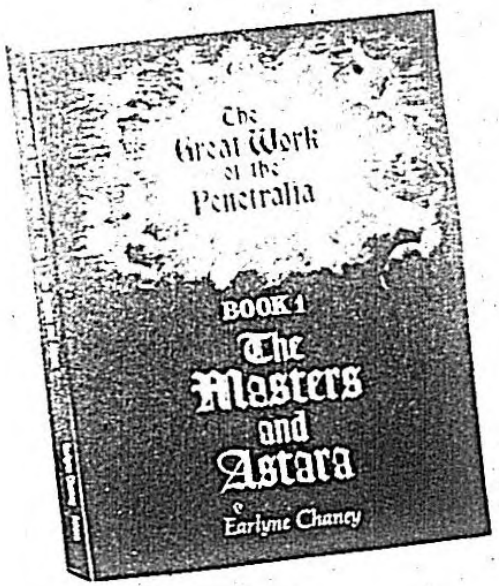
Name (please print) _____

Street & Number _____

City _____ State _____ Zip _____

compiled by Betty Dodd

ASTARA's Book List



MASTERS and ASTARA

by
EARLYNE CHANEY

member price $6.60

Since the publication of Earlyne Chaney's book, *"Remembering,"* in which she described Master Kut-Hu-Mi and the extraordinary influence he has manifested in her life, requests for more information about the Masters, Self-unfoldment, and Astara the Center of Light have continued to pour in.

Besieged by these requests, she has responded by writing, under the guiding presence of Kut-Hu-Mi, the first of a series of inner Teachings called *The Great Work of the Penetralia.* Book One is entitled *The Masters and Astara.*

On its pages you will touch briefly upon the lives of the three Chaneys. You will share many of the "miracles" that occurred during the early years of Astara's beginnings. You will witness the founding of Astara and how the Teachings of the *Book of Life* came to be written.

- ***What and who are the Masters Kut-Hu-Mi, Rama, and Zoser?***
- ***The Astarian Mystery School, ancient and modern.***
- ***Your place in the Mystery School today; qualifications of Discipleship on the Path.***


Kut-Hu-Mi


Rama


Zoser

NEW TITLES FROM OUR NEW LEAF BOOKSHOP:

HEALTHY CHILDREN P. $1.90
On teaching children the healthy way to live. By Ann Wigmore, founder, director, Hippocrates Health Institute.



OUR PRECIOUS PETS C. $4.70
The story of Dr. Ann Wigmore and her association, study and treatment of animals. Help your pets live healthy and long lives.

BE YOUR OWN DR. P. $1.85
Let Living Food be your medicine - learn nature's way to staying healthy. By Dr. Ann Wigmore.



THE SONG CELESTIAL C. $2.40
Sir Edwin Arnold's poetic translation of the immortal Hindu scripture, The Bhagavad-Gita.

METAPHYSICAL MEDITATIONS
P. $.95 Thoughts to attract divine peace. Pocket edition, by Paramahansa Yogananda.

ENTER THE TEMPLE CALLED BEAUTIFUL P. $3.80
Find your way to the temple called beautiful - beauty, health, abundance and love. Only Truth and faith will unlock the gate. By Irene McDermott

PROPHET FOR THE ARCHANGELS C. $8.50
The biography of the spiritual life of Ann-Ree Colton. By Jonathan Murro and Ann Ree Colton.

WATCH YOUR DREAMS C. $9.50
This book will become a treasured key to a better understanding of your dreams, visions, meditations and spiritual experiences. Ann Ree Colton.

NOTE: Above prices include members' discount.

P.=Paperback *C.=Clothbound*

Astara 800 West Arrow Highway, Upland, California 91786

ORDER FORM

Each price on this order form reflects the 5% discount allowed on each title.
All sales are final. No refunds or exchanges.
Please allow at least three weeks for delivery in the United States.

CHECK BELOW WHEN ORDERING

___The Masters and Astara.....$6.60
___Remembering: Autobiography/Mystic...$9.45
___Remembering: (Soft cover).....$7.55
___Shining Moments of a Mystic.....$3.75
___Adventures in ESP.....$4.30
___The Inner Way.....$3.75
___Creative Self-Transformation.....$4.70
___Make It An Adventure.....$6.20
___Light and Life Cookbook.....$7.55
___Healthy Children.....$1.90
___Our Precious Pets.....$4.70
___Be Your Own Dr.....$1.85
___The Song Celestial.....$2.40
___Metaphysical Meditations.....$ .95
___ Enter The Temple Called Beautiful...$3.80
___Prophet For The Archangels.....$8.50
___Watch Your Dreams.....$9.50

_____Number of books ordered ..... Amount $_____
California residents add 6% tax ..... $_____
Please add 25¢ per book for postage and handling ..... $_____
Total amount of this order ..... $_____

☐ Bank Americard ☐ Mastercharge
Card number:
Expiration Date:

SEND TO

NAME _____

STREET & NUMBER _____

CITY _____

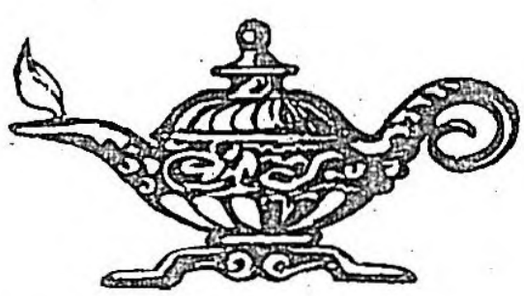
STATE _____ ZIP _____

Dear Astarian

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

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

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



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

Dear Earlyne, Robert
and all at Astara—

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

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

Please use this donation for:

☐ General operating expenses.

☐ The New Center

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

NAME _____

STREET & NUMBER _____

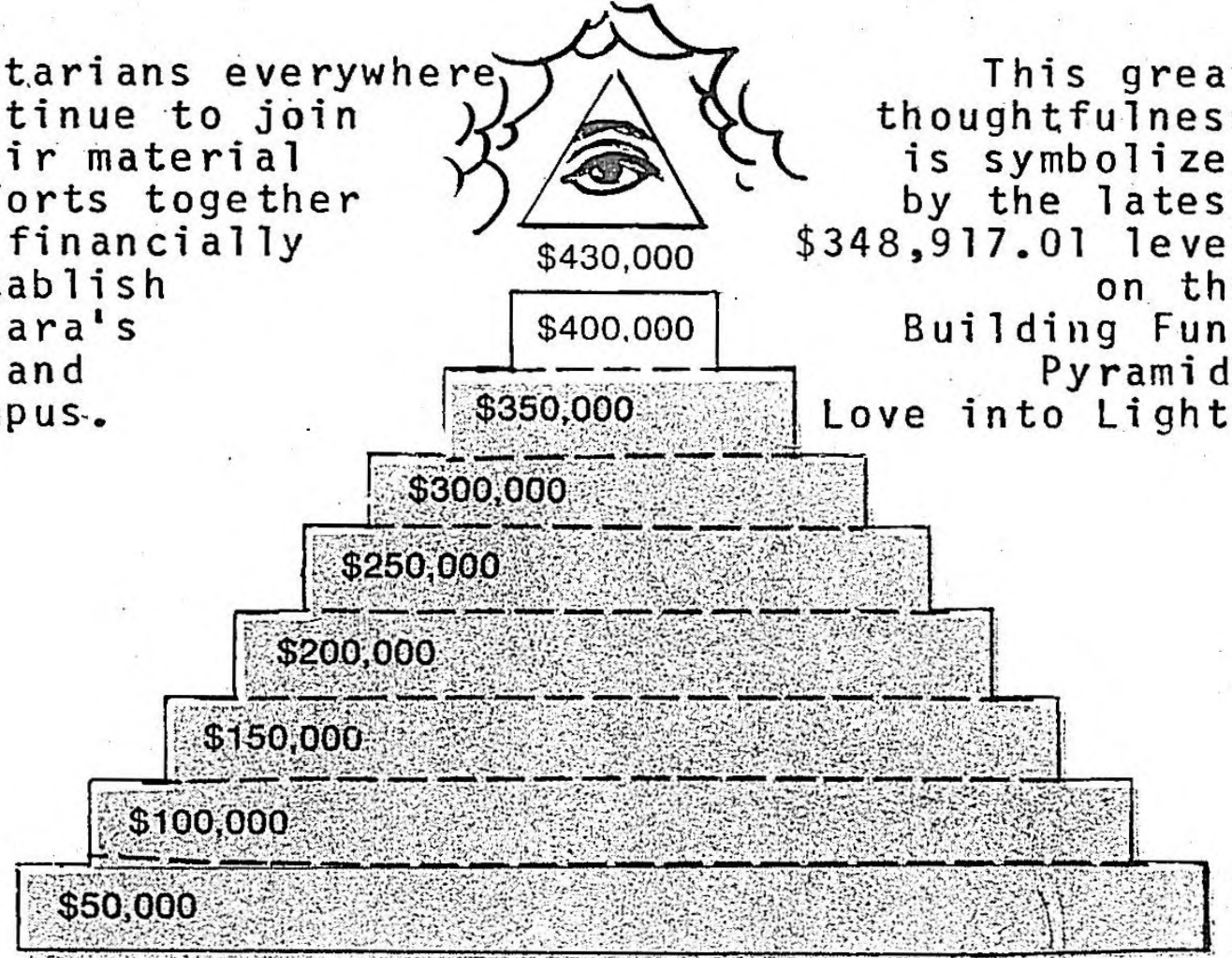
CITY _____

STATE _____ ZIP _____

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

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

Astarians everywhere continue to join their material efforts together to financially establish Astara's Upland campus.



This great thoughtfulness is symbolized by the latest $348,917.01 level on the Building Fund Pyramid. Love into Light.

Astarians everywhere continue to join their material efforts together to financially establish Astara's Upland campus. Their thoughtfulness, symbolized by the latest $348,917.01 step on the Building Fund pyramid, fuels a Place of Light which grows brighter every day.

To each of you who has helped in the birth of this new Center -- our profound thanks, in the One Light.

On November 26 this month, archeologist Zahi Hawwas visits the campus to present an in-depth seminar on Egypt's pyramids and the Sphinx, revealing their ancient scientific background plus deeper truths they hold for us now.

We think this event represents a symbolic link between the Wisdom of ancient Mystery Schools and the modern-day knowledge being passed on in Astara's New Age Mystery School, being created even now on the Upland site.

The old, the new, and the yet-to-be .. We seek to offer it all, here at the Astara Center -- thanks to you!

ENERGIZING AND MEDITATING WITH YOUR CRYSTAL



Many Astarians who have received crystals in Dr. Earlyne's seminars around the nation are writing to inquire how best to use them in meditation and how to keep them energized. The following is taken from her response to these inquiries:

When sitting in meditation, simply hold the crystal in either of the two hands or cupped between the palms. This is also an excellent method of keeping them energized. They can best be energized through human hand contact, with attention fully focused on recharging the crystal.

Astarians possessing crystals should sit in meditation at least five minutes a day, holding the crystal to recharge it and to re-establish a daily contact with Astara and the Master Teachers.

The crystal is a direct etheric contact, not only with Dr. Robert and Dr. Earlyne, but directly with the three Teachers who overshadow Astara's activities – Rama, Zoser and Kut-Hu-Mi.

It must be emphasized here that the Initiation-Healing Fire Ceremony in which these crystals are presented plays an absolutely essential role in their energies. Therefore, they cannot be distributed to members other than by individual presentation at a formal Initiation Ceremony.

Keep mindful that the crystal is a powerful healing talisman. Use it when praying for the healing White Light. Use it also when seeking help from the Masters in bringing about other changes in your life. If you possess a small pyramid, keep your crystal under it daily. Many members have written that they have slept with the crystal attached to their night clothes when needing healing.

And for those members who have been or are now unable to attend an Initiation-Healing Fire Ceremony in their area – and thus receive a crystal – we would like to specially note: you should have no worries that your healing needs are the less answered for not possessing a crystal. The Higher energies invoked by your prayers and your prayer Petitions are always heard and responded to by both the Chaneys and the Etheric Keepers of the White Light of the Christ.

Both Dr. Robert and Dr. Earlyne wish to express their deep appreciation for the letters flooding into headquarters describing how the Fire Ceremony and the crystals have brought about life-changing experiences and innumerable healings.

Thank you so much for sharing these touching and joyous reports with us.

A Reminder: Dr. Earlyne visits Ft. Lauderdale, Florida, this month for a special Thanksgiving week seminar, Nov. 24, 25 & 26. This visit will include the Initiation-Healing Fire Ceremony — see details elsewhere in this Voice issue.

A VISIT WITH ROBERT



November, 1977

Dear Fellow Astarian --

In the next few lines, you'll read my original notes for this letter:

- Thanks for helping Astara grow
- Lots of activity at Upland campus
- Spoke at local Saddleback College on ESP
- More college interest than ever in parapsychology and related fields

But I've decided not to write **you** about these ideas and, instead, discuss with you something that's been troubling me. Nothing major ... nothing about you or Astara. But a kind of thinking which is too prevalent in our society.

The thought first occurred to me when I saw an advertisement for a new book, written by a man I know and who has had and expressed some very advanced ideas. I haven't read the book. It may be a very great one. I've only seen the ad. So this isn't to be taken as a commentary on the book itself.

The ad featured a quotation as its headline. Whether the quotation is actually in the book or not I don't know. I do know I disagree with what it says: "Healing belongs in the church and out of cults and the hands of the self-professed healers."

My feeling about it is that healing belongs

anywhere it can be found. If I were ill, it certainly wouldn't matter to me whether the person who healed me was a church member or not. He or she could be a cultist, a self-professed healer or a witch doctor for all I would care.

It's almost like saying, "Success in business should be allowed only to those who have a college degree in business administration." No one should be allowed to draw a mouse and become an entertainment delight to millions around the world, as did Walt Disney. No one should be allowed to tinker with bicycles and finally "put the world on wheels," as did Henry Ford.

There's no point adding to the list. The idea is that we just should not compartmentalize and limit the inherent quality of the human spirit to express itself in a productive and helpful way.

Confidentially, if the philosophy of the statement quoted above were applied to Earlyne and me, there never would have been an Astara. And I would never have enjoyed the privilege of writing you this letter. We would never have known each other ... and that would have been too bad. In this month of Thanksgiving, I'm thankful for for the way it did happen.

Best wishes -- Sincerely,

Robert

CHANGING YOUR ADDRESS?

Please be sure to notify us so that you can continue to receive Astara's Degree Lessons and the Voice without interruption when you move. Each address change from the Post Office costs Astara .25c. We'd much rather get the address change from *you, before* the move, and use that money to serve you instead of track you down!

Just send us any Voice label for your old address and zip code along with your new address and zip. *You're important to us – do keep in touch when you change your address.*

Also, please note **our** address change — some members continue to use envelopes with our old address in Los Angeles. The Post Office there will no longer forward our mail. Please check and make sure any envelopes you're using carry our **Upland** address. *Many thanks!*



SPIRITUAL IMAGES GRACE NEW CAMPUS

Above, Astarian Christina Monterastelli kneels in prayer, through image of Christ gracing Dr. Earlyne's July healing seminar on campus.

The Christ figure, along with a matching image of the Blessed Mary, and several other sacred figurines, statues and paintings, have been donated by thoughtful members for new spiritual use on Astara's Upland campus.

If you are interested in donating any similar treasures to Astara for use in Dr. Earlyne's healing programs or in a future display of the world's great religions and Masters, please contact the Chaneys through Astara's headquarters.

Your fellow Astarians, and all Seekers in need, will be most grateful.

AN ASTARIAN WRITES:

Dearest all at Astara:

Watching a T.V. talk show the other day, I learned there is a "health spa" for the very rich and the very famous called "The Golden Door."

The show's hostess noted all the benefits one could obtain from the exercises, the diet, the relaxing retreats "to help you find the real you."

A week or 15 days of this expensive venture should bring remarkable results, she said.

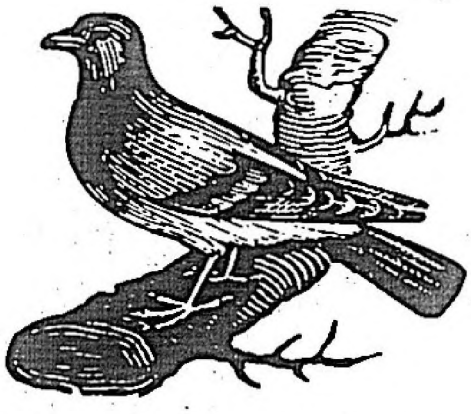
Somehow, although I have never been to such a place, everything she said sounded strangely familiar . . .

I imagined myself in such a place doing Yoga exercises, eating a "natural," balanced meal, entering meditation periods — and lo and behold! A thought struck me:

I have it all in Astara! — My "Golden Door," more brilliantly inviting than any other and just for the wanting.

I am going to take advantage of my membership in "Astara's Spa." I promise myself that!

In love and peace profound,
M.R.
Suitland, MD



God gives every bird its food, but he does not throw it into the nest.

— J.G. Holland.

TUITION CHANGES

This is to remind Astarians living in foreign countries that the foreign lesson tuition rate changes to $7.00 in U.S. funds for two Lessons (including Air Mail Small Packet postage) effective November 1, 1977.

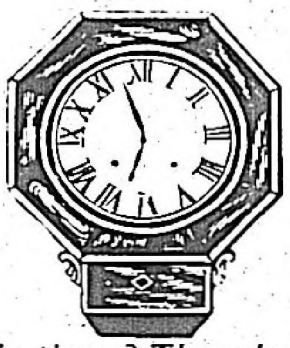
The new domestic tuition rate of $5.00 for two lessons (including First Class postage) goes into effect March 1, 1978.

SPECIAL NOTICE

Dr. Earlyne will visit Albuquerque, New Mexico for a special seminar sometime in February, 1978

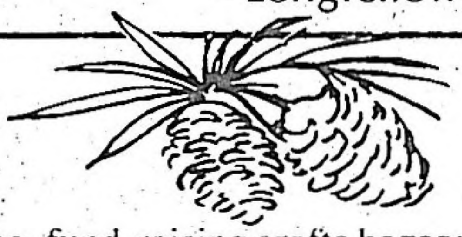
For more details, contact:

Astara Seminar
June & Earl Wall
1730 Aliso Dr. N.E.
Albuquerque, NM
87110
Tel. (505)265-9142



What is time? The shadow on the dial, the striking of clocks, the running of the sand, day and night, summer and winter, months, years, centuries – these are but the arbitrary and outward signs, the measure of time – not time itself. Time is the life of the soul.

– Longfellow



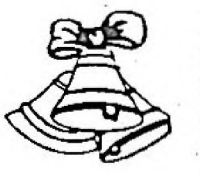
December 3 & 4

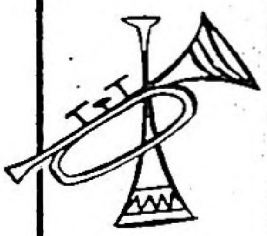
Saturday and Sunday, from 12 noon to 4:00 p.m.

Astara's Christmas Boutique

Astarians have been getting ready for this fun-raising, fund-raising crafts bazaar for several months — and *you're* the lucky beneficiary! Do your Christmas shopping without the crowds and hurry: we'll have handmade toys, quilts, jewelry, planters, baked goods and lots more!

Below, Boutique helper Saima Sundberg with craft workshop creations. For details on craft-shop meeting times, call her at (714)985-5237.











November Workshops:

"THE SOUND OF HEALING"

Sunday, November 6, 2 p.m., $2 tuition

with Peter Manners

Peter visits Astara from England where he is continuing his research on therapies and diagnostic techniques involving the effects of "sonic Medicine" on the structure and chemistry of the human body.

In this afternoon workshop, he'll explain his ideas on natural laws behind therapeutic combinations of color, light and sound, ways to help you reach an over-all level of well-being in body and mind.



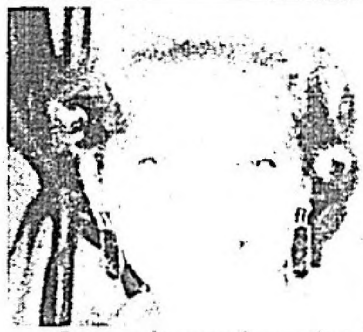
"DREAMS and the SCIENCE of IMPRESSION"

Friday, November 11, 7:30 p.m., $2 tuition

with C.C. Bateman

Discover how the individual is an "understudy" of the science of impression and learn how your progress is affected in dreams, in this evening talk with the well-known career dream counsellor, C.C. Bateman.

His expertise in explaining the spiritual, mental and material values of dream images has helped thousands to build more rewarding, satisfying lives.



"MOVING MEDITATION"

Sundays, Nov. 13 and 20, 2 p.m., $2 tuition

with Joy Bannister

Joy, a long-time Astarian, will demonstrate a physical harmonizing system based on the Oriental discipline of T'ai Chi. (The Eastern "Chi" correspondends to the Prana, Yin/Yang and Kundalini energy force concepts of other philosophies.)

This workshop will provide you with a Westernized series of 7 simple movements which don't require a lot of effort and time but still bring great benefits of relaxation and spiritual stimulation.



"MODERN MAN AND LOW BLOOD SUGAR"

Sunday, November 27, 2 p.m., $2 tuition

with Richard Barmakian

This afternoon workshop will bring you practical information on ways to deal with one of Western Man's most prevalent and controversial health problems: hypoglycemia. Richard, a naturopath, will present a qualified physician's ideas on treating this nutritionally-related disorder, outlining the alternative paths which you can follow to bondage or freedom in your physical health.

NOVEMBER ALL-DAY SEMINARS:



"HEALING through RELAXATION and MOVEMENT TO MUSIC"

Saturday, November 12, 10 a.m. to 4 p.m.*

with Kay Ortmans

Does your body have its own bad memories?

Guest speaker Kay Ortmans, founder and director of the *Wellsprings* therapy program, will show how memories of old hurts and fears can be lodged in the body. These lock-in negativisms, she'll demonstrate, can distort your responses to the present and keep you from being truly able and whole.

Wellsprings bases its work on simple techniques for body relaxation combined with movement to music. This unlocking process enables you to experience more fully the energy of your real Self and your Higher Center.

Kay's program is based on training on England and Germany and has been used in numerous hospitals, universities and rehabilitation centers. This seminar will cover how to initiate this liberating process and how to carry it on for a continuing deep-relaxation method which can bring exciting changes within and without.



"THE SECRETS of the SPHINX" and "PYRAMID PILGRIMS THROUGHOUT the AGES"

Saturday, November 26, 10 a.m. to 4 p.m.*

with Zahi Hawwas

The stone enigmas of the Sphinx and the Pyramids have long been objects of wonder and mystery. Well qualified to discuss the origins of these magnificent structures, Zahi Hawwas has served as director/inspector of antiquities at many Egyptian archeological "digs," including Abou Simbel. He is currently First Inspector of Antiquities at the Giza Pyramids.

Your quest to understand ancient wisdom will be on firmer factual ground as Mr. Hawwas outlines the origins and religious significance of these structures as the ancients saw them in their own time, of current attitudes of archeologists about their origins and purpose — all based on his expertise and first-hand experience in seeing to their preservation.

The day includes a slide program on the excavation he is directing at Kom Abou Bellou on the Nile Delta, plus some revealing discoveries made recently near the pyramids.

*Tuition for each seminar is $10
($5 for senior citizens age 65 & over, second members of the same family and high school or college students.)

NOVEMBER ACTIVITIES: Day by Day

NOVEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Nov.2 YOGA classes with Karinné Pevarnik and Christina Monterastelli 7:30 p.m. $3 tuition (in Recreation Room)

Nov. 6 Sunday church service - 11:00 a.m. "Don't Make Jacob's Mistake" with Robert Chaney

Nov. 6 "Energy and Sound" workshop - 2:00 p.m. with Peter Manners /- $2 tuition (Blue Room)

Nov. 7 YOGA with Christina Monterastelli - 10:00 a.m. $3 tuition (in Recreation Room)

Nov. 9 YOGA classes with Karinné Pevarnik and Christina Monterastelli - 7:30 p.m. $3 tuition (in Recreation Room)

Nov. 11 "The Science of Impressions" evening talk with C.C. Bateman - 7:30 p.m., $2 tuition (Blue Room)

Nov. 12 "Healing through Relaxation and Movement to Music" - 10:00 a.m. to 4:00 p.m. seminar with Kay Ortmans (in Recreation Room) Tuition $10/$5 for seniors & school students

Nov. 13 Sunday church service - 11:00 a.m. "Toward Harmony of the Soul" with Robert Chaney

Nov. 13 "Moving Meditation" workshop - 2:00 p.m. with Joy Bannister - $2 tuition (in Recreation Room)

Nov. 14-18 Five-day Retreat with Robert Chaney $35 tuition — reservations requested, campus lodging available.

Nov. 14 YOGA with Christina Monterastelli - 10:00 a.m. $3 tuition (in Recreation Room)

Nov. 16 YOGA classes with Karinné Pevarnik and Christina Monterastelli - 7:30 p.m. $3 tuition (in Recreation Room)

Nov. 20 Sunday church service - 11:00 a.m. "Your Life of Vision" with Robert Chaney

Nov. 20 "Moving Meditation" workshop - 2:00 p.m. with Joy Bannister - $2 tuition (Recreation Room)

Nov. 26 "The Sphinx and Its Secrets" and "Pyramid Pilgrims throughout the Ages" 10:00 a.m. to 4:00 p.m. seminar with Zahi Hawwas (in Chapel) Tuition $10/$5 for seniors & school students

Nov. 27 Sunday church service - 11:00 a.m. "The Inborn Powers of Man" with Robert Chaney

Nov. 27 "Modern Man and Low Blood Sugar" workshop - 2:00 p.m. with Dr. Richard Barmakian - $2 tuition (Blue Room)

Nov. 28 YOGA with Christina Monterastelli - 10:00 a.m. $3 tuition (Recreation Room)

Nov. 30 YOGA classes with Karinné Pevarnik and Christina Monterastelli - 7:30 p.m. $3 tuition (Recreation Room)



A scene from the memorable film comedy, "TOPPER."

Remember when . . .

. . . the whole family could go to the movies together?
. . . a visit to the theatre meant a guaranteed good time?
. . . there were sing-a-longs and comedy shorts to add to the fun?
. . . you met all your friends at the movie and then left the theatre feeling happy and good?

It's all coming back in a special comedy movie series at Astara. Relive the great days of Hollywood's Golden Era with your family and friends — and make some new friends, too!

Admission by donation,
$1.00 minimum suggested.

NOVEMBER 4: IT HAPPENED ONE NIGHT starring Clark Gable and Claudette Colbert. 8:00 p.m.

DECEMBER 2: THE BISHOP'S WIFE starring Cary Grant, Loretta Young and David Niven. 8:00 p.m.

JANUARY13: TOPPER starring Cary Grant, Constance Bennett and Roland Young. 8:00 p.m.

FEBRUARY 3: MY MAN GODFREY starring William Powell, and Carole Lombard. 8:00 p.m.

MARCH 17: THE SOLID GOLD CADILLAC starring Judy Holliday, and Paul Douglas. 8:00 p.m.

Astara
800 W. Arrow Highway
Upland, CA 91786

Non-Profit Org.
U. S. POSTAGE
PAID
Upland, Calif.
Permit No. 38

60035FULMR-3500WS1
MARY MARGARET FULLER
3500 WESTERN AVE.
HIGHLAND PARK IL 60035

NOTE: The above label is a peel-off address label for you to use on your Lesson order. Using it will help speed Lessons to you.