

# The Aquarian Theosophist

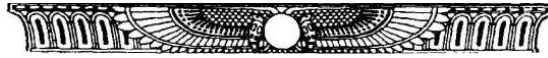


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## Who are the Nirmanakayas?

"Master" is a word used by early students in the T.S. to designate their mentors: members of the Brotherhood of Adepts. It is not to suggest any abasement, slavery or servitude by an individual student to "authority." It was used as a mark of gratitude, and respect for the fact that there are those, who like the professors in a University, have studied, and learned what Nature can teach and these have delayed their advance to present to us the facts they have verified.

All that is to be learned or studied is already in Nature. We have access to its deepest and most remote "secrets" because we are already One with It.

The service of others, especially those who know less than we do, or have lesser advantages, is a necessary aspect of personal self-evolution. The "perfection" (or graduation) that can be achieved in any system of Worlds or on any of the "Globes," depends on a voluntary compliance with evolutionary laws that are the same for all.

There is a "rebellious spirit" in most humans, which, at this stage, objects to this. Or, objects to the use of the word "master." On analysis, this may be found to arise because the word is known to have been used in a distorted manner, to abuse the innocence of an inquirer. This psychological fact (of instinctive resistance) ought to be examined impartially, just as why it should be that some accept unquestioningly, the imposition of claims of "authority."

"The Masters are the great Guardian Wall... They have control over the minor beings and the minor forces of nature and can hold back catastrophes that would crush us, coming on unchecked from the kingdoms below us, visible and invisible, where in our ignorance we have aroused many inimical forces.... They can

control climatic conditions and other material interferences, which might badly affect the right side, that They do.

"those guardians of the primitive divine revelation... had solved every problem that is within the grasp of human intellect, were bound together by a universal freemasonry of science and philosophy, which formed one unbroken chain around the globe."

*from Isis Unveiled, Vol. 1, Pages 37-8.*

See also "A Great Master on the TS" p 2, "Tsong-kha-pa's reforms" on p 2 and A.P.Sinnott "On the Mahatmas" on p 3.

*Ends.*

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# A Great Master on the TS

(This letter, reproduced in part here, was circulated by H.P. Blavatsky in the early days of the Theosophical Society in India and was received via her by A. P. Sinnett and A. O. Hume from the Theosophical Adepts. It's "an abridged version of the view of the Chohan (the 'Master' of these Adepts) **on the state of the T.S.** in his own words" - in reply to objections about the conduct of the Society and especially to *the "Brotherhood plank."*)

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For our doctrines to practically react on the so-called moral code, or the ideas of truthfulness, purity, self-denial, charity, etc., we have to preach and popularize a knowledge of Theosophy. It is not the individual and determined purpose of attaining Nirvana – the culmination of all knowledge and absolute wisdom, which is after all only an exalted and glorious selfishness – but the self-sacrificing pursuit of the best means to lead on the right path our neighbour, to cause to benefit by it as many of our fellow-creatures as we possibly can, which constitutes the true Theosophist.

The intellectual portion of mankind seems to be fast dividing into two classes:

- the one unconsciously preparing for itself long periods of temporary annihilation or states of non-consciousness, owing to the deliberate surrender of intellect, and its imprisonment in the narrow grooves of bigotry and superstition – a process which cannot fail to lead to the utter deformation of the intellectual principle;
- the other unrestrainedly indulging its animal propensities with the deliberate intention of submitting to annihilation pure and simple, in case of failure, and to millenniums of degradation after physical dissolution.

Those intellectual classes, reacting upon the ignorant masses — which they attract, and which look up to them as noble and fit examples to be followed — degrade and morally ruin those they ought to protect and guide. Between degrading superstition and still more degrading brutal materialism, the White Dove of Truth has hardly room whereon to rest her weary unwelcome feet.

It is time that Theosophy should enter the arena. The sons of Theosophists are more likely to become in their turn Theosophists than anything else. No messenger of the truth, no prophet, has ever achieved during his life-time a complete triumph – not even Buddha. The Theosophical Society was chosen as the cornerstone, the foundation of the future religions of humanity. To achieve the proposed object, a greater, wiser, and especially a more benevolent intermingling of the high and the low, the alpha and the omega of society, was determined upon. The white race must be the first to stretch out the hand of fellowship to the dark nations, to call the poor despised "nigger" brother. This prospect may not smile for all, but he is no Theosophist who objects to this principle.

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## Tsong-kha-pa's reforms

"The regular system of the Lamaic incarnations of Buddhas began with Tsong-kha-pa. This reformer is that of Amita, one of the Chinese names for Buddha. The records preserved in the Gon-pa (lamasery) of Teshu Lumbo show that Buddha incarnated himself in Tsong-kha-pa in consequence of the great degradation his doctrines had fallen into.

Until then there had been no other incarnations than those of the five celestial Buddhas, and of their Bodhisatvas (each being overshadowed with spiritual wisdom)

. . . . It was because, among many other reforms, Tsong-kha-pa forbade necromancy (which is practiced to this day with the most disgusting rites by the Bhöns – the aborigines of Tibet, with whom the Red Caps or Shammars had always fraternized) that the latter resisted his authority. This act was followed by a split between the two sects. Separating entirely from the Gyalukpas, the Dugpas (Red Caps), from the first in a great minority, settled in various parts of Tibet, chiefly its border-lands, and principally in Nepaul and Bhootan.<sup>1</sup>

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<sup>1</sup> Has the situation changed in the intervening years? The current 14<sup>th</sup> Dalai Lama's work appears to encompass wide range of the old Tibetan Buddhist community, and the colours of yellow and red and now used together? Buddhist watchers may know.

(They retained a sort of independence at the monastery of Sakia-Djong, the Tibetan residence of their spiritual (?) chief, Gong-ssu Rimbo-chay, the Bhootanese have been from their beginning the tributaries and vassals of the Dalai Lamas.

"The Tda-shi<sup>2</sup> Lamas were always more powerful and more highly considered than the Dalai Lamas (who are the creation of the Tda-shi Lama, Nabang-lob-sang, the sixth incarnation of Tsong-kha-pa, himself an incarnation of Amitabha or Buddha.)"

Several writers on Buddhism have entertained a theory... that whereas the original Scriptures of Buddhism were taken to Ceylon by the son of Asoka, the Buddhism which found its way into Tibet from India and China was gradually overlaid with a mass of dogma and metaphysical speculation.

"The blessing," says the authoritative article in the Theosophist, "has remained and spread all over the country, there being no kinder, purer-minded, more simple, or sin-fearing nation than the Tibetans. But for all that, the popular lamaism, when compared with the real esoteric, or Arahat, Buddhism of Tibet, offers a contrast as great at the snow trodden along a road in the valley to the pure and undefiled mass which glitters on the top of a high mountain peak."

*from The Theosophist 1882, "Re-incarnations in Tibet"*

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'A Sage has said: "He who can take upon himself the nation's shame is fit to be lord of the land. He who can take upon himself the nation's calamities is fit to be ruler over the Empire." ' (Tao Te King, 'Government')

Regarding China in Tibet the Tao Te King also gives us its old wisdom in both hope and caution:

"Failure is the foundation of success, and the means by which it is achieved. Success is the lurking-place of failure; but who can tell when the turning-point will come?" (Tao, 'Paradoxes')

<sup>2</sup> Known as the Teshu or Panchen Lama, who traditionally lived in Tashilhunpo Monastery in Shigatse. The Wikipedia entry for the present (11th) incarnation of the Panchen Lamas says it "is a matter of controversy... (the present Dalai Lama) named **Gedhun Choekyi Nyima** on May 14, 1995." Nyima vanished from public eye shortly after being named, and the "Chinese authorities state that Nyima has been taken into protective custody".

## On the Mahatmas, by A.P.Sinnett

Furthermore ... each Mahatma is not merely a human ego in a very exalted state, but belongs, so to speak, to some specific department in the great economy of nature. Every adept must belong to one or other of seven great types of adeptship, but although we may almost certainly infer that correspondences might be traced between these various types and the seven principles of man, I should shrink myself from attempting a complete elucidation of this hypothesis. It will be enough to apply the idea to what we know vaguely of the occult organization in its higher regions.

For some time past it has been affirmed in esoteric writing that there are five great Chohans or superior Mahatmas presiding over the whole body of the adept fraternity...

I was under the impression that one supreme chief on a different level again exercised authority over these five Chohans, but it now appears to me that this personage may rather be regarded as a sixth Chohan, himself the head of the sixth type of Mahatmas, and this conjecture leads at once to the further inference that there must be a seventh Chohan to complete the correspondences which we thus discern.

But just as the seventh principle in nature or in man is a conception of the most intangible order eluding the grasp of any intellectual thinking, and only describable in shadowy phrases of metaphysical non-significance, so we may be quite sure that the seventh Chohan is very unapproachable by untrained imaginations. But even he no doubt plays a part in what may be called the higher economy of spiritual nature, and that there is such a personage visible occasionally to some of the other Mahatmas I take to be the case.

But speculation concerning him is valuable chiefly as helping to give consistency to the idea... (that) the Mahatmas may be comprehended in their true aspect as necessary phenomena of nature without whom the evolution of humanity could hardly be imagined as advancing, not as merely the exceptional men who have attained great spiritual exaltation.

*from 'Esoteric Buddhism' by A.P. Sinnett, Chapter I 'Esoteric Teachers', p 18*

## Messages of the Stars

*from an Austran correspondent*

Let us step beyond the visible world of matter and enter into the domain of transcendent spirit.

In the **Ocean of Theosophy** William Q. Judge states "The doctrine of cycles is one of the most important in the theosophical system, though the least known and of all the one most infrequently referred to."

Theosophy holds that the law of cycles prevails in all departments of life, in all kingdoms below man and above him. All actions, thoughts and feelings return on themselves, not as a ring or circle, but as the coils of a spring, a little higher or even lower than before. What we are experiencing are impressions from the past. What we are generating will return again in some new form appropriate to the conditions.

In the Ocean by Mr. Judge, p.122-123, we can read,

**"... Man is affected by astronomical cycles because he is an integral part of the whole... Ages ago the Masters of Wisdom have worked out all the problems in respect to man and found in the heavens the means for knowing the exact dates when events are due to recur, and then by imprinting in the minds of older nations the symbology of the Zodiac were able to preserve the record and the prophecy... Thus in the same way that a watchmaker can tell the hour by the arrival of the hands or the works of the watch at certain fixed points, the Sages can tell the hour for events by the Zodiacal clock."**



In astronomy we find the most evident and numerous examples and applications of the cyclic laws working. Within the ever recurring display of the heavenly bodies we can not only trace the spiral path of events, but we can begin to grasp the immensity of the ages.

In **Isis**<sup>3</sup> I, 259, H.P.Blavatsky states

**"Astrology is a science as infallible as astronomy itself with the condition, however, that its interpreter must be equally infallible. Astrology is to exact astronomy what psychology is to exact physiology. In astrology and psychology one has to step beyond the visible world of matter, and enter into the domain of transcendent spirit."**

Once the probability of an occult influence exercised by the stars upon the destiny of man is admitted, astrology becomes no less an exact science as astronomy. We know that we are affected what takes place on the sun, and that we are also affected by cycles of moon. The moon's gravitational force is producing high and low tides of the oceans. Therefore, we can assume that he has some effect on the human body. We have to consider that our bones are 65 percent water. However, we are not only affected by the sun and moon but also by the planets of our solar system and their cyclic relationships.

In **The Secret Doctrine**, I, 604, H.P.B. states, "From Gods to men, from Worlds to atoms, from a star to a rush-light, from the Sun to the vital heat of the meanest organic being – the World of Form and Existence is an immense chain, whose links are all connected. The law of analogy is the first key to the World-problem, and these links have to be studied coordinately in their occult relations to each other."

An astrological interpreter cannot be infallible as he is a man, but he can do an efficient work, when he has knowledge in astrology and theosophy.

Basic elements of astrology are the Zodiac and a native horoscope, which is a diagram of the position of planets in the Zodiac. This diagram is a mirror in which an astrological interpreter can see one's past, present and future. It is like a snapshot of a particular place in time and space. This snapshot is called horoscope and enables the interpreter to see the past, present of a person and what the future has in store for the native.

Further he can identify the roots of the behaviour such as life motivation, inner life positions and unconscious efforts. Unconscious events and processes play a more significant role in a man's life than do conscious happenings. With other words an astrological interpreter must have knowledge of the inner man.

By inner man, I do not mean the higher self, but that part of us which is called soul, or Astral

<sup>3</sup> Isis Unveiled, The Theosophy Company, California, USA.

Man. In his article, "Sheaths of the Soul", Mr. William Q. Judge gives a picture of it as one of these "sheaths". He states, "...These sheaths are necessary if the Soul is to know or to act. For it cannot be itself understanding Nature at all, but transforms instantly sensations and ideas by means of the different sheaths, until in the process it has directed the body below, or obtained itself experience above."

The Astral body is one of the sheaths and has the function of reporting or translating any sensation to the next higher sheath. Therefore, it translates the commands from the inner man to the nerves, muscles, etc. of the physical man. An astrological interpreter can help a person building a permanent Astral Body through control.

Further an astrological interpreter can give assistance in the fields of medicine and psychology. We know that disruptions as nausea, ulcers, blushing, skin-condition and even high blood-pressure can have their causes on inner plane, on the "psychic" plane. Our thoughts and feelings - fear, worry, imagination, etc. - can cause predictable effects in the physical body.

In her article "Hypnotism", H.P.B. stated, "Half, if not two thirds of our ailing and diseases are the fruit of our imagination and fears. Destroy the latter and give another bent to the former, and nature will do the rest."

In today's fast paced world, we are experiencing more stress than ever before. Tension and stress are natural reactions of the events that take place in our daily life. When under control, it can ignite creative powers. But when out of control then it can be of danger for the mental, physical and emotional health. The way to overcome psychological disturbance caused by tension and stress is by mental and physical calmness.

An astrological interpreter is able to find out the causes for these tension and stress and can help people to change their habits if it is necessary.

We have built up habits according to the Law of Cycles by thinking, feeling or doing the same thing over and over at the same time until we begin to believe that this habit is a part of our nature. It is not, but it is something that we have built into our instrument for good or bad. Impressions, thoughts, feelings, fears and hopes do not just go off into space, but cycle back to the sender. ***If we have identified a habit we***

***want to change, we can set up an opposite impulse or cycle in its place. The use of the Law of Cycles can help to get rid of habits we want to change.***

Mr. Crosbie has this to say in **The Friendly Philosopher**, p. 292,

**"Now as soon as we begin to make the effort to control the mind, and desire to know and to assume the position of the inner man, the effort and the assumption being an accession of power and steadiness..."**

Predicting the future using astrology and horoscopes, you find in newspapers and magazines are of no use in future telling. A responsible astrological interpreter will never try to make any prophecy.

None of us lives in a vacuum as we know. Other people's lives touch us every day. A better understanding of the human nature will help improving our living together. In **The Key to Theosophy**, p. 201, we find the following statement "It is an occult law, moreover, that no man can rise superior to his individual failings, without lifting, be it ever so little, the whole body of which he is an integral part. In the same way, no one can sin, no suffer the effects of sin, alone."

Let us step beyond the visible world of matter and enter into the domain of transcendent spirit. Let us listen to the messages of the stars. We will be surprised what they can tell us.

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### **Cautions on the nature of stars**

The Saptarishis are not very well explained anywhere, though there are certain things said about them that might give an idea, such as:

**"they are intimately connected with the present age— the Dark Kali Yuga... they mark the time and duration of our septenary life-cycle... they mark the time and the periods of Kali-Yuga, the age of sin and sorrow;"**

**"they are as mysterious as their supposed seven wives, the Pleiades, of whom only one— the hidden one—has proved virtuous."**

Speaking of the constellation of the Great Bear, H. P. B. makes the remark that these Rishis are the informing souls of the stars mentioned, and that they ***lie across the loins of the constellation*** (her emphasis) and that they are

the Seven elemental powers – the Rupa Devas. There is a hint, too, that they are connected with generation.

**From it all I judge that there is a class of beings that have not been and will not be men in this Manvantara;** they are of seven different degrees, not connected with man as a septenary being, although they are with the cycle of Kali Yuga.

These cycles must be in a general way determined by man as to their nature, which is what the Star Rishis respond to in particular. It would seem that all the sex vagaries that come up in various directions, and the many visions and “communications” of “Masters” spoken of by persons so thinking are of that nature.

You know it is said that very little information was given out about the elementals for the reason that the mind, by directing the consciousness, can segregate the various planes and arouse the elementals to action in relation to the Thinker. Sex ideas strongly held and attempted to be “spiritualized” as the saying is—might easily, I can conceive, attract beings of that nature which would assume the coloring of one thinking in that relation, adding to the main point of attraction—generation—anything that would serve to keep the close contact. Being elemental they respond to their own peculiar stimuli, without any sense of responsibility— not knowing man’s nature.

The safe road is the one pointed out by the Messengers: you remember H. P. B. said, “Beware of the path of the Star Rishis.”

Well, Companions, keep on with well-doing; our work is needed badly, and while there are few to listen, we serve the many through the few. Love to you and best of success every where. Robert Crosbie

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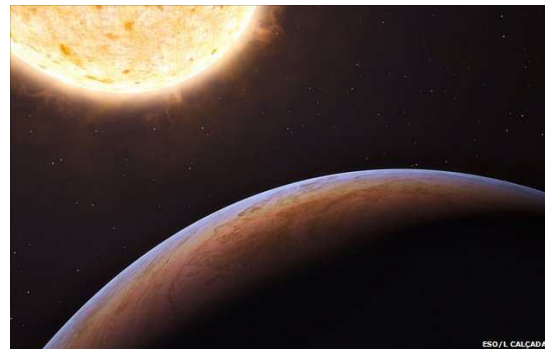
## First Alien Planet

### Detected in our Galaxy

**Astronomers claim to have discovered the first planet originating from outside our galaxy.**

The Jupiter-like planet, they say, is part of a solar system which once belonged to a dwarf galaxy... (which) was in turn devoured by our own galaxy, the Milky Way, according to a team writing in the academic journal Science.

The star, called HIP 13044, is nearing the end of its life and is 2000 light years from Earth.



**Artist's impression of HIP 13044b, an exoplanet orbiting a star that entered the Milky Way from another galaxy.**

### Cosmic cannibalism

This find is different, they say, because the planet circles a sun which belongs to a group of stars called the "Helmi stream" which are known to have once belonged to a separate dwarf galaxy.

This galaxy was gobbled up by the Milky Way between six and nine billion years ago in an act of intergalactic cannibalism...

The planet would have been formed in the early era of its solar system, before the world was incorporated into our own galaxy, say the researchers.

Rainer Klement of the Max Planck Institute for Astronomy in Heidelberg targeted the star: "For the first time, astronomers have detected a planetary system in a stellar stream of extragalactic origin. This cosmic merger has brought an extragalactic planet within our reach."

### End Days

The new find might also offer us a glimpse of what the final days of our own Solar System may look like.

HIP 13044 is nearing its end. Having consumed all the hydrogen fuel in its core, it expanded massively into a "red giant" and might have eaten up smaller rocky planets like our own Earth in the process, before contracting. The new Jupiter-like planet discovered appears to have survived the fireball, for the moment.

"This discovery is particularly intriguing when we consider the distant future of our own planetary system, as the Sun is also expected to become a red giant in about five billion years," said Dr Johny Setiawan who led the study.

Neil Bowdler Science reporter, BBC News, 18 Nov '10 from <http://www.bbc.co.uk/news/science-environment-11775803>

## Braco the mesmeric healer

### The man with an unusual ordinary power

For fifteen years, people from all over Europe have been streaming to Zagreb, Croatia to experience and be healed through the simple act of gazing with a kind and gentle man who goes by the name of Braco. While Braco doesn't call himself a healer, hundreds of thousands around the world do.



The healings are unexplainable, yet undeniable. Reams of documentation recount stories of countless souls remarkably and often spontaneously transformed by standing before Braco's silent gaze – and not just physical healings, but emotional, spiritual, mental, and interpersonal healings, too.

**“ I suffered from intense near-daily PTSS (Post-Traumatic Stress Syndrome) and after gazing with Braco just once it just completely dissolved and hasn't returned. The bigger picture was that after each subsequent gazing session I felt more and more connected to that deep peace and joy, which it seems to me what we all are ultimately after. The feeling is just amazing.”** *Linda L., Waimea, Hawaii*

The energy emanating through Braco's gaze is so strong that many more experience remarkable transformation simply by being in a *photograph* that another one holds before him in what we here in America call a Gazing Session. Just this year, despite dire diagnosis and the utter hopelessness of many people, we've documented healing after healing somehow occurring via friends or family members who've simply held before Braco a picture or x-ray of a loved one in need. Some of these healings occurred instantly, while others took a little more time – within a month or so of the gaze. Further, we have also heard of many cases whereby even keeping the image of those needing healing in *one's mind*,

when pictures have been unavailable, has produced equally phenomenal results.

Also, on the Big Island of Hawai'i in the late fall and early winter '09, Braco, utilizing the technology of Skype, gazed from Zagreb, Croatia with scads of smaller test groups in Kealahou and more recently in Kamuela, and those participating have found the results no less profound. We are the first to be awestruck witnessing this energy which Braco shares; energy seemingly not limited nor hindered in any way by physical distance or technology. Within these pages and in other Braco related sites, we invite you to discover cases of chronic pain vanishing, clarity and purpose being restored, and remarkable miracles bursting forth achieved not just by gazing with Braco in person, and Braco's Skype sessions, but also by simply hearing a recording of his voice. We are excited to have been asked to be part of the growing potential of Braco's work and look forward to announcing new avenues Braco is joyfully exploring to exponentially connect the energy to those who seek his assistance around the globe.

Braco hasn't spoken in public for years, nor does he advertise. He doesn't preach, nor ask anything of anyone, and hasn't accepted a single donation for a gift he believes only comes through him, not from him. He doesn't wish to be worshipped as anyone's master or guru, instead letting the silence within the gaze offer whatever wisdom needs to emerge for each and every being. Beyond this astonishing gift of spiritual, emotional, and corporeal healing, Braco has a normal life in every other way -- a beautiful wife, a happy son, and a dearly cherished circle of close friends and family. His only desire is to serve and will see those who need his assistance as long as they continue to come.

We here at Braco America are just a part of the larger family of Braco working together to share the myriad of possibilities in transformation and healing through the energy he conveys. Together we whole-heartedly invite you to slip off your shoes, come inside this site and see for yourself the phenomenon of Braco as he gazes America.



The golden symbol of Sun

*see also a letter under Correspondence*

# On the Philosophy of Eating

Dear Friends,

No action, big or small, can be seen as standing outside the spiritual theosophical path and unrelated to it.

Drinking and eating are no exceptions to this rule; therefore the following article, which we have just published at [www.esoteric-philosophy.com](http://www.esoteric-philosophy.com) addresses an important point in theosophy.

As esoteric philosophy has its own conception of time and duration, the article must be considered very recent: it was published for the first time in 1927.

Best regards,

C (a correspondent from Brazil)

## FOOD AS SACRIFICE

### The Hidden Dimension in the Act of Eating

<http://www.esoteric-philosophy.com/2010/10/food-as-sacrifice.html>

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The following article was first published at "Theosophy" magazine, Los Angeles, USA, December 1927 edition, pp. 65-69.

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"This immortal thinker having such vast power and possibilities, all this because of his intimate connection with every secret part of Nature from which he has been built up, stands at the top of an immense and silent evolution."

("The Ocean of Theosophy", by William Q. Judge)

Man, having broken the harmony of life and brought about a descending cycle, has made himself blind to the oneness of all things. It has been markedly so in that very mundane function of life - eating. Mediaeval ascetic despised food and would-be aesthetes; ascetics of our modern day have affected to

follow their example, though they do not know how to fast as the others did.

What has this modern age not made of meals, from the extreme of banquets of many courses, with dishes concocted to tempt surfeited gourmards, to the other extreme of nothing to eat, when the mother, for example, alone at home, says, "I can't be bothered to make a meal for myself with no one else here to cook for." Dinners are made functions for "entertaining" people who exchange small talk, useless when not injurious to the reputations of others. In the family, its members bicker and squabble around the table. How many students of Theosophy, even, comprehend the part of food in life, and why the preparation of a meal has been termed a sacred function? Yet hints as to why are multiplied in the teachings, whether in the Laws of Manu or the Bhagavad-Gita, in the lore of Pythagoras, in the writings of the Neo-Platonists, of Paracelsus, of H.P. Blavatsky, or W. Q. Judge.

"And in the first place, indeed, they endeavored to learn the indications of symmetry, of labour, food, and repose. In the next place, with respect to the preparation of food, they were nearly the first who attempted to employ themselves in it, and to define the mode in which it should be performed." (Life of Pythagoras, Iamblichus.)

Food is necessary to the body. In this regard at least its importance is being more and more understood in the world at large, as witness the developments in the last decade in those circles concerning themselves with "public health."



Nutrition research in the various laboratories of the greatest American universities has been giving out some facts which certainly approach what has been known for ages in occultism about the relation of food to well-being, the influence of thought and feeling on assimilation, the close link between sunshine and "vitamins."

It is even approaching the fringe of the mystery of the path to rebirth in its investigations of what was once designated Vitamin A, now assorted into Vitamins A, D, and E, with various functions to perform in the human organism, the last bound up with sterility.

Terms may vary from age to age but the underlying ideas remain ever the same, truth being consistent and eternal:

**"No one who does not eat has strength to do works of holiness, strength to do works of husbandry, strength to beget children. By eating every material creature lives, by not eating it dies away."** (Zend Avesta, Vendidad - Sacred Books of the East.)

Man's body is composed of mineral, vegetable, and animal substances which borrowed from the three kingdoms below him and are returned to them. (1) From that food, eaten and transmuted, are the organs materially formed. They are composed of different kinds of elemental lives, all having their relations to different parts of nature. (2)

"Man was considered a macrocosm, and every element in him (writes James Darmesteter in a footnote, p.187, Vendidad, Sacred Books of the East) was supposed to come from a similar element in nature. Why does man want to eat, to drink and to breathe, but because he is related to the elements of the earth, water and air, and must attract these things to his constitution?" (Life of Paracelsus, Franz Hartmann.)

A two-fold reason is already evident for the eating of food. By it man builds up his body but also he affects the elemental lives that he takes in to send out again, raised or degraded:

"From his body innumerable forms go forth, which constantly impel the multiform creatures to action." (Laws of Manu, Chapter XII, Verse 15, Sacred Books of the East.)

Man alone is not the sole concern in this function of life, though our ahamkaric tendency has made us think only of the benefit to ourselves by the taking of food, which builds the various elements into the different organs. There is a benefit to the body, yes; but there should also be a benefit to the elemental lives which thus make entry. All too little is it heeded that as we eat we are affecting those lives, and even by the very manner in which meals are taken.

Some measure of our responsibility to the elemental lives is indicated in that twelfth chapter of the Laws of Manu, so much misunderstood by the Orientalists, who have confused "the whole system of transmigrations" with the reincarnation of the Ego. The two-fold purpose of taking food is brought out by Iamblichus when Anebo writes:

"... The Demiurgos does not by any means set food abundant and in reach for all living things in the earth and sea but has implanted want of the same in the races superior to us. Nor has he furnished to the other living things a natural abundance of the necessities of life. But to the demons he gives food of a quality adapted to their nature, which is contributed by us human beings. **Hence, if we, through laziness or some other pretext, as is likely, should neglect such contributions, the bodies of the demons will be in want of food, and will experience both privation and disorder.**" (The Egyptian Mysteries)

Man does not eat for himself alone, to paraphrase words attributed to a great sage.

Another factor is also ignored, which Paracelsus emphasizes together with the others already cited:

"There is something like a fire (energy) within ourselves which continually consumes our form, and if we were to add nothing to our body to supply the waste caused by that combustion, our form would soon die.

"We continually eat our own selves; we eat our fingers, our heart, our brain, etc.; but in each morsel of food which we eat, there is contained the material required to replace that which has been consumed by that internal fire. Each part of our organism selects what it needs, and that which is superfluous or useless is rejected. The Master in man, who superintends the building up of the organism, supplies every organ with that which it needs. We need not eat bones to cause our bones to grow, nor veins, ligaments and brain, to have those things formed within us."

(Life of Paracelsus, Franz Hartmann)

***"It is the Master in man who superintends the building up of the organism" - but how many of us consider that Master in man when at meals?***

Mr. Judge was once asked a question on a quotation from the "Upanishads". He replied that the self does not exist by reason of food but in that state causing the body to be visible and to act through the food used. The translation that caused the obscurity he rephrases thus:

"The self exists in close proximity to the heart and causes the body to exist by reason of the food which it takes in for its subsistence."

It means, he goes on to say, that if the self were not there, the body would not exist, and that the self procures vital airs from the food which the one life causes to be digested. (3)

"Some call him Agni (Fire), others Manu, the Lord of creatures, others Indra, others the vital air, and again others eternal Brahman."

(Laws of Manu, Chapter XII, Verse 123 - Sacred Books of the East.)

Or in the immortal words of the fifteenth Gita:

"I enter the earth supporting all living things by my power, and I am that property of sap which is taste, nourishing all the herbs and plants of the field. Becoming the internal fire of the living, I associate with the upward and downward breathing, and cause the four kinds of food to digest."

Most food is eaten heedlessly as to its higher nature. The Master in man - the spiritual power of concentration - cannot, then, be there superintending this function of the building up of the organism.

***When a meal proceeds along the lines of thoughtless automatism, how can the elemental lives making sacrifice receive due benefit? How can the self procure vital airs from the food which only the one life can cause to be digested?***

Our twentieth century way of taking meals is therefore one more place for change and betterment with those to whom Theosophy is first in life. They, indeed, can "try and set up a habit in that material unit whereby we may as incarnated beings know the self." (4) In proportion as the unity of the One Life in all creatures is comprehended by those to whom food may become sacrifice, the cycle rises.

Significant words are italicised by H.P.B., in a quotation she makes from Homer's Seventh Odyssey:

**"Our gods appear to us when we offer them sacrifice... sitting themselves at our tables, they partake of our festival meals. Whenever they meet on his travels a solitary Phoenician, they serve to him as guides, and otherwise manifest their presence. We can say that our piety approaches us to them as much as crime and bloodshed unite the Cyclopes and the ferocious race of Giants."**

(from "Elementals", reprinted in "Theosophy" magazine, Vol. V., pages 407-8.)

*To help the smallest creature upon its upward way is the sacred duty of every student of Theosophy.* Food taken when the Master in man presides at a meal is one of the means of serving the whole of Life.

"Nourish the Gods," says the third Gita, "that the Gods may nourish you. *A thief is he who enjoys what has been given unto him but offers not a portion unto them. Those who dress their meat but for themselves eat the bread of sin being themselves sin incarnate.*" As we understand at each meal that food is indeed sacrifice, due portion is offered to the gods, for the Master in man is there. The manifold meaning of that much discussed sentence from the same discourse is more apparent:

**"Beings are nourished by food, food is produced by rain, rain comes from sacrifice, and sacrifice is performed by action."**

(from Bhagavad-Gita, U.L.T./ Theosophy Co. edition, p.24.)

In man as in nature it is the action which is sacrifice that makes to arise the Waters of Life

producing the food by which beings of all classes are nourished when the Sun is there.

"Anon the gods descend, and then they return to heaven" wrote Mr. Judge on one occasion. (5) Elsewhere, he points out how in a descending cycle when the ideal family life becomes rare, learned and great adepts retire to other spheres.

But the case will begin to be reversed by the action of one philanthropist who becomes unselfish and intelligent enough to set an example. The way is paved for the advent of an ascending cycle because the Akasa becomes affected by the impulse forcing itself gradually, with accumulated interest and redoubled power, upon others. The noble example becomes a precedent. And -

"Gnanis bless the noble man." (6)

"Knowing that under the great cyclic laws which govern us periods arrive even in the worst of ages when good examples of living imprinted on the astral light cause effects ever increasing in intensity until at last the 'gods' before referred to begin in distant spheres to feel the force of those good actions and to return again to help mankind on the recurrence of a better age, he implores Arjuna to be the very first to set the good example."

**"In such an age as this, the ritualistic sacrifice of a different age which has indeed a magical effect becomes a sacrifice to be performed by each man in his own nature upon the altar of his own heart."**

(W.Q.Judge, Notes on the Bhagavad-Gita.)

#### NOTES:

(1) W.Q.Judge, "Notes on the Bhagavad Gita", Theosophy Company, Los Angeles, p. 205.

(2) Robert Crosbie, "Mental Healing and Hypnosis", "Theosophy" magazine, Vol. IX, pages 280 and 283.

(3) W.Q.Judge, "Letters That Have Helped Me", Theosophy Company, Vol. II, p. 40.

(4) W.Q.Judge, "Letters That Have Helped Me", Vol. II, p.40.

(5) W.Q.Judge, "Letters That Have Helped Me", Vol. I, p.34.

(6) "Living the Higher Life", Reprinted in "Theosophy" magazine, Vol. I, p. 301. Also Vol. XII, p. 446.



*The White Lotus*

## Are Monkeys Self-Aware? Does it Matter?

Researchers have observed **monkeys showing signs of self-awareness**, something scientists previously thought monkeys were incapable of.



At the University of Wisconsin (UW), a neuroscientist was studying attention deficit disorder with rhesus macaque monkeys when he noticed them studying themselves in the mirror – including the "saltshaker sized" implants he had screwed into their skulls during the course of his study.

The ability of an animal to recognize itself in a mirror is a sign of self-awareness. Originally only humans were thought to be self-aware, but a number of other animals have proven themselves to be self-aware, including chimpanzees and dolphins.

The procedure for checking for self-awareness involves making a mark on an unconscious animal's face and then allowing the animal to examine herself in a mirror. If she recognizes the mark on her own face, then she is thought to be self-aware.

...

According to a scientist at UW who was not involved in the study: "There are decisions I would make with a monkey, that I would not feel comfortable making with a chimpanzee".

We've learned time and again, however, that even the treatment afforded to the "more humanlike" animals is still cruel, disgusting and inhumane. ***The researcher who made the discovery voiced his hope that this new***

***information wouldn't spell the end of research on macaques.***

One cannot help but cringe at the irony: a researcher accidentally discovers that the monkeys he's torturing are smarter than anyone had given them credit for. He simultaneously argues the monkeys are self-aware and that in spite of that information, it's imperative we continue testing on them.

***This kind of cruel scientific double-think isn't surprising coming from a facility that has been cited so many times for their mistreatment of animals.***

If we can acknowledge that maybe self-awareness isn't an all-or-nothing phenomenon, and recognize that it is a spectrum, then we can hopefully make the logical next step in realizing that justifying any animal suffering based on their abstract mental capacity has no moral basis.

***Being self-aware to a certain arbitrary degree shouldn't be an animal's ticket out of torture and experimentation because that kind of treatment of animals shouldn't exist to begin with.***

<http://www.wired.com/wiredscience/2010/09/monkey-self-awareness/>  
<http://www.care2.com/causes/animal-welfare/blog/are-monkeys-self-aware-does-it-matter/>

## On shooting for sport and vivisection

MANY are the "antiquated religious superstitions" of the East which Western nations often and unwisely deride: but none is so laughed at and practically set at defiance as the great respect of Oriental people for animal life.

We Europeans are nations of civilized barbarians with but a few millenniums between ourselves and our cave-dwelling forefathers who sucked the blood and marrow from uncooked bones.

Thus, it is only natural that those who hold human life so cheaply in their frequent and often iniquitous wars, should entirely disregard the death-agonies of the brute creation, and daily sacrifice millions of innocent, harmless lives; for we are too epicurean to devour tiger steaks or crocodile cutlets, but must have tender lambs and golden feathered pheasants.

**Fishing, shooting, and hunting, the most fascinating of all the "amusements" of civilized life--are certainly the most objectionable from the standpoint of occult philosophy,** the most sinful in the eyes of the followers of these religious systems which are the direct outcome of the Esoteric Doctrine--Hinduism and Buddhism. **Is it altogether without any good reason that the adherents of these two religions, now the oldest in the world, regard the animal world--from the huge quadruped down to the infinitesimally small insect--as their "younger brothers,"** however ludicrous the idea to a European? This question shall receive due consideration further on.

...in civilized Europe rapidly progressing in all things save Christian virtues – might remains unto this day the synonym of right. The entirely useless, cruel practice of **shooting for mere sport** countless hosts of birds and animals is nowhere carried on with more fervour than in Protestant England, where the merciful teachings of Christ have hardly made human hearts softer than they were in the days of Nimrod, "the mighty hunter before the Lord"...

Look at that other disgrace of our cultured age – the scientific slaughter-houses called **"vivisection rooms."** Enter one of those halls in Paris, and behold Paul Bert, or some other of these men--so justly called "the learned butchers of the Institute"--at his ghastly work. I have but to translate the forcible description of an eye-witness, one who has thoroughly studied the *modus operandi* of those "executioners," a well known French author:

"Vivisection"--he says--"is a specialty in which *torture*, scientifically economised by our butcher-academicians, is applied during whole days, weeks, and even months to the fibres and muscles of one and the same victim.

"It (torture) makes use of every and any kind of weapon, performs its analysis before a pitiless audience, divides the task every morning between ten apprentices at once, of whom one *works* on the eye, another one on the leg, the third on the brain, a fourth on the marrow; and whose inexperienced hands succeed, nevertheless, towards night after a hard day's work, in laying bare the whole of the living carcass they had been ordered to *chisel* out, and *that* in the evening, is carefully stored away in the cellar, in order that early next morning it may be worked upon again if only there is a breath of life and sensibility left in the victim!"

from "Have Animals Souls?" by H. P. Blavatsky

## Wiki article on H P Blavatsky

Posted on <http://groups.yahoo.com/group/theos-talk>

Hi MKR and all

Having just read the wiki article on HPB, I have to disagree with you that it is "An excellent write up".

I fear it will only lead to some erroneous ideas about HPB and is completely void of the true nature of HPB and her enormous task. All this talk of marriage, did she/didn't she have a child, was she a virgin, etc. etc., is nothing short of gossipy nonsense and irrelevant speculation.

Meanwhile the article fully ignores the essence of HPB's life-work, as stated in The New York Daily Tribune on May 10 1891; **"for nearly twenty years she had devoted herself to the dissemination of doctrines, the fundamental principles of which are of the loftiest ethical character"**. Altruism, compassion, the alleviation of suffering, aided and guided by a knowledge of the operations and purpose of the Cosmos, somehow I don't get any of this from this (to me) dreadful article.

"Mediumship...based upon the belief known as Spiritualism.....field upon which Blavatsky based her career"!! Is it just me or is that not very misleading, if the rest of the picture isn't given to the newcomer to Theosophy.

Root Races is a vast subject and one of the most easily misunderstood. Just throwing out a few lines and mentioning the Jews and the Tasmanians etc. is (to me again) very damaging and in no way assists the Theosophical Movement.

Kind regards, NH

In [theos-talk@yahoogroups.com](mailto:theos-talk@yahoogroups.com), MKR wrote:

Here is the link for the wiki article on HPB:  
[http://theosopher.net/mw/index.php?title=Helena\\_Blavatsky](http://theosopher.net/mw/index.php?title=Helena_Blavatsky)

An excellent write-up.  
MKR

(There is no doubt this Wiki article needs editing... but who will do it? Eds)

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## CORRESPONDENCE

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### Freemasons start a Theosophy study group in Haiti

From: [haititheosophie@yahoo.fr](mailto:haititheosophie@yahoo.fr)

Saturday, October 16, 2010

*(translated from a French email from Haiti)*

#### **“Difficulties in the mail program and 4<sup>th</sup> quarter 2010 and 1<sup>st</sup> Q 2011”**

Dear Friends

I am informed that letters are arriving late. It's because I know that the heavy rains the week of September 21 to 28 could put the letters in a bad state because the post office is still in a tent in a courtyard, so once again I send you the program via email.

Besides, I thought it was important to anticipate. That's why I sent you already the program of 2011. On Tuesday I'll post the program of the new year for the first quarter while sending you my best wishes.

We have two new things

**1 A new Theosophical study group has been formed by Freemasons. They believe that their study of Theosophy is necessary.**

**In 16 years of effort, we're going to have the engagement from all sectors.**

2 We are doing presentations on "Theosophy, culture and religion". Having left teaching full time, my activities in the Law leave me enough time to respond to important events to benefit the cause.

We also re-worked the multi-media center in town.

Fraternally

Theosophy Company HAITI

### Letter on a mesmeric healer

Hello J

This is a follow up to my previous email about Braco and his mesmeric healing. I feel the need to clarify the special connection with Blavatsky and her Masters as to their support of this

healing method, which some students are not aware of, or lump it together with hypnotism, psychic healing, mediumship or passivity – it is none of these.

First, in "Practical Occultism" Blavatsky says

**“it is the motive, and the motive alone, which makes any exercise of power become black, malignant, or white, beneficent Magic. It is impossible to employ spiritual forces if there is the slightest tinge of selfishness remaining in the operator.”**

This is the idea that prompt some students to talk about "risks" associated with energy healing, and they have a point. In this case it is easy to show the purity of Braco's motive, impersonality and motivation<sup>4</sup>.

Also, Blavatsky was strongly in favor of homeopathy and mesmeric clinics. In her article "Spiritual Progress" she made the following strong recommendation:

“Mesmerism has been called the Key to the Occult Sciences, and it has this advantage that it offers peculiar opportunities for doing good to mankind. If in each of our branches we were able to establish a homeopathic dispensary with the addition of mesmeric healing, such as has already been done with great success in Bombay, we might contribute towards putting the science of medicine in this country on a sounder basis, and be the means of incalculable benefit to the people at large.”

W. Q. Judge writes that mesmeric phenomena can be produced by “any healthy man or woman ... if they will only try.”

Energy healing is not to be confused with activities of the “Higher Self” Judge says, adding: “The grosser the operator the better, for thus there is more of the mesmeric force.”

Of course one has to be motivated purely, and to serve and help others be the priority. In this age there are fewer “patrons” to pay the expenses, as in Mozart's time. Dr. Anton Mesmer was one of Mozart's sponsors. The fields of healing, art and music are close sisters.

Hope you will consider favorably this next step to healing, and not fear the naysayers who are stuck with unexamined beliefs.

Warm regards, O

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<sup>4</sup> Braco hasn't spoken in public for years, nor does he advertise. He doesn't preach, nor ask anything of anyone, and hasn't accepted a single donation for a gift he believes only comes through him, not from him. He doesn't wish to be worshipped as anyone's master or guru, instead letting the silence within the gaze offer whatever wisdom needs to emerge for each and every being.”

**Braco in America: our correspondent notes:**

Theosophy Watch covered his "gazings" in a blog in August and in succeeding months.

Braco doesn't charge a fee, never has. That is the first sign of a true healer.

For his visit in October 2010 to San Francisco the fee was \$8:00. The organizers charge the lowest fees they can to cover travel and venue expenses. They are all Braco fans. The last year or so is the first time he's been away from Croatia and Europe.

**Links:**

[http://www.bracoamerica.com/Braco\\_America/Braco\\_San\\_Francisco.html](http://www.bracoamerica.com/Braco_America/Braco_San_Francisco.html)

<http://www.youtube.com/watch?v=p-7JHGHTMj0&feature=related>

## Questions over George Washington's vision?

Hello Editors

Thank you for publishing the story of George Washington's vision. It's one of my favorite stories.

I was interested in the statement "Some people will say that it is substantiated by the fact that a copy of the account is in the Library of Congress. This argument of authenticity is misleading in and of itself. The Library of Congress has copies of anything published."

I don't believe the U.S. Library of Congress has copies of anything published, but it certainly has a huge collection of millions of books and other resources.

In terms of the Library of Congress having a copy of the original story, it does not. I recently asked about the George Washington vision story and this is the response I received from the Library of Congress this evening:

"The story of Washington's 'vision' at Valley Forge is an enduring legend with no basis in fact. It is a subject that has been brought to the notice of the Library of Congress on several occasions in the past, and which we have investigated at considerable length. A brief summary of our findings is given below. Wesley Bradshaw was the 'nom de plume' of Charles W. Alexander (1836-1927), a Philadelphia journalist, writer, and publisher. The Library has been able to trace 'Washington's Vision' as far back as 1864. In January of the following year, Alexander began to publish a periodical designed for Union veterans, 'The Soldier's Casket.' The earliest issues of the 'Casket'

advertise a large separate edition of Bradshaw's 'Vision,' 'gotten up in a handsome style, with a beautiful cover engraved especially for it' at fifteen cents a copy, or ten for a dollar. People renewing their subscriptions to the 'Casket' received a copy as a bonus. The title had been deposited in the copyright office for the Eastern District of Pennsylvania by Charles W. Alexander and Company on October 6, 1864.

The advantage of the 'nom de plume' becomes apparent when we find that Editor Alexander was able to eulogize Author Bradshaw without having to make any concessions to modesty. This edition of 1864-65 was, however, apparently not the original publication. The 'Casket' for May 1865 declared that the 'Vision' appeared for the first time in the early part of 1861, produced the greatest furore in both the political and the literary world, and had since gone the round of the press several times. We have unfortunately been unable to locate either the alleged original publication of 1861 or any of the reprintings before the 'Casket's' separate issue, and Mr. Alexander's veracity is perhaps insufficient to guarantee their existence. Some internal evidence indicates early 1861 as the date of composition, if not of publication.

"It is hardly necessary to prove that the 'Vision' is a pure fiction. Mr. Alexander claimed no more for it than this 'gem of American literature' was the 'first Union story ever written.' The talented Bradshaw went on to compose additional visions and dreams which were fathered on General McClellan, President Lincoln, and General Grant. 'Anthony Sherman,' the ostensible medium of transmission from General Washington to Wesley Bradshaw, was a literary device, not an historical character. The inspiration may have come from a drama, 'The Patriot's Dream,' which was produced at Philadelphia during May 1861.

For the text of Bradshaw's work, please see the following web page:

<http://members.tripod.com/~all4cra/WashingtonsVision-index.html>

from K

(a correspondent from Washington, USA)

***(This reply would appear to cast doubt on whether the vision is a true account written by Washington or not – one can only keep an open mind. One day the truth will out. Eds)***

## Orpheus visited the Antipodes

Dear Editors,

Thank you for publishing my notes on Dionysus. You are doing a great work in publishing AT. I also enjoyed the article on Plato's musical code.

Do you remember what you sent me on Orpheus from the Theosophical Glossary? Orpheus visited the underworld or Hades, or hell, but in reality the Antipodes or South America. (It was) published in AT, Volume VIII #2 December 17, 2007.

I read a book recently that describes the pharaoh's ships in Ancient Egypt some 50 meters long, that presumably would carry pharaohs to the underworld, but in reality would carry them to South America.

It would also explain the cocaine and tobacco which was found in 3,000 years old Egyptian mummies.

*"In January 1997 the Discovery Channel broadcast a program stating that **cocaine and tobacco had been found in Egyptian mummies** known to be at least 3,000 years old.*

*"Tests used modern forensic methods and were repeated many times under carefully controlled conditions.*

*"Since coca and tobacco are not known to have grown anywhere other than the Americas, the evidence points to trade routes across the Pacific or Atlantic in those remote times. The program seemed to favor a Pacific crossing and then delivery via the Silk Route. Watch for a rebroadcast."*

<http://www.science-frontiers.com/sf111/sf111p01.htm>

Not to mention the trip of Odysseus with his pentaconter to the underworld as instructed by Circe.

Best greetings,

C

(a correspondent from Greece)

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## COMING CONFERENCES

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### Toward a Science of Consciousness

#### Brain, Mind and Reality

Stockholm University, Sweden May 2-8, 2011

Toward a Science of Consciousness is an interdisciplinary conference emphasizing broad and rigorous approaches to the study of conscious awareness. Topical areas include neuroscience, philosophy, psychology, biology, quantum physics, meditation and altered states, machine consciousness, culture and experiential phenomenology.

Nine recent developments will be addressed:

- 1) Electromagnetic fields and massively coherent neuronal activities correlate with consciousness.
- 2) Transcranial therapies aimed at brain fields and neuronal targets.
- 3) Neuronal connection maps enable computer simulations of brain functions...
- ...
- 6) Physics and cosmology are approaching the nature of reality, time and the place of consciousness in the universe
- 7) Libet backward time referral of subjective experience is now observed in mainstream neuroscience, perhaps accounted for by quantum physics
- 8) Surprising end-of-life coherent brain activity suggests a physiological correlate for so-called near death experiences
- 9) Eastern philosophy and secular spirituality accommodate quantum physics & cosmology

Registration January 5 2010

Workshops will be held in 4 hour sessions on Sunday May 1 and Monday May 2

#### Sponsors

Perfjell Wellness Center; Center for Consciousness Studies, University of Arizona Mind Event SA; Chopra Foundation; Agora for Biosystems

<http://consciousness.arizona.edu/TSC2011AnnouncCALLforABSTRACTS.htm>

# WISDOM IN ACTION

## On 'dead letter' (organisational) Theosophy

We base our devotion and our efforts upon the nature of Those who gave the Message, and accept as safe, good, true and what is necessary, the lines that are to be found laid down in Their writings.

Those who think that way will work that way. There is a solid basis for united effort in this position; any other position can but lead to differences, to assumptions, to authorities.

It is Unity that the Movement needs, among all who are attracted by the Message; that which will best bring it about is the true way, no matter what anyone says. Neither Jesus nor H.P.B. lived and died that a book or books should be swallowed wholesale, nor even that men should become disciples but that all men should become brothers. We have to hold to that which eliminates differences, not pander to any form of religion near or far.

H.P.B. once used this phrase, as I recall it,

"a Theosophist who understands Theosophy in his own bigoted sectarian way."

I was wondering if our organizational friends might not call us that kind, in view of the fact that we question their methods and practice?

We do not question any methods whatever used for the promulgation of Theosophy, but only those that tend to obscure it. We also point out the untheosophical nature of exclusive claims for persons or organizations. This charge will doubtless be made sometime against us by someone. We have a sound and effective reply. We are in sympathy with every movement made to promulgate the message of Theosophy, as such, and with every endeavor to apply that philosophy.

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FROM THE FRIENDLY PHILOSOPHER BY R. CROSBIE

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*to be continued...*

## Aung San Suu Kyi released

Cheers greeted Burmese political leader Aung San Suu Kyi as she was finally released from house arrest after over two decades of intermittent house arrest. The 1991 Nobel Peace Prize winner and activist was a leader in the National League for Democracy, a group that advocated for democracy in the country.

"Burma democracy activists and Asia regional governments have welcomed the release of Aung San Suu Kyi from detention but are also urging Burma's military government to support calls for national reconciliation."

from Voice of America



**Aung San Suu Kyi**, released after the end of an 18 month sentence, has spent much of the past two decades

in some type of government confinement for her calls for democracy in Burma. The Washington Post writes:

"Supporters were crammed against Suu Kyi's front gate and in nearby trees to catch the first glimpse of the opposition leader, and when she appeared, cheers rang out on the street. It was more than five minutes before the crowd was quiet enough for her to speak..."

She was in good health, she said. It was time for Burma to come together after so many years of division. **"People must work in unison," she said. "Only then can we achieve our goal."**

In reaction to her release, U.S. Secretary of State Hillary Clinton said:

"Today I join with billions of people around the world to welcome the long-overdue release of Burmese democracy leader and Nobel Peace Prize Laureate Aung San Suu Kyi from house arrest.

"Aung San Suu Kyi has endured enormous personal sacrifice in her peaceful struggle to bring democracy and human rights to Burma, including unjustified detention for most of the past twenty years... **Aung San Suu Kyi's commitment to the Burmese people has not wavered.**"

<http://www.care2.com/causes/human-rights/blog/nobel-peace-prize-winner-suu-kyi-released/>