

Dear Unariun:

May we add a few suggestions that you will find most helpful in your new cycle and study of the Unarius science. Your interests and desires along these lines prove you to be one of the older souls; one who is ready to take this higher pathway, to better understand, to learn of life and its important functions, which are infinite in nature.

Throughout the lesson course you will learn the very basics of life, the principles of evolution, and so-called karma—that much *misunderstood* subject. Since many of the concepts are entirely new to mankind, they shall require much repeat study; but like all things, one gets out of a thing only that which he puts into it. To the student who will be open-minded, who does not block himself off upon approaching a new principle, who sincerely enters into the study with dedication of purpose, and does so not only to relieve himself of any existing slight or more serious physical ailments, but to also discharge presently existing karma, and to gain the true spiritual wisdom that shall prepare him not only for the balance of the present lifetime, but that this teaching can, and will, also help prepare him for many future incarnations yet to be lived after leaving this pit of clay.

To you, then, we say there are NO limitations with the progress that is possible to attain. To you as a sincere student, we say, as you become vitally interested in the study, you shall be taken as your physical body sleeps to other planets (Venus and Eros) to attend classes, to whom our Avatar-Channel lectures (mentally), and that this sleep-teaching process is that which makes possible your acceptance and understanding with conscious mind in wake state.

Too, as you study, you thusly align and attune yourself not only to us here at the Center, but also, with those great Intelligences in the higher dimensions who aided in bringing these principles to Earth; and that they can, and do, aid you in many ways.

It is suggested that you keep regular times of meditation or attunement, and where possible, preferably the two, nine o'clock periods (your time) for ten or fifteen minutes. Simply stop the flow of thought, or the out-going concerns, and turn your consciousness within. Be quiet and at peace. The outside world and its interests must be shut out completely as you go within and open the mind or consciousness, in a relaxation to be receptive to the projections of energy that are directed to each student, especially in these mentioned periods, as well as other times during the day. This regular cyclic attunement is most helpful to you.

Perhaps you, too, may soon sense or feel these frequencies as they are directed unto you, as many persons become aware of them. They are often felt to cause an inner heat or warmth, and again, may cause one to suddenly become quite drowsy, and at other times cause an extreme perspiration to occur; and these instances are of course most beneficial. These are the healing energies of the Infinite. But whether or not you are able to sense these frequencies as they are projected to you, they will nevertheless be present; and as you progress, discharging the many nega-

tions that you have picked up throughout not only the present, but the many former lives lived, you will become more conscious of the higher senses and vibrations.

Spiritual healing and assistance is given each one in direct ratio to the effort the individual puts forth to understand. It is not that we, or those in the higher realms do all things for you, but rest assured, you shall receive all help necessary as you thusly endeavor to comprehend the science. As it has been mentioned, Unarius teaches you how to help yourself, and this is by far the better way. As you grow in wisdom, you, too, in time become a positive polarity for the healing power to be directed unto others.

We cannot overemphasize the great importance of restudy and repeated restudy. *No person*, regardless of what he has studied previously, can possibly assimilate and comprehend the science of Unarius by simply reading quickly through the lessons and books a mere few times. We repeat: *No one could do so!*

Make the study your most important endeavor in life and watch it become just that. It will only be confusing to read the lessons all through at one time. Continued study and thought on the concepts are most important. Even after one feels that he knows quite well the subject matter, after a few months' study, to again start anew with the first lesson, slowly, will prove to you there is much more to be gained. *Slow assimilation is life changing.*

The reason or cause for this life-changing process is that there is a rebuilding of the psychic body that takes place—a discharging of the old and renewal of the new energies. New concepts must be exchanged for old or former ones, and this cannot be done rapidly. Your present psychic anatomy is the result of countless former concepts of not only the present, but previous lives lived, and so with a few moments' thought, it is easy to see how important it is that the student who wishes to change the present, or future, must first change these existing waveforms in the psychic body; and by attaining this new science, rebuild the psychic body of frequencies of a more spiritual vibration and more factual concept.

Consciousness expands with each study. Within a short time after you have completely studied all the six lessons, you can again return to them, and you will find things that you did not read or see before. This you can prove to yourself, and this continual enlarging and expanding can be continued repeatedly, endlessly. In fact, one can spend an entire lifetime with this study and never come to the end of all the wisdom that is possible to acquire.

Unarius works are, in themselves, unique in this way. Factually, the most frequent and common phrases that students write in, which we always enjoy hearing—for then we know they are getting it—are: “Each time I study through the lessons, I find something that I did not see before,” or “Many things are now adding up and making sense that before Unarius were great mysteries to me.”

And so we trust that you, too, shall not, as do a small minority, dash through with haste, after only a few quick superficial “eye readings” and miss the wondrous opportunity for growth, the very thing that would have started a complete change of life for them. But rather, we do hope and trust that you are one who shall continue to give much thought and concern and *repeatedly restudy* the books and lessons, studying with an open mind, with thought and concern.

And to you who thusly adhere, your old former way of life can quickly fall away; the old material world shall soon seem far removed from you, for you will have changed your relationship to it and to all things about you. You shall become, as Jesus so aptly put it, “In the world but not of it,” and this, dear student, is not just hearsay, for the writer of this little missive can, and does, vouch for all these things and many more, as they have all been experienced by her: The wonderful visions, the psychic experiences, “transcendencies,” attunement times, and an actual flying through time and space, canceling out many thousands of years and lifetimes. They have been countless and without number in my personal experience. My life has been so completely remolded from that of my former materialistic one, in just five years’ time, to that of a peace-filled, spiritual life, and most importantly, I now know where I shall travel when leaving this fleshy body.

Yes, we can each prepare ourselves that we can be finished with this pigsty earth (the lowest planet of evolution), and through the attainment of the science of Unarius, through the new higher spiritual frequency that we *rebuild* into our psychic body, be thereby attracted, through frequency relationship, to a new place of abode, a world of higher expression where men do not act as wild animals; but instead, have started to become the true spiritual being far removed from the animal-like physical world. This is the goal of each individual. We have an eternity, or we can shorten this traveling time by this great privilege of simply attaining the wisdom as portrayed in the teachings; by assimilating and by mastering the principles and concepts, one has then become master over self and the material worlds.

Perhaps this personal message is quite a lengthy one, but if you will reserve it away, for a time as you may feel that you have studied well and know thoroughly the concepts, perhaps if you then would again read this, my message to you, you shall again resume your efforts, renew your seeking. And that perhaps in this new effort, if you have not previously seen, sensed, progressed, or realized desired results, or have not as yet experienced some of the so-called miracles happening to you, perhaps then with this new effort and endeavor, it shall be the time and the place that will cut the bonds that bind you to the old self.

And so we say to you, dear seeker: “Seek and never cease your seeking, for surely that which ye seek ye shall find, and ye shall not find need to seek elsewhere.” Unarius shall lead you unto that pathway into the stars.

The resurrection of which the religionists speak is very real, yet it does not occur in the manner in which they believe; but as one sheds his old beliefs, habits, ties, and thoughts (the energies of

which they are composed), he truly experiences the resurrection from the lower carnal, materialistic self to that of a renewed spiritual being. Just as surely as does this metamorphosis take place with the lowly caterpillar, as we view the merging, as he changes from his lowly state of this worm-like existence to that of a gloriously hued, winged creature, freed of his bondage to Earth to soar into the sky, so shall you, with the mastery of the Unarius science, spread your wings of spiritual wisdom and fly off unto the beautiful, radiant, glistening, pulsating planets of light. May you thoroughly enjoy your new cycle with Unarius.

So let us, each and every one, take full advantage of this once-in-a-millennium opportunity and gain all the wisdom possible, as it may be many centuries before another such Avatar-Teacher (Dr. Ernest L. Norman) may again descend to planet Earth to bring mankind these life-changing principles.

We will appreciate hearing of your progress and any healings noted as time passes.

May your way be bright and your study most enlightening.

In Unarius Light,

Ruth Norman