

SELF-REALIZATION
FELLOWSHIP*

YOGA

JOIN JANUARY CLASSES
LEARN: BODY & MIND CONTROL
BETTER BREATHING
DEEP RELAXATION
MEDITATION

• EASY STEP BY STEP
INSTRUCTION FOR ALL AGES

CLASSES BEGIN

MONDAY - Jan. 22 8:30 p.m. (Redford) Redford Parks & Rec. bldg. 28946 W. 7 Mile at Norborne
WEDNESDAY - Jan. 17 8:00 p.m. (Madison Heights) Madison Heights Civic Center 13 Mile Rd. at John R.
FRIDAY - Jan. 12 10:00 a.m. (Southfield) Southfield Civic Center 10 1/2 Mile at Evergreen
FRIDAY - Feb. 9 8:00 p.m. (Southfield) Southfield Civic Center 10 1/2 Mile at Evergreen
MONDAY - Jan. 8 7:30 p.m. (Trenton) Tieser Bldg. William Rd. near West Rd.
MONDAY - Jan. 22 9:00 and 10:30 a.m. (Bloomfield) Bloomfield Village Women's Club
WEDNESDAY - Jan. 10 7:30 p.m. (Detroit) St. John's Episcopal Church Lafayette at St. Aubin
TUESDAY - Jan. 9 7:30 p.m. (Troy) Somerset Apts. Community House Dorchester at Somerset
WEDNESDAY - Jan. 10 9:00 and 10:00 a.m. (Oakland Mall) Oakland Community Room
TUESDAY Jan. 16 7:30 p.m. (Livonia) Holmes Jr. High School Newburgh Rd. between 5 Mile & 6 Mile
WEDNESDAY - Jan. 10 7:30 p.m. (Northland) North Park Place
MONDAY - Jan. 8 6:00 p.m. (Detroit) International Institute John R. at Kirby
WEDNESDAY - Jan. 17 7:30 p.m. (Grosse Pointe) Grosse Pointe War Memorial
Tuition all classes: \$20.00 (no obligation for first visit) (come dressed for exercise, bring mat, blanket or rug) Meditation Service (open to public) every Sunday - 11:00 a.m. main auditorium Detroit Institute of Arts led by Yogacharya, J. Oliver Black
Founded by Paramahansa Yogananda

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1973 YOUR
FUTURE

By GUNDELLA
The Great Witch

The New Year has not always begun on Jan. 1st. Thousands of years ago it was observed with the annual overflowing of the Nile River, which took place in what is now the month of June.

The early Romans celebrated the arrival of the New Year in March, until Julius Caesar introduced the Julian calendar. In different periods, England has observed many different dates as the first day of the New Year before adopting the Gregorian calendar.

But no matter how you reckon time, the last day of the dying year and the first day of the New Year have always been and will always be a time to stop our usual activities and look back in review of the events behind us, and look forward to the hopes and desires of the New Year that lies ahead.

The nature of man being what it is, these special days are steeped in superstition and tradition handed down through the ages.

NEARLY EVERY cultural group has its own particular foods to be eaten on New Year's Day to insure good fortune in the year to come. The English serve a special drink from the "Wassail bowl" along with little triangular "God cakes" filled with mincemeat; the Greeks serve round, flat basil cakes; and here in the southern part of our country greens are eaten for prosperity, and black-eyed peas for general good luck.

Since on New Year's Day the whole year lies ahead fresh and new, it has long been considered a good time to foretell the future.

One of the most widely spread of all New Year's superstitions was that of the "first-footer." The type of person who was first to enter your home on New Year's Day was considered very important. If a woman or a light-haired man was the first to enter, you were sure to have a most unlucky year. Other "first-footers" which were believed to bring misfortune were red-heads, grave diggers, pigeon-toed people, and anyone whose eyebrows met.

On the other hand, if the first person entering your home carried food, it was a sign of good luck. A dark-haired young man entering the home first on New Year's Day insured one of a year filled with good fortune. This was so widely believed that in some villages a dark-haired man would be hired to go from house to house and be the first to enter.

Young maidens who wished to know whether they would marry during the next year would go to a cherry tree on New Year's Day. With their hands clasped behind them so they would not touch the branch, they must bite off a large twig and carry it into the house. Still without touching it with their hands, they must stand it in a glass of water. If it blooms, they would marry; if not, they must wait another year.

One way for a young woman to discover the initial of her future husband was to peel an apple in such a way as to end up with one long spiral piece of peeling. She would then toss this over her left shoulder and it would land in the shape of his initial.

AN OCCULT GLOSSARY

(With much help from the "ESP Reader," edited by David C. Knight, and from the American College Dictionary, a glossary, of sorts)

PSYCHIC: a person who is sensitive to non-physical forces or manifestations.

MYSTICISM: the doctrine of spiritual intuition of truths believed to transcend ordinary understanding.

PARAPSYCHOLOGY: a branch of psychology that deals with extra-sensory perception, or psychic abilities, that are not explainable by accepted principles of science at this time.

DOWSING: searching for subterranean supplies of water or other minerals with a divining rod.

NUMEROLOGY: the study of the

influence of numbers on one's life and future.

CLAIRVOYANCE: seeing or perceiving as though visually, some distant event, object or scene, usually containing some truth to connect the perception with the actual happening for verification.

LEVITATION: the raising of objects or a medium from the floor by non-physical, supernatural means.

ASTRAL PROJECTION: an out-of-the-body experience; separating the non-material (astral) body from the physical body, temporarily.

REINCARNATION: the belief that human souls or spirits are reborn in new physical bodies, often many times. Can be extended to animals, i.e. cats returning as cats, dogs as dogs, etc.