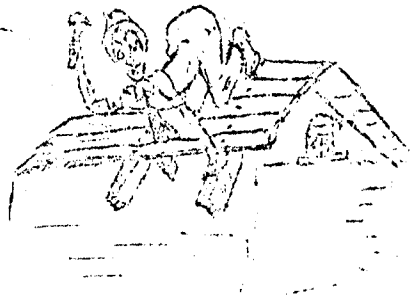
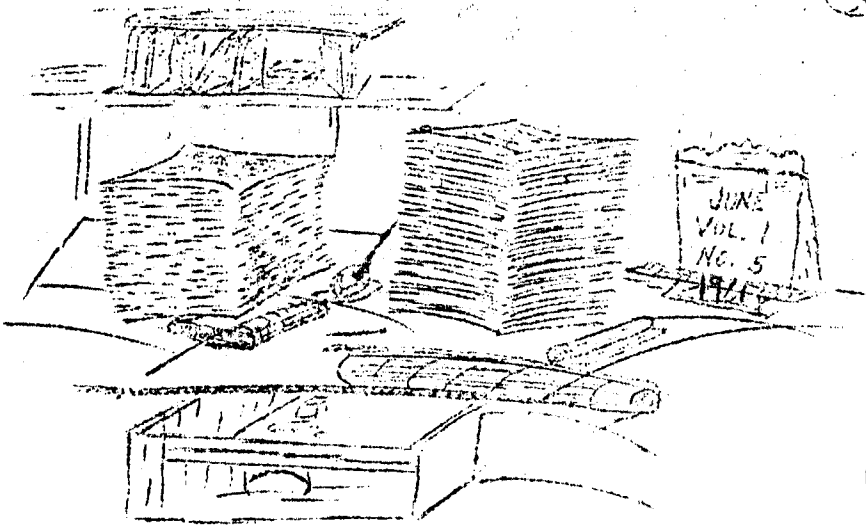


Dispatch



The Marcap Dispatch!

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Editor: Ed O'Neal

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Purpose: To establish communication and exchange ideas with all those who are interested in the work of Marcap Council.

Dedicated: To YOU who have seen a glimpse of the truth, and to YOU who seek.



About our cover:

Title: To Each His Own

Artist: Ted Johnson

This month our cover artist has captured the Action and the interest being placed with intention and care at Cool Springs Acres, the new home of the Council.

Mending, building, re-modeling, repairing, cleaning, mowing, cultivating, and writing are but a few of the things in motion here as this Dispatch goes out to you.

Stacks of mail to be answered; rooms to be built; and schedule to be arranged for those who will participate in the Summer Seminars. (Announcement later).

A vegetable garden is well under way. Fruit and Nut Trees are already on the grounds, and the stress is toward self-sufficiency for the Council.

We honestly think our artist, Ted Johnson has succeeded again in capturing the motion and action, with his presentation of this cover, don't you?

Thank you, Ted!

by: EBP

The new home of the Marcap Dispatch is Cool Spring Acres, Lake Rabun, Georgia. The nearest post office is Lakemont. Located in a small amphitheater completely surrounded by pine, oak and maple trees, the center of awareness from its spot on the fifth terrace looks out over the grounds, over the trees toward distant mountains.

If material considerations are a necessary factor in the development of higher consciousness, the Center of Awareness is amply endowed with them at Cool Spring Acres. By this is meant the free elements, partakable of, by all who will but take from the mother. The clean, crisp air, the pure water and the contact with the natural earth. In addition is quietness and solitude for meditation, beauty and peace to lull the senses, and no need to hurry. One acquires the feeling that the hour is full, that all one has is satisfied. One is free then to look upscale to higher levels of consciousness without the liability of feeling loss. There is a chance to contact the Father in Spirit, now that the body and mind is receiving full nourishment from the Mother. If one is willing, one may realize unity, not through sense-thinking but through the free flow of IDEAS from within himself.

Progress in These United States

--by Will Lapp

Us Americans are well known throughout the world for being not only up and comin' but also advancin' and progressin'. We produce marvels in most any line you care to think on. We even build special machinery to relieve our young folks who harvest that tall, tall corn in our mid-west, resulting in that marvelous by-product noted every ten years or so in our press, the (basket ball player).

Not only do we just ordinarily produce miracles but we get along just fine with mother nature. Fer example; we've got both cattle who get along quite comfortable in our hot arid desert regions that are so dry, and we have cattle that can almost rival a hibernating bear in getting along in the early snows and ferocious winters of Wyoming and Montana.

We do similar things with celery and tomatoes and such as that, but the area of concern to be indicated lies elsewhere. No its allright being good at beating mother nature, or exceeding her here and there, but when we get so dern good at it and aint watchin' particular, what we're doing we can sure create an imbalance.

Now the subject matter we can spin this parable with is the horse. Not that us Americans are the only ones who ever worked with horses. But boy, have we got a variety of horses. There's dray horses and there's wagon horses. There's jumpin' horses and there's slow horses (there for race tracks). We've got big horses and we've got small horses, long horses and tall horses, dark horses, splotched horses, horses speckled and horses freckled.

Now we've presented some of the variety and I'm sure you'll see right soon where we've gone too far, if we don't fix it soon. The statistics show an alarming increase in the past years, particularly in this country, of the fantastic imbalance in the horse population of this great nation. It could be worse, not only could we have the imbalance but a feeding problem too. However this is not the case since we have far more of one end of the horse in this country than we do of the other.

Michael Speaks!

Gradually the motion ceased, and I stood upon my feet on a velvety lawn of verdant beauty. It was the outskirts of a most elaborately fashioned park. It seemed the most exquisite combination of nature and art conceivable. The driveways were paved with silver. The walks were laid with tilings of gold and silver, decorated with symbolic configurations, revealing the history of the place.

I saw horses, which for magnificence would seem to rival the steeds of Olympus, attached to vehicles of so unique a kind, and so richly ornamented, that words would fail to justify me in any descriptive effort. Lakes, hills, valleys, arcades, vistas, bowers and grottoes vied in rivalry for excellence; all conspiring to render the place a garden of unique and unsurpassed loveliness.

Sculptural and architectural skill seemed to have reached their limits of possibility in the magnificence of their achievements. Human forms, as if the very Gods, were before me; some were occupying seats fashioned as if prompted by such artistic desire as could only arise from the conviction, in the mind of the artist, that he plied his art through expectation, that, in the perfectness of his skill, the Gods would approve and give him plaudit, they were so consummate in taste of form and ease. Some were walking, and some reclining upon the verdant lawns.

I was, at first, alone; but presently, as I walked, leisurely viewing the scenery about me, I was accosted by a voice of richly melodious accent, and on looking up was astonished at the presence of one who appeared to me more than an angel, yes, a very Son of God, so matchless was he in symmetry of form, and in physique so excellent.

"Come with me," said he. "You are a stranger here, and from the look of inquiry which I see depicted upon your visage, I perceive you desire some information concerning the place in which you find yourself."

"You have entered within the sphere of Helios. You are not an inhabitant of our abode, and have only temporarily respired to our atmosphere to serve you while, by permission of him who occupies the temple I will presently indicate to you, we inhale you with influx of our solar respiration."

We walked hastily through the park, which at every turn revealed some new surpassing loveliness; each field of vision apparently more wonderful than the preceding.

We came finally to a mural line of division, and passing through a gateway or arch

of singular architectural design and grandeur, we entered a garden which, for loveliness, surpassed indescribably anything yet beheld.

"This is the pleasure garden of our King," said he, "and that edifice yonder is his temple and palace. I now penetrate more deeply into the sphere of your natural respiration, and discover you to belong to the outer crust of one of our creations, but making preparation (by the tension of your desire) to pass out of that degree and enter as a novitiate into the school of our most mystic cult."

As we walked along through the garden toward the temple, I would forget myself and loiter either by the side of some silvery lake, or in some grotto where birds of paradise, with great variety and beauty of plumage, would captivate me completely, that I was momentarily lost in forgetfulness of my mission.

"Hasten," said my companion. "At one sweeping glance, view the beauty of this paradisaical field!" And with this he swept his arm and hand across our field of vision, and as I looked over the area surrounding me, a scene so enraptured me, that for the instant I was overwhelmed with emotion.

"May I question you, most majestic Presence?" I inquired.

His answer was: "I am here to render you any use, the direction of which, will tend to culture you in the mysteries of our abode, and to prepare you for the utter service of the outer crust which you inhabit; the fruit of which is about to be consummated."

"Before entering upon my journey to this place, and into your most august sphere, I was questioning myself concerning the solar spectrum, and the mysteries hidden from human vision within its luminous environs. My inquiries ran in such fashion as this: 'Is there not behind that dazzling light, (the central nucleus of which must be the source of all the energies actuating the solar system), some unrevealed arcana, which by power yet to be developed, shall be made known; when all of a sudden I found myself traversing space. Is it not in answer to my longings for the hidden culture, the question that I put myself, that I am here, and if so, is not this the source of, and this animation and beauty, somewhat the source of the energies radiating to other spheres?'"

"You are within the heliosophic realm," he answered, "but not as your mind has pictured it. Creation is perpetual, and two semi-universal states are required to render it possible for creative energy to maintain its constant poise and power of reproduction and perpetuity. These two are: Spirit and Matter." (to be continued)

Problems
by
Helen Swanson

I have occasionally noticed that the mention of the word, problem, produces an unfavorable reaction with the regard to preparing for the accomplishment of some task as if it meant the barriers to surmount, or the difficulties it would encounter were impossible, or objectionable and must be avoided. So instead of making a good survey of the situation and its connections a way of escape is sought and followed, through which other difficulties arise adding to those already acquired.

Problems arise from the various circumstances of life, or events in the general course of affairs, or from ones environment, in good times as well as bad and unfavorable times. They can disturb the present but also improve the future. Whether minor or even major difficulties are encountered one can always find a greater and apparent unsolvable problem elsewhere.

Many people find their most difficult problem is trying to avoid making a failure out of life. They have thought great wealth would alone solve all their problems. Some of them have come into fortunes and found it harder to make ends meet than it had been when they were in comparative poverty. Their goal in life - their definition of success - was material acquisition, recognition of importance by society, and the passing enjoyment of the five senses. Yet the more they accumulated the more they wanted, and the less satisfied they became with what they had. When they acquired it, it was never enough. Their bank accounts were full but their lives were empty.

Upon entering a business establishment one day I found disorder and confusion was pre-eminent and there was every sign of maladjustment. That situation was causing waste of time and unpleasant association in that place of business. Problems were being created by the unsatisfactory handling of conditions there. So many difficult situations can be avoided, or prevented if the known danger spots are watched.

We are continually confronting different views on some basic things in life, and in some cases meet with anger and resentment at the audacity of expressing ones own views contrary to the other persons point of view. Some find the situation prelooming because the ideas set forth are not understood by them, and to prevent the appearance of not knowing hide the embarrassment and remain mentally disturbed and puzzled.

Creating a problem of a comparative degree to the one already existing changes that existing problem so that the anxiety or tension it has caused is reduced.

A problem suggests possible solution.

The Winds of Fate by Ella Wheeler Wilcox

One ship drives east, another west,
By the selfsame winds that blow.
'Tis the set of the sail, and not the gale,
That determines the way they go.
Like the winds of the sea are the ways of Fate
As we voyage along thru life.
'Tis the set of the soul that decides its goal,
And not the calm or the strife.

submitted by Mable Wiggins

(This article is written by E. Blanche Pritchett, For further info write Mahlah Love)
Love's Retreat!
This fantastic place in the Rabun County Mountains, on Lake Rabun, is a true manifestation of team-work between two persons, whose goals are for the betterment of man-kind, namely The Doctors Love.

Mahlah Love who has survived her husband, continues to build and progress with their plans, and is most obedient to his desire.

A huge barn, which sits to the front of the property, more than any of the other building is one of the most unique places we have ever seen. Stables have been turned into lovely bedrooms and apartments, with kitchen facilities available.

The center of the Barn, on the ground floor is a huge meeting place with tables and chairs for "round-table discussions" (as Mahlah Love describes it). And, the second floor is being made into a fine dormitory with several beds and bathroom facilities. The barn can, at this time, can sleep 24 persons, and could handle about 300 for lectures, etc.

The center of Love's Retreat is the Barn, but there is also the "Temple House" which provides beauty and quiet for "Latihans", of the Subud followers or members who seek sanctuary at this official Subud Center.

Hermitage house is the home of Mahlah Love and it sits higher on the hill than Temple House, or the Barn, and is an expression of it's mistress' love of beauty in her surroundings. It has been developed with meticulous care and much thought, and provides a sanctuary for the very busy mistress of Love's Retreat.

Accommodations are available for those who wish to come for a vacation, on a few days. Swimming, water-skiing, fishing, and boating on Lake Rabun is offered, or one may simply relax and hibernate. Horse-back riding and golf are within a few minutes drive of the lake, and some of the outstanding eating places in all of North Georgia are within a few miles of Love's Retreat.

Mahlah Love generously offers her Barn for use by groups, and does not hold it to any specific study. Though Love's Retreat is an official Subud Center in the U.S., it is also the meeting place and gathering place of many others with many other interests. The address is: Love's Retreat, Lakemont, Georgia.)

Loves Retreat is intended to offer sanctuary for those who wish to rest and to meditate, and it was built with those considerations. Did we rest? No, we kept busy every waking moment of the week we were there, but then... that's US!

N e w s !

Following our farewell party which was held on Saturday evening, May 6th, the Drs. Blanche and Dick Pritchett departed at daylight Sunday morning for our new home in Georgia. This was the first separation of the Executives from each other in two years, and they each said they did not care to have it occur again. It is proof perhaps that: "Absence makes the heart grow fonder" but we feel that the hearts of our Executives are fond enough, without absences.

Mahdah Love, dearly held friend of the Council members has gone all out to make us welcome in the new environment and has invited several of her friends and neighbors in at various times through the past two or three weeks to get acquainted with us. Mahdah is a superb hostess. We have not seen her equal when it comes to arrangements and details which express graciousness and thoughtfulness in planning. There is additional information on Love's Retreat elsewhere in this issue of the Dispatch, so we will minimize same here.

A long awaited meeting between Dr. Blanche (as well as the other Marcap members) and Dr. Alberta Elliott of Greenville, S.C. (Dr. of Scientology), was realized on Saturday evening at Love's Retreat, where some 20 persons gathered to exchange ideas, etc. It was a most interesting evening, and thoroughly enjoyed by the entire Marcap Group, with similiar expressions from most of the others who attended. Once more, our hostess displayed her hospitality, and lovely fresh coffee and doughnuts, cookies, and other sweets were served.

So many interesting people were there that it would not be fair to select any one or two, for each of them had their very unique way of presenting their thoughts. We hope to manage many more gatherings of like nature.

The Reverend George Pickard and his fine family were among the first neighbors to call upon us, and to make us welcome. We deeply appreciate such friendliness, and are most grateful to Rev. and Mrs. Pickard for their generosity in permitting us to use part of their barn for our badly needed storage. We hope to see them often, and to know them better. A very interesting family, we say!

Mr. and Mrs. Thomas Eveleigh, currently guests at Love's Retreat were most helpful in helping the group to get unloaded and settled. They spent one entire afternoon washing dishes, so that all would be ready for the group to have their meals upon arrival. We cannot say how much we appreciated their good help, and their ohs and ahs over Cool Springs Acres. Mrs. Eveleigh is sister to Harry Manley who is known to many of our members and readers as a person very closely connected to us.

N e w s !

continued

Dr. George Crawford, whose excellent expose on Hypnosis (dangers of) was in the May Aberree, was another of the highly interesting persons whom we were most happy to meet at Mahdah Love's Retreat on Saturday May 20th. This man is well informed on his subjects and has much to contribute to this civilization. We hope to know him better, and to see him often. Don't miss his article on Hypnosis which bears the title: "Hypnosis Victims Obey Will, Not Words."

Mahdah Love made a lovely gift of 18 plastic cafeteria trays, for our use in dining. Everyone is most appreciative of this gift, but more than that, we appreciate her ability to observe such needs, and to be willing to contribute to our comfort and better order in living. Thank you very much, Mahdah.

So here we are, already set up with the purest drinking water, from our own springs, and with wholesome raw milk which we obtain from another good neighbor at a minimum cost, country eggs and produce, and the wonderful Mountain air of our new home, here in Rabun County. Aren't we lucky?

Not to mention the wonderful home-made buttermilk which precious Mary Hambidge has sent to Dr. Blanche. We hope to give you some further information on this very amazing little person, Mary Hambidge. She is one of the most outstanding women we have met to date, and one whom we have extreme pleasure in meeting, with the goal of knowing her better. Dr. Blanche says of Mary Hambidge: "She is like a picture of a woman that I have held sacredly to myself for many years, a woman who portrays courage, intelligence, and the great gift of liking people. Along with this she is a feminine person of great stature. I am honored to have met her, just as I knew I would be from Mahdah Love's description and bits of news about her through the months just past, in correspondence."

Dr. Blanche wishes you all to know that she has not deserted you. Usually her incoming correspondence is handled within a matter of hours after receipt, but with the move, and the unsettled conditions, not to mention the inavailability of her materials, etc, she finds herself more than 500 letters behind. Please don't be impatient, she has your letter, and will do everything humanly possible to get to it, just as soon as possible. Also, please accept her heart-felt thanks for your many good wishes, and inquiries. It won't be long now !.

There is an axiom that states a "straight line can be extended to infinity in either of two opposite directions". Let us now consider the meaning of the word infinity. Infinity is that which is without parallel, that which is unlimited having no end. Now if a straight line were extended to infinity in two opposite directions, the ultimate result would be the creation of a circle. It is the only geometric figure having no beginning and no end, the end and beginning being one. This quality makes possible the perpetual rejuvenation of all things as also the perpetual creation and destruction of the cosmos and makes possible maintenance of a perfect balance between the physical and non-physical universes.

Little does man realize how much his happiness and success in life is tied in with cycles of action. Those who are most successful in life are the ones who complete each cycle as it is undertaken. The success one enjoys in being able to complete such a goal is dependant upon a mental conditioning which preceded the undertaking in which he, from having had numerous successes in past endeavors, expects to succeed. Any time that a goal is established and not achieved, the psyche suffers and there is a feeling of loss. This creates a sudden decrease in awareness accompanied with the inability to be in present time. Continued or numerous failures in the attainment of a goal will soon decrease the the flow of life within the body so that future success is next to impossible. Thus it can be seen that there is as definite connection between the mind or the non-physical universe as there is in the relationship between energy and matter in creation through the energy-matter cycle.

The mind can be reconditioned to accept and create success in material undertakings by establishing simple goals which are easily attained and gradually moving into more difficult fields of endeavor. By completing any undertaking eliminates half the battle of the succeeding one.

The Trip -----by Ed O'Neal

The move from Fort Myers to Lakemont was made without mishap. Six vehicles, four of them pulling trailers made the trip without even a flat tire. One tire on one of the trailers started losing air and very appropriately it was at a filling station while the fleet was gasing up. Only once did the caravan get split up during the trip. Part of the cars waited on one side of town, part on the other side and the balance were driving around hunting for the others. Fortunately it was a small town and it was easy to find one another.

There were many amusing incidents. Everyone cooperated wonderfully including the two Siamese cats, Isis and Horus, the parakeet, Twerp and Sirius the dog. At one place where the group spent the night, a little girl asked if we had monkeys too, and was disappointed to learn we weren't part of a circus. When we stopped at night we separated into three rooms and incidentally separating the cats, bird and dog. It all worked out very well.

Even though at times we were able to go only 25 miles an hour because of pulling trailers over rough roads the trip went fast and we all honked our horns and pointed when we came around the bend and saw the sign Rabun County just this side of Tallulah Falls. Across the bridge, up a hill and around a bend we saw Drs. Blanche an Dick Pritchett waiting on the side of the new highway 441 to lead us over the old highway toward Lakemont and around the side of Lake Rabun to Cool Spring Acres. As we went over the hills on the last two miles of the journey Dr. Blanche said it was a tremendous thrill to look back and see the rest of the group strung out along the highway and to know we'd soon be all together again at our new home in Cool Spring Acres.

Technically Speaking

"Universes"

by

Richard Pritchett

Today the word Universe will be given consideration, as to what it means, when we here at Marcap use it. Also through the use of the understanding of this term; how it can and does influence human behavior.

A Universe is a complete system of things that have been created and are measurable. There are many systems of measurable things, "Universes," but for our purpose we consider the basic three that we use at Marcap.

There is of course, the Physical Universe that is made up of Matter, Energy, Time and Space. The Physical Universe is that which Science investigates and abstracts laws of its operation. This collection of data by Science formulates into an abstraction called, Theory! and then tested exactly as it was abstracted. The Scientist proclaims truth in his theory that is duplicated by other Scientists or living beings if they understand the theory.

Now there is in addition to the Physical Universe a separate and complete Universe called your Universe. That works similar to the Physical Universe, but it is not subject to exact duplication of the laws of the Physical Universe. In short, your Universe laws work similar to the Physical Universe laws but for one exception. In your Universe you make your own theories (ideas) and they immediately are so and true for you and your Universe. Your Universe is completely under your control and desire. Things happen in your Universe when you decide for them to happen. Things change as you decide and things vanish from your Universe upon your decision. You are the maker, the master, the sculpture, the creator of your own Universe. This is your basic ability. Your "Potential Ability" to be, to do, and to have or not, as you choose any creation or thing in your Universe.

Here we have as a basic then, the Physical Universe made up of matter, energy, time and space and your Universe as a dual Universe that can and does at your decision have a similar condition as the Physical Universe. For in your Universe you can if you decide and desire to have, matter, energy, space and time. Now these two Universes are separated and each distinct and yet they are connected to one another. How is this? Well, here-in lies the secret of existence and proof of existence all in one action. As a Cause, or Spirit you can in your Universe, create all or any part of your Universe exactly as you desire. That which connects you or your Universe with the Physical Universe is Awareness, Consciousness, Knowingness. Lets make this very clear and simple for simplicity is actually what it is.

(Technically Speaking---continued)

In your Universe you can have an Idea - there are Hotels in London. You may or may not perceive these Hotels, but you know they exist. How do you know? Simply that you know - no How! Now if you doubted your knowing there are Hotels in London, you could prove to yourself this truth by traveling to London and actually perceiving a Hotel. Now the spirit knows, that is, in your Universe you know, and actually you can prove to yourself in your own Universe that London does have a Hotel, so you create a mental picture of a Hotel and you can say that Hotel is in London and who in your Universe is to dispute that thought and creation other than yourself?

This is "Potential Ability" at work in your Universe. Incidentally, the mental picture of the Hotel you made to perceive in your own Universe is the mind. So in your Universe you have Potential Ability to create something from just an idea and you can place that idea into your mind as a picture. Here too, we are using connection. There is you, a spirit, that gets an idea. That is the Causation Point. Then the idea changes into a mental image picture. You now can, from that point where the idea was assumed, have a Viewpoint that is capable of viewing the idea at a distance from that Viewpoint. The idea is solidified into a picture. That is perceivable to the Viewpoint at a distance from the Viewpoint. Understand this is all taking place in your Universe. That look which views, sees a picture as the connection between Viewpoint (or idea) and idea solidified by creation into a picture at a distance from the Viewpoint. Now in like manner, in your Universe you are capable of perceiving the Physical Universe from your Universe Viewpoint.

The connection of the Physical Universe and your Universe, if you are to view the Physical Universe, requires distance. Understand you can just know there is a Physical Universe without having to perceive it, in your own Universe, you do not have to prove to yourself there is a Physical Universe unless you desire it. However, it is much more fun to prove to yourself this fact and thus you can play a game with yourself in your Universe, of discovering different parts of the Physical Universe. This is what man does, but has forgotten he does. So now he believes that only Science can tell him these truths and Science unless it knows the law of Universes will and does try to explain all life from the Viewpoint of the Physical Universe which is the effect of Cause. Bodies are the effect of Cause, and so you see most authorities and scientists are still observing the physical to find a law that will cover all creation. Well this law does not exist in the Physical Universe as a thing but only as an idea. And as you cannot see an idea until you have changed it into a mass or matter, the poor scientist is trying to see an idea in matter and it does not exist in matter. Thus the heavy rimmed glasses scientists are found wearing are used in an effort to magnify and see this idea. A guy can go blind that way - trying to see nothing with his eyes!

Well so far we have two Universes that are composed similarly but which do not behave similarly all the time.

(Technically Speaking---continued)

There are also other Universes - each individual being has his own Universe and it works similar to your Universe. Thus, there is for simplicity's sake, your Universe, the Physical Universe and the other guys Universe, which is individual, but of many numbers, near three billion on Earth alone today. But these Universes are only as real as you in your Universe will allow them to be. The rehabilitation of the individual Universe to full "Potential Ability" to create and duplicate, without the dependency of others, and to be able to control ones own abilities is our highest goal here at Marcap. We know you can do it. How do we know you can do it? Because we know you can. The entire staff of Marcap is united into one desire, to see you free to create in your Universe what you desire - not necessarily what we desire, or any one else would desire you to create.

When one knows his own "Potential Abilities" and has regained in his own Universe these abilities he alone has created - we find there is then a desire to understand others Universes. This is a game of fantastic interest and one enters this game by being willing to view other Universes. The way this is played is I ask you about your Universe, and you tell me something about your Universe. Then I know something about your Universe. Now in turn you ask me of my Universe and you receive and know more about my Universe.

This is the Way of the Game, the How of the Game in life we call communication. Communication is the Way - the How we connect the three Universe classification and know more about them. The Game of Communication is very fascinating. It can change in every instant of time; it has very precise and exacting rules - yet almost everywhere one looks today communication is scarce. Communication is a Native Ability of the Spirit! Here at Marcap this ability is reestablished, rehabilitated, and made known again in its highest sense. To communicate is to live - not to communicate is dying. All drills, exercises, processes, used at Marcap are based on the laws of Communication.

Much more can be said on Communication and Universes but this is all the space my editor will allow for now. See you next month.

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The Facade ---by Will Lapp

Of a Saturday night two young well dressed colored gentlemen gathered at the drug store to help hold up the lamp post and watch the girls go by. Each was dressed splendiforus but Sam had far outdone his friend George by having draped across his green and purple checked vest a magnificent watch held on one end by an enormous fob and on the other by a splendedly plated gold watch.

As evening wore on and perhaps thinking of getting even somewhat, George offered, "Uh Sam, what time is it?"

Sam thinking fast drew his watch out of his pocket flat on his palm, sprung the dial cover so George could see it and announced with just the right touch of nonchalance, "There she an."

George not to be outdone, carefully studied the time piece, looked up sagely, nodded his head and said, "Darned if she aint."

Responsibility and Willingness

by
Ed O'Neal

People say they are going to take up meditation as a way to enlightenment. After a little communication about meditation, about their goals, about themselves it usually comes out that they expect meditation to enlighten them, that meditation will do it for them. This same attitude is usually held by most people when they use a method or way to enlightenment, particularly one that is other determined, that is, not their own. In attempting to use a method or way that is not your own is to look outside yourself for some thing that is not there. It is an attempt to see rather than know. Seeing is an attempt to know with reservations. That is trying to understand without knowing. Reserving the right to know differently. It is an unwillingness to know. People point this out to each other frequently. They say, "I see what you mean but-----." Here we have an alteration of what the other person knows. When a person says, "I know what you mean," there is rarely further comment needed consciously or subconsciously. The yes, but--- is not interjected. Usually there is a quiet understanding, a co-responsence. The fact that I know what you know means that I know IT as I know IT, you know IT as you know IT co-responsibly without the demand to change IT. We know IT as it is.

Seeing, looking, working toward, trying to do are all O.K. Any of these things will increase your knowledge about IT (something) and after a time, a certain point known only to yourself you will realize that through IT is wisdom and knowing IT is yours. You are responsible for IT and your respons-ability to IT is in direct ratio to your willingness to accept IT as it is.

A way or method that is strictly your own is to do what you are doing and be willing to respond to what you allow to develop. Occupy your body and mind with some thing and take note, respond to the ideas and thoughts that drift unheralded through your awareness. Don't pursue these ideas just continue to do as you are doing. Be willing to let come up what comes up without doing something about it. Let it flow out without resistance. If some of these ideas or thoughts are repugnant, never mind, let them flow and after a time you will know that whatever comes from outside yourself you are responsible to and whatever comes from inside your self you are responsible for and you will be.

The Quitter --by Robert W. Service

It's easy to cry that you're beaten and die,
It's easy to crawfish and crawl,
But to fight and to fight when hope's out of sight,
Why, that's the best game of them all;
And though you come out of each grueling bout
All broken and beaten and scarred--
Just have one more try. It's dead easy to die,
It's the keeping on living that's hard.

I cannot claim one single moment before it is due. Why then claim the duties of hours ahead? Tension and strain will drop from me if I cease to rush and quietly do the things which lies at hand to be done. In so doing not a moment will escape being lived to its fullest extent.

---submitted by Ed O'Neal

The Amusement Park

by

E. Blanche Pritchett, Ph. D.

May I present to you, this month, one of my views on the subject of the experiential sensations of the Physical Universe, and why a Spirit creature may well be so interested in it that he has forgotten everything else?

Thank you. I hope you enjoy this analogy.

I was without a physical form, but was conscious of being, and I had eleven playmates who were in a comparable state. We were spirit beings who had romped through many planes of existence and had come to a point where we desired to engage in something physical. It is at this point I pick up the thought, for your approval, from which to proceed into my ridiculous analogy.

We will liken this planet to an Amusement park, and the twelve spirit creatures to young children, for we did indeed have the same wonderful enthusiasm that most children display at the prospect of a ride on the merry-go-round, or some other device which is usually associated with amusement parks.

So...now, planet earth is an amusement park, and we spirit beings are as young children, and we will go on with the story.

We were highly excited at the prospects of random motion, thrills, skill games, rhythmic rides, pitch men, freaks, animals, and all of the sundry accumulations of the good Amusement-park manager.

As we entered the park, there was a desire expressed by some to go immediately to the fun house, others wanted to go to the roller coaster, others to the Ferris wheel, others to the Dodgem, one wanted to eat cotton candy, another wanted to throw darts at balloons, and still another wanted to ride the "shoot the Shoot", so....we all knew that we were ALL in the park, and agreed that we would all pursue our own thrills, chills, and desires, and that we would meet at the gate.

My friend and I were busy for some time, enjoying all of the sensations of each experience, and finally, I said to him, "Well, I have seen it all, and am ready to leave."

He (really not a "he", just a companion) replied, "I wish to go over it again."

So, I agreed to sit on the fence near the entrance gate and to wait for him, for we did agree that each would pursue his own desires, and I was quite willing to estimate the time it had taken to experience all of the various rides and tricks, and in so doing, I decided that I would be willing to wait for my companion to go over them again, as I sat and observed.

A great deal of time passed, much more than was needed to duplicate the events, and my companion had not returned, so I got down from the fence and went to find him.

More time passed, lots of time passed, and finally I saw my companion in the tent of the Gypsy fortune teller, and she was telling him what he had experienced, and was predicting what he would experience (knowing full well that he was on his second time 'round').

It took much persuasion for him to leave the gypsy, and then I learned that he had gone the second time on and in everything except the "Fun House" and that he was not willing to go in there again, due to a mirror maze that baffled him.

So we both retired to the fence and waited the other 10.

We could see them, whooping it up and really having a wonderful time. They were really working at this game.

Uncountable time passed and we could not seem to get our companions to join us in leaving the park, they were all busy, very busy, and did not have any time to waste they told us in reply to our request to leave with us. They still had to go on the merry-go-round standing on their heads, for instance... and we must realize that sensation was valuable research, etc.

So, finally we decided that we would ask once more, and having received the same negation, My companion said to me, "It is apparent that each has his own needs to fulfill. They are not ready to come out of it yet, so let us go on and make our reports to the Council so that they will have our views on this Amusement Park."

And so, we did.

When our little friends tire of the Amusement Park, we have a new game to play with them that we will call Materialization/de-materialization, and I know they will love it, but they do not yet know about it, they are all so busy, you see.

Mechanisms- Devices of the Mind

by
Ed O'Neal

Mechanisms are psychologic devices. They can and most likely are ways in which attitudes express themselves. I see them as abortive attempts to be rather than just being.

Their origin as well as the origin of attitudes, from which they seem inseparable is man himself with his innumerable, insatiable and contradictory desires. Man lives in a world of countless prohibitions, postponements and frustrations.

Man has created these mechanisms and attitudes and has given up the responsibility of them. He allows his mechanisms to seem to create for him by the infinite variety of interplay possible among the mechanisms.

Man has created via the mechanism of civilization a million fears all of which succeeding generations inherit and add to. Man has made realities of abstractions such as shame, disgrace, fame, regret, goodness, failure etc. So that if one desire is satisfied, one danger overcome, there are a million more to goad and lash. It is quite possible that man has created these things to have a game but in so doing he has labeled practically everything with - you can't, mustn't touch, danger and so on and he is rapidly approaching a no-game condition of complete slavery. Very rarely has a man said - this is the way to get what you want, this is the way to eliminate pain, this is the way to survive and more important you can be, you can do. A good example of the dichotomy of positive and negative to me is - pains and pleasures are positive; most of the commandments and laws are negative. There are plenty of specific regulations as to what not to do, precious few as to what or how to do.

In the realm of mind, what not to do are mechanisms designed to serve man. Man has the choice of usage. If he is capable of observing the mechanisms in action he can learn to control them and move toward infinity through his livingness.

All mechanisms have several common characteristics:

1. Mechanisms are seemingly inseparable from the attitudes they express.
2. Mechanisms can seem to create.
3. Mechanisms are seemingly unpredictable in that the same stress may evoke different responses.
4. Several mechanisms may express a single attitude.
5. A single mechanism may express several attitudes.
6. Mechanisms appear in or tend to appear in constellations or arrangements.
7. Mechanisms develop and grow unconsciously, without deliberate planning.
8. Mechanisms operate automatically usually without awareness.
9. Mechanisms may release a small amount of attitude engendered tension.
10. Mechanisms produce more tension than they release.
11. Mechanisms irradiate.
12. Mechanisms are important as symptoms.

In regard to the body the natural orientation of the body is that desire or fear should lead to action. If action occurs, the energy mobilized for the occasion is released. Unreleased energy remains as tension which will manifest itself physiologically or psychologically in mechanisms via attitudes. The symptoms tension-produced create more tension. It's a vicious circle.

This is illustrated in 3 parts:

1. Release is inadequate as the attitudes continue their operation.

2. The mechanism produces situations which intensify the tension creating attitudes.
3. Mechanisms tend to increase both the extent and intensity of tension.

A man with inferiority feelings for example, seeking to avoid situations he feels inadequate to cope with, may use the mechanism of withdrawal, but by withdrawing, he shuts himself off from communication with his fellows and so adds new pains, loneliness, the sense of being unliked, unwanted. He has not escaped the initial pain, he has merely added to it.

Mechanisms irradiate. Like attitudes they lead to one another and in all directions with attitudes and mechanisms intensifying and extending each other. The operation may be merely spreading or it may call in new mechanisms and attitudes to bolster the original one.

For example one whose hostile attitude releases itself through intolerance may start with a single unpleasant experience and enlarge it to include all other tenuously connected or even bridge in wholly unrelated groups.

By irradiation, attitudes and mechanisms attract others of the same type. The insecure man may develop rigidity in an abortive attempt to achieve stability. Others will not conform to his notions so he develops antagonism expressed by fault finding, nagging which he rationalizes. Rationalization enables him to extend the boundaries of his intolerance.

Mechanisms are symptomatic and are important only as such. Finding the cause of any symptom is essential to cure.

There are times however when it is good to alleviate a particularly distressing symptom in order to expedite finding and correcting cause. For instance an overly critical person will not be cured of his basic hostility by refraining from criticizing politicians and/or his wife, but he will profit from such control. So will his wife. He will demonstrate to himself that, (1) he doesn't have to utter every disagreeable thought he can hatch and (2) he will not create new sources of irritation and (3) he will not continue to add mass to his basic hostility (postulate). There will be two fewer tributaries to feed the stream of vituperation.

The Spirit of the Worker

Life is indeed darkness save when there is urge,
 And all urge is blind save when there is knowledge,
 And all knowledge is vain save when there is work,
 And all work is empty save when there is love;
 And when you work with love you bind yourself to
 yourself, and to one another, and to God.

And what is it to work with love?
 It is to weave the cloth with threads drawn from your
 heart, even as if your beloved were to wear that cloth.
 It is to build a house with affection, even as if
 your beloved were to dwell in that house.
 It is to sow seeds with tenderness and reap the harvest
 with joy, even as if your beloved were to eat the fruit.
 It is to charge all things you fashion with
 a breath of your own spirit.

---From The Prophet by Kahlil Gibran---

submitted by Lois O'Neal

HEAD FOR THE HILLS!

A Complete account of the Marcap Move

—by Alan Gardner (15 and 360/365 years old)

Wednesday, May 10: Just 15 months since I came to Fort Myers, this was the last full day that I was in the Fort Myers area. The man came to disconnect the tele-phones. We got the four trailers packed, then in the evening, Addison Reeder (Topper) arrived in his jam-packed light gray Buick to make the move with us. The mosquitoes were so thick that one would stand in one place for minute and have about a thousand mosquito bites. Richard Wiggins painted a "Posted, No Trespassing" sign to put out in the yard when we left.

Thursday, May 11: The Big Moving Day. We expected to leave at 5:30 in the morning, so I got up at 4:00. I found nobody up, and wondering why I went downstairs into the kitchen where I found a note addressed to Topper that the getting up time had been changed. So, I went back to bed. —Then around 6:00 Mable Wiggins told me that the getting up time for the trip was changed to 7:00 in the morning. When every body was up, it took us a while to finish loading, burn trash, and hitch the trailers. Ted Johnson and Topper took pictures, some from the tree in which the light was mounted, at about the time Ted took the light down. The back door was boarded up, the sign put in the front yard. Then the vehicles, one by one, left the yard and onto the highway. I noted the time, exactly 10:36 a.m., five hours later than we had expected to leave.

Starting out leading the caravan was Lois O'Neal in her light green Rambler station-wagon, with nine year old Patsy Wiggins by her side, and her two Siamese cats, Isis and Horus. Following her were Ed O'Neal in his truck, pulling along the first packed trailer with Will Lapp's boat upon it; Mable in her freshly painted tan car with Twerp, the parakeet; Tod in his truck with Sirius, the dog, as Ted pulled the other big trailer; Topper and Richard in Topper's car, pulling a small trailer. Then behind in the line was Will driving Ted's green station wagon pulling the remaining trailer. Blanche and Dick Fritchett had already arrived in Lakeland, they left Sunday, the 7th of May. I was riding with Will.

Our first stop was the Cabover restaurant in North Fort Myers. There we ate break- fast at noon. The rest of the group left when we were finished, leaving Tod, Will and me behind. We had to fix the brakes on truck before we went on our way. When we were ready to go, Will and I went ahead of Tod, finally leaving Lee county at 1:30 p.m. We made our way to Arcadia, via Route 31, where we stopped awhile. The boat on Ed's trailer had to be straightened, as it was on on one side. At this point Topper went ahead. Our next stop was Winter Haven, where we found where to go to spend the night, in Haines City. We turned onto a highway at the city limits then pulled in at State Motel for the night. We occupied three rooms.

Friday, May 12: At 5:00 in the morning the alarm clock went off and we got up and started on our way. We got to Leesburg where we stopped for breakfast. From palm trees we entered orange tree country, then a stretch of Spanish moss covered live oak trees further on north. This was the case as we went on through Ocala and stopped at Gainesville for awhile, then traveled to Lake City, where we stopped again for awhile. Then down hill we went into the swamp region of Okefenokee, and arrived in Georgia, at our half-way point. We stopped at Fargo for a picnic then continued over flat lands to Douglas, all this time through forests of turpentine pines. At Douglas the group broke up in trying to find a Cities Service Station. While Ed was waiting for us at the other end of town, Lois and Mable were at a motel. About an hour later, Lois had made motel reservations and Ed had come back to find out what had happened to the group. We finally all got together again at the motel where we spent the night. We walked to the center of town to a restaurant where we ate.

HEAD FOR THE HILLS--- continued

Saturday May 13: The alarm clock was again set at 5:00, at that time we got up and went on our way to have breakfast at a place eight miles south of McRae. We then exchanged drivers so that Will was driving Mable's car and Mable was driving Ted's station wagon. Topper was no longer pulling a trailer. Instead the trailer had been hitched to Lois's car at the Motel in Douglas. We started on our way to Dublin, where we stopped for awhile. I was riding along with Mable, with maps and barometer. We left Dublin going through a hilly area to Irwinton Madison, Watkin-ville, and stopped at Athens. Then we went on to Commerce and a bit beyond, where we stopped for a snack, then went on our way to just before Cornelia, then going about 20 or 30 miles per hour. It seemed like the towns were just one mile apart instead of four miles. We had been following Ted part of the way, and the back of his trailer looked a quite a bit like a covered wagon. Will and Mable had changed back to the original driving arrangement at Milledgeville.

We then approached the sign, "Rabun County." Somewhere in this county our destination was to be. We had just left Tallulah Falls as Blanche and Dick waited for us at the turnoff to go to Cool Spring Acres, our destination. Blanche saw Topper coming first down the hill followed by Mable, Will and me, Ted, Ed, and Lois. I had the feeling our destination was very near, as Dick and Blanche greeted us. We got back in our cars and followed Blanche and Dick to Cool Spring Acres. We made a left turn from the highway onto a winding road, then turned left again onto a narrower, windier road that led us to Cool Spring Acres and nearby Lake Rabun. Pretty soon I saw a sign that indicated to me that we were there. "Hello, Cool Spring Acres!" I shouted. The sign said simply, "Cool Spring Acres." as the Marcap Caravan made its way up the hill to the entrance. I got out of the car from a long trip and felt like saying, "We are here!"

The barometer had made the dip to 27.72 from the decreased mountain air pressure. On leaving Fort Myers it was around 29.90 inches. One of us said, "Hooray, no mosquitoes!" Yes, no mosquitoes here at our new home, Cool Spring Acres!

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Marcap Council Inc., Lake Rabun, Lakemont, Georgia

Marcap memberships are now available, and cards will be issued for:

Associate/Visiting Member-	Initiation fee: \$10.00	Annual fee: \$5.00
Participating Members	Initiation fee: \$30.00	Annual fee: \$10.00

The total Founding Membership roles will be limited to 144 members.

Participating Member _____ This entitles one to 33 1/3% discount on all services available at Marcap.

Associate/Visiting Member _____ Will receive Marcap Dispatch monthly.

All members will receive Marcap Dispatch monthly (check one above)

Check/Money order enclosed for (amount) \$ _____

Signed _____

Address _____