

*ESOTERIC STUDENTS' NEWSLETTER*  
*Sponsored by Southern Lights Centre and*  
*Christ College of Trans-Himalayan Wisdom*

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## CONFESSIONS OF A RECOVERING OBSESSIVE

To maintain our relative sanity, or at least to remain grounded in relative reality, must be the most important challenge on any spiritual path. To say that the challenge has proved difficult for many of us in the maelstrom of the last two years is, without doubt, an understatement.

Personally, I have found myself engaging in behaviours – feelings, thoughts, words, that are far from inclusive, tolerant or reflective. Such, to an extent, is the nature of threat response. Such too, however, is the nature of intellectual pride, arrogance and competitiveness.

One could comfort oneself in the understanding that on both sides of the Covid divide these sorts of ignorant and largely unconscious responses are the norm rather than the exception. That, I think, is probably true, but to seek to excuse one's own failings would be to disclaim both responsibility and the possibility of redemption. However, without offering up excuses, I think it is useful to attempt to understand the energy field out of which our present reality has explicated.

Ignoring the factors operating at more subtle levels, including the possibility at least of conscious manipulation, the emotional energy field is of course that by which humanity is most readily affected. That field is presently characterised by: fear, insecurity, confusion, mistrust, anger and polarisation. None of these emotional drivers are unfamiliar or particularly remarkable. What makes them potent, in my view, is the degree of intensity in the energy field. For nearly 2 years there has been no escaping Covid. The result of this intensity is a degree of individual and collective obsessiveness that is in fact remarkable.

This intensity is fed by the media, both mainstream and social. 'Fear sells.' 'If it bleeds, it leads.' The constant, sensationalist focusing of attention on the particular object of Covid, leads inevitably, in my view, to widespread obsessive identification with the phenomenon. One cannot ignore it or fail to have an opinion on it. More than that, one is forced to partake (or not) in the cultural rituals around it. To mask or not, to vaccinate or not, to isolate or not.

In a field so intensely focussed, in which fear and uncertainty are primary drivers, and in which the existing values divide between collective security and individual freedom is so vivified, obsessive and even compulsive behaviours become commonplace. The scouring of partisan websites for self-validating information, the refusal to accept the validity (or even the possibility of the validity) of contrary narratives, the ascribing of the worst possible motives to those holding a differing view. For every conspiracy theorist there is an equal and opposite sheeple. They may be your brother, sister, daughter, son.

If any of this seems even partly familiar, the fact you are reading about it here indicates at least that you have an impulse to the higher, to the more whole and all-encompassing. So how do we get from here to there safely?

As in all neuroses, the root of our obsessive behaviours lies in unhealthy patterns of consciousness. In my case, the primary pattern of needing to be right, manifesting as intellectual pride, but underlying that a great deal of insecurity and anger. For others it may be any of; self-righteousness, the need to be accepted, the need to control others, feelings of degradation and exploitation, mistrust, prejudice. And more, the list is endless.

This is not to say that for many who have been drawn down the rabbit hole of obsessiveness, there is not to be found an aspect of the divine in our responses. Impulses towards care and compassion in the face of suffering, the assertion of human rights to bodily autonomy and personal sovereignty, are all evident of an alignment to transpersonal values.

But it is where these responses cause suffering to the actor or to others, where they cause disharmony or promote conflict, that we may see that we are acting out unhealthy patterns, rather than acting from a place

where heart and mind are aligned. Or, to put it in familiar terms, that we are acting as our personality rather than as our soul.

So, with all of this in mind, here are a few steps (in addition to those suggested above) to help you or someone you love to climb back out of the rabbit hole, written from the experience of a recovering obsessive:

1. Withdraw energy and attention from that which doesn't warrant it. The media is not designed to activate the higher, synthetic mind. At best it may, in some historic epoch, have served the useful social function of exposing injustice and untruth, and holding the political and economic elites to account. However, in an age where both legacy and social media are owned and funded by those same elites and are reliant for their very survival on advertising revenue rather than subscription, it would be naïve to think that they have either the freedom or the motivation to operate as gatekeepers of higher human values

Yet many good people who know better continue to be drawn to media sites, whether to feed their existing prejudices, heighten their already overtaxed emotional and mental energy fields, or merely to feed what has become an unhealthy addiction. I haven't watched the news for probably 18 months. I skim-read some on-line news sites, drawing from a diverse range of political and cultural opinion, from the Guardian to RT.com. I enjoy the variety of posts on Facebook. But I take it all with a healthy grain of sceptical salt, and my life and emotional state are generally much better the less I engage.

2. Recognise, but don't be affected by what is perceived to be wrong or unjust. Accept, accommodate, adapt.

Evil is real. Generally speaking, it's not the kind of conscious pantomime evil of a Bond villain, or of Sauron say, but simply the manifestation of unhealthy, conditioned patterns of consciousness. Globalisation and the accretion of wealth and power in the hands of the few has, however, magnified both the spread and the impact of individual evil.

Conspiracies are also real. But as philosopher and environmentalist Charles Eisenstein noted in his now famous essay '[The Conspiracy Myth](#)'; the conspiracies by which the new world order is being orchestrated are primarily those of a collective, pathological worldview, rather than a set of cunning and well-articulated plans.

In any case, one is not wrong to see, and to respond to injustice or oppression. Similarly, one is simply human to feel compassion for the plight of those who are suffering or dying in the midst of a pandemic. But in the manner of our response, do we not also need to recognise the inevitability of sickness and death, and the universality of evil? In allowing ourselves to fall into the egos of blaming, shaming, controlling, vilifying and over-simplifying, are we simply avoiding and denying these eternal truths? How much more harmonious and serene might our lives become if we were able to fully open to, accept and accommodate them as simple realities, rather than imagining they are amenable to our dictates? Seeing them in other words much as we might view the amusing if annoying habits of a child or a lover, or even of ourselves if we can be that candid.

3. Accept where you are at without judgment, including the inevitability of change. Obsessive attachment to our fixed positions impedes the flow of life, adaptation and evolution, personal and collective. It ignores the reality of impermanence (transitoriness) and promotes duality, polarity and thus polarisation.

It is normal and healthy to hold opinions, and even strong opinions. It is not necessary that these be exclusively or even primarily fact-based, but of course if they are in conflict with facts, then it would be wise to review them. Values, ethics, and feelings are as important as pure facts and data in determining one's position on any given matter. Indeed, they are in my view more important, as what is most deeply valuable for anyone who is on a journey back to soul is not what is objectively right, but what is right for that being at their then stage of soul-realisation. That is a purely personal matter,

but of course it is not static, and ‘normal’ development would posit a continuing refinement of not only one’s worldview, but indeed one’s self-sense, in the light of greater awareness.

So, there is a dichotomy between accepting and honouring one’s present opinion and position and holding lightly the possibility that it just may be limited and incomplete, having regard to the inevitability of insufficiency of knowledge and experience, and the limiting effects of past conditioning. A sort of solution to the problems inherent in this dichotomy was posited by Thomas Bayes, a 16<sup>th</sup> Century statistician who suggested that as the world is chaotic, complex and confusing, the best approach to making sense of things is to track variables and update them as new information becomes available. Rather than aiming for false certainty, we should adopt provisional uncertainty as our compass. See Wheal, J. ‘Recapture the Rapture’, 2021 Harper Wave, p.263.

But in order to ‘track variables’ of course, some reliable and trustworthy source of information must be readily available, and here we run up against the problem of the unreliability (or worse) of the media. The solution can only be to gather widely from an ideologically eclectic range of sources, to discriminate on the basis of common sense and reason, and to allow one’s evolving values set to act as the ultimate arbiter of truth. Few are open to this course as it threatens upsetting fixed beliefs and challenging one’s very self-sense. However, to do so is to open to the greater totality that is the measure of an awakening soul.

4. Accept love. As in every good fairy tale, love breaks the spell.

Fixity and obsession can hold us as if under a spell. In extremes we may become isolated, mistrusting, suspicious as to motive, self-righteous in our view of the legitimacy of our personal dogma. Like the Fisher King, our personal realm may fall into disrepair. Personally, it became normal for me to imagine that all those who sought to counsel me as to the benefits if not the necessity of being vaccinated, had simply been captured by the propaganda of the global sickness industry and its political and media lackeys. Internally, I dismissed them as sheeple or worse, even if I didn’t say so to them directly, as a matter of propriety.

But the ignorance of my viewpoint was exposed for me by a conversation I had with my son, in which he enquired as to my vaccine status. I told him that I had no intention of being vaccinated and had no concerns as to any serious health outcomes if I contracted the disease. But as the conversation unfolded, I became aware that he didn’t in fact think I was stupid, or unscientific, or selfish, or a conspiracy theorist, in fact none of the denigratory terms which are quite readily applied to those who hold a personal view that differs from the politically sanctioned one. In fact, he was simply scared that I would be taken from him prematurely. I saw his deep love and concern for me. And in that, the veil lifted, and I saw also the love that unifies us all; family, friends, fellow New Zealanders, fellow souls, whatever our personal convictions, or present worldviews.

The pathway out of obsession is the pathway into love.

This Christmas the media will be assailing us with the threat of Omicron, and statistics as to infection rates, hospitalisation rates, death rates. We will hear (yet again) of the ‘pandemic of the unvaccinated’ and learn again of lockdowns and mandates. The fear of death will continue to oppress the consciousness of a global population that increasingly has as little spiritual relationship with death as it has with life.

Amidst the bombardment, emerging out of the rubble of a failing civilisation, will we hear, and are we able to utter the words; ‘Are you doing alright brother?’; ‘Can I help you sister?’; ‘What do you need, friend?’

Let our obsession this Christmas and beyond be only the obsession of love and compassion, held lightly but firmly in each of our hearts.



## SAGITTARIAN THOUGHTS

Yesterday I took some photos of the consequences of almost seven inches of rain collecting in the watershed, in the nature reserve above our land. It gushed down cutting a path towards the harbour below.



*Fig 1 Summit Road...edge of our higher boundary. The start of the damage.*



*Fig 2 Looking down from the road. The new course-way!*



*Fig 3 Further downstream...The fire track that has been washed away.*

## December Rains

Seven inches of rain  
 Collects in the "Vee" of the valley above  
 Gravity draws all to harbour floor  
 "Vee" chisels thrusting downwards  
 All surface dross flushed sideways  
 Rocks exposed tumbled and slide  
 Deeply etching the "Vee" did gouge  
 Exposing stark mark  
 A scar on the land.



*Fig 4 Path of destruction*

This first event held a symbol... thus the poem continues...

Seven minds combine  
 Creating a rain of thoughts  
 Purpose shapes  
 Shards as miniature swords  
 Light enters  
 Fractured colours glint  
 Each rotation a pattern forms

Stark mark of "Cain" to erase  
 Revelation dawns  
 The lever of commencement  
 Motion induces  
 Sharp edges of Diamond mind define  
 Removes the veil of assumptions  
 Reality etches deep  
 Within the human mind.

*Jurij-Orest Tarnawskyj*

## IDENTITY

This article might not be comfortable for some readers whose comfort zone of compliance might be challenged. They might come across a mine-field/mind-field of explosive ideas, ideas that could cause explosive reactions.

The sense of identity is a fundamental and, I think, a divinely gifted aspect of what it is to be human. In this article I share diverse expressions of identity that have touched me.

I remember the poignant photo of nurses' uniforms hanging in a tree outside the Taranaki Base Hospital. They symbolise the shedding of a professional identity to reveal the integrity of the persons who left them there, in favour of the right to express free will by choice.

The following story about identity has meaning for me as it is set in India where I travelled in early 2020. It is an incident described by David Carse in his book *Perfect Brilliant Stillness* (p.150). The author, a spiritual seeker, had left a visit to his guru and sat in a taxi. A beggar, dishevelled and without arms, approached the taxi and rested a hand which protruded from his shoulder on the open window.

When their eyes met the author sensed that the roles of beggar and giver ceased, "as though the boundaries evaporated". Carse wrote *it was clear I was staring at myself, and clear that I was staring at God. The twisted physical form of this beggar seemed so transparent..... and the Brilliance streaming through him and around him so visible...there was a sense of intense neutral quietness: as our eyes stared into each other there was nothing to do, nothing to say, nothing to feel, nothing to think.*

In reading this I recalled the words "They are us".

I now turn to the work of the Swiss psychiatrist Carl Jung who describes the unveiling of the true identity of one of his patients in his autobiography *Memories, Dreams, Reflections*. (Pp. 160,161) He describes her as young, "pretty, chic and highly intelligent", the daughter of a wealthy banker and focussed on "flirtation, clothes and sex". She had a long-term severe anxiety neurosis.

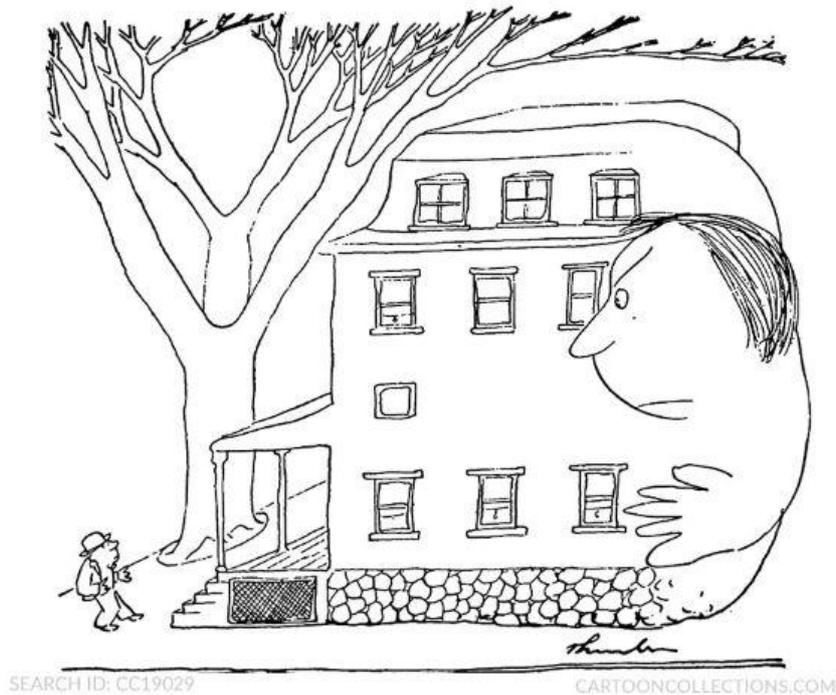
Jung recognised from the young woman's body language that her problem lay in relation to her grandfather who was a Jewish mystic. In the family, and in her opinion, such a tradition was seen as "nonsense". Jung confronted her with the fact that her father "had turned his back on God". He then said that she had her neurosis "because the fear of God has got into you". This struck her "like a bolt of lightning".

Then Jung had a dream about this patient in which he found himself kneeling before her "as if she were a goddess" to proffer an umbrella she had requested. He recognised that her destiny was to continue the line of Jewish mystics, following in the footsteps of her grandfather. He shared this dream with her and "in a week the neurosis had vanished".

Jung's concluding remarks about this patient were that *she belonged to that class of human beings of whom spiritual activity is demanded. Thus her life took on a meaning.....(161)*

On November 29, amongst the Prime Minister's comments on the proposed Traffic Light system for public response to vaccination, I heard her say: *If you want summers, concerts, hairdressers, get vaccinated. You will miss out on these if you are not vaccinated. Be protected from those who haven't made that choice.*

I wondered to what extent Kiwi identity really is tied up with summers and being safe from each other? And I wondered about the identity of the speaker. What came to mind was the cartoon by James Thurber, from *The New Yorker*, and glimpses of the archetype of the Terrible Mother.



Back in 1993 the American psychiatrist Scott Peck in his book *People of the Lie* (p.262) noted that science is no longer “pure”, but is “inextricably tied up with big business and big government.” Could this be said about the current global medicalisation?

When an agenda is being pushed by such a consortium, at the expense of the well-being of a population, there lies the potential for evil, defined in the NZ Oxford Dictionary as “harmful or tending to harm, esp. [sic] intentionally or characteristically.”

In his book Peck describes encounters with evil in his clinical practice and he proposes a new personality disorder for evil, demonstrated in scapegoating, intolerance of criticism, concern with a public image and intellectual deviousness. When an agenda is being ruthlessly pushed there could be a slide into some of these behaviours.

I wondered about the identity of those people who have been adversely affected by the vaccination and vaccination policies. I found out more about these people on Health Forum, which is a Facebook site which is a support network for people with vaccine-related illnesses and those whose non-compliance with vaccinations has led to being without a job. On 5 December there appeared in the Opinion pages of the Daily Telegraph a [letter to the Prime Minister](#) from the co-ordinator of the Health Forum.

Sharing something of my identity and thus, that with which I identify.

I feel compelled to write today. It is the day of the Full Moon for the constellation of Sagittarius and my Ascendant is in this sign. The archetypal energies are of the questor whose direction ultimately leads to the spiritual path. The song “To dream the impossible dream” expresses the idealism that can accompany those whose lives are strongly influenced by the Sagittarian energies.

I feel compelled to write to ease the lower back pain I have carried for two weeks. I realise I have been carrying the “burdens” of New Zealand in my lower back, at the sacral centre, and these need to rise, as we learn in our esoteric teachings, to the higher expression of the throat centre.

I feel compelled to write as the implications of a dream from 1976 are now coming to a head and they invite me to fulfil an obligation to speak my truth.

On the school bus the tickets had aphorisms printed on the back. One of these has stayed with me all my life – “The price of freedom is eternal vigilance”. Somehow this has been paired with the words of the Christ who said that we are disciples by continuing His word and then we shall know the truth and the truth shall make us free (John 8:3).

The Four Freedoms of Roosevelt (1942) are, to me, an important gauge of the health of our culture.

Freedom of Speech  
Freedom to Worship  
Freedom from Want  
Freedom from Fear

My vigilant observation and quest for truth have led me to notice that these four freedoms are being eroded in New Zealand and across the world.

Here a person was arrested to appear in court for organising a protest; the slant towards a very direct narrative is evident in the media; some churches require vaccination passports to attend many Christmas church services, some people whose businesses have closed and those who are out of work are not free from want, fear of a virus and fear of consequences for not complying are evident.

I feel like the Canadian investigative journalist who said in a recent podcast that she was appalled at what was happening on her continent and sought refuge in reading interior decorating magazines. Yet she could not help herself from tracking the happenings. This was her training.

It has been my joy as a psychologist to help people regain their freedom from suffering through developing inner vigilance and searching for the truth of their true identity at all costs. This involved surrendering outgrown beliefs and patterns of behaviour and being open to what the unconscious might reveal.

The vigilance required in a democracy might well include, for all citizens, attention to the inner self, particularly in the light of a consensus reality shaped for many by the daily mass media. Scott Peck names some of the dynamics involved in the inner self in his book *People of the Lie* and writes that interest in these can lead to a new consciousness in society, in humanity: *Our burgeoning interest in the existence and source of our prejudices, hidden hostilities, irrational fears, perceptual blind spots, mental ruts and resistance to growth is the start of an evolutionary leap* (p. 260)

I now want to include two poems about identity.  
Firstly, a poem by Gerard Manley Hopkins

*As kingfishers catch fire, dragonflies draw flame;  
As tumbled over rim in roundy wells  
Stones ring; like each tucked string tells, each hung bell's  
Bow swung finds tongue to fling out broad its name;  
Each mortal thing does one thing and the same:*

*Deals out that being indoors each one dwells;  
Selves—goes itself; myself it speaks and spells,  
Crying What I do is me: for that I came.*

*Í say more: the just man justices;  
Keeps grace: that keeps all his goings graces;           10  
Acts in God's eye what in God's eye he is—  
Christ—for Christ plays in ten thousand places,  
Lovely in limbs, and lovely in eyes not his  
To the Father through the features of men's faces.*

The second poem is by DH Lawrence

*Trust  
Oh we've got to trust  
one another again  
in some essentials.*

*the sun in me  
that glows with just  
as much glow as you see  
in me, and no more.*

*Not the narrow little  
bargaining trust  
that says: I'm for you  
if you'll be for me. -*

*But if it warms  
your heart's quick core  
why then trust it, it forms  
one faithfulness more.*

*But a bigger trust,  
a trust of the sun  
that does not bother  
about moth and rust,  
and we see it shining  
in one another.*

*And be, oh be  
a sun to me,  
not a weary, insistent  
personality*

*Oh don't you trust me,  
don't burden me  
with your life and affairs;  
don't thrust me  
into your cares.*

*but a sun that shines  
and goes dark, but shines  
again and entwines  
with the sunshine in me*

*till we both of us  
are more glorious  
and more sunny.*

*But I think you may trust*

Finally I pose questions in *From Bethlehem to Calvary* by Alice A. Bailey (p.245) which we, in our esoteric studies, ponder on:

***It is the prolongation of value, of that which is worthwhile, and the continuation of the persistent, inner, divine incentive to progress, to create and to benefit others, that seems..... to hold the clue to the problem of immortality. ....***

***What is it, therefore, that we seek to see survive? What part of ourselves do we regard as desirably immortal? What in each of us warrants persistence?***

Julia Tarnawsky

## SOLAR FIRE MEDITATION RETREATS 2022



*Please join us for the next meditation retreat days, Sundays 9.30 am to 4 pm.  
Mark your diaries and join us to celebrate the different solar fire astrological energies.*

**CAPRICORN**

*16 January 2022*

**AQUARIUS**

*13 February 2022*

**PISCES**

*13 March 2022*

Those wishing to participate are welcome to book in advance and send their birth details so a natal chart can be made for discussion at the Sunday retreat. For example, if you were born in Aquarius, how does your birth chart relate to the full moon chart and energies for Aquarius?

All welcome

**For More Information**

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## NATURE VERSUS HUMAN INTERVENTION!

Thoughts - Jurij-Orest Tarnawskyj

The “presented information” conditions our perceptions and structures our world view.

The Media Machine that provides the “presented facts” is compromised by financial considerations provided by corporations that pay for advertisements. Ownership of media–providers is limited and a strong control over what is for public knowledge is exerted.

Freedom of Speech that does not conform with the expressed narrative of these “presented facts” is suppressed. This applies to both Facebook and YouTube. Wikipedia as a general source of information is also adjusted to conform to the established narrative.

Freedom of access to information such as the ingredients in a vaccine is disallowed. Immediate Access is limited even to international bodies.

Investigative Journalism has become almost non-existent. News reporters are readers of a script!

The outcomes or effects are the prime basis for forming judgements. The underlying causative factors are not considered sufficiently.

The immune-system of humans has been stressed by environmental factors as toxins used in agricultural practices have entered the plant and animal food products. This compromised immune system has a direct effect on health with a corresponding increase in a range of illnesses as toxic substances increased in usage. Thus illness (such as Flu) has a marked effect on the population particularly for the aged and vulnerable. Areas of marked air pollution and seasonal factors (winter/cold /lack of sunlight) are prone to an increase in the numbers affected.

The microbiome in both soils and the human body are reduced by the anti-bacterial properties of some herbicides. This has been found to be a major causative factor of diseases.

Our trust placed upon sources of information depends upon natural reliance upon the goodness of scientists, medical research/staff and upon people in political or corporate positions of authority.

Unfortunately the evidence is mounting that profit making is the prime motivator, not the servicing of humanity. Research Institutions; universities; medical boards/authorities and politicians are being manipulated by those who wield the finance. Blatant corruption is rife. The WHO’s major financial supporter is Bill Gates who also is involved in Big Pharma...consider the role he played in Kenya where vaccines had substances which caused sterility in women.

Humanity is now under psychological manipulation by those in power. Fear is generated by statements with regards the number of deaths being inflated. Our reliance upon the consensus opinions is thus formed on a foundation that is unsecure. Those individuals who rebel against this prevailing system are marginalised and discriminated against for their contrary stance. Their (rebel) stance is generally based on research and reflection not in the public domain (i.e. Newspapers/TV).

There are extremists on both sides of this DIVIDE. Respect and compassion are required by all if balance is to be re-established.

My prime concern is that NATURE is being ignored as the KEY factor. The inter-relations between the various forms of life have to be respected. The intricacies of these relationships are not fully understood and man's interference is the major disruptive factor. We have created this situation by not being in HARMONY with all LIFE.

What is real? Robert F. Kennedy Jr, Zach Bush MD and Dr Reiner Fuellmich are three researchers that deserve your attention if you seek to be informed.

As a national speaker for the Theosophical society I have spoken on The Power of Sound and on the Electrical Universe which involved research in Cymatics and Pythagorean ideas with regards music and geometry. I am continuing these studies with the Resonance Science Foundation listening to the presentations of Robert Edward Grant ... "Beauty is the relationship evident in the harmonics of music; manifested as the inherent structure of Geometry (platonic solids) and defined by numbers. Health is based on HARMONY.

This recognition of 'Patterns of Relationships' is becoming expressed as ...the Language of Mathematics... this is a SYNTHESIS embracing MUSIC/GEOMETRY/ NUMBER.

Therefore as a LANGUAGE...Mathematics is also the NAMING POWER!

Ritual involves both Number (beat/frequency) and the Naming Power (spoken word)." This is an extract of a presentation that I am presently developing involving my thoughts and Robert's work.

As a Mason, the idea of a Geometrician of the Universe is a concept of significance.

Trust in his creations needs to be re-established.

*Jurij-Orest Tarnawskyj*



## SOLAR FIRE DATES AND TIMES

Monthly meditations are always held at the full moon at Southern Lights Centre near Akaroa.

Please contact Julia and Orest for details.

Julia 021-1736813, Orest 021-1434583

E-mail: orestpleiades@gmail.com

Christchurch meditations can be held in 2022.

Please let us know if you'd like to be notified of

when and where they are

[office@southernlights.org.nz](mailto:office@southernlights.org.nz)

## MEDITATION TEMPLE DATES

Capricorn	17 January	4.00 pm
Aquarius	16 February	4.00 pm
Pisces	18 March	4.00 pm

## FULL MOON

Capricorn ♄ Keynote: *Lost am I in light  
supernal yet on that light I turn my back  
(actual time 18 January 2022 12.47 pm)*

Aquarius ♒ Keynote: *Waters of life am I,  
poured forth for thirsty men  
(actual time 17 February 5.56 am)*

Pisces ♓ Keynote: *I recognise my other self  
and in the waning of that self I grow and glow  
(actual time 18 March 8.18 pm)*

## NEW MOON

Capricorn ♄ Keynote: *Lost am I in light  
supernal yet on that light I turn my back  
(actual time 3 January 2022 7.33 am)*

Aquarius ♒ Keynote: *Waters of life am I,  
poured forth for thirsty men  
(actual time 1 February 6.45 pm)*

Pisces ♓ Keynote: *I see my other self and in  
the waning of that self, I grow and glow  
(actual time 3 March 6.34 am)*

## THE GREAT INVOCATION

**From the point of Light within the Mind  
of God**

**Let light stream forth into the minds of  
men**

**Let Light descend on Earth.**

**From the point of Love within the Heart  
of God**

**Let love stream forth into the hearts of  
men**

**May Christ return to Earth.**

**From the centre where the Will of God  
is known**

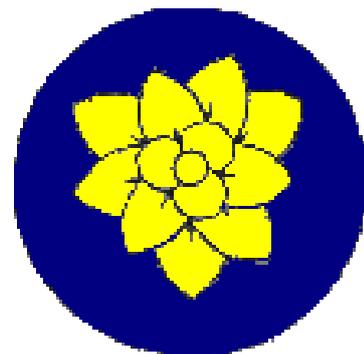
**Let purpose guide the little wills of men  
The purpose which the Masters know  
and serve.**

**From the centre which we call the race  
of men**

**Let the Plan of Love and Light work out  
And may it seal the door where evil  
dwells.**

**Let Light and Love and Power restore  
the Plan on Earth**

**Om Om Om**



## MEDITATION CALLING ON THE SEVEN RAYS

I wrote this for all readers and esoteric students who work with the seven rays as the building blocks of creation (seven notes of the octave, seven rainbow colours etc).

Ray 1	Will and Power	fearlessness and power, seeking to liberate
Ray 2	Love Wisdom	love of truth and clear perception
Ray 3	Active Intelligence	rigorous reasoning and skilful communication
Ray 4	Harmony through Conflict, Beauty and Art	fighting spirit and ability to bring harmony
Ray 5	Science	ability to research and discriminate
Ray 6	Devotion and Idealism	persistence and power to inspire
Ray 7	Ceremonial and Organisation	power to manifest new social structures

We now invoke the energies of the First Ray of Will and Power. May these energies empower us to use our fearlessness and power to liberate our fellow human beings from these restrictive forces.

So may it be. (Said by all present)

We invoke the energies of the Second Ray of Love Wisdom. May these energies empower us to wield our love of truth and clear perception to cut through the false information currently deluding humanity.

So may it be.

We invoke the energies of the Third Ray of Active Intelligence. May these energies empower us to wield our rigorous reasoning and skilful communication to disempower distorted thought and financial manipulation currently devitalising humanity

So may it be.

We now invoke the Fourth Ray of Harmony through Conflict, Beauty and Art. May these energies empower us to wield our fighting spirit and ability to bring harmony and over-ride the separative narratives and policies currently dividing humanity.

So may it be.

We invoke the Fifth Ray of Science. May these energies empower us to wield our ability to research and discriminate and so reveal the destructive nature of global medicalisation currently debilitating humanity.

So may it be

We invoke the Sixth Ray of Idealism and Devotion. May these energies empower us through our persistence and power to inspire, to erode the current narrow government rationale imposed upon humanity.

So may it be.

Lastly, we invoke the Seventh Ray of Ceremonial Magic and Order. May these energies empower us to use our power to manifest new social structures and so dismantle the policies and practices of the corporate elite now dominating humanity.

So may it be.

We give thanks, in gratitude, for these beneficent Ray energies entering our planet Earth and vitalising those who serve humanity along the seven ray lines. We bless those servers currently working to free and lift humanity.

May we play our part in the One Work, for the unfolding of the Divine Plan on Earth.

So may it be.

OM OM OM

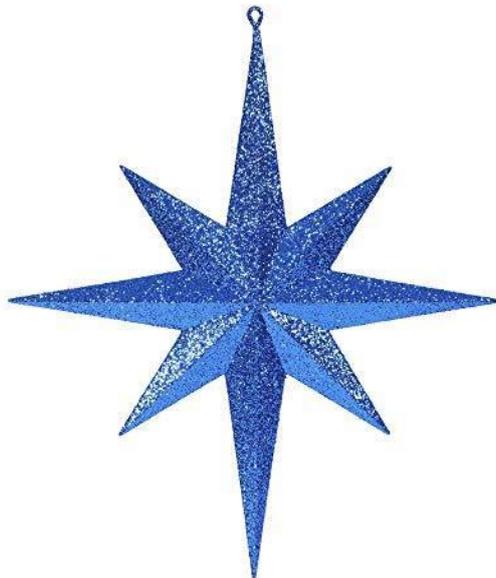
Acknowledging Dr. Michael Robbins whose work inspired this meditation - Julia Tarnawsky

## CHRISTMAS

I'm craving sparseness  
Of house, mind, terrain.  
Let the joy of stillness, silence, simplicity  
Settle within me  
And Being send forth its sound.  
In this season of proliferation  
Gifts, food and decoration,  
It is the shedding of these robes I crave  
Into a spiritual grave.  
It's a sober prelude  
To the birthing of something new  
A serious passage unknown.  
What might be born of this?  
A process not yet undergone.

There's a peace to know  
The endless round is spiralling out  
Ever new, even unto old age  
Making known the unknown  
In the inner terrain  
Uncluttered, prepared  
Onto wide plain of sparseness  
Christ birthing new consciousness  
Awaits Christ's Mass Day.

*Julia Tarnawsky*



**CABINS FOR RENT AT SOUTHERN LIGHTS CENTRE  
CUTE, COSY AND AVAILABLE NOW**



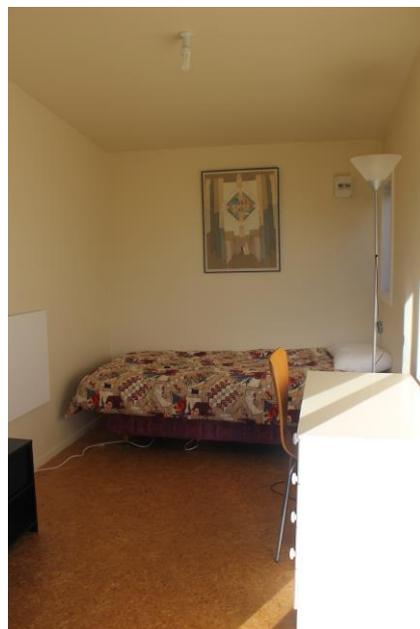
**CREATE YOUR OWN RETREAT.**

**EXPERIENCE SOLITUDE AND TIME IN THE TEMPLE, OR JOIN US IN OUR  
THREE DAILY MEDITATIONS.**

**COME FOR A NIGHT OR FOR ANY NUMBER OF NIGHTS.**

**CABINS ARE WARM, ATTRACTIVE AND COMFORTABLE.**

**PRICE IS LESS EXPENSIVE THAN YOU THINK.**



## SOUTHERN LIGHTS CENTRE DIARY NOTES

Greetings to all readers from Julia.

We have not been overly influenced by the COVID process here, living on a rural property as retired persons. One 5 day workshop for mindfulness leaders was cancelled due to the restrictions. We could certainly do with more WWOOFers applying to be here to help clean up a backlog of work on the land. We continue to meditate for the wellbeing of the New Zealand people through these times and for those groups and individuals championing the quest for light and truth, love and brotherhood.

Having a full time residential student has involved adapting our teaching to meet the learning style and needs of the student. We are recognising the different astrology and ray make-up of those in their thirties and late twenties. They will bring a different contribution to society. Our current student has been eager to explore the Trans-Himalayan Wisdom teachings which we offer. He has actively entered into community life through the daily meditations, work on the land and sharing the cooking of meals. It is our joy to share our understanding of soul development and the unfolding of the evolution of our planet.



In early December a new student arrived for a one week orientation, with a view to returning to live and study here next year. She is 25 and is from Hamilton in the North Island. On 12th December a third person interested in becoming a student with us visited for afternoon tea and stayed for the 5 pm meditation and dinner. She lives in the vicinity and will be coming one day weekly to study.

We are just recovering from flea-proofing our house as a result of transporting fleas while cleaning out the hen houses. The house and classroom have become laundries for the bedlinen, unable to be hung out in the unseasonably cold and wet December weather. Through hanging washing, spreading flea powder and successive vacuumings, Orest demonstrated his good house-keeping skills during this process.

I spent a week in bed with lower back pain. I am learning that, at 78, I need to be wise in using my anatomy and my energy rather than fulfilling a list of to-do's! To balance this there is the sense of being a crone imbued with a deep and quiet wisdom available to seekers, should they enquire.

In early December a cataract was removed from my right eye and the lens was replaced. The eye specialist and his team as well as the hospital staff provided gentle care which I greatly appreciated.

The greenhouse and hugel garden provide abundant organic vegetables and we express gratitude for the pure air and water here, and the organic soil cultivated over time, recognising their contribution to good inner immune systems.



We have been gifted with excellent beds and other furniture from a now little-used, earthquake-damaged retreat house for nuns, about to be demolished. This has provided an upgrade in our accommodation. Our drive-way was graded in late September, new gravel was laid and channels dug for rainwater to escape alongside the track. It is now a welcoming, well-kept entrance to the property.

Peter, our Admin Director, and his partner Christine are with us on occasional weekends, helping with gardening and tree-felling in the macrocarpa forest in preparation for next winter's wood supply. They contribute to our monthly Full Moon meditation retreats where there is space for presentations and discussions of the zodiacal influences of the month, in our own lives and in the world and the invoking and distribution of these energies in the meditations.

Discussion continues on a proposed new house on the campus as a residence for Peter and Christine, in combination with a new library. There have been several meetings with a local architect.

Visitors in this quarter included a trio of followers of Sri Chinmoy, a musician who is seeking spiritually and Bruce and his WWOOFer from their retreat centre on the other side of Akaroa Harbour. A 21 year old woman took tea with us. She is developing land in Glenorchy and she is greatly inspired by the work of Hugh Wilson and meetings with him. Hugh is our neighbour, at Hinewai, the famous nature reserve across the road from us. (See the 20 minute documentary about Hugh and Hinewai entitled "[Fools and Dreamers](#)" on YouTube). She had a depth of spiritual understanding I have not often encountered in one so young. We continued our almost weekly meetings with the Chinese Zen Buddhist group in Christchurch. We warmly and energetically exchange our spiritual teachings as an East-West exchange, with that special bond which comes from our shared motivation to serve humanity through the lifting of consciousness through teaching, counselling and healing. This is a precious source of spiritual nourishment for all.



I would like to mention the geometry of Robert Edward Grant and in particular his video presentation “[One is The Only Constant](#)”. Behind his work I sense the influence of the One Absolute Reality (Theosophy), the Great Geometrician and the Great Architect of the Universe (Ray Lords in our studies and acknowledged in the Freemasonry tradition), and the explicating of the implicate order (David Bohm). How wise we would be to trust once more the magnificent design of the natural world and of our own bodies amidst the technocracy of global medicalisation!

We here at Southern Lights Centre wish you a peaceful and joyful Christmas season.

*Julia and Orest Tarnawsky, Peter Richardson*





## WEDDINGS AT SOUTHERN LIGHTS CENTRE

Southern Lights Centre is a beautiful place for a wedding, especially as spring and summer approaches. The temple is available a wedding, Long Bay House for reception surrounded by beautiful views.

The temple is a unique space designed to marry heaven and earth, spirit and matter, the masculine and the feminine. It is a space that stands free from any religion or philosophy and offers any person(s) from any background a place where they can connect with their essential nature, connect with each other and find true meaning in their lives.



There are spaces (especially in front of the temple) where an outside service could be held. There are many possibilities at Southern Lights Centre to create a wedding. Below are three outlines that could be altered to suit your needs.

Option 1) - an outside service - The backdrop of the Akaroa harbour and the temple would make a perfect place for an outdoor wedding.

Option 2) - a service in the temple - The temple is a sacred space and talks constantly of marriage.

It is the perfect place to conduct a small ceremony.

Option 3) - a reception in Long Bay House – this could be used to house a small reception of up to 25 people. All the facilities of the space could be utilized for this occasion.



Please contact Southern Lights Centre for further details:

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## Merry Christmas/Happy Solstice from the Southern Hemisphere



**A time to remember what is truly important**  
(click on the below)

**Aroha**

**Love**

**Right Human Relations**



## **UPDATES and INFORMATION** **SOUTHERN LIGHTS CENTRE**

### **LONG BAY HOUSE – HIRE**

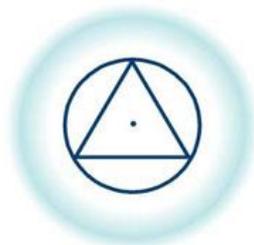


Long Bay House is available for hire. It is the perfect place for workshops, meetings, or a weekend getaway. It is nestled on the hills of the Banks Peninsula with stunning views. It comes complete with kitchen facilities, shower and toilet facilities and can accommodate up to 24 people and sleep up to 10, plus the cabins which sleep another 4.

#### ***Facilities available:***

- \* temple access
- \* 2 workshop/teaching rooms
- \* marae-style accommodation
- \* kitchen
- \* shower/toilet
- \* picnic table, nature walks

Please contact Southern Lights Centre for details: [Julia.tarnawsky@gmail.com](mailto:Julia.tarnawsky@gmail.com)



**TRIANGLE CENTRE**  
AOTEAROA • NEW ZEALAND

**124 Wellington Rd, Paekakariki, Paekakariki, Tel/fax: (04) 902 1667,  
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Sender: *Southern Lights Centre*  
433 Long Bay Road  
*Akaroa*  
*New Zealand*

*Summer Solstice*  
*22 December 2021 – 5 am (NZT)*

*A solstice broadcast meditation can be accessed here starting 4 am NZT, Wednesday 22 December*  
<https://www.youtube.com/c/MoryaFederationEsotericEducation/live>

**WEB SITE** [www.southernlights.org.nz](http://www.southernlights.org.nz)

This site is regularly updated. You can download the Newsletter; keep up with events that happen between Newsletter printings and see some of the photos of current projects and events.

Please contact us if you have a relevant link.