

PSYCHIC LABORATORY

The plans of the Pataal Foundation to open a large free, self-sustaining center for arts, crafts, music, dance, meditation, yoga, and food in Santa Cruz have been stalled by, of all things, lack of interest in the community.

UNIVERSAL LIFE CHURCH

The church meetings, devoted to perfect music, group harmony, and high vibrations, have now ended. Four months of regular and highly successful operation have been interrupted by the eviction of Pastor Mike Walker by his landlord. When another high mountain is located for meetings, the church will resume.

PERFECT MUSIC

Another high church, Reverend Max Hartstein's laboratory of Psychic Alchemy, has closed its doors to the public after four years of community service and regular Thursday night meetings. The Alchemical work will be continued in private by the church fathers, the Twenty-Fifth Century Ensemble.

AGNI YOGA

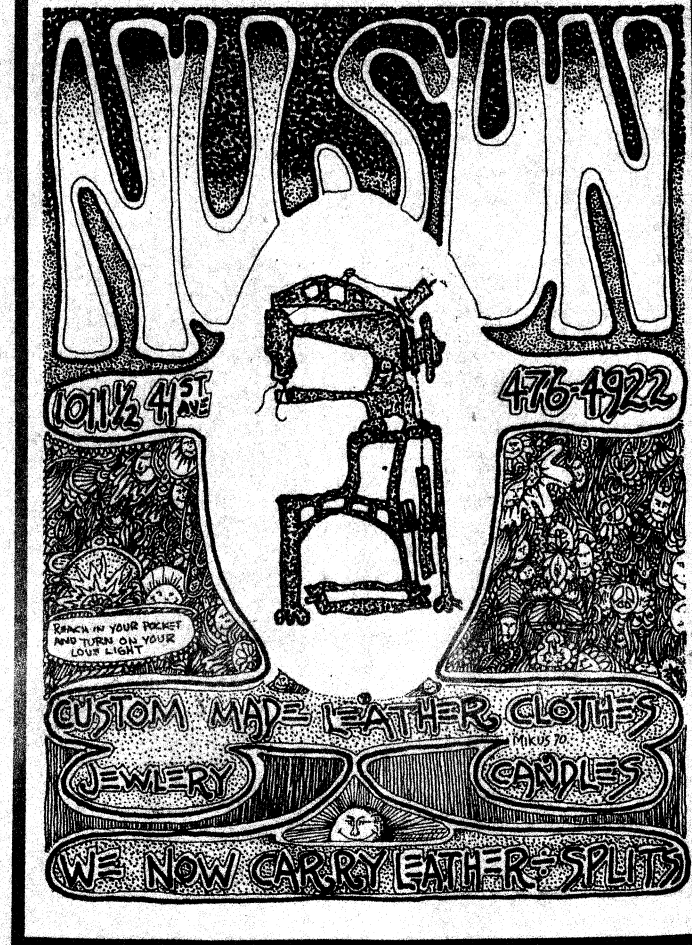
Ralph Metzner, who has been studying with an Agni Yoga teacher in Southern California, spoke recently at UCSC. He described the re-emergence of this very ancient teaching in modern times by clairvoyance, like the Aquarian Gospel. The philosophy of this teaching is very close to Gurdjieff, and the techniques are the most powerful I have experienced to date.

HERE AND NOW

Last Fall I felt that the emerging community in Santa Cruz was at a watershed, and that a development of some importance to the world was possible. Now I am convinced that this opportunity has passed, and the old structure is being re-created. After all, Cyril Fagan says the Aquarian Age is still some some 500 years off. Approach the New Tarot and Heliocentric Astrology with caution. Satan equals Maya.

NEXT DOOR:

AUDIO ODYSSEY complete HI-FI EQUIPMENT...



BUCKWHEAT: As flakes, excellent hot or cold. Whole grain unpearled is delicious in soup.
MUESLI: An extremely versatile combination of all flakes. Maybe fried or roasted for a more flavorful fast cereal; baked as a dessert as a porridge, or simply eaten with milk.

BUCKWHEAT BURGERS

1 cup flakes to 4 cups water...boil thick (approx. 15 min.)...allow to stir in:

- One beaten egg
- 3 sliced sauteed scallions
- 1 cup whole wheat flour

Form into medium-sized patties...dip...fry until crispy on both sides in sunflower oil.

FLAKE BURGERS

Boil flakes (one or mixture of all) ridge consistency...add small amount raisins...allow to cool thoroughly. into patties...fry on both sides un

MUESLI COOKIES

Mix together:

- 3 cups muesli (plain or roasted)
- $\frac{1}{2}$ cup whole wheat flour
- 1 beaten egg
- 1 cup milk
- $\frac{1}{2}$ cup raisins, 1 diced apple, chopped nuts.

Drop from teaspoon onto greased cookie sheet. bake at 375 for 25 minutes.

***The Natural Food Store on Soquel stocks Lima products from Belgium. I tasted Lima while in England last summer and have yet to find anything to compare to their Tahini or Tamari Sauce. Also available are Lima barley flakes and seaweed.