

To love is to suffer. To avoid suffering ,
one must not love. But , then one
suffers from not loving. Therefore ,
to love is to suffer , not to love is to
suffer , to suffer is to suffer.
To be happy is to love , to be happy
then , is to suffer , but , suffering makes
one unhappy , therefore , to be
unhappy one must love , or love to
suffer , or suffer from too much
happiness.

I hope you're getting this down.

Woody Allen , *Love and Death* , 1975





Allen Woody 1935-

US FILM WRITER, DIRECTOR, AND ACTOR.

- 1 A relationship, I think, is like a shark, you know? It has to constantly move forward or it dies. And I think what we got on our hands is a dead shark.

Annie Hall 1977

- 2 My wife was an immature woman...I would be home in the bathroom, taking a bath, and [she] would walk in whenever she felt like and sink my boats.

'I Had a Rough Marriage'

- 3 I should've known something was wrong with my first wife when I brought her home to meet my parents—they approved of her but my dog died.

Illustrated Woody Allen Reader 'Monologue'

- 4 To love is to suffer. To avoid suffering, one must not love. But, then one suffers from not loving. Therefore, to love is to suffer, not to love is to suffer, to suffer is to suffer. To be happy is to love, to be happy then, is to suffer, but, suffering makes one unhappy, therefore, to be unhappy one must love, or love to suffer, or suffer from too much happiness. I hope you're getting this down.

Love and Death 1975

- 5 I'm old-fashioned. I don't believe in extramarital relationships. I think people should mate for life, like pigeons or Catholics.

Manhattan 1979

- 6 Marrying for love is a very recent idea. In the old country, they didn't marry for love. A man married a woman because he needed an extra mule.

Radio Days 1987



- 9 Ven you're a married man, Samivel, you'll understand a good many things as you don't understand now; but vether it's worth while goin' through so much to learn so little, as the charity-boy said ven he got to the end of the alphabet, is a matter o' taste.

Pickwick Papers ch 27

Dickinson Emily 1830-1886

US POET.

- 1 Parting is all we know of heaven,
And all we need of hell.



'Parting'

- 2 That Love is all there is,
Is all we know of Love;
It is enough, the freight should be
Proportioned to the groove.

Poem no 1765

- 3 Unto a broken heart
No other one may go
Without the high prerogative
Itself hath suffered too.

'Unto a Broken Heart'

Diderot Denis 1713-1784

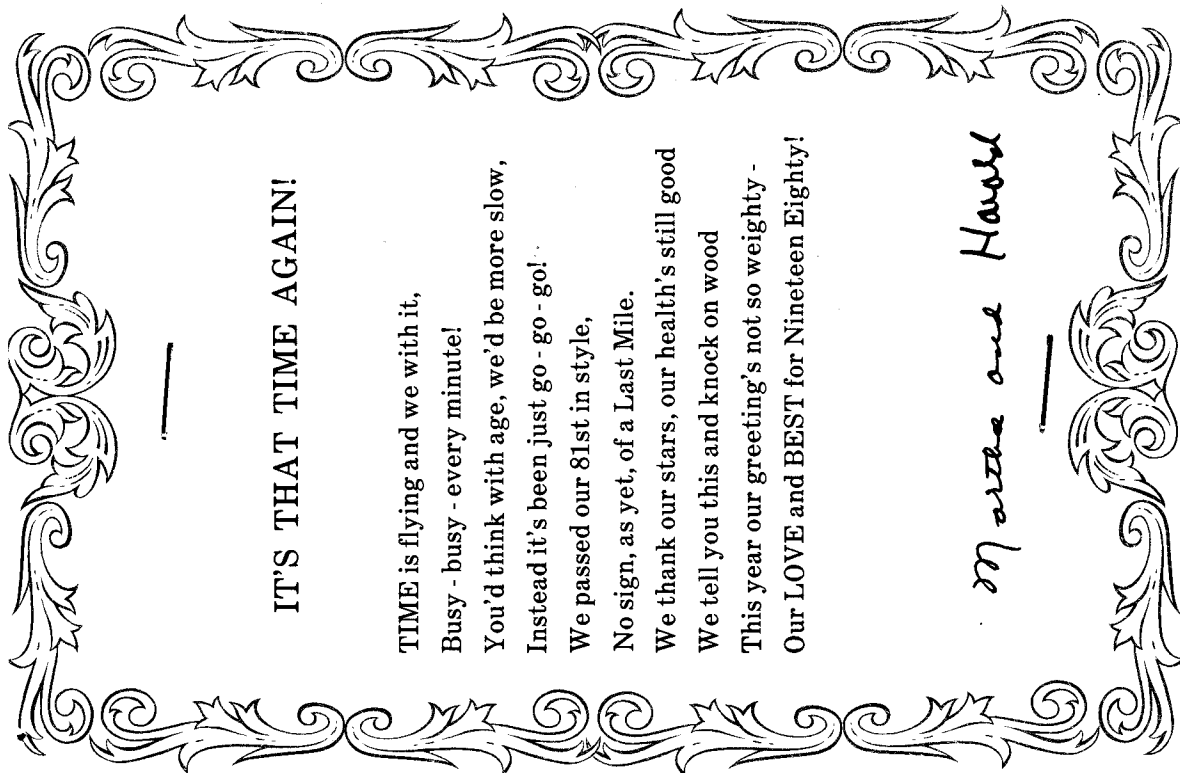
FRENCH WRITER.

- 1 To men, love is an incident; to women a vocation.
They live by and for their emotions.

Celibate's Apology

- 22 It has been said that love robs those who have it of
their wit, and gives it to those who have none.

Paradoxe sur le comédien



IT'S THAT TIME AGAIN!

TIME is flying and we with it,
Busy - busy - every minute!
You'd think with age, we'd be more slow,
Instead it's been just go - go - go!
We passed our 81st in style,
No sign, as yet, of a Last Mile.
We thank our stars, our health's still good
We tell you this and knock on wood
This year our greeting's not so weighty -
Our LOVE and BEST for Nineteen Eighty!

My wife and Harold

MEDITATION

"Thoughts of the After Life"

These Mind Exercises, to be repeated as needed, are designed to place you in touch with the Creative Power in your Subconscious, and to cause it to magnetically attract, in time, what you desire to come to pass.

Because I recognize that my life on this earth,
Wonderful as it often can be,
Is uncertain at best — subject to moments of high
inspiration as well as tragedy . . .
Possible illness and disappointments,
I nonetheless cling to the faith
That there is an existence beyond this,
Which the unthinkable great Creator has provided —
Wherein I may have continuing opportunity
To evolve my soul
In possible association with departed friends and
loved ones.
I am aware that there is increasing scientific as well
as spiritual evidence
That there is a Life after Life . . .
And that lines of communication with those who
have entered the Next Dimension
Are being opened up at times,
Giving us a reassuring glimpse of what is to come.
Among these communications is one received
through the Lamoreaux brothers, Mike and Joseph,
Who have been researching the tape recording of
so-called "spirit voices."

(OVER)

MEDITATION

Repeat, preferably aloud, in the privacy of your own self, whenever you feel the need, this declaration of oneness with God. You should be consciously reminded of this oneness at least once a day.

• • •

I am never alone.

God, the Father, is always with me.

My soul, my identity—that something which says, "I am I" to me—is an eternal gift from God, the Great Intelligence.

I can never lose myself because this self is a part of God.

I am part of God, and God has a great purpose in life for me which He is revealing day by day as I grow in strength of body, mind and spirit.

I am well and strong. I have the power to overcome all things within me.

In God's care, no harm can befall me.

I now give myself over to God's protection and I will follow His guidance day by day.

Harold Sherman

What do I want to be when I grow up?

a CREATIVE/mature person who is...



Flexible. A person who likes to play with ideas and is willing to change his mind. Always on the lookout for new solutions.

Open-minded. A person who's aware of what's going on and is willing to learn from others. Not defensive.

Independent. A person who thinks for himself and makes up his own mind. Not unduly influenced by others.

Sensitive. A person with keen empathy who strives to be aware of other people's thoughts and feelings... and social problems that need solutions.

Persistent. A person who concentrates on his goals and has intense motivation to accomplish objectives even in the face of heavy obstacles.

Realistic. A person who is aware of the complexity of situations... but not overwhelmed by them. Rejects oversimplifications.

Foreseeing. A person with a high threshold of frustration tolerance... with long-term perspective allowing him to live with current uncertainty.

Expressive. A person with a healthy child-like attitude that is spontaneous. Able to "let loose" and communicate his real feelings.

Curious. A person who tends to ask questions and challenge traditional ways of doing things.

Self-accepting. A person who not only believes in himself—and likes who he is—but is constantly striving to become as much as he can be.

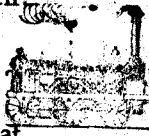
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Illusion: All reality that is not pure Light and Consciousness is illusion. *

Karma: The text of your journey through this particular lifetime.

➤ **Life:** Life is for growth. It has no other purpose. ←

Love: The moment love has definition, it loses its power. If one defines love by its actions, one displaces love. One knows love by living without it. One finds love by realizing one has lost it. One loses love by losing the Self. One can find love by finding the Self, or even by seeking the Self.

Matter: Matter is consciousness. 

Oneness: Oneness is expansion, and in that expansion, I am you and you are me and together we are Love.

PAT RODEGAST: "EMMANUEL'S Book" (1985)

IT'S YOURS

Your good is here. Accept it. 

Your joy is near. Embrace it.

Your power is within. Harness it.

Your victory is now. Claim it.

Your freedom is real. Declare it.

Your abundance is overflowing. Share it.

Your prosperity is good. Receive it.

Your problem is purposeful. Bless it.


Your spirit is divine. Free it/

Your love is great. Give it.

Your faith is mighty. Use it/

TO BE A MASTER we must be in control of our EMOTIONS, THOUGHTS, KNOWLEDGES and OUR REACTIONS to the actions of others. We can only help another by ENCOURAGING THEM to be SELF-SUFFICIENT. PEACE, TRUTH AND BROTHERHOOD CAN MANIFEST ONLY when we CARE ENOUGH to help others to HELP THEMSELVES. ALL PROFIT when there is unity and goodwill. *

WE MUST BE STRONG but SPIRITUALLY loving; BE HUMBLE but DO GREAT WORKS; speak WORDS THAT UPLIFT; and give HOPE, LOVE, BROTHERHOOD and PEACE.

MANY ONLY NEED A WORD OF ENCOURAGEMENT to help them start A WHOLE NEW LIFE. When we HELP spread God's light, we will be TOO BUSY to reside in the HELL OF DOOMSVILLE. THANKS FOR YOUR HELP in ENCOURAGING others! 

U
 Light Supernal Why delay the inevitable? Let
 the Soul control!—and you will find peace You
 will find that elusive "something" that has been
 missing, and for which you continually search.
 yet has been there all the time You will be
 "home."

I AM A/N

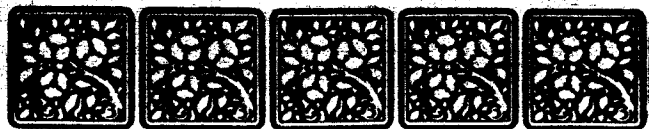
Greater Love hath no man than to give up his
 life to the greater Will. He will truly find the
 Life Eternal.

"THE VOICE OF UNIVERSARIUS," May 1988



WORDS

The greatest word is God.
 The deepest word is Soul
 The longest word is Eternity
 The swiftest word is Time.
 The nearest word is Now.
 The darkest word is sin.
 The meanest word is Hypocrisy.
 The broadest word is Truth.
 The strongest word is Right.
 The tenderest word is Love.
 The sweetest word is Home.
 The dearest word is Mother.



A NARROW WINDOW

A narrow window may let in the light.
 A tiny star dispel the gloom of night,
 A little deed a mighty wrong set right

A rose abloom may make a desert fair
 A single cloud may darken all the air
 A spark may kindle ruin and despair

A smile, and there may be an end to strife.
 A look of love, and Hate may sheathe the knife;
 A word—ah, it may be a word of life!

Florence Earle Coates



THE PROSPECT

Methinks we do as fretful children do.
 Leaning their faces on the windowpane
 To sigh the glass dim with their own breath's stain.
 And shut the sky and landscape from their view.
 And thus, alas! since God the maker drew
 A mystic separation 'twixt those twain.
 The life beyond us and our souls in pain.
 We miss the prospect which we are called unto
 By grief we are fools to use. Be still and strong.
 O man, my brother! hold thy sobbing breath.
 And keep thy soul's large window free from wrong
 That so, as life's appointment issueth,
 Thy vision may be clear to watch along
 The sunset consummation—lights of death.

Elizabeth Barrett Browning



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his own power.

Irene: Would you say St. Germaine was in the same category?

Prof.: Yes, I would, yes. These men came back into that life, in that period of time, with a certain amount of knowledge; then in this life time or that one, when they became aware of their power. They were then taken and put into mystical and occult schools and taught how to use these powers for the benefit of others. It was said of the man, Jesus, as a child, even he would gather some mud and spit on it and roll it around in his hand and form it into a bird and then he would breathe on it and throw it away from Himself and said remember me, your creator, until the day you die then you will return to one consciousness, breath, spiritus, breath the breather.

Irene: You were not referring to Jesus but the Creator.

Prof.: Yes, the spirit, the breath.

I have not learned any magic, but I hope to. I also hope to return to the earth because I have not been able to obliterate what my beloved teacher, Yada, calls illusion, hallucinating things. It is not yet within my realm to master the forces of my being.

Irene: For the benefit of those who are hearing this, I would like to tell you Professor Luntz will be here as long as Mark and I will be.

Prof.: You need not worry about that, my dear. I am not going to pop back here right away, not by any means right away.

Irene: But you know stories get circulating and the first thing you know somebody will say, "Yada, Professor Luntz has left the Inner Circle and there is some impostor talking now. LAUGHTER

Prof.: Jolly. I hope they will enjoy themselves. That is their dream, not mine. Would you like me to tell you about what one old maid thought about reality? This is rather an unkind word - old maid - meaning one who never married, dear girl. Perhaps she was better off, but anyway, this particular one had been frustrated from males ever since her mother, her dear little mother, could get her sticky little fingers on the child's mind and control it. She taught the child all men are evil; all men are bad; all men want you for one purpose only and that is all. "Now you remember that daughter, and stay away from the nasty creatures, heh."

So the daughter did, at least she did so physically. But mentally no one could stop her dreaming. That's the way of most of us isn't it? And so in time she reached the age when it became a necessity, she couldn't avoid it, to dream of men. Handsome men, of course romantic men; men that wouldn't, couldn't live without her. But when a real flesh and blood man came along, she would run and hide.

In due course her dreams became so real it became difficult for her to make a demarkation between what was dream and what was not. In this particular state of consciousness one evening, she did what she thought was waking up. And she saw at the foot of her bed a very handsome chap and he was leering at her. Of course, in a very loving manner! It frightened her, however, and she pulled the covers around her face and said, "Sir, what are you going to do to me?" And he said, "Lady, I don't really know, it is your dream!" LAUGHTER

I think that is one of the most excellent stories, because it tells us a truth. It tells us how to know the difference between the real and the unreal and to go along with it, whatever it is, go with it. If it is an unreal man or woman that we have been caught up with, find out what they want, because that is what you are going to have to do with a real man or woman. We all want something. You know what we all basically want? One another; we need one another. Without others we die.

Others are the source of our life, we need their love. Come to me, my dear friends, though others may think you and I are total strangers, we're not. We are one and the same in consciousness, in spirit. We are one and the same and I owe you my heart, my life. I owe it to you, why? Why such great generosity? It is called a divine selfishness, because I know that when I lift another up, I lift myself up.

If we suddenly realize this while we are in the physical world, we are very fortunate. There are many in the astral world who not only do not know it, but have no awareness of it and if one did tell them, they couldn't stand it. Yes, that is the way it is my friends. We owe each other love and that is all and when we give another love we give them all.

DAILY REVIEW ON JOY

As I review my day,
what part has joy played?

Do I serve joyously —
or only intellectually?

What truthfully hinders
my being filled with joy?

Does redeeming joyous energy
flow through me?

Can I draw upon the Joy of the Way
when others need it?

Does a joyous spirit
bless my fellowmen?

In what way can I most joyously
serve my fellowmen?

Let naught disturb
the acquiescent calm
Which keeps me close in touch
And leads me safely on the way.

A NEW AGE OF JOY

The night of world pain
yields to the light
and strength of joy.



Only the dawn is with us now —
dawn of the New Age.

The peace which lies ahead
bestows JOY —
born from the higher Self
out of loving understanding
untouched by circumstance.

"Abysses have been crossed
by joy and trust. Not only
courage, but joy makes you
invulnerable . . . Let us
cultivate joy as one would
most precious blossoms."

WINGS INTO THE NEW AGE

HAPPINESS: goal of the separate self
produced by a satisfying environment

JOY: wings into the New Age
quality of the transpersonal self
effect of group consciousness

BLISS: wings to Infinity
strength of Spirit
beyond imagination
the point in which
the universe is seen
radiant with love

Know happiness, joy, and bliss, for
these release the channels of the inner
life and reach, in a wide circle, many
beings.

HEALING JOY

Joy heals and cleanses the physical
body and helps us work more effort-
lessly, with a proper sense of values
and detachment based on love.

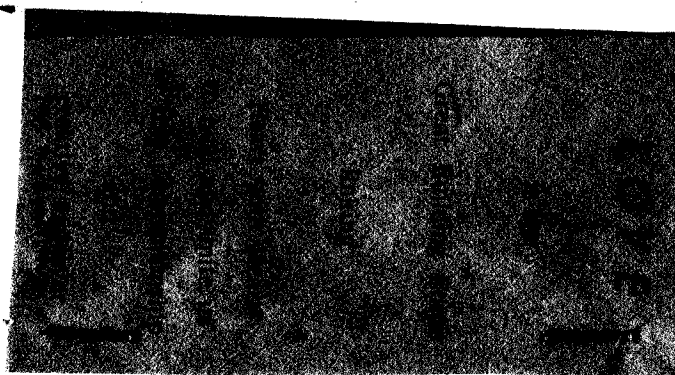
I develop strength in joy for others.
With joy will come release and fuller
service.

Let love and joy be the keynote of
my life, carrying healing energy to all.

I open myself
to the Spirit of Joy.
Its radiance shines through me
and blesses.
The Joy of the Spirit
irradiates my life
and lightens all the burdens
which those I meet may carry.

May you invoke the Joy of the uni-
versal Spirit in blessing to all life.

To renounce your individuality, to see with
another's eyes, to hear with another's ears,
to be two and yet but one, to so melt and mingle
that you no longer know you are you or another,
to constantly absorb and radiate—that is Love.
—Gautier
"The Voice of UNIVERSARIUS", October 1985



THE RADIANCE OF JOY
unconscious is joy —
by a special selection
the clear insight
joy opens doors into the life
the world around us
as we actively become aware
that inner center of stillness
peace where joy has its home
Joy is the most infallible
of the presence of God.

The Lord's Prayer

O Thou, the Breath, the Light of All,
Let this Light create a heart-shrine within.
And your Counsel rule 'til Oneness guides all.
Your One Desire then acts with ours, as in all light, so in all forms.
Grant what we need, each day, in bread and insight.
Loose the cords of mistakes binding us, as we
release the strands we hold of other's faults.
Don't let surface things delude us.
But keep us from unripe acts.
To you belongs the ruling mind,
the life that can act and do,
the song that beautifies all,
from age to age it renews.
In faith, I will to be true.

This is a translation of the Lord's Prayer from Syriac Aramaic, which is possibly the closest existing version to the prayer that Jesus spoke. The translator, Neil Douglas-Klotz, has attempted to maintain some of the Aramaic rhythms and nuances of meaning.

†

I Behold the Christ in You

BY FRANK B. WHITNEY

I behold the Christ in you,
Here the life of God I see;
I can see a great peace, too,
I can see you whole and free.

I behold the Christ in you.
I can see this as you walk;
I see this in all you do,
I can see this as you talk.

I behold God's love expressed,
I can see you filled with power;
I can see you ever blessed,
See Christ in you, hour by hour.

I behold the Christ in you,
I can see that perfect one;
Led by God in all you do,
I can see God's work is done.

UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MO.

PRINTED U.S.A.

C-61-21-12M-12-60

I Am the Christ

BY F. B. WHITNEY

I am that in you that lives;
I am that in you that moves;
I am that in you that shines:
I am the Christ.

I am that in you that's lovely;
I am that in you that's unafraid;
I am that in you that's enduring:
I am the Christ.

I am that in you that's divine;
I am that in you that's holy;
I am that in you that's God:
I am the Christ.

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The Sevenfold Affirmation

†

I am a child of the living God.
I have within me the all-creating power
of the Christ.

It radiates from me and blesses all whom
I contact.

It is my life, my strength, my courage,
My patience, my peace, my poise,
My power, my wisdom, my under-
standing,

My joy, my inspiration, and my abun-
dant supply.

Unto this great power I intrust all my
problems,

Knowing they will be solved in love
and justice.

O Lord Christ! I have laid all my de-
sires upon Thine altar, and I rest
in Thy graciousness.

—Adapted.

UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI

PRINTED U.S.A.

C-5-5M-6-60