

# United Temple Bulletin

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## Our Master Speaks About The True Meaning of Reincarnation

"Man was to rule the whole world as the Lord of all creation. Since he fell, God's Restoration Providence started from an individual level. Until one individual is restored, the family, tribe and nation cannot be restored. So God started the Restoration Providence by restoring one individual. From the individual level of restoration, He could proceed to restore the family, clan or tribe, nation, world, and the Universe.

"For instance, Enoch, or some other righteous man, must come to earth to help this individual who is to be restored. When God's Restoration Providence developed to the family level, Enoch must come to earth and help on that level also. In this way of helping, Enoch also receives the benefit of this level of restoration.

"When it reaches the level of the national restoration, Enoch must again descend to earth in spirit and help the people to prosper. In this way, this same spirit - Enoch - must descend again and again until everything is completed and his own restoration is completed. So the spirit-saints who died a long time ago must come to earth many times to receive the benefit of that age. When they descend in this way, they may say to you, "I am Enoch," as if the life of Enoch on earth was your own previous life. But this is not true. Enoch is simply coming to you to receive the benefit of your age.

"These spirit-saints do not go to just one person. They go to many persons. This is not in flesh form, but only in spirit. When a spirit comes to you, you may not be able to tell the difference at times between your own spirit and the spirit-saint who has come to you. You may behave like someone else.

"If existing theory or belief of reincarnation is right, then where did Adam come from?"

"How to Overcome That Depressed Feeling"

by Eugene W. Jackson

Depression means different things to different people. To most it means a temporary lowering of spirits when pessimism and sadness prevail for no apparent reason. To doctors, depression means this and also any form of sadness from personal loss or tragedy or any lowering of mood found in certain emotional illness.

To understand depression, it helps to understand what mood is involved. An authority on the subject, Dr. Kraines of Chicago, explains:

"All persons are subject to mood swings. At one extreme are feelings of contentment, pleasure, and happiness. At the other are feelings of sadness, dissatisfaction, and irritability."

Swings and intensity of mood also depend to some extent on basic disposition. "The basic mood pattern is usually established by psychological forces within the first decade of life. The child who receives little or no affection, attention, or guidance, feels rejected, insecure, inferior, and unhappy. Unless this pattern is changed by favorable life experiences - with teachers, relatives, friends - the child grows up with a sense of dissatisfaction and unhappiness.

"When a child receives sufficient affection so that he feels secure and at the same time has guidance that permits self-expression and self-realization within the bounds of social and ethical principles, he tends to become stable emotionally, and his mood patterns are likely to include zest, enthusiasm, and contentment." (Dr. Kraines)

Certain physical forces influence the mood. Mood is often lowered by hunger, fatigue, extremes of temperature, and the presence of physical disease. When these are present, the person may be irritable and depressed; when they are not present, he usually feels good and content. Moods cannot be changed by will power or logic alone.

Depression becomes hazardous when the feelings grow very strong, when they last long, and when they change a person's behavior or living habits.

(a) The symptoms are:

- trouble in sleeping
- trouble in slowing down
- ~~in~~ loss of interest in usual activities
- general despondency (loss of hope)

- (b) Other suspicious symptoms include:
- loss of confidence
  - feeling of guilt
  - fear of having some dread disease
  - diminished sexual drive and pleasure
  - reduction of appetite
  - menstrual irregularities
  - forgetfulness

Crying spells do not, oddly enough, seem to be reliable evidence of serious depression. Usually crying eases tensions and brings temporary relief.

Researchers have uncovered some other important facts on depression:

- (1) Depression occurs in women three times as often as in men. Part of this difference seems to be due to the tendency of women to succumb to depression before and during menstruation, after childbirth, or during the menopause.
- (2) Depression can occur in children, though it does not appear to be common in youth.
- (3) Depression in adolescents tends to appear as moodiness, dissatisfaction and restlessness.
- (4) Vulnerability to depression rises during college years.
- (5) The most likely time in life for serious depression is after age thirty.
- (6) Older people become more vulnerable to depression after losing their mate, retiring, or moving away from usual surroundings.
- (7) More people become depressed during the spring and fall than during other seasons. The gloomiest months, it appears, are April and October.
- (8) For many people the blackest days are Monday or Tuesday. The lowest hour of the day is 9:00 A.M. to 10:00 A.M.

Serious depression is an illness as much as any physical one, and it calls for prompt medical treatment. The treatment varies with the severity of the depression - a family doctor may prescribe one of the milder anti-depressants or he may prescribe the more powerful anti-depressant, psychic energizers; or he may recommend a psychiatrist.

In many cases of mild depression, the doctor may suggest the following measures:

- (1) Take an hour's walk regularly after breakfast and after lunch. Such exercise may be stimulating enough to dispel gloom.
- (2) Continue the usual routine as much as possible.
  - Do not overrest.
  - Do not take a vacation during depression.

- (3) Visit close friends and relatives. These loved ones can be tolerant of poor company.
- (4) Avoid making important decisions.

(Source: Family Circle, August, 1966)

Study Group Concludes Public Schools Should Teach Religion

Recently, an interfaith team of scholars in New York concluded that religion can and should be taught in the public schools.

Their report declared "Knowledge about religion may be considered an important component of an adequate education for citizenship".....

"Within the present constitutional provisions, courses in biblical history, the history of religion, comparative religions, and the relation of religion to the advancement of civilization and to important concerns in contemporary life may be offered in public schools."

Dr. Lawrence C. Little, professor of Education and head of the religious education program at the University of Pittsburgh emphasized that the function of the schools is "not to lead in worship", but to offer factual, objective instruction about religion and its impact on culture, history and institutions.

"It is evident", the report said, "that religion has influenced practically every facet of civilization and in every period of history.

"The scriptures of various religious groups - the Torah of the Hebrews, the New Testament of the Christians, the Koran of the Moslems, the Bhagavad Gita of the Hindus, as examples - have deeply influenced the cultures of their respective peoples and are reflected in much modern literature.

"It would seem that opportunity should be provided in a well-rounded public school curriculum for students to become acquainted with the varieties of religious beliefs and the scriptures upon which such beliefs are based."

(Source: "The Oregonian", October 8, 1966)

BRIEF NEWS REELS

Boise, Idaho

Vernon is actively witnessing in Boise. Recently, he made seven new contacts. He is going to begin distributing tracts that have been used successfully in the Bay area the past few months.

Salem, Oregon

Maxine Adamson is taking her psychiatric training at the State Hospital in Salem, Oregon. She is actively working to make new contacts for our church.

Ogden, Utah

Mr. David Kim spoke to the Latter Day Saints Weber State College ward meeting on the topic of "Korean Culture and People". Job Corps nurse Sandra Spencer made arrangements for this session, and approximately fifty young people attended and were inspired.

Especially his talk on the Korean Flag and it's religious and philosophical meaning aroused deep interest. He also referred to many points on the Principles. He talked for an hour and a half. Then a discussion period followed, and pictures and booklets on Korea prepared by Mr. Kim were exhibited.

Los Angeles, California

John and Sandy Schuhart are teaching seven nights a week now. They are trying out some new approaches and ideas in their Divine Principle work.

Sandy sends her love to all the Northwest family!

Seoul, Korea

After a long process of government procedure, our Master's Party (13 members) have now received their passports from the Korean government. The application for Japanese visas have been submitted to the Japanese government.

I Salute You

I am your friend, and my love for you goes deep. There is nothing I can give you which you have not; but there is much, very much, that, while I cannot give it you can take. No heaven can come to us unless our hearts find rest in it today. Take heaven! No peace lies in the future which is not hidden in this present little instant. Take Peace!

The gloom of the world is but a shadow. Behind it yet within our reach is - joy. There is radiance and glory in darkness, could we but see; and to see, we have only to look. I beseech you to look.....

Life is so generous a giver, but we, judging its gifts by their covering, cast them away as ugly or heavy or hard. Remove the covering and you will find beneath it a living splendour, woven of love by wisdom, with power.

Welcome it, grasp it, and you touch the angel's hand that brings it to you. Everything we call a trial, a sorrow, or a duty; believe me that angel's hand is there; the gift is there, and the wonder of an overshadowing presence. Our joys, too, be not content with them as joys. They, too, conceal diviner gifts....

Life is so full of meaning and purpose, so full of beauty beneath its covering - that you will find earth but cloaks your heaven. Courage then to claim it; that is all! But courage you have; and the knowledge that we are pilgrims together, wending through unknown country home.

And so, at this time, I greet you; not quite as the world sends greetings but with profound esteem, and with the prayer that for you, now and forever, the day breaks, and shadows flee away.

A letter written by  
Ira Giovanni - 1513