

**RELAXING YOUR WAY TO BETTER HEALTH**

**THE INCREDIBLE HUMAN POTENTIAL, PART VII**

## **MR. MIKI COMES TO WASHINGTON**



**Prime Minister Miki of Japan**

**M**ANY HEADS OF STATE today are faced with a serious credibility gap.

Governments of nations are being overthrown at the rate of about one a month. The pace is accelerating, with eight this year so far.

Let me start from March 1973. I was attending an outdoor garden luncheon in New Delhi at the official residence of Dr. Nagendra Singh (then executive secretary to President V. V. Giri of India — now a judge on the World Court of International Justice at The Hague). The ambassadors from Ethiopia and Afghanistan and their wives had been invited for me to meet. They each gave me an invitation to visit their respective countries and to have a private meeting with their respective heads of state — Emperor Haile Selassie of Ethiopia and King Mohammed Zahir Shah of Afghanistan.

Before I could fit into my schedule the visit to Afghanistan, that government was overthrown in a political coup, and the king fled into exile. Later that year I did visit Addis Ababa and had a warm personal meeting with Emperor Haile Selassie. He is just eight days older than I. I visited Ethiopia again in January with several of my "Japanese sons" — all members of the Japanese Diet (the equivalent of Congress or Parliament), and I introduced them to the emperor. But in August the emperor was taken alive by the military revolutionists and has been kept a prisoner since. A new military government replaced that of the emperor. One of the very last things the emperor did before being taken was to send me a telegram of congratulation on my birthday.

In August 1973 I was in Santiago, Chile, to see President Allende. Three weeks later I was visiting President Franjeh of Lebanon — whose capital Beirut is the financial hub of the Arab world. While I was there President Allende was assassinated in the very room where I had the meeting, and his government was overthrown in a military coup.

Three weeks later I was speaking at a banquet in Bangkok. At that time the Arab-Israeli Yom Kippur war broke out.

Three weeks later I was speaking in Lake of the Ozarks, Missouri, to an audience of some 11,000 Worldwide

Church of God members, when a radio news flash was handed me saying a protest mob of 100,000 had overthrown the government of Prime Minister Kittikachorn, whom I know well, and he had fled the country.

In late January this year, I was speaking before several groups in Bombay, India, and before several of them I mentioned the above incidents. Jokingly I said, "I wonder what will happen right here three weeks from now?" In four weeks I returned to Bombay and discovered that a week before, the local state government had been overthrown.

Since then President Thieu of South Vietnam fled his country and, as all know, the communist North Vietnamese took over that country. I had spent some time in private conversations with President Thieu and had expected to hold a campaign there attended by some 25,000 to 50,000 in the university stadium. But the war danger made it impossible to assemble such a crowd in any one place.

And now, as I write, just the day before yesterday another head of state, Prime Minister Rahman of Bangladesh was assassinated, and the Bangladesh government was overthrown. I had spent some 45 minutes with this strong leader in private conversation in his office.

When things like this happen continually to those I have known personally, it impresses me deeply with the kind of world we live in.

Leaders and rulers are criticized, blamed, plotted against, and enemies seek to create great credibility gaps in their nation's leaders.

Mrs. Indira Gandhi, prime minister of the world's second largest nation, has very narrowly escaped being overthrown. Political enemies, leaders of the minority party in India, sought to oust Mrs. Gandhi by accusing her of using illegal methods in a recent election campaign. Mrs. Gandhi was found guilty by a high court. Mrs. Gandhi acted quickly. She had all opposition leaders arrested. Then she had the constitution amended retroactively, changing the law on the points concerned. It was passed by the Congress overwhelmingly. Thus she wiped out the "crime." But what will she do now regarding her imprisoned political enemies? It seems hardly possible she can leave them all in prison — the

Personal from...



## THE BIGGEST CREDIBILITY GAP IN THE WORLD TODAY

number is very great — until they all die there. And if she releases them — then what?

One might get an idea out of the Bible. It is recorded that, on Christ's return as world ruler, Satan is to be imprisoned 1,000 years (Rev. 20:2-3). But after the thousand years, it is recorded, "And when the thousand years are expired, Satan shall be loosed out of his prison, and shall go out to deceive the nations." And millions will be led against the world government ruled by Christ. Mrs. Gandhi might do well to read that prophecy. Of course she denies doing any real wrong, claiming the old obsolete law should have been repealed long ago, and saying she is upholding the democratic system of government, which is by majority. It's not my job to judge Mrs. Gandhi.

But the most monumental CREDIBILITY GAP of all has been against the one who will rule for that coming thousand years — Jesus Christ.

He came, more than 1900 years ago, born as a human, with a message (His gospel, almost unknown to the world today) about His future worldwide government, the kingdom of God. But only a few really believed Him. Many "believed on Him," just as today, but they didn't BELIEVE Him — that is, they didn't believe what He said.

NOTICE IT: "As he spake these words,

many believed on him. Then said Jesus to those which believed on him, If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free. They answered him, We... were never in bondage to any man... Jesus answered them... but ye seek to kill me, because my word hath no place in you... And because I tell you the truth, ye believe me not." They would not believe WHAT HE SAID! (John 8:30-45.)

What a credibility gap!

The chief priests and Pharisees (rulers) had sent officers to take Jesus into custody and bring Him to them for condemnation, or perhaps execution. The officers were impressed with what they heard Jesus say and were afraid to take Him. When the officers returned to the chief priests and Pharisees without Him, "Then answered them the Pharisees, Are ye also deceived? Have any of the rulers or of the Pharisees believed on him?" (John 7:47.)

No credibility among any of the leaders or the ruling class.

Yet the prophecy says of Him: "... and the government [of the world] shall be upon his shoulder, and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace" (Isaiah 9:6).

(Continued on page 13)

Editor-in-Chief: HERBERT W. ARMSTRONG  
Editor: GARNER TED ARMSTRONG

Managing Editor: Arthur A. Ferdig  
Assistant to the Editor: Robert L. Kuhn  
News Editor: Gene H. Hogberg  
Features Editor: Gary Alexander  
Art Director: Allen Metzger  
Publishing Coordinator: Roger G. Lippox  
Copy Editor: Jim E. Lea

Senior Editors: C. Wayne Cole, David Jon Hill, Herman L. Hoch, Charles F. Hunting, Raymond F. McNair, Roderick C. Meredith  
Bureaus: Brussels: Ray Kosanke; Jerusalem: Mark Armstrong, Chris Patton; London: Peter Butler,

David Price; Sydney: Don Abraham; Washington, D.C.: Henry Sturcke

Correspondents: Auckland: Graeme Marshall; Bonn: Wolfgang Thomsen; Johannesburg: Robert Fahy; Manila: Colin Adair; Sydney: Don Abraham; Vancouver: Dean Wilson  
Contributing Editors: Jeff Calkins, Robert Ginsky, Ron Horswell, Brian Knowles, Gerhard Marx, Adli Mubtadi, Carole Ritter, George Ritter, Don Schroeder, John R. Schroeder, Keith Stump  
Graphics: Art: John Dunn, Montie Wolverton, Garry Haggerty, Ron Lespenka, Gary Richardson; Photography: David Conti, Alfred Hennig, Phil Stevens, Warren Watson; Photo Files: Al Leiter  
Business Manager: Frank Brown  
Circulation Managers: United States: Benjamin Chapman; International Editions: Leslie McCullough

Volume XL No. 15

Circulation: 3,628,460

WITHOUT SUBSCRIPTION PRICE: *Plain Truth* has no subscription or newsstand price. It is supported through contributions from our readers and those who have chosen, voluntarily, to become co-workers with us in this worldwide work. *Plain Truth* is non-profit, accepts no commercial advertising, and has nothing to sell. Contributions are gratefully welcomed and are tax-deductible in the U.S. Those who can be encouraged to add their financial support in the spirit of helping to make *Plain Truth* available, without price, to others. Contributions should be sent to *Plain Truth*, Pasadena, Ca. 91123, or to one of our offices nearest you (addresses listed on back cover).

*Plain Truth* is published twice monthly (except monthly in July and October) by Ambassador College, Pasadena, California, 91123. © 1975 Ambassador College. All rights reserved. Second Class Postage paid at Pasadena, Ca., and at additional mailing offices. PRINTED IN U.S.A.

3

**BLACK AFRICA — NO LIGHT AT THE END OF THE TUNNEL**

The Dark Continent is showing few signs of emerging into the light.



Wade Ward

4

**SEXUAL REVOLUTION'S BITTER FRUITS**

Some atheistic communist countries have a more open display of Christian morals than the "liberated" West.

5

**DOWN THE DRAIN (Continued)**

"Is England going down the drain (what — again)?" asks humorist Art Buchwald.



6

**STARVATION OR PLENTY?**

The Director of the Ambassador College Division of Agricultural Research, examines worldwide food trends.



7

**ORCHIDS AND ONIONS**

Reader reactions to "GTA Speaks Out," J. G. Calander's satire and other August articles.

8

**RELAXING YOUR WAY TO BETTER HEALTH**

Recent research in biofeedback reveals what the Proverbs have always said: Health is in your mind.



10

**THE INCREDIBLE HUMAN POTENTIAL, PART VII**

How could the great God, who is spirit, reproduce himself out of physical matter? Part seven explains how.

14

**SEEING YOURSELF WALK BY**

Instead of examining the motives of others, why not look at your own? Try to see yourself as others see you.

**MR. MIKI COMES TO WASHINGTON**

by Henry Sturcke

WASHINGTON: Three decades after the atomic age was violently ushered in, victor and victim — in the persons of President Ford and Japanese Prime Minister Takeo Miki — met to underline the strong ties in U.S.-Japanese relations.

For both leaders, each still relatively new in their respective offices, it was a chance to measure each other's feelings in the wake of this spring's upheaval in Indochina. It is no secret that in the post-Vietnam era, what happens now in Japan, the world's third largest industrial power, may prove to be the most critical factor of all in determining the future of all Asia.

Japan, unburdened by the cost of maintaining a huge defense establishment, has long since moved into a position of economic dominance in Asia. Her postwar constitution bans any military buildup, except for a relatively small "Self-Defense Force." Her main defense, ironically enough, is the very power that brought her to her knees in 1945: America's nuclear might.

With the U.S. taking care of defense needs, Japan is free to support growing cooperation among Asian nations — "with Japan in a position of leadership by virtue of her technology, expertise and financial strength," as Miki put it.

The prime minister is well-suited to lead Japan at this phase of its development. His credentials are those of a life-long believer in democracy. In an address to the National Press Club, Mr. Miki digressed from his prepared text to tell of his personal experiences with despotic governments. He told how that early in his life, as a 22-year-old student, he had spent some time in the United States. While here he was able to examine firsthand the dynamism of America's economic and political system. He also had an opportunity to compare the U.S. with other countries he visited on his return trip to Japan, witnessing conditions in Mussolini's Italy, Hitler's Germany and the Soviet Union, then under the harsh rule of Josef Stalin.

When he returned home, he experienced the rise of militarism in his own land. As a result of his experiences, he came to more deeply appreciate life in the free democratic societies. When he entered politics in 1937, Miki courageously spoke against those in power in Japan who were inexorably pushing their country into an open conflict with the United States.

Now, as prime minister, he strongly reiterates his nation's nonmilitary posture and close ties to the U.S. But Miki, sensing certain new "realities" in Asia, is also championing a new order for Asia. "The easing of tensions is only beginning in Asia," he told the National

Press Club audience. "Opportunities exist for these nations to grapple with this problem [economic development] energetically, transcending differences in ideologies and social systems."

Japan's policy includes an open stance toward China and North Korea, even though their political systems are so different from the democracy Miki fervently supports. Since Pusan, in South Korea, is only 30 nautical miles from Japan's Tsushima Island, anything that happens on the politically divided peninsula automatically affects Japan's security. For this reason, Japan favors every effort to ease tensions between the two Koreas, and yet strongly supports continued U.S. troop presence there as well as in Japan, where 50,000 Americans remain stationed.

Despite occasional frictions over trade and other matters, both the United States and Japan remain locked in a symbiotic alliance from which both benefit. Neither side is anxious to see this situation change. As Miki stated, "In this journey for human survival, continuing Japanese-American amity and cooperation are a powerful and positive force in the world."

The prime minister, a realist, is well aware of the pressures that could build up for rearmament in his own country should the United States significantly shrink back on its remaining military role in Asia — specifically the very protection of the Japanese home isles and neighboring South Korea. All Asia would not welcome the likely consequences. As Miki declared in Washington: "A rearmed Japan, or a nuclear-armed Japan, would only create fear and instability among our neighbors."

But beyond the unique relationship between Washington and Tokyo the call for a growing new international cooperation in Asia bears watching. Both China and the U.S. are supporting the idea as a means of countering Soviet influence in Asia.

Now that the European Security Conference has stabilized Moscow's gains in the West, the new focus of Kremlin foreign policy may be some form of détente with the nations of Asia — excluding arch-rival China. Significantly enough, Kremlin foreign policy experts, the day after the Helsinki summit ended, renewed their call for an Asian security conference primarily designed to act as political leverage against Peking.

Meanwhile Japan continues her own course of seeking stability in Asia so that her vast economic power can be used to the fullest while she is shielded with America's nuclear umbrella.

But should that umbrella ever be removed, the reverberations throughout all of Asia could be thunderous. □

## Black Africa — No Light at the End of the Tunnel



PRESIDENT IDI AMIN of Uganda admires recently unveiled statue of himself in Kampala.

Africa — the Dark Continent — is showing few signs of emerging into the light. Plagued by political instability, poverty, illiteracy, inept and corrupt leaders, economic chaos, civil wars, and tribal rivalries, the nations of Black Africa, for the most part, are seemingly headed for economic and political oblivion.

Symptomatic of Africa's morass of problems was the twelfth annual summit meeting of the Organization of African Unity — a classic misnomer — held in early August in Kampala, Uganda. Hosted by Uganda's unpredictable President Idi ("Big Daddy") Amin Dada, the OAU confab was attended by an underwhelming 19 of a possible 46 OAU heads of state.

Three nations — Tanzania, Zambia, and Botswana — boycotted the gathering completely in protest of Amin's chairmanship of the meeting. Other heads of state sent lesser delegations because they feared possible overthrow should they themselves leave their capitals. Some who dared to attend — like President Mobutu of Zaïre — brought along as many as 300 people in their entourage, including all those who might have started a coup back home.

For the delegates who did show, Big Daddy Amin offered a full schedule of entertainments and exhibitions to occupy

their leisure moments — including staged pro-Amin demonstrations, bare-breasted dancers, a special OAU road rally, and an accordion concert with Amin himself beating the keys. And in Amin's most elaborate display, Uganda's air

force bombed an island in Lake Victoria. The island was renamed "Cape Town View" for the event to symbolically show how Amin — who has assumed the title of "Field Marshal" — would handle the white regimes

(Continued on page 4, col. 1)

## The Economy: Danger Signs Are Flying

Storm clouds are building up once again on America's economic horizon. A steady stream of price-increase announcements in basic commodities, such as steel, plastics, chemicals, and metals, has raised fears of renewed inflation.

Consumer prices have accelerated to a 14.4 annual inflation rate, the same as wholesale prices. The latest figures signal a possible return to double-digit price increases.

Because of the Russian grain purchases — which seem to grow bigger by the week — the fourth year in a row will now pass without any significant stockpiling of food. Government sources now admit that the grain sales will have a much greater impact on domestic food prices than originally expected. Complicating the picture is this summer's Midwest drought

which, when the growing season is finished, may approach the severity of last year's dry spell.

Perhaps the most disturbing fact of all is the extremely high rate of inflation that still persists at the end of the deepest recession since the 1930s. Administration officials are hoping for, at best, a 6% inflation rate by the end of 1975. Curiously enough, 6% was considered so high just a few years ago that when inflation reached that level, President Nixon declared a national emergency and ordered wage and price controls. In fact, since the late 1940s, the trend has been toward progressively higher inflation rates at the end of each recession: the economy, in effect, reacting with money like an addict reacts with heroin.

For the time being, the prospects for a new "high" are

## Spain After Franco: To Go the Way of Portugal?

The age and the frail health of Spanish leader Francisco Franco increasingly raise the issue of Spain's murky political future.

Some of the same rumblings that occurred in Portugal before the fall of the Caetano dictatorship are now being heard in Spain. Franco's grip on Spanish power is slowly waning. London's *Daily Telegraph* reports that more than 80 percent of Spain's political leaders now want him to leave office.

Significantly, there have been several reports of plans for a military coup d'état similar to the one which occurred in Portugal. *Triumph* magazine, a conservative Catholic organ with close ties to Spanish politics, disclosed such a plot in May. Supposedly, a prominent leader in the Catholic lay organization *Opus Dei*, Rafael Calvo Serer, had planned to lead an uprising in Madrid sometime in June. Communist leader Santiago Carrillo was also alleged to have been in on the operation. The coup did not come off, but it does lend credence to the reports of similar revolts which were circulated in January.

Spanish labor unions are now completely controlled by workers' commissions. Recent union elections produced sweeping victories for left-wing elements, a stunning defeat for Spain's labor establishment.



RARE candid closeup of Spain's ailing General Francisco Franco.

Many observers fear that Spain's long political isolation from the rest of democratic Western Europe has left it, like Portugal, vulnerable to a wide swing from right-wing to left-wing dictatorship. The absence of democracy in Spain, as in Portugal, has resulted in the communist party being the strongest, most organized opposition force — even though it is still officially outlawed.

Franco's designated successor, Prince Juan Carlos, is perceived as too conservative in the eyes of many among Spain's large monarchist bloc. His father, Don Juan, has recently asserted his right to the Spanish throne. As a consequence, the strong monarchist element in Spanish politics — a potential bulwark against a Marxist takeover — is badly split.

The danger in Spanish politics, fear British-based observers, is that Juan Carlos will be too weak to carry out gradual democratic reforms and instead will find himself engulfed in a communist bid for power or an extreme right-wing backlash.

Such a development would open up old wounds never really healed over from the Spanish Civil War of the 1930s. That bloody conflict was the result of the abdication of Alfonso XIII, the Marxist domination of the new republican government, and the consequent rightist backlash.

The same forces which battled each other in the 1930's are still around. The same lack of democratic stability still characterizes Spanish politics.

Spain — "the hammer of heretics, the sword of Rome, the light of Trent" — may soon find itself in a tumultuous rerun of its famous civil war: an event which could trigger ominous upheavals throughout western Europe. □

## Black Africa

(Continued from page 3)

of Rhodesia and South Africa.

While Amin entertained the OAU delegates, two somewhat more serious developments were being added to the already lengthy list of African woes: the overthrow of Nigerian leader General Yakubu Gowon and the beginnings of a bloody civil war in Angola.

In Nigeria, Black Africa's wealthiest nation, Brigadier General Muritala Rufai Mohammed ousted General Gowon, Nigeria's "gentle soldier," while the latter was in Kampala at the OAU summit. Gowon had enjoyed the reputation of being one of Africa's most honest and rational leaders. His fall, therefore, as noted by London's prestigious *Economist* magazine, "confirms the uneasy suspicion that large parts of the Africa which came to independence in the 1960s are incapable of orderly political transition."

Gowon was the fifth leader in Black Africa to be deposed in a military coup in the past 17 months. The other overthrows occurred in Niger, Ethiopia, Chad, and Madagascar. During the past 15 years — since the beginning of the wave of African independence movements in 1960 — over 35 military coups have occurred across Africa.

The incoming "soldier-rulers" have generally justified their takeovers on grounds of corruption, political repression or eco-



**BRIGADIER GENERAL Mohamed** addresses Nigerians following coup.

nomics mismanagement, but experience has shown that the new governments are usually as bad — if not worse — than those overthrown.

Orderly constitutional transfers of power have been a precious rarity. The pattern of coup and counter-coup appears to have become a more or less permanent feature of African politics.

As Gowon's successor was busy assuming the reins of power in Nigeria, a more bloody confrontation was under way in the Portuguese colony of Angola. With independence just two months away three rival Black nationalist movements — one backed by Moscow and the other two, in loose alliance, by Peking — engaged in a new round of fighting for control of

the mineral-rich country, following the breakdown of the eighth truce this year. Observers fear the fighting may grow into a protracted civil war, with ramifications being felt throughout west Africa.

Elsewhere, border disputes continue between Uganda and Tanzania, Upper Volta and Mali, Nigeria and Cameroon, and Ghana and Togo.

In Ethiopia, a secessionist war simmers in the province of Eritrea. In Chad, sporadic fighting continues between Arab northerners and African southerners. In southern Africa, a potential racial conflagration brews which could eventually bring Black African nations into a bloody military confrontation with Rhodesia and South Africa.

In short, no matter where one looks across Black Africa, there are nothing but "wars and rumors of war."

### Tribalism and Colonialism

In searching for the causes of Black Africa's myriad woes, many historians and political observers have cited the ill-considered carving up of the continent during the 19th century by European colonial powers — primarily France, Belgium, Britain, and Portugal. National borders were established with little thought to centuries-old tribal and ethnic boundaries.

Nigeria is a representative case. The nation is composed of three major tribes and over 200 diverse ethnic groups with differing religious practices and languages. In the latest coup, General Gowon, a Christian from the small Anga tribe in the middle of the country, was ousted by a northern Hausa Moslem. Since the political and ideological differences between Gowon and his successor are minor, tribal loyalties are believed to have played a major part in the coup.

The 1967 Biafran war of succession between the eastern Ibo tribe and Nigerian federal troops also grew out of tribal rivalries, as did the major civil war in the Congo in 1960.

In addition to the problems of intertribal coexistence, the difficulty of reconciling old traditions of tribal loyalties with modern concepts of nationhood has also been a source of conflict on the continent.

Coupled with the problems of widespread poverty, illiteracy, economic mismanagement, and inept leadership, the seemingly unresolvable problem of deep-seated tribal rivalries would appear to render future prospects for the continent little more promising than the dismal record of the past. □



## Worldwatch

by Gene H. Hogberg

### Sexual Revolution's Bitter Fruits

The tempest-in-a-teapot stirred up by Betty Ford, the First Lady, when she said she "wouldn't be surprised" if her 18-year-old daughter Susan — the nation's "First Teen-ager" — admitted to an affair, only underscores the mass transformation in moral values that has swept over America in the past two to three decades.

Within this time span, pornography has blossomed from a peek-a-boo, "sunbathing magazines" subculture into a multibillion-dollar industry whose standard-bearer "girlie slicks" far exceed many conventional magazines in both circulation and advertising revenue. "Adult" book stores, dispensing everything imaginable, and then some, to arouse every conceivable prurient interest, abound in nearly every city, having successfully contested and overwhelmed one municipal code after another.

Not to be outdone, the motion picture industry has moved so far beyond Clark Gable's first "damn" as to be almost unrecognizable. The distinctions between the rating codes — G, PG, R, and X — (and there should be an Rx for those that really make you sick) continually slide downward, in response to the liberalizing moral climate.

During this same general time frame, lost virginity finally caught up with the hypocritical double standard. The girl everyone whispered about 25 years ago is now the accepted norm. A recent poll of 100,000 women conducted by *Redbook* magazine, a leading women's journal, reveals that 90% of middle-class women surveyed under the age of 25 had engaged in premarital sex. The number of people who consider prenuptial relations wrong falls with every survey. The figure stands at 48%, according to a 1973 Gallup Poll, with 43% approving of such activity and apparently 9% unable to make up their mind. Four years previously, two thirds of those polled disapproved.

And recent surveys show that married women are also having more affairs than ever before, some estimates running as high as 40%.

Acceptance of homosexuality as an "alternate life-style" is the latest, though in context, logical, consequence of the sexual revolution. Barriers "discriminating" against homosexuality in government, business and even the military are falling. Anti-sodomy laws are being stricken from state statutes by lawyers defending the Gay Liberation movement. Across the United States, some 4,000 "gay bars" are in operation, catering not only to the homosexual minority but also to those in the "straight" community who consider that frequenting such establishments is "chic."

Divorce and its tragic impact on the family continues its steady rise. Several states have now instituted "no fault" divorce to make split-up proceedings less painful and less time-consuming.

But for the children affected by broken bonds, the situation is far from painless. According to psychologist Urie Bronfenbrenner, only one out of 14 children under six was brought up by one parent in 1948. By 1973, that proportion had doubled to one out of seven children. Dr. Bronfenbrenner is alarmed over what he terms "the high levels of family fragmentation" in the United States.

Overall, the fruits of the sexual revolution have not been good. Only a minority, it seems, have known how to rightfully use — in marriage — the profuse new knowledge about human sexuality.

In some ways, it is almost embarrassing for an American to visit some of the supposedly "godless, atheistic" societies of communist East Europe, as I have had the opportunity to do recently. In these countries one finds moral codes and standards that should be found at home: no pornography on the newsstands and in the bookstores, no "gay bars," and a much healthier family life as evidenced by the strolling young married couples one sees pushing baby carriages calmly along the thoroughfares of Prague, Moscow, Bucharest — even at night, unafraid of danger.

One finds "Christian" morality in the strangest of places. But as for all too many in America, "they boast that their sin is equal to the sin of Sodom; they are not even ashamed. What a catastrophe! They have doomed themselves" (Isaiah 3:9, *The Living Bible*).



"PLAN WHAT STRATEGY?"



AMERICAN B-52 bomber leaves Thailand for home as part of U.S. troop withdrawal.

## Death Knell for SEATO Sounded

MANILA: In a joint communiqué issued here at the conclusion of a recent four-day visit by Thailand's Premier Kukrit Pramoj, the Philippines and Thailand called for the phasing out of the Southeast Asia Treaty Organization (SEATO).

Ironically, the death knell of the organization was sounded at the very site of its birth 21 years ago this month. Formed at the initiative of the United States as a military hedge against the advances of communism, SEATO came into being here in September 1954 with the signing of the Manila Pact by the U.S., Britain, France, Pakistan, Australia, New Zealand, Thailand, and the Philippines. France and Pakistan later withdrew.

SEATO has been largely moribund for several years and has been frequently labeled a "paper tiger" by its critics. Its activities for the past several years have been primarily in the nonmilitary sphere.

"Reviewing the role of

SEATO," the communiqué read in part, "and noting that it has served its purpose commendably, the two leaders agreed in principle that the organization should be phased out to make it accord with the new realities" — a reference to the communist take-overs in Cambodia and South Vietnam.

No time limit was established for formally terminating the alliance.

The two leaders reaffirmed their views that foreign military bases in the region — meaning American installations — were "temporary in character." But they also noted the necessity of continuing "the good relations we have had with the great powers of the world."

American officials in Washington have indicated that the U.S. is willing to dissolve the SEATO alliance if the Philippines and Thailand wish to do so, but noted that the U.S. has not as yet received a formal proposal from either of the two

countries for dissolving the Manila Pact. Marcos and Pramoj also agreed during their talks that, with the demise of SEATO, the Association of Southeast Asian Nations (ASEAN) should be strengthened. ASEAN, a regional grouping formed in 1967 to foster economic and other types of nonmilitary cooperation, is composed of the Philippines, Thailand, Indonesia, Malaysia, and Singapore.

The demise of SEATO, coupled with the formal recognition of communist China by numerous Southeast Asian nations, has been interpreted by some observers as confirmation of the so-called domino theory that the fall of any country to communism will inevitably topple other neighboring non-communist states. But most observers believe it is too soon to judge whether these developments represent an irreversible trend toward communist domination of all Asia.

— Colin Adair

## ART BUCHWALD

### Down the Drain... (continued)

LONDON: No self-respecting American newspaperman can visit London without doing a "Is Britain going down the drain?" column. The English pound is being attacked, the miners are in revolt, the Labour government has lost control and the papers (when they are printed) scream "crisis," "shock," "strike," "protest."

The real problem for me is that I have been visiting Britain for 26 years, and every time I come here it's "going down, the drain."

The headlines are always the same, and if you believe them the entire country will be under water in two months.

An English friend of long-standing with whom I was sharing some strawberries at Wimbledon told me, "You know, we are going down the drain."

"You told me that 20 years ago," I reminded him.

"Oh, yes, but this time it's serious. We've lost the will to work, inflation is at an all-time high and there is going to be a very bad mango crop this year."

"But the restaurants are crowded, the hotels are full of tourists, the streets are packed with cars. How do you explain that?"

"All of you have come over here to watch us go down the drain."

"That's not true," I said defensively. "If there is one thing we don't want, it's for England to go down the drain. Where would our public television get its BBC documentaries if you went down the tube?"

"The drain — not the tube," he cautioned me. "You must take my word for it. It's hope-

less. Even Prime Minister Harold Wilson can't save us."

"I can't believe that. Wilson seems to have the situation in hand. And don't forget you now have oil in the North Sea."

"But we can't get it out in time. Our major fear is that as we sink down we'll meet the oil coming up and we'll drown in our own petrol."

"Yet if what you say is true, why are there so many Arab sheiks in London now?"

"They're here to take out their money just before we go down the drain. Every time things get bad they come here to sell their pounds, and that weakens our money which makes it easier for us to go down the you-know-where. Besides, they can do other things in London that they can't do at home."

"Like what?" I asked him.

"Watch the British Open Golf Tournament on television."

"I forgot about that. I notice that for the first time the British are not blaming the Americans for going down the drain. Why is that?"

"We've got the Common Market to blame now. It's much more fun to blame the French for our troubles than the Yanks. But we are very upset with your Eric Sevareid."

"Why is that?" I said.

"He did a broadcast in America in which he said England was sleepwalking toward oblivion. He compared us to the Titanic, drinking and laughing as we were heading toward the iceberg. I don't think that was very nice — do you?"

"But you more or less have just told me the same thing."

"I know. It's one thing for the British to say we're going down the drain. But it's an entirely different matter for an American to point it out to the rest of the world. After all, it is our drain."

© 1975, Los Angeles Times

## INDEPENDENT MOZAMBIQUE FACES AFRICAN REALITIES

SALISBURY, Rhodesia: On June 25, after more than five centuries of Portuguese colonial rule, the southeast African territory of Mozambique reverted to black rule as the independent "People's Republic of Mozambique." Samora Machel, long-time leader of the anti-Portuguese guerrilla organization FRELIMO — the Front for the Liberation of Mozambique — assumed the reins of power as the new nation's first president.

Machel and the new militant leadership of Mozambique

have pledged to pursue a rigid Marxist path for their primarily agricultural nation of 7.3 million people. They have reaffirmed their support of "liberation" movements in the neighboring white-ruled nations of Rhodesia and South Africa and have indicated the possible application of economic sanctions against those nations.

The realities of economics, however, may dampen the new regime's ideological ardor. Mozambique's wobbly economy is heavily dependent on the pow-

erful South African industrial machine and on transit traffic to and from Rhodesia.

About 85% of landlocked Rhodesia's trade has been flowing through Mozambique's ports of Lourenço Marques and Beira — providing Mozambique with considerable amounts of needed foreign currency. For FRELIMO to stop this traffic would deliver a strong blow to Rhodesia — already suffering under an economic blockade — but it would also create serious economic problems for Mozambique, unless she is compensated by sympathetic black African nations for the resultant loss of revenue.

Another consideration for the

new rulers of Mozambique is the fact that more than 75% of her foreign exchange earnings comes from South Africa. Of primary importance in this regard are the 100,000 Mozambicans who are employed in South African gold mines, sending home wages in gold totaling nearly \$120 million a year. The return home of the Mozambican mine workers would not only deprive Mozambique of valuable foreign exchange, but would also rocket unemployment in southern Mozambique to intolerable levels.

Finally, Mozambique's giant new Cabora Bassa hydro-electric dam on the Zambezi River is slated to transmit some 80%

of its electrical output to South Africa — meaning additional millions of dollars of precious foreign exchange for Mozambique. It is believed, consequently, that Mozambique will honor its contract with South Africa despite its dislike of her racial policies.

All factors considered, many believe that Mozambique will be forced by circumstances to pursue a more moderate policy toward the white south than FRELIMO's unrestrained ideological enthusiasm would otherwise dictate. But on the unpredictable African continent, national policies haven't always been tempered by reality.

— Melvin Rhodes

**"T**he child in the woman's arms had a stomach hanging out like a plastic bag full of water. The child's skin was drawn tight around its forehead and its eyes were recessed. The mother forced her way through the guides and beat on the car window. She desperately yelled in halting English, 'My baby...dying'...hungry.'

"We had been told specifically not to give anyone anything or else we could cause a riot. I was shocked beyond description. I'll never forget that child...."

These were the impressions of Mr. Thurman Gaskill, an Iowa farmer, after a trip to India.

Mr. Gaskill then went on to attend the World Food Conference in Rome last November where representatives from over a hundred nations gathered to assess the world food problem and hopefully to come up with some solutions.

**North America — the Only Hope?**

"The only immediate hope for 700 million people around the globe who face starvation lies in the granaries of the U.S. and Canada.

"This is the one clear-cut conclusion that can be drawn when you strip away all the window dressing at the World Food Conference here in Rome..." ("As Famine Spreads — What's to Be Done," *U.S. News and World Report*, November 18, 1974, p. 87).

Because of the humanitarian proclivities of the North American people, a tremendous amount of food and fiber has already been made available or given to needy countries annually. Between the years of 1965 and 1972, the U.S. gave a staggering 84% of all world food aid. All other countries worldwide gave only 16%. This is certainly a commendable tribute to the American farmer and the American people.

But can the U.S. and Canada feed the world?

A recent report stated there is now a food crisis in 40 nations around this world. At the time the report was written, food grain stocks had dwindled to 90 million tons — just enough to last 26 days at present rates of consumption. This is the lowest point in two decades, and it was estimated that within a few months it would be down to a one-week food reserve.

The United States and Canada don't presently have that problem. They have been blessed with food supplies that will last considerably longer. But in other parts of the world, literally hundreds of thousands of people have died from malnutrition and starvation since the World Food Conference. What are the real causes?

**Agriculture in History**

History shows that agriculture is the backbone of a nation. The valleys of the Tigris and Euphrates supported some of the highest of ancient civilizations, but today the barren landscape there is dotted with mounds representing forgotten cultures; the ancient irrigation works are filled with silt, and the ancient seaport of Ur is now 150 miles from the sea, with its old buildings buried under as much as 35 feet of silt.

# STARVATION OR PLENTY?

by Dale L. Schurter

The same soil degeneration is evident in Central and South America. As Dr. Lamont Cole explained, "Archaeologists have long wondered how the Mayas managed to support what was obviously a high civilization on the now-unproductive soils of Guatemala and Yucatan. Evidently they exploited their land as intensively as possible until both its fertility and their civilization collapsed."

Before the fall of the Western Roman Empire in A.D. 476, the agricultural regions of Italy were severely depopulated. Disease epidemics took a heavy toll, and the exhausted, eroded soil was unable to yield enough return to bear the terrific weight of imperial taxation.

History demonstrates that as agriculture goes, so goes the nation.

**Food vs. Population**

In the past 300 years population has increased from 500,000,000 to just over 4 billion people. At the present rate of increase (2.0 percent per year), the world population doubles in only 35 years. With a present population of about 4.0 billion (1975), this extrapolates to a population of 32 billion by 2080. "For a population of this size to be fed at the same inadequate level as that of today will require a corresponding eightfold increase in food production" ("Food," *Readings from Scientific American*, 1973, p. 183).

The United Nations Food and Agriculture Organization says that all the best lands are already being farmed in the world today. Only marginal land that is more subject to erosion is left on which to expand production.

Another report says that intensification by using larger amounts of fertilizer, pesticides, water, and farm machinery per acre of cropland is the only way we can have any significant increase in production. Thus the only real food reserves lie squarely with the productive capacity of farmers.

Simultaneously, according to an exhaustive computer study, "The Limits to Growth," nearly half of all arable land available for agriculture will be consumed by urban-industrial growth before the year 2050.

"Will we be able to feed all of those people?"

"The answer is NO — not with today's

farming practices as they are still being carried out in much of the world. Not with the lack of agricultural research in the developing countries. Not with today's lack of incentive for farmers in many nations. Not with today's supplies of fertilizers. Not with today's supplies of fuel. Not with today's storage and distribution methods" (from an address by Secretary of Agriculture Earl L. Butz at Expo '74 in Spokane, Washington, October 5, 1974).

**Weather: The Wild Card**

It is acknowledged the world over that the major limiting factor governing food and fiber production, overshadowing all others, is the WEATHER. Headlines read: "Old Man Weather Vents His Anger," "Rains Do Little for Late Season Crops," "Abnormal Weather," "Bad Weather," "Drought," "Heat Waves," "Hail," "Killing Frost," "Million Acre Flood..."

"All it will take is normal weather," says one report, but "the new weather report is unfavorable to crops."

U.S. Weather Bureau records indicate a pattern of "wet and dry" weather that seems to follow a 20-year cycle. Many Americans can remember the drought of the 30's and the dry 50's.

Now in the 1970's many parts of the world are again experiencing the expansion of dry areas causing drought and the concentration of rain in other areas causing floods. Adverse weather seems to be reported from everywhere. To be able to control the weather, then, would be an important place to begin in altering the cause of food shortages.

**The Key to Weather Control**

The Creator God revealed knowledge of his laws to the ancient Israelites. The laws he gave Israel were designed to produce happiness, peace of mind and the abundant life. These laws can provide a foundation for ALL knowledge, including agriculture. Notice what God said would happen to the Israelites if they obeyed him:

"If ye walk in my statutes, and keep my commandments, and do them; then I will give you rain in due season, and the land shall yield her increase, and the trees of the field shall yield their fruit. And your threshing shall reach unto the vintage,

and the vintage shall reach unto the sowing time: and ye shall eat your bread to the full, and dwell in your land safely" (Leviticus 26:3-5).

Now let's further see what God said would befall the Israelites if they disobeyed him and broke the covenant they had made with him:

"But if you will not hearken unto me, and will not do all these commandments; and if ye shall despise my statutes, or if your soul abhor my judgments, so that ye will not do all my commandments, but that ye break my covenant... I will break the pride of your power; and I will make your heaven as iron, and your earth as brass; and your strength shall be spent in vain: for your land shall not yield her increase, neither shall the trees of the land yield their fruits" (Leviticus 26:14, 15, 19, 20).

Looking at some of today's weather and agricultural news, one might wonder if some modern peoples are suffering from a similar curse. But if we Americans as a people, in one city or another or in one farming area or another, are obeying God's laws, God can give us rain in due season. God is a great, omnipotent God, and he has the power to prosper his servants. He declared to the Israelites:

"I caused it to rain upon one city, and caused it not to rain upon another city: one piece was rained upon, and the piece whereupon it rained not withered.... I have smitten you with blasting and mildew: when your gardens and your vineyards and your fig trees and your olive trees increased, the palmerworm devoured them: yet have ye not returned unto me, saith the Lord" (Amos 4:7, 9).

**Abundance Worldwide**

Someday, God's blessing of agricultural prosperity will be a reality. Notice the words of Amos:

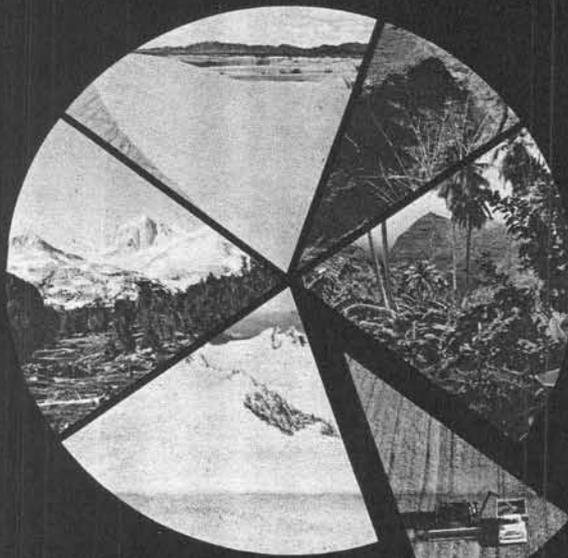
"Behold, the days come, saith the Lord, that the plowman shall overtake the reaper, and the treader of grapes him that soweth seed; and the mountains shall drop sweet wine, and all the hills shall melt.... and they [Israel] shall plant vineyards, and drink the wine thereof; they shall also make gardens, and eat the fruit of them" (Amos 9:13-14).

But until the causes of the curses that mankind is suffering from are corrected, upset weather, disease problems, malnutrition, hunger and starvation are going to grow steadily worse. However we, individually, can do something today in our lives, in our families, and in our communities — if we will. We can begin to obey God and return to him, but he won't force us to. He wants us to obey his laws as much as he wanted ancient Israel to. Read about God's merciful attitude toward the Israelites:

"Return unto me, and I will return unto you, saith the Lord of hosts.... And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field..." (Mal. 3:7, 11).

Personal action can be taken on the land which each of us controls. For further information about what you can do now, write Ambassador College Agriculture, P.O. Box 111, Big Sandy, Texas, 75755. □

# WORLD CRISIS IN AGRICULTURE—



and only 10%  
of Earth's land surface  
is under cultivation.

The 1974 Rome World Food Conference simply verified what people already knew — the few "have" nations again must feed the "have-nots." But how much will it take? For how long? And with what? No one is sure.

Find the answers in the free booklet *World Crisis in Agriculture*. Researched by the Ambassador College Agricultural Research Department, the booklet examines farming's biggest questions — quantity and quality, economics and the government.

Request your free booklet *World Crisis in Agriculture*.

**Call 800-423-4444\* toll-free for your free booklet**

\*California, Hawaii and Alaska call (213)-577-5225



P155

**plain truth** Pasadena, CA. 91123

Please send me the free booklet, *WORLD CRISIS IN AGRICULTURE*.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

If you are a *Plain Truth* subscriber, please enter subscription number from your *Plain Truth* mailing label.

--	--	--	--	--	--	--	--	--	--

## orchids & onions

### letters

#### GTA Speaks Out ... on Hollywood

This one's an orchid with a great big "RIGHT ON!" to Ted Armstrong for speaking out against "The Spirit of Hollywood," also to Garry Haggerty for the accompanying artwork . . . .

These were the first negative comments I had come across about the movie "Jaws" (even the conservative *Christian Science Monitor* gave it a positive review). I personally had no desire to even get close to a film depicting women and children being torn to shreds by a shark. When movies like "Jaws," "Tommy," "Godfather II" and "The Exorcist" (now returning for a second run) are the box office smashes and Academy Award winners, we can be sure that our society is bordering on insanity, if not there already . . . .

Please keep laying it on the line!  
Edward Storick,  
Pasadena, CA

As a reader of *Plain Truth* for many years, let me express my thanks and deep appreciation for your timely and important article, "The Spirit of Hollywood" . . . . You brought out the situation so clearly that it deserves to be reprinted in all the newspapers, starting with the *New York Times*, the *Washington Post*, and every city and town all over the country.

The problem that you touched on is a serious and painful thing, one that endangers our entire culture, our literature, our theater, and everything that is connected with our spiritual life. . . .

W. Stein,  
Madison, WI

#### ... On Ford's Slip

Regarding the June 21, 1975 issue, Garner Ted Armstrong Speaks Out! "Press Stumbles Over Mr. Ford's Slip." When I saw President Ford on TV stumble and fall as he stepped off the ramp at the airport in Europe, at first I just cringed; I could almost feel his embarrassment. Then, I had the notion that maybe this incident had a humbling effect that might have been needed at a time such as this. I can only imagine what thoughts and "delusions of grandeur" must go through a man's mind as he is received in such honor and greeted with such opulence. His office is "towering" as you put it; however, an "office" is merely an abstract entity and it is hard to honor an intangible. But, most of all, a man is just a man, and we all must know the truth about ourselves, lest we be deceived by worldly trappings; sometimes pride really does come before a fall.

K. Jones,  
Dallas, TX

Just thought your most recent article on our stumbling (crumbling) press was a classic in expertise. The subject is quite fitting, presentation was perfect and conclusions were even lenient! They have no "honor for the King" and think only of "doing to others what they wouldn't think of allowing for themselves." A pat on the back.

R. Lairds,  
Vista, CA

In your June 21, 1975 issue of *Plain Truth*, Garner Ted Armstrong has written an article entitled, "Press Stumbles Over Mr. Ford's Slip."

It appears to me that Mr. Armstrong is much more upset over the incident than Mr. Ford is himself. . . .

When someone commented on the incident later to Mr. Ford, he in his usual way made a joking remark about it. In my eyes, that made him a much bigger person.

It would be well for us to keep our sense of humor.

Mrs. Marjorie Dietrich,  
Amsterdam, NJ

#### On Homosexuality

As a homosexual, not by choice, I assure you I found the article on page 11 of the July 12th issue to be extremely offensive. You would do well to consult physicians and psychiatrists to determine if most homosexuals are so by choice. . . .

Richard H.,  
Asbury Park, NJ

I am not now, never had been, and never plan to be a homosexual. Nor am I part of the new morality acceptance of it. But I do believe your article could have been written with a deeper level of understanding.

Homosexuality and lesbianism, as you might agree, is a serious type of mental illness, which is difficult to correct. But by labelling it as a "degenerative perversion," as you did in the article, I can see several reactions that people might have to it, none of them good or helpful.

Homosexuals with guilt feelings already present could become even more guilt-laden, thus weighing down their ability to recover in a healthy fashion.

James B. R.,  
Falls Church, VA

#### J. G. Calander's Satire

I would like to ask you what was meant by the article, "Nudity in Church." Why was it in the paper? Was it intended to be satirical? If it was to be satirical, it wasn't pulled off as clearly as it should have been. Please let me have a reply from you.

Ron Goodenough,  
Austin, TX

• Yes, the article was a satire. We're sorry that a few irate readers misunderstood it. Mr. Calander will try to write "straight from the shoulder" from now on. We apologize — that good enough for you, Ron?

The article on "Nudity in Church" started out to be misleading. But Mr. Calander is a master of deception — leading us on until he really shows what he means — hurrah for the man!

Keep printing the magazine. I love it!  
Dave McPeak,  
Newark, OH

Please take my name off your mailing list. I did not approve of the article by J. G. Calander, "Nudity in Church," especially the part, "The Bible is, after all a pretty sexy book, in places. The key is to pick the right places — and ignore the rest." I do not approve of "ignoring the rest."

Diane Jacobson,  
Edina, MN



Courtesy Biofeedback Research Institute

## Relaxing Your Way to BETTER HEALTH

by Carole Ritter

The term "psychosomatic illness" conjures up visions of fleeting aches and pains the doctor can't diagnose, people who call in sick on Monday morning, and the hypochondriac who had his tombstone inscribed, "I told you I was sick."

But contrary to this popular image, a psychosomatic illness is *not* "all in your head." In fact, you can die just as dead from a psychosomatic illness as the other kind. And in reality, the "other kind" of illness may be extremely rare.

Psychosomatic (or as one author termed it, "emotionally induced") illness probably accounts for over 50% of all cases doctors see. Some estimate that as much as 90% of all illness is precipitated by unhealthy emotions. So, far from being a figment of some hypochondriac's imagination, emotionally induced illness is something we all suffer from at one time or another.

Thousands of years ago King Solo-

mon wrote that "a broken spirit dries up the bones." Even the Bible recognizes the link between what goes on in our heads and the condition of our bodies.

### "Gut Feelings"

Research scientists have discovered that *stress* (defined as wear and tear on the body produced by any activity) can be produced by feelings and emotions.

How does this happen? Experiments have shown that every emotion automatically produces certain *physical* changes in our bodies.

One dramatic example of this was a man who had a surgical opening made in his stomach following an accident. This made it possible for doctors to observe the changes that occurred under different circumstances. When he was upset, "his stomach became red and engorged, and soon the folds were thick and turgid. Acid production accelerated sharply and vigorous contractions be-

gan" (*Effective Psychology for Managers*, Mortimer Feinberg, p. 92).

How do such dramatic changes come about? Here is how scientists explain it: "Whenever you are in a situation of threat, your body prepares to flee or to fight. In moments of peril everything gets into the act. First, messages from your eyes or ears get carried to the pituitary gland located at the base of the brain. [It] secretes a substance known as ACTH into the bloodstream. ACTH triggers the adrenal glands, located above the kidneys, which further secrete . . . cortisone. Then everything within the body pops. The heart beats rapidly. Muscles of the stomach and intestines contract, forcing the blood to circulate faster. Breathing speeds up. You are ready for the enemy" (*ibid.*, p. 91).

If the provocation is minor — if it's not necessary to fight — then the body undergoes this stress for no good rea-

son. You can't punch your boss in the nose for criticizing your work, so you suffer quietly while your stomach ulcerates.

After being battered by enough negative emotions, the body breaks down at its weakest point and illness results. The list of diseases directly brought on by emotions is seemingly endless. Everything from colds to cancer has been attributed to mentally induced stress. And in between in seriousness are such maladies as arthritis, asthma, fatigue, hay fever, headaches, high cholesterol, heart attacks and circulatory disorders, hypertension, hives, insomnia, and ulcers.

Your mind can make you ill. But the reverse is also true. As Solomon wrote: "A merry heart doeth good like a medicine," and "A tranquil mind gives life to the flesh."

Just as negative emotions can wear the body down, positive feelings can

**SUBJECT** at Biofeedback Research Institute, Los Angeles, achieving deep relaxation by monitoring and learning to control brain waves, muscle tension, body temperature, and galvanic skin response (emotional level) using biofeedback training instruments.

build it up. And we now know that people have a lot more control over the way their bodies function than was previously thought possible.

**Mind Over Matter?**

The link between mind and body has been intensively explored in recent years. One resulting field of study is called *biofeedback*, which has given us new insights into how the human body functions.

But just what is biofeedback? Dr. Marvin Karllins explains it this way: "It is simply a particular kind of feedback — feedback from different parts of our body: the brain, the heart, the circulatory system, the different muscle groups and so on. Biofeedback training is the procedure that allows us to tune into our bodily functions, and, eventually, to control them" (*Biofeedback*, Karllins and Andrews, p. 24).

How does it work? "In a typical biofeedback training session a subject is given this feedback by hooking up with equipment that can amplify one or a number of his body signals and translate them into readily observable signals: a flashing light, the movement of a needle, a steady tone, the squiggle of a pen. Once a person can 'see' his heartbeats or 'hear' his brain waves, he has the information he needs to begin controlling them" (*ibid.*, p. 24-25).

Before biofeedback, it was believed that the autonomic nervous system (controlling breathing, heartbeat, and other automatic functions) couldn't be consciously controlled. But research has proven this wrong.

Patients have taught themselves to lower their blood pressure, increase poor circulation to their extremities, prevent migraine headaches, and overcome insomnia through experimental training.

In other words, they have cured themselves of various conditions formerly thought beyond their control.

But do-it-yourself cures are nothing really new. They've been happening for years. Before modern pharmacology had developed to its present level, doctors relied heavily on *placebos*, or harmless sugar pills. They dispensed these to treat various ailments for which they had no specifically effective medicine. Just like the natives who trusted their local jungle witch doctor, these "civilized" patients got satisfactory relief over 50% of the time!

The *placebos*' healing effect was not due to some mystical faith in the doctor or even willpower. Rather the patients were exercising a certain amount of voluntary mental control over their health. *Placebos* seemed to reinforce a positive attitude in the patient that he would recover quickly. This emotion or feeling of well-being in turn stimulated the body to produce hormones conducive to repairing disease-caused damage.

**Life, Liberty and Longevity**

How can we translate these findings into practical ways to prolong life and avoid illness?

The book of Proverbs shows that what doctors and scientists refer to as a "positive mental attitude" can go a long way toward making one's life long and pleasant (see accompanying box). This isn't just an ancient philosopher's opinion, either. Dr. Hans Selye, Director of the Institute of Experimental Medicine and Surgery at the University of Montreal and author of a number of books on stress, said virtually the same thing in the following quotation:

"There exists a close relationship between work, stress and aging. Aging results from the sum of all the stresses to which the body has been exposed during a lifetime. Each period of stress — especially if it derives from frustrating, unsuccessful struggles — leaves some irreversible chemical scars, which accumulate to constitute the signs of tissue aging. But *successful activity, no matter how intense, leaves you with comparatively few such scars.* On the contrary, it provides you with the exhilarating feeling of youthful strength, even at a very advanced age. Work wears you out mainly through the frustration of failure. Many of the eminent among the hard workers in almost any field have lived a long life . . . well into their seventies, eighties or even late nineties. They lived . . . a life of constant leisure by always doing what they like to do" (*Stress Without Distress*, Dr. Hans Selye, p. 96).

Notice how Dr. Selye's words parallel the advice of King Solomon in the book of Ecclesiastes: "Go, eat your bread with enjoyment, and drink your wine with a merry heart. . . . Let your garments be always white; let not oil be lacking on your head. Enjoy life with the wife whom you love, all the days of your vain life . . . because that is your portion in life and in your toil at which you toil under the sun. Whatever your hand finds to do, do it with your might . . ." (Eccl. 9:7-10, RSV).

But very few of us find ourselves doing something we really enjoy "with our might." Dr. Selye agrees and adds that: "Few people belong to this group of the creative elite; admittedly, their success in meeting the challenge of stress cannot serve as a basis for a general code of behavior. But you can live long and happily by working hard along more modest lines if you have found the proper job and are reasonably successful at it" (*Stress Without Distress*, pp. 96-97).

**Health and Hope**

Occupying one's life with enjoyable activities is important, but in order to do so one has to be in control of his life. If he isn't, trouble is ahead in the form of depression and resulting disease.

Dr. Martin E. P. Seligman stated, "I believe that depression, the common cold of psychopathology, is really the belief in one's own helplessness. In psychological postmortems of 26 sudden, unexpected deaths among Eastman Kodak employees, depression was the dominant state of mind. When these depressed persons became anxious or

angry, they had heart attacks" (*Catholic Digest*, December 1974, pp. 95-96).

Dr. Seligman emphasized the beneficial effects of learning to *hope*, versus the helplessness caused by the feeling of loss of control over one's life: "I do not know what physiological mechanism is at work, but mounting evidence indicates that being placed in a helpless situation and reacting with passivity increases the risk of death, for human beings as well as animals" (*Psychology Today*, May 1974, p. 80).

Here is where belief — faith and hope — enter the picture. If a person can make scriptures like Romans 8:28-31 ("We know that all things work together for good to them that love God. . . . If God be for us, who can be against us?") a part of his life, he will be

much less likely to become depressed, ill, or to die from the effects of hopelessness.

The Bible is filled with information on how to maintain a hopeful, happy, tranquil mind. But one of the best summaries is found in Philippians 4:4-8: "Rejoice in the Lord always; again I will say, Rejoice. . . . Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things" (RSV). □

**Proverbs on Tension**

The book of Proverbs has a lot to say about the connection between emotions and health. Below are excerpts from Proverbs on this subject, quoted from the Revised Standard Version.

- My son . . . let your heart keep my commandments; for length of days and years of life and abundant welfare will they give you (3:1-2).
- Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones (3:7-8).
- The fear of the Lord prolongs life, but the years of the wicked will be short (10:27).
- A man who is kind benefits himself, but a cruel man hurts himself (11:17).
- There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing (12:18).
- Anxiety in a man's heart weighs him down, but a good word makes him glad (12:25).
- Hope deferred makes the heart sick, but a desire fulfilled is a tree of life (13:12).
- A tranquil mind gives life to the flesh, but passion (KJV: envy) makes the bones rot (14:30).
- Better is a dinner of herbs where love is than a fatted ox and hatred with it (15:17).
- The light of the eyes rejoices the heart, and good news refreshes the bones (15:30).
- Pleasant words are like a honeycomb, sweetness to the soul and health to the body (16:24).
- Better is a dry morsel with quiet than a house full of feasting with strife (17:1).
- A cheerful heart is a good medicine, but a downcast spirit dries up the bones (17:22).
- A man's spirit will endure sickness; but a broken spirit who can bear? (18:14).
- A man without self-control is like a city broken into and left without walls (25:28).

**The Holmes Stress Scale**

Psychiatrist Thomas H. Holmes of the University of Washington School of Medicine has developed a scale to measure the relative stress induced by various changes in a person's life. The amount of stress is measured on a point scale of 200 "life-change units." Studies by Dr. Holmes and his associates show that if you accumulate more than 200 units in a single year your life has probably been disrupted enough to make you vulnerable to illness.

Event	Scale of Impact
Death of spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of close family member	63
Personal injury or illness	53
Marriage	50
Fired at work	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sex difficulties	39
Gain of new family member	39
Business readjustment	39
Change in financial state	38
Death of close friend	37
Change to different line of work	36
Change in number of arguments with spouse	35
Mortgage over \$10,000	31
Foreclosure of mortgage or loan	30
Change in responsibilities at work	29
Son or daughter leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Wife begins or stops work	26
Begin or end school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in work hours or conditions	20
Change in residence	20
Change in schools	20
Change in recreation	19
Change in church activities	19
Change in social activities	18
Mortgage or loan less than \$10,000	17
Change in sleeping habits	16
Change in number of family get-togethers	15
Change in eating habits	15
Vacation	13
Christmas	12
Minor violation of the law	11

# The INCREDIBLE HUMAN POTENTIAL...

## The Missing Dimension in Knowledge

by Herbert W. Armstrong

### Part VII

**F**EW PEOPLE indeed know *what* a human being really *IS*. Few know *HOW* we came to be here on the earth, *WHETHER* we were put here for a *PURPOSE*, *WHERE* we are going, or *WHAT* is the *WAY*!

In preceding installments I have shown what caused God to create MAN and put him here on the earth, the true *PURPOSE* for human life, the breathing *AWESOME* human potential, and *HOW* God planned to actually *REPRODUCE HIMSELF* by a reproductive process out of earthly material substance.

Even a human manufacturer sends along with the instrument or device he manufactures an *INSTRUCTION BOOKLET* describing what his product is intended to do with full directions for accomplishing its purpose. The most perfect mechanism ever designed and made is the marvelous mind and body that is *MAN*. It is only natural that our Maker did send along His *INSTRUCTION BOOK* — revealing for our good what we *ARE*, *WHY* we are, *WHERE* we are going, and what is *the way*. Yet man has made this the most *MISUNDERSTOOD*, *MISINTERPRETED* and *MALIGNED* book that ever came into human hands.

Nevertheless, the *MISSING DIMENSION IN KNOWLEDGE* is all there revealed. The incredible *HUMAN POTENTIAL* is there revealed and made plain — if *MAN* would only read it — and *BELIEVE WHAT IT SAYS!*

That is our source book. It covers pre-history, history, instruction for the present, and prophecy revealing the future.

It reveals, as we have shown in preceding installments, that originally from eternity, there existed *GOD* and with Him there coexisted, also from eternity, "*THE WORD*," a second *PERSON* who also is *GOD*. *GOD* created all things by and through the coexisting *SPIRIT BEING* called "*THE WORD*" (John 1:1-4).

In Genesis 1:1, the Hebrew word which Moses wrote, translated "*GOD*," is *Elohim*, a uniplural name meaning *ONE GOD* who is composed of *more than one person*. In other words, a *divine FAMILY*, of which the *GOD* mentioned in John 1:1 is *HEAD*.

We have seen how the Bible reveals that *GOD* first created angels — also spirit beings composed of spirit, though lesser beings than *GOD*, and lacking in creative power.

Next, *GOD* created — brought into existence — the physical universe, including the earth. At earth's creation, a third of the angels were placed here. They were put under rule of the *GOVERNMENT OF GOD*, administered by the great archangel Lucifer, a cherub. Under the *GOVERNMENT OF GOD* the earth was filled with wonderful *PEACE*, *HAPPINESS* and *JOY*. But ultimately Lucifer led his angels into rebellion. The *GOVERNMENT OF GOD* was rejected, no longer

***HOW could the great God, who is spirit, reproduce Himself out of PHYSICAL MATTER? And why the vast superiority of human MIND over animal brain?***

enforced. The earth as a result became waste and empty, in confusion and utter darkness.

Then in six days *GOD* renewed the face of the earth. During this "creation week" of Genesis 1, *GOD* formed the first life forms that reproduced themselves — the flora, plant life. In plant life there was simple reproduction, without consciousness — no brain.

Next *GOD* created the fauna — animal life on earth, in which He placed *BRAIN*, with a limited consciousness, yet without the thinking, reasoning, decision-making process, and without ethical, moral or spiritual capabilities.

Finally came the creation of *MAN* — created in *GOD's* own image and likeness — form and shape — but composed of *PHYSICAL MATTER* from the earth. *MAN*, to be born ultimately into the very *GOD FAMILY*, was designed to have *GODLY*-type *MIND* — ability to think, to reason, to make choices and decisions, capable of forming ethical, moral and spiritual attitudes.

*GOD's* *PURPOSE* in creating man is to reproduce Himself — with such perfect spiritual CHARACTER as ONLY *GOD* possesses — who WILL NOT and therefore CANNOT EVER SIN (1 John 3:9).

Such perfect spiritual and holy character cannot be created by fiat. It must be *DEVELOPED*, and that requires *TIME* and *EXPERIENCE*.

Such character is the ability in a single entity to come to comprehend and distinguish the true values from the false, the right way from the wrong, to choose the right and reject the wrong, and, with power of *WILL*, to *DO* the right and resist the evil.

Animals are equipped with *BRAIN* and instinct. But they do not have power to understand and choose moral and spiritual values or to develop perfect spiritual CHARACTER. Animals have *BRAIN*, but no intellect — instinct, but no ability to develop *HOLY* and *GODLY* CHARACTER.

And that pictures the transcendental DIFFERENCE between animal *BRAIN* and human *MIND*.

BUT WHAT CAUSES that vast difference?

There is virtually no difference in design, shape, and construction between animal brain and human brain. The brains of elephants, whales, and dolphins are larger than human brain, and the chimp's brain is slightly smaller. Qualitatively the human brain may be very slightly superior, but not enough to remotely account for the difference in output.

What, then, can account for the vast difference? Science cannot adequately

answer. One scientist, earning his Ph.D. in the new science of brain research, concluded that, of necessity, there has to be some nonphysical component in human brain that does not exist in animal brain. But most scientists will not admit the possibility of the existence of the nonphysical.

What other explanation is there? Actually, outside of the very slight degree of physical superiority of human brain, science has NO explanation, due to unwillingness to concede even the possibility of the spiritual.

When man refuses to admit even the very existence of his own Maker, he shuts out of his mind vast oceans of basic true knowledge, fact, and *UNDERSTANDING*. When he substitutes *FABLE* for truth, he is, of all men, MOST *IGNORANT*, though he professes himself to be wise.

When man, in the name of science, denies his Maker, he blinds his mind to what he is, why he is, where he is going, and what is *THE WAY!* No wonder this world is filled with evils! There has to be a *CAUSE* for every effect!

But when our minds are opened to the knowledge of our *GOD* and His purposes, then we have glorious access to the *MISSING DIMENSION OF KNOWLEDGE*: the very knowledge that *GOD* is the *divine FAMILY* — that *GOD* is *REPRODUCING HIMSELF* — that He is using *MATTER* in the process, and that He opens our understanding to vast vistas of new knowledge.

So now CONSIDER. *GOD* is composed of *SPIRIT*. *GOD* is *CREATOR*, *DESIGNER*, *RULER*, *EDUCATOR*. *GOD* has *SUPREME MIND*. He *IS* the *PERFECT HOLY AND RIGHTEOUS CHARACTER!*

But He is using material substance from this physical earth with which to *REPRODUCE HIMSELF*. Out of physical *EARTH* He has formed *MAN* in *GOD's* image and likeness (form and shape).

But if man is to *BECOME GOD*, in the process of *GOD* reproducing Himself, then the *CHARACTER* that is to be built in us MUST emanate from *GOD* — and the *SPIRIT LIFE* that is to be ours also must emanate from *GOD*.

In other words, *GOD* has had to plan to *bridge the gap* between *MATTER* (of which *MAN* is now wholly composed) and *SPIRIT* (which *GOD* now is, and man must become). *Matter* is *NOT* spirit — cannot be converted into spirit. *HOW*, then, can *GOD* change mortal material *MAN* into immortal, spirit-composed *GOD*?

*MAN* is composed *wholly* of *MATTER*. *GOD* says: "And the *ETERNAL GOD* formed man of the dust of the ground, and breathed into his nostrils the breath

of life; and man became a living soul" (Gen. 2:7). *MAN* was made out of the dust of the ground. He receives his temporary human life from air, breathed in and out of his nostrils. His *life* is in the blood (Gen. 9:4, 6). But the lifeblood is oxidized by breathing air, even as gasoline in the carburetor of an automobile. Therefore breath is the "breath of life" even as the life is in the blood.

Notice carefully that *MAN*, made wholly of matter, *BECAME a living soul* as soon as the *BREATH* gave him his temporary physical life. The scripture does NOT say "immortal" soul. *MAN* does not have an "immortal" soul. He *IS* a soul as soon as physical *LIFE* enters him.

The Hebrew word for "soul" is *nephesh*. In Genesis 1:20-24, animals are called *nephesh* three times — only the translators translated the Hebrew word there "*creature*." Animals have the same temporary physio-chemical existence as man. Both die the same death (Ecc. 3:19-20).

"The soul that sinneth, it shall die" (Ezekiel 18:4). Again, *GOD's* Word says: "The soul that sinneth, it shall die" (Ezek. 18:20). *Adam* was a soul, and *GOD* said to him, in regard to the tree of the knowledge of good and evil, "... in the day that thou eatest thereof thou shalt surely die" (Gen. 2:17). But Satan denied this, and *Adam* and *Eve* believed Satan, as most of humanity has ever since.

So let us UNDERSTAND! *MAN* is *FLESH* and *BLOOD* — composed wholly of *MATTER* — and that living matter *IS* a living soul. The *SOUL* is composed of physical *MATTER*, not spirit.

Now I have explained that human brain is almost identical to animal brain. But man was made in the form and shape of *GOD*, to have a special relationship with *GOD* — to have the potential of being born into the *FAMILY OF GOD*. And *GOD* is a *SPIRIT* (John 4:24).

To make it possible to *bridge the gap* — or to make the transition from *MAN*, composed wholly of *MATTER*, into *SPIRIT* beings in *GOD's* kingdom, then to be composed wholly of spirit, and at the same time to give *MAN* a *MIND* like *GOD's* — *GOD* put a *spirit* in each human.

In Job 32:8, we read, "There is a spirit in man: and the inspiration of the Almighty giveth them understanding."

This is a great *TRUTH*, understood by but very few.

I call this spirit the *HUMAN spirit*, for it is *IN* each human, even though it is *SPIRIT ESSENCE* and not matter. It is *NOT* a spirit *person* or being. It is *NOT* the *MAN*, but spirit essence *IN* the man. It is *NOT* a *soul* — the physical human is a soul. The human spirit imparts the power of *INTELLECT* to the human brain. The human spirit does not supply human *LIFE* — the human *LIFE* is in the physical *BLOOD*, oxidized by the *BREATH* of life.

It is that nonphysical component in the human brain that is NOT in the brain of animals. It is the ingredient that makes possible the transition from human to divine, *without* changing matter into spirit, at the time of resurrection. That I will explain a little later.

Let me make clear a few essential points about this spirit in man. It is spirit essence, just as in matter air is essence, and so is water. This human spirit cannot see. The physical BRAIN sees, through the eyes. The human spirit in a person cannot hear. The brain hears through the ears. This human spirit cannot think. The brain thinks — although the spirit imparts the power to think, whereas brute animal brains without such spirit cannot.

A scripture often used by believers in an "immortal soul" explains this point. In I Corinthians 2, the apostle Paul is explaining to the Corinthians that he did not come to them using hard to understand speech as many do to exalt their own vanity. He came to them with plain and simple speech, in humility. And yet none of the princes — the elite, the highly educated, the rulers — of this world could understand.

WHY couldn't the more highly learned understand? Because he was preaching Christ's message of the kingdom of God. This is *spiritual* knowledge. This kind of knowledge cannot be seen by the physical eye, nor heard with the physical ear. Spiritual knowledge cannot enter the human mind by natural means — for spirit cannot be seen, heard, felt, tasted or smelled.

Then he explains that in this manner (verse 11) no MAN could have the knowledge a man possesses, except by "the spirit of man which is in him." The brute animal has a brain virtually identical to human brain — and some even larger. But their brain cannot know — comprehend — what man knows. Neither could man without the spirit of man which is in him. In other words, this spirit imparts the power of intellect to the human brain.

Yet this human MIND is limited to knowledge of the physical. It cannot know — comprehend — the spiritual things of God. WHY? Because even the human MIND can know, naturally, only what knowledge comes to it through the senses of sight, hearing, smelling, tasting, feeling. A brute animal may see, hear, smell, taste or feel what a man does, and still be unable to utilize what enters his brain in thought or knowledge.

Now the second half of I Corinthians 2:11: "EVEN so" (in like manner) no man can know — have knowledge of, understand or comprehend — the things of God, except by ANOTHER spirit, the *holy spirit of GOD*.

Just as no dumb animal can know the things of man's knowledge, neither could man, by brain alone, except by the spirit of man — the human spirit — that is in man. So also, in the same manner, even a man cannot know — comprehend — the things of God, unless or until he receives another spirit — the *holy spirit of GOD*.

Stated still another way, all humans have from birth a spirit called "the spirit of man" which is IN THEM. Notice care-

fully that this spirit is NOT the man. It is something *IN* THE MAN. A man might swallow a small marble. It is then something *in* the man, but it is *not* the man or any part of him as a man. The man was made of the dust of the ground — mortal. This human spirit is not the soul. It is something *IN* the soul which *IS* the physical MAN.

Notice, further, verse 14: "But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him; neither can he know them, because they are spiritually discerned."

So, from birth, God gives us one spirit, which for lack of a better term I call a human spirit. It gives us MIND power which is not in animal BRAIN. Yet that MIND power is *limited* to knowledge of the physical universe. WHY? Because knowledge enters the human mind ONLY through the five physical senses.

But notice that God had not completed the creation of MAN at the creation of Adam and Eve. The *physical* creation was completed. They had this "human" spirit at their creation. But now must follow the spiritual creation. This required a *second* spirit in man — the HOLY SPIRIT of God.

"And the ETERNAL God formed man of the dust of the ground... and planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the ETERNAL God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil" (Gen. 2:7-9).

Actually and literally, Adam, as yet, was "not all there." The spirit of man was in him — but not the spirit of God. God offered him freely the fruit of the TREE OF LIFE — which symbolized God's HOLY SPIRIT. Taking of the tree of LIFE would have done two things: (1) opened his MIND to comprehend spiritual knowledge, and (2) imparted within him the GIFT of God's holy spirit, leading to ETERNAL LIFE. But, when God explained to him the KINGDOM of GOD, Adam disbelieved what God said and disobeyed — SINNED. Then what?

"And the ETERNAL God said... and now, lest he put forth his hand, and take also of the tree of life, and eat, and live for ever: therefore the ETERNAL God sent him forth from the garden of Eden, to till the ground from whence he was taken. So he drove out the man: and he placed at the east of the garden of Eden cherubim, and a flaming sword which turned every way, to keep the way of the tree of life" (Gen. 3:22-24).

Now GRASP THIS, please! Do not forget God's great PURPOSE! Through human man, composed of material substance, God is reproducing Himself — adding to His own holy, righteous, sinless GOD FAMILY. But God is composed of SPIRIT. How does God *bridge* the gap between mortal physical man and immortal SPIRIT-composed God?

The *very first* human had made the wrong choice, and by SIN rejected the GOVERNMENT of GOD. God had driven him out of the garden of Eden and blocked all possible reentry to the tree of life. But of course God anticipated the

probability of this. God's PURPOSE must, nevertheless, STAND! But *HOW*?

It now required the "second Adam" — Jesus Christ. He had offered Himself before the world was. But He was not to come, born human for the purpose of death, for about another 4,000 years.

God had marked out a 7,000-year period — the first 6,000 for mankind, *cut off from God* (with few exceptions), to go his own way — to write the lesson in human suffering and anguish of living *contrary* to GOD'S WAY OF LIFE, commanded by the GOVERNMENT OF GOD — which Adam rejected.

This 6,000 years, with Satan still here, would be followed by a single 1,000 years, during which CHRIST would rule, having qualified to restore the GOVERNMENT OF GOD on earth. Satan would be totally restrained during the seventh millennium.

During that seventh millennium, the KINGDOM OF GOD — the RULING FAMILY OF GOD — would be established on earth.

Perfect spiritual and holy character cannot be created by divine fiat. It must be developed over a period of time, and requires a lifetime of experience.

Meanwhile, during the first 6,000 years, FEW would be offered opportunity to enter into the *spiritual* creation, which begins with the receiving of the SECOND SPIRIT — that is, the gift of the HOLY SPIRIT of God. Outside of this comparative few, God adopted a "hands-off" policy toward the human race. Abel, Adam's second son, apparently followed God's way, for Christ called him "righteous Abel." Enoch "walked with God." Noah found favor with God — but apparently that was all during the first 1,900 years or so.

After the flood, Abraham, Isaac, Israel, and Joseph lived God's way. Then God called and formed the nation of Israel, but they were offered no spiritual salvation or eternal life — only material and national blessings. God called and used a few prophets. Then Christ came and made spiritual salvation possible for all. Yet only the first comparatively very small spiritual harvest has been called to spiritual salvation during the nearly 2,000 years.

#### Human Reproduction the Type of God's Reproducing Himself

Few people realize that human reproduction has a sacred and GOD-PLANE MEANING NOT APPLICABLE TO ANY OTHER KIND OF LIFE.

Human reproduction pictures spiritual salvation — which is actually God the Father reproducing Himself in the GOD FAMILY.

Now see the ASTOUNDING COMPARISON!

MAN, remember, is composed wholly

of MATTER from the ground (Gen. 2:7 and 3:19). But HOW can God bridge the gap, in reproducing Himself, of converting a wholly physical man into a wholly spirit-composed member of the GOD FAMILY?

It starts with a spirit (a portion of spirit essence) IN the wholly physical man. Remember, this spirit is NOT the man — only something IN the man. Remember, too, this spirit cannot see, hear, or think. The MAN sees, hears, and thinks through his physical brain and the five senses of seeing, hearing, tasting, smelling and feeling. The spirit in man imparts the power of PHYSICAL INTELLECT to the physical brain, thus forming human MIND. This spirit acts, among other things, as a COMPUTER, adding to the brain the psychic and intellectual power. Knowledge received in the brain through the eye, ear, and the senses is immediately "programmed" into the spirit computer. All memory is stored in this spirit computer. This "computer" gives the brain *instant recall* of whatever portion of millions of bits of knowledge may be needed in the reasoning process. That is to say that MEMORY is recorded in the human spirit, whether or not it also is recorded in the "gray matter" of BRAIN.

This human spirit also adds to man a spiritual and moral faculty not possessed by animals.

God had made the needed second spirit — the HOLY SPIRIT — available to Adam. But on Adam's rebellion and taking the forbidden fruit, God had driven Adam out and closed all access to the tree of LIFE — symbolical of His holy spirit.

Yet through Christ, a repentant humanity may yet receive God's GIFT of His holy spirit. To Nicodemus Christ said, "Except a man be born again, he cannot see the kingdom of God." Of course Nicodemus could not quite understand that. Almost nobody today understands it. Jesus explained, "That which is born of the flesh IS FLESH, and that which is born of the Spirit IS SPIRIT" (John 3:6). Man came from the ground. He IS flesh. Jesus was not talking about another *physical* birth — but about a *spiritual* birth — when man shall BE spirit, no longer composed of matter, but composed wholly of SPIRIT! Yes, LITERALLY! Then he shall have been born of God. God is a spirit (John 4:24).

Now to become human, each of us had to be *begotten* by his human father. Likewise, to be born *again* — of the SPIRIT which is of GOD the Father, one must first be *begotten* of the SPIRITUAL FATHER — of GOD.

This is explained in Romans 8:16: "The Spirit [of God] itself beareth witness with our spirit, that we are the [begotten] children of God: and if children, then heirs [not yet inheritors or possessors]; heirs of God, and joint-heirs with Christ..."

And God's holy spirit, now combined with our human spirit in the human MIND, does TWO things: (1) begets the human with divine eternal life to be later BORN into the GOD FAMILY as a divine being, then composed wholly of spirit and (2) imparts to the human

mind power to comprehend SPIRITUAL KNOWLEDGE — to understand the things of God (1 Cor. 2:11).

This spirit-begotten Christian now has, conditionally, the PRESENCE OF ETERNAL LIFE — GOD LIFE — within him (or her), but he is NOT yet an immortal SPIRIT BEING — not yet composed wholly of SPIRIT.

He is now an heir of God as the son of a wealthy man is the heir of his father — but NOT YET "born again," — NOT YET an inheritor or a possessor. But IF His holy spirit dwells in us, God will, at Christ's coming back to earth as King of kings, "quicken" to immortality our mortal bodies BY His spirit that dwells in us (Rom. 8:11; 1 Cor. 15:49-53).

Now see how the astonishing analogy continues:

Just as in human reproduction, the impregnated embryo, which later becomes the fetus, is not yet BORN, but still being nourished through the human mother; so the begotten Christian is not yet BORN into the God family. The divine life has merely been begotten.

Satan has managed to deceive most of fundamental Christianity into believing they already are "born again" on accepting Christ.

But just as in human reproduction when the HUMAN characteristics of form and shape and the human body and brain gradually begin to form during the period of gestation, so now the RIGHTEOUS and HOLY CHARACTER of God begins to take form and GROW. Actually in many, this divine CHARACTER may form so slowly it seems hardly in evidence at first, except that in some there will appear the glow of that ecstasy of spiritual "romance" — which may radiate in that "first love" of spiritual conversion. But, so far as growing in SPIRITUAL KNOWLEDGE (II Pet. 3:18) and spiritual CHARACTER goes, most of that is still to be learned and developed.

When newly converted, one is now a spiritual "EMBRYO." Now he must be nourished and fed on SPIRITUAL FOOD. Jesus said man must not live by bread (physical food) alone, but by EVERY WORD OF GOD. THE BIBLE is the written Word of God, just as Christ is the personal Word of God. This growth is the character development that REQUIRES TIME and comes largely by EXPERIENCE.

Above all, it requires continual BIBLE STUDY to show ONE'S SELF approved of God, as well as much continual and earnest PRAYER. When you study the Bible, GOD IS TALKING TO YOU. When you PRAY, you are TALKING TO HIM. You get to really KNOW God in this manner, just as you become better acquainted with people by conversation.

Yet much of this spiritual character development comes through Christian fellowship with other spiritually begotten people in God's church.

Further, just as the human physical embryo and fetus are given physical nourishment through the human mother, God's CHURCH is the spiritual MOTHER of its members. God's church is called "Jerusalem above, which is the MOTHER of us all" (Gal. 4:26).

Notice the exact parallel. God has set called and chosen ministers in His church to feed the flock, "for the perfecting of the saints, for THE WORK OF

THE MINISTRY [proclaiming Christ's gospel of the kingdom of God in all the world], for the edifying of the body [church] of Christ: till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ" (Eph. 4:12-13).

It is the duty of Christ's true ministers (and how few today), to PROTECT the begotten but yet unborn saints from false doctrines and from false ministers!

What a wonderful picture of God's reproducing Himself is human reproduction!

And remember God intended human reproduction to be a FAMILY matter. It adds human children to the human FAMILY. THE HUMAN FAMILY is the exact TYPE of the GOD FAMILY. God has bestowed MARRIAGE and FAMILY life on NO OTHER form of life except on HUMANS, whose potential it is to enter the FAMILY OF GOD!

But consider further! As the physical human fetus must grow physically large

**Character is the ability to distinguish the true values from the false, to choose the true and reject the false, and, with the power of will, to do the right and resist the evil.**

enough to be born, so the begotten Christian must grow spiritually in grace and knowledge of Christ (II Pet. 3:18) — must overcome, develop in spiritual character, during this life, to be born into the kingdom of God!

That is well illustrated by the parables of the pounds and the talents. In the parable of the pounds (Luke 9:11-27), Jesus pictured himself as a nobleman going to a far country (heaven) to receive a kingdom and later to return. He called his ten servants and gave each a pound. While He was gone, one of the ten traded with the money and gained ten pounds. He was commended and made ruler over ten cities in the kingdom of God. A second gained only five pounds — he did half as well, starting with EQUAL ability. He was given reign over five cities. A third gained NOTHING — and had even that pound taken from him. In the parable of the talents (Matthew 25:14-30), one was given five talents, another two talents, and another one — each according to his own ability (like handicap golf). On Christ's return, the one who had been given five talents had gained five more (representing spiritual growth and overcoming in this life). He was commended as a good and faithful servant and given responsibilities accordingly in God's kingdom. The one who had two gained another two — just as much in proportion to ability. He, too, received an equal reward. But the one who had been given the one did NOTHING WITH IT. In other words, in His Christian life here and now, he did not overcome, he did not grow spiritually —

he developed no character. He represents one who "RECEIVED CHRIST" and considered he was already "born again" but did not think he needed to overcome, grow spiritually, or develop spiritual character. He thought he was "already saved." He said he didn't believe in salvation by "works." What he didn't realize is that while salvation is a FREE GIFT, we are REWARDED according to our works. But by doing NOTHING, he lost not ONLY the reward, but he lost out on the free GIFT of eternal life.

Christ's answer to such, when He returns with the KINGDOM OF GOD, is, "Thou wicked and slothful servant. . . . Take therefore the talent from him. . . . And cast ye the unprofitable servant into outer darkness: there shall be weeping and gnashing of teeth."

Many have been deceived into a FALSE "salvation."

To conclude the parallel: As the physical fetus gradually develops the physical features, organs and characteristics one by one, even so the begotten Christian must develop in SPIRITUAL CHARACTER during this life, one by one, love, faith, spiritual knowledge, patience, gentleness, kindness, and temperance. He must be a DOER of the Word of God.

#### Bridging the Gap

Finally, HOW has God planned to "bridge the gap" from physical to spiritual composition — to reproduce Himself out of PHYSICAL HUMANS THAT COME FROM THE PHYSICAL GROUND.

First, He put IN the physical MAN a "human" spirit. It is NOT, however, the human spirit that makes the decisions, comes to repentance, or builds the character. As I have emphasized, this spirit does not impart life, cannot see, hear, feel or think. It empowers the PHYSICAL MAN, through his BRAIN, to do these things. But this spirit RECORDS every thought — every bit of knowledge received through the five senses.

The human MAN is made literally from CLAY. It is like the master potter forming and shaping a vessel out of clay. But if the clay is too hard, it will not bend into the form and shape he wants. If it is too soft and moist, it lacks firmness to "STAY PUT" where the potter bends it.

Notice in Isaiah 64:8: "But now, O ETERNAL, thou art our father; we are the clay, and thou our potter; and we all are the work of thy hand."

Yet God has given each of us a MIND OF HIS OWN. If one REFUSES to acknowledge God or God's ways — refuses to repent of the wrong and turn to the right, God cannot take him and create godly character in him. But the human CLAY must be pliable — must yield willingly. If the human stiffens up and resists, he is like clay that is too dry and stiff. The potter can do nothing with it. It will not give and bend. If he is so lacking in will, purpose, and determination that he won't "stay put" when God molds him partly into what God wants him to be and he is too wishy-washy, weak, and lacking root of character, he will never endure to the end. He will lose out.

We are, in truth, the WORK OF HIS HANDS. Yet we ourselves must do our part in this spiritual development. If we lazily neglect Bible study and prayer —

or if we let other material interests become more important and we NEGLECT such great salvation, we lose out.

But if we have the strength of character to YIELD — of our own WILL put ourselves in God's hands — He will instill within us His SPIRIT and by it His righteousness — His character — open our minds to His spiritual knowledge. We have to WANT IT! We have to WORK AT IT! We have to PUT IT FIRST, above all else.

It must be GOD'S righteousness, for all of OURS is like filthy rags to Him. He continually instills His knowledge, His righteousness, His character within us — IF we diligently seek it and want it. BUT WE HAVE OUR VERY IMPORTANT PART IN IT. Then all credit goes to GOD.

As we receive the CHARACTER OF GOD through the holy spirit of God, more and more God is REPRODUCING HIMSELF IN US.

Finally, in the resurrection, we shall be as God — in position where we cannot sin, because we ourselves have set it so and have turned FROM sin and have struggled and struggled AGAINST sin and overcome sin.

GOD'S PURPOSE WILL be accomplished!

#### WHY Made From Material Substance?

Once again, STOP AND THINK!

Why did God choose to make MAN out of physical matter instead of spirit? He made angels out of spirit.

Remember GOD'S PURPOSE is to reproduce Himself! His divine children are to be begotten of Him and then BORN into His God family. Christ, our pioneer, was begotten by the Father in a manner no one else ever was, when conceived by the holy spirit in the virgin Mary. He was the begotten (the ONLY begotten, in that manner) Son of God from human conception and birth. He is already the FIRSTBORN of many brethren (Rom. 8:29), born a Son of God by a resurrection from the dead (Rom. 1:4), as we may be later.

To show the preeminence above angels that is already Christ's and also is our potential, remember we are joint-heirs with Christ, and God says of Christ, "being made so much better than the angels, as he hath by inheritance obtained a more excellent name than they. For unto which of the angels said he at any time, Thou art my Son, this day have I begotten thee?" (Heb. 1:4-5.) In the book of Job angels are spoken of as sons of God in chapters 1, 2, and 7, but only as created "sons." Still, as in Hebrews 1, God never said to them, "You are my own begotten sons." But when we humans receive the holy spirit of God, we do become His begotten sons and His heirs, to receive by inheritance His NAME — just as my begotten sons inherited my name.

When we are BORN of God, we shall BE spirit. Then why did God form man in the first place of material substance — out of the earth?

I have partially answered that question already. Angels, being spirit, are immortal. Those who sinned shall go on bearing their punishment forever. Their punishment is NOT death. Their punishment is loss of the glorious opportunity God gave them to accomplish His pur-

pose on earth and to live forever in the resentment, bitterness, attitude of rebellion, and utter hopelessness and frustration of mind their own sins brought upon them. Once they perverted their own minds, they can never regain balance. Happiness and joy has left them forever.

Whereas, if MAN, composed of matter, sinned and refused to repent and turn from his sin, he will die the second death — he shall utterly PERISH — he will be as though he had not been (Obadiah 16). This reflects God's MERCY.

But there is another all-important reason. As the humanist philosopher Elbert Hubbard said, "Nothing is permanent but change." Matter does not remain as it is, unchanged, permanently. But it continues changing permanently. Perhaps stone or iron is as unchanging as any elements. But after a few thousand years, the giant stones in the wall around Jerusalem have lost all their newness and show their age. Whatever you see now on this earth will CHANGE. In time it will CHANGE.

Spirit is CHANGELESS — except as God instilled in angel beings the power of mind — of thinking, reasoning, making decisions and exercising will to act on decisions or choices. But spirit substance apart from the mind power of God or spirit beings is CHANGELESS.

In reproducing Himself God requires righteous CHARACTER DEVELOPMENT. And that requires CHANGE. If God had made us of spirit, the spirit couldn't change. Man, composed of matter, is subject to CHANGE. Man, if called by God, can be made to realize that he has sinned, and he can REPENT — CHANGE from his sin — turn to GOD'S WAY. And once his course is changed, with God's help he can pursue it. He can GROW in spiritual knowledge, develop character, overcome wrong habits, weaknesses, and faults. And this is all done by the PHYSICAL MAN, through the PHYSICAL BRAIN.

The human spirit in man empowers the brain with physical intellect, and the spirit of God united with it empowers the brain with spiritual comprehension, and these spirits RECORD the knowledge and the character and preserve them, as well as the physical shape and appearance. These spirits do not develop the righteous character, but through the holy spirit God does give us His faith, His righteousness — as long as we ourselves earnestly desire it. But once character is developed in physical man, HOW does God bridge the gap, changing MAN into SPIRIT?

**The Spirit MOLD**

I have shown you that the Scriptures picture man as the clay — which he literally is — and God as our potter. We might call God, also, our SCULPTOR, for with our submission and eager willingness, we are the WORK OF HIS HANDS in spiritual and character development. As Job said, "If a man die, shall he live again? All the days of my appointed time will I wait till my CHANGE come. Thou shalt call, and I will answer thee [in the resurrection]: thou wilt have a desire to the work of thine hands" (Job 14:14-15).

This brings us to the question of death of the physical MAN and the resurrection

which Job called the "CHANGE" into the kingdom of God.

Now notice, as quoted before, in Isaiah 64:8: "But now, O ETERNAL, thou art our father; we are the clay, and thou our potter, and we all are the work of thy hand."

God could not form, shape, change, and develop His character in us had we been made of spirit.

Notice further: "Shall the clay say to him that fashioneth it, What makest thou? or thy work, He hath no hands?" (Isa. 45:9.)

Another passage of scripture so often misapplied: "For by grace are ye saved through faith; and that not of yourselves: it [the faith] is the gift of God: not of works . . ." We do not earn salvation by good works or gain it by works — BUT when we receive it as God's GIFT, the degree of reward will be according to our "works" (Matt. 16:27) — performance in living GOD'S WAY — building character.

But now read the rest of this passage

**The physical body, after death, decomposes and decays, but the spirit that was in that body, like the sculptor's mold, preserves the form, the shape, the memory, and the character.**

which is nearly always purposely omitted by those misleading people on this point: ". . . not of works" . . . WHY? . . . "lest any man should boast. For we are HIS WORKMANSHIP, created in Christ Jesus UNTO GOOD WORKS, which God hath before ordained that we should walk in them" (Eph. 2:8-10).

I have tried to point out that we must gain contact with God and that He is the potter — or sculptor — fashioning, molding, and shaping our lives and righteous character into HIS CHARACTER IMAGE, AS WE DESIRE AND YIELD.

All right. The godly character in us, I have stated, cannot be created by fiat. It must be developed. We must yield. We must desire it, seek it. But it comes from GOD. Thus if we keep a close daily contact with our Creator, through His spirit and through our spirit — for remember, His holy spirit "beareth witness with our spirit, that we are the children of God" (Rom. 8:16) — then He is fashioning and shaping our characters. Had God made us of spirit, this could not be done.

Now, as Job brought out, we die. Afterlife comes through the resurrection. When we die, all consciousness ceases. Send for the free booklet *After Death . . . Then What?* The physical brain becomes unconscious and decays.

With what body do we come in the resurrection? That question is answered in I Corinthians 15:35-38: "But some man will say, How are the dead raised up? and with what body do they come? . . . that which thou sowest [burial in ground], thou sowest NOT that body that shall be, but bare grain, it may

change of wheat, or of some other grain: but God giveth it a body as it hath pleased him."

The body that dies is NOT the same body that will come up in the resurrection.

Now we come to a MOST IMPORTANT part for the SPIRIT IN MAN — which I have termed the "human spirit." It does not impart human life. It does not see, hear or think. The HUMAN MAN makes his decisions, and it is in the physical MAN that character must be built. It is the human CLAY that God forms into His character. The SPIRIT in man RECORDS what the brain comes to know, even the attitude, the facets of CHARACTER, not only of the human brain, but also of the whole body. It keeps the imprint even of the fingerprints.

Compare it to a sculptor's mold. The sculptor may want to produce a bronze statue of a man. The sculptor might use clay to form a clay model — or other material. Then the sculptor makes a MOLD of the model he has formed and shaped. The mold is a hollow form, made from the finished model. Into the mold is poured molten liquid bronze. The mold is removed, and the bronze figure is an EXACT copy of the original model.

The spirit that is in every human acts as a MOLD. It PRESERVES the human's MEMORY, his CHARACTER, his precise FORM AND SHAPE.

Now I do not conceive that the spirit is a hollow form. But it supplies the same purpose as the sculptor's mold. If one has received the holy spirit, then in the resurrection, the resurrected being will be COMPOSED OF SPIRIT, not matter as the human model was. But in the resurrected SPIRIT form he will suddenly come ALIVE. It will seem like the next flash of a second from his loss of consciousness at time of death. He will have all his memory intact. He will look as he did in human life in form and shape. Even his fingerprints will be the same.

The CHARACTER which he allowed God to build within him will be there. He will be alive FOREVER! And, like God the Father, by his own will, he will have been made so that he CANNOT sin.

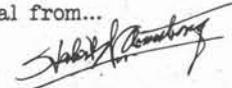
The body that comes in the resurrection is NOT the same body that was flesh and blood in this human lifetime. God does not turn flesh and blood matter INTO spirit. The flesh and blood physical body, after death, decomposed and decayed, but the spirit that was IN that body, like the sculptor's mold, preserves all the form and shape, the memory, and the character INTACT.

Notice what happens AT DEATH.

"Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it." After death, whether buried in the earth, cremated, or what, the physical body returns to the earth. But the spirit that was IN the man, now having recorded everything — the body's form and shape, the facial identity, the memory and the character — returns to God. It will be PRESERVED UNCHANGED. Such saints as Abraham, Moses, David and Daniel died thousands of years ago.

SO STOP and THINK ABOUT THAT! God had to provide some way to PRESERVE the form, shape, appearance, mind and character of saints for thou-

Personal from...



(Continued from page 1)

NO CREDIBILITY, it would seem. Yet He is the one who shall finally STOP the overthrow of governments on earth and usher in WORLD PEACE the only way it can be brought about — BY THE POWER of the Creator God, setting up the GOVERNMENT of the KINGDOM of GOD on earth — one super, world-ruling government over all the nations of earth.

He who has suffered the greatest CREDIBILITY GAP of all time will finally rule FOREVER in PEACE. The prophecy says:

"And the seventh angel sounded; and there were great voices in heaven, saying, The kingdoms of this world are become the kingdoms of our Lord, and of his Christ; and he shall reign for ever and ever" (Revelation 11:15).

He will have 100% credibility EVERYWHERE then! □

sands of years. They were composed of corruptible flesh and blood. All that was THEM (man is composed wholly of matter) long since decomposed. Yet in the resurrection, it will seem to them as the next fraction of a second since loss of consciousness at death.

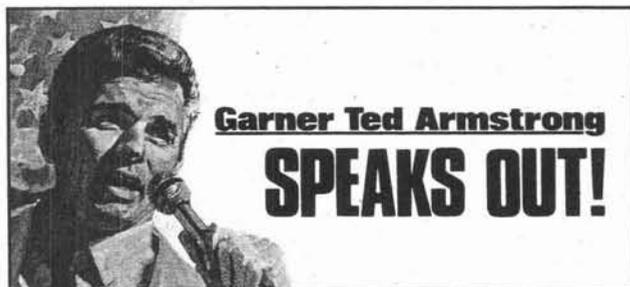
In death, they knew absolutely NOTHING. Says God's Word, "For the living know that they SHALL DIE: but the dead KNOW NOT ANY THING" (Eccl. 9:5).

The spirit which returns to God is the human spirit that was in them throughout life. It was not an "immortal soul," for the soul was mortal and corruptible.

Those who died with God's holy spirit will be in the first resurrection (Rev. 20:4-5). They will come forth IMMORTAL, in a glorious body of SPIRIT composition, their faces aglow as the SUN.

All others who have not been called to eternal salvation by God during their human lifetimes will be resurrected after the thousand-year reign of the kingdom of God under Christ, in the "great white throne judgment" (Rev. 20:11-12). They will be resurrected MORTAL, once again in a flesh and blood physical body, just as before. In this great judgment they will be "called" — their eyes opened to God's truth. Then, finally, there will be a last resurrection (Rev. 20:13-15) of those who had been called by God in their mortal human life, but had rejected or turned from it. They, with those who reject it in the great white throne judgment, will be in the "lake of fire" (II Pet. 3:10-11), which is the second death. They then shall be ashes under the soles of the feet of the immortals in God's kingdom (Mal. 4:3), and will be as though they had never been (Obadiah 16).

Then, ahead of the millions of immortal redeemed, shall lie the tremendous awesome HUMAN POTENTIAL — when God the Creator shall have put the ENTIRE UNIVERSE under our jurisdiction (Heb. 2:7-8). □



**Garner Ted Armstrong  
SPEAKS OUT!**

**Seeing Yourself Walk By**

In the investigation of a sensational murder, police always look for the  *motive*. Many times, in the "whodunit" novels and motion pictures, the writer purposefully muddles the entire complex plot with dozens of seemingly irrelevant facts. Usually, the actual criminal remains obscured until the very end. He becomes apparent only when some hidden  *motive* is brought to light. Once the motive is known, — perhaps it's greed, jealousy, lust, or revenge — the whole picture becomes clear.

In this dog-eat-dog competitive world of ours we have grown so accustomed to *evil motives* on the part of practically anybody from practically any organization and from practically any source — be it personal, social, religious, educational, cultural, scientific, or governmental — that most of us have adopted the idea that "there's no need to worry — nobody is honest anymore."

After undergoing the agony of spirit that was Watergate and after having suffered through the incredible social upheavals of the sixties, with its race riots, burning cities, campus rebellions, shootouts between police and paramilitary organizations, Americans in particular are understandably equipped with a large measure of suspicion involving the  *motive* of any group.

The blatant profit-seeking motive of the big cigarette companies, cosmetic manufacturers, and producers of the various and sundry items sensationally advertised on television are painfully obvious to us all. No matter what the potential serious — and possibly deadly — consequences may be, this particular sure-fire extra-long cigarette is guaranteed to transport you into new horizons of bliss and delight. The manufacturers, teamed up with Madison Avenue of course, are willing to bedazzle the general public in any fashion possible, including the usual suggestive poses of half-clad beauty queens, in order to instill the lust for the product into unsuspecting minds.

It's one of the games people play. We all know that the profit-seeking

motive is there, and that no matter what organizations might tell us about how they are actually in the business trying to "help us" (such as the savings and loans ads or the ads from your local bank urging you to open up a regular passbook account), we nevertheless know better. They want our money. But have you ever really striven mightily to investigate your own motives?

We have all overheard the luncheon conversations where people in the booth NEXT to us were busily gossiping about personalities they mutually knew. Very few of us are able to turn the mirror around and see in OURSELVES that same incredible, swelling, egotistical, motive-glorifying self, exalting self, magnifying self, perpetuating and promoting self, preening, currying, combing, fondling, stroking, petting, and otherwise adoring self!

Our motive, through much of what we say, think and do, is to aggrandize and exalt ourselves! And at the root of all this is human nature, which is, after all, vanity, jealousy, lust and greed.

It's no wonder the Bible tells us that human nature itself, the carnal mind of man, is "deceitful above all things" (Jeremiah 17:9).

We have "succeeded" in the ultimate con game of all — that of utterly and totally deceiving ourselves!

It's a lot easier to see the motives of others. They are totally transparent. By assessing the shenanigans and chicanery of big governments; by looking at the bewildering morass of large-scale organized crime; by suspecting the  *illuminati* or some other "worldwide conspiracy" behind every social-economic movement; by remembering all the dozens of conversations with friends who revealed their pet methods of getting around the law; by learning from a business associate some lucrative loophole they discovered on their income tax reporting — by these and hundreds of other methods, we all understand that the average human being is possessed of a very large degree of dishonest motivation.

It's no wonder we are so well

equipped to recognize these evil motives in others — we very likely have plenty of them OURSELVES!

Today, a new "thing" is transcendental meditation. In an incense-filled candle-lit room, a practitioner might give to the questing student a "mantra," which may mean only an unintelligible bit of gibberish, a sound, a name, or a meaningless series of sounds. He is then supposed to repeat this "mantra" endlessly (and mindlessly), in order to transfix or to transport himself into some state of "transcendental meditation."

Notwithstanding the claimed physiological benefits (lowered blood pressure, etc.), there may also be some very deleterious spiritual side effects!

But the point is, all of us seem to want to know more about what is inside of us! We want to understand OURSELVES! But the process of discovering our own true selves — looking introspectively inside our own hearts and minds — can be the most painful, and yet also the most constructive, process you will ever undergo. (However, it should by no means bring about a state of  *mindless bliss*!)

I have often speculated that it is a wonderful thing that the vanity that can cause us to consider ourselves to be the most important thing, object being, physiological anatomical structure, item for discussion, or object of concern on the face of the earth (and for that matter in the entirety of the universe) does not produce observable physiological symptoms, such as ugly and grotesque warts or purple splotches. If it did, we would all look like the most ugly, toadish combination of the beast (in the story of Beauty and the Beast) and the dragon at the end of St. George's spear.

It is only when we can finally "step aside" and watch  *our own selves* pass by — that is, to come to that unique experience which the Bible calls repentance and conversion during which we look deeply inside our own hearts, understand how truly egotistical and vanity-ridden we are, and begin to change our lives — that we can be truly free from all this preconceived assigning of MOTIVES to other people!

Only then does the biblical statement, "To the pure all things are pure," finally come true.

What about you? Have you ever really investigated your own motives in everything you think, say and do? Have you ever tried to fathom the very ultimate motivation for the concepts you hold to be true? Have you ever really stepped aside and watched yourself walk by — seeing yourself quite literally as others see you?

When and if you ever accomplish such a feat, you will finally be on the way toward the greatest form of freedom of all — freedom from  *yourself*. □

**Women's Year  
In Mexico**

by Daniel M. Robert

MEXICO CITY, July 1975

Amidst the nostalgic strains of  *Las Golondrinas* ("The Swallows," Mexico's traditional farewell song), the decade's most controversial international affair came to an uproarious end. The scene was reminiscent of the biblical passage about the Tower of Babel, as a myriad of languages welled into a single strange discordant roar.

To those of us who observed the meetings and analyzed the resolutions of this two-week conference, the feeling was one of dead seriousness on the part of most of the 6,000 female and 240 male participants from 133 nations. Undoubtedly this world conference was the most ambitious of the many U.N.-sponsored conferences. It had the most speakers, received the most media coverage, had the most participants, employed the greatest number of services, was the most costly, and produced the most paper (over two million pages worth).

**The Theme of Women's Year**

The tri-fold theme of the Women's Year and its conference was aptly symbolized by the conference emblem: a dove of peace with a woman's sign and the mathematical sign of equality. Taken together, these symbolized the three themes of equality, development, and peace. As a whole, the conference was successful in reaching momentous decisions in all three of these areas.

The most far-reaching advances were in the area of  *development*. While the delegates of the industrialized nations were content to bring to Mexico the gospel of the American dream and the American way of life, women of the underprivileged nations of the world had their first real chance to get together to demand something bold and totally new — called the International Economic Order — which would force a more equitable distribution of the world's wealth. Their initial declaration of this new order was approved under the auspices of the U.N.

Reactions to such radical proposals largely depended on the delegate's home nation. Many delegates from highly developed lands proclaimed the conference as nothing but a "total failure," while the delegates from the Third World thought it a "resounding success." It was really all a matter of economic perspective.

**All Not Perfect at Conference**

The same arguments, picketing, flared tempers, and selfish chauvinism which are present at most men's confabs also afflicted the women's conference. These scandalous aspects of the women's conference have received their share of world publicity. Who hasn't heard of the "radical lesbians" lobbying for the universal acceptance of their strange aberration? Who hasn't been shocked by the organized prostitutes' claim to the title of "professionals"?

The scandalous shouting down of



## In Brief

by Stanley R. Rader

### Last Chance for Middle East Peace?

JERUSALEM, August 6

As we prepare to leave Jerusalem for Paris and the United States, there is guarded optimism in Jerusalem that the latest Egyptian response to the most recent Israeli proposals will keep alive the elaborate, intricate and painstakingly slow process of reaching an interim agreement in the Sinai.

This seemed to be the consensus last evening during a dinner in Jerusalem hosted by the Japanese ambassador to Israel in honor of four Japanese Congressmen (Diet members) who, with Mr. Armstrong and the Ambassador International Cultural Foundation (AICF), were in Israel to promote better understanding between the peoples of Japan and Israel. A few days before, these same Congressmen had visited Cairo. In each capital the Congressmen were urging their counterparts and the foreign ministries of both Israel and Egypt to do what they could respectively to continue the dialogue and momentum toward peace and to settle ultimately the volatile Middle East situation which poses such a clear and present danger to all of mankind.

Yesterday the Japanese Congressmen and I were received by Israel's Prime Minister, Mr. Yitzhak Rabin, who briefed us on the past, present and future of this troubled and explosive region. Egypt is the key to any settlement in the area, said the Prime Minister, not only because it is the largest of Israel's Arab neighbors but also because during each war Egypt has carried the main burden of the armed conflict with Israel. In addition, each time the hostilities came to an end, it was only after Egypt had indicated its willingness to stop fighting (at least for the moment).

When asked by the Japanese about Israel's willingness to make a compromise in the Sinai to effect an interim agreement, the Prime Minister stressed that there were only three strategic areas in the entire Sinai peninsula — the oil fields at Abu Rudeis, the Gidi and Mitla passes, and the Straits of Tiran. Israel had already indicated its willingness to give up the oil fields which provide them with 60% of their total oil requirements, but it could not give up the passes in such a manner as to undermine its entire military defense nor could it give up control to the Straits of Tiran without absolute assurance that Israel's passage to the Red Sea and the Indian Ocean would be guaranteed.

Although the Israelis seemed to be appreciative of the efforts of the United States in its role as intermediary, it seemed to this observer that there was a feeling that perhaps the United States' role (and that of Mr. Kissinger) has done much to prevent the Egyptians from sitting down face to face with the Israelis and settling their differences more quickly and perhaps more effectively. Nevertheless, everyone appeared to welcome another launching of the Kissinger shuttle between Cairo and Jerusalem before the end of the month. If Mr. Kissinger begins another tour of the Middle East, it will be only upon the invitation of both governments, and it will mean this time that he has received assurance that the

parties are very close to an agreement, if not already in complete accord. This will certainly be an important step for an ultimate peace in the entire area.

It was very important, according to Mr. Rabin, that the Japanese and the rest of the world understand the difference between peace and an armistice because it was the armistice of 1949, not a peace settlement, that led to the borders for Israel and its neighbors — borders which prevailed until the Six-Day War of 1967 — the same borders which the Arab nations are insisting that Israel withdraw to once again. As Mr. Rabin explained, after the United Nations had partitioned the former-British mandate and thus created the state of Israel, the Arab armies invaded, and only after the tide and fortunes of war had changed in favor of the Israelis was an armistice effected. According to the prime minister, Israel made every effort for a permanent peace settlement, but such settlement was steadfastly refused by the Arab nations. It was obviously the prime minister's position that an ultimate peace settlement will provide for a withdrawal of Israeli forces from the present lines but not necessarily to those lines as they existed after the armistice in 1949.

Prime Minister Rabin also made plain to the Congressmen that it would be disastrous to the entire peace effort if Israel is expelled from the United Nations or in some way is reduced in status within that international body. The United Nations has been performing many important roles in the area since 1948, and it is vital for it to keep its presence there. U.N. forces are posted in the buffer zone in both the Golan Heights and the Suez area. U.N. agencies have also been caring for the Palestinian refugees. It is hoped that the peace conference in Geneva will ultimately be reconvened under the auspices of the U.N. so that all the problems of the area can be resolved once and for all.

In any event, another outbreak of hostilities would clearly be a disaster. It could lead to the danger of confrontation between the Soviet Union and the United States, as well as the threat to the industrialized nations of another oil embargo. For the Arab peoples, a new war might be the end of their last chance to avoid additional irreparable losses which for more than twenty-seven years have condemned the entire Arab world to economic and social stagnation.

If an ultimate peace should result, on the other hand, the Arab world would have anywhere from twenty-five to fifty years to recapture those lost years and to use the income from the production of petroleum to transform their entire economy and society. This would be a rare and historic chance for the Arab people and for the entire region — a chance without precedent perhaps in the entire history of man, but a chance that will be surely wasted if another war should occur. Of course, in order for the entire Arab world to prosper, even with peace, it will be necessary for those Arab nations which produce oil to share their wealth with Egypt, Jordan, Syria and Lebanon. Without sharing this oil wealth a peace between Israel and its Arab neighbors would not prevent a radicalizing of the area that would result from the greater disparity between the super-rich oil producing countries and their poverty-ridden neighbors.

After the war of October 1973, the Egyptians believed that even a limited peace would help usher in more prosperous times. The United States and the Europeans would provide capital and know-how, and King Faisal would provide a share of Saudi Arabia's great wealth. Prosperity has not followed, however, because Europeans and Americans alike were concerned about the lack of a real settlement in the area despite the reopening of the Suez Canal and the rebuilding of the war-ravaged cities along its banks.

Now is the time for President Sadat to boldly take the lead of the Arab world: to bring hostilities to an end with Israel once and for all and to lead all of the Arab nations, rich and poor alike, into a cooperative effort — ultimately even with Israel — to make the entire Middle East region flourish as it did some 2,000 years ago.

many world-famous women delegates, the ludicrous propositions on the part of many women's extremist groups, and the endless haggle over the inclusion of the word "zionism" in paragraph 25 of the so-called Declaration of Mexico City — all of these and many more brought to mind one of Isaiah's prophecies concerning ancient Judah and Jerusalem: "As for my people . . . women rule over them" (Isaiah 3:12). It was apparent that women could rule no better — and no worse — than the males of this world, since both genders are beset by the same human nature.

#### Women of Virtue

The "virtuous woman" of Proverbs 31 has for 3,000 years been a standard of true femininity. As a whole, however, the ancient Israelite society to which this wisdom was directed failed to obey its injunctions.

Historically — at least in the Western

world — appreciation and respect for women began in the ancient Roman Republic. A woman was revered and respected; her voice was heard in family councils; she influenced public affairs; she was not relegated to the house (which was common in other societies then), but was able to circulate in public; she was given the choice seats at public festivities; men bowed to her.

Custom, tradition, and myths honored her. It was Cornelia who counselled her sons, the Gracchi, not to desist in the fight for the good of the people, even at the risk of their own lives. It was Veturia who disarmed Coriolanus to save Rome.

The power of the women of Rome derived from their moral quality, the excellence of their counsel, the nobility of their spirit, the dignity of their actions, and their serenity, inspiration, and courage. But respect for women could only exist as long as there were men capable of respecting them. Women's

exalted role disappeared with the corruption of the empire. The overwhelming rights and privileges accorded to women soon became license to do evil.

Women of the Roman Empire gained immense power. They toppled thrones, made and unmade emperors, and used their sexual powers to place the basest of men in key positions of government. Women truly reached equality with men, but it was equality in vice, crime, and immorality within the framework of a decadent society.

It is this, more than any other peril, that women must beware of. As a Mexican businessman said to me, "I wholeheartedly agree with the movement for women's equality, but I would hope that they would distinguish between having liberty (libertad) and being libertine (libertinaje)."

Men and women *both* need to learn that lesson. □

#### NEEDED:

#### TV VIDEO-CONTROL ENGINEER

Our Television Department in Pasadena, California, has a job opening for an experienced TV video-control engineer. A minimum of two years' recent experience in broadcast engineering and at least one year in video-control operations are required.

In addition, the department prefers applicants with general television-maintenance experience who are willing to work a swing shift (4 p.m. to midnight) and travel with a remote video crew when necessary. Salary is dependent upon experience.

Anyone interested may write the Personnel Department, Ambassador College, 300 W. Green St., Pasadena, Calif. 91123.

Those who have applied for jobs in the past and have not been hired should not hesitate to reapply if interested.

