

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



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Southern Lights Centre

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Equinox Message: - Standing at the circle's centre; the point of balance - LIBRA

INTENTION... The Power of WILL is an incredible driving force.

Affirmation, persistence, determination and purpose relate to forming intention and then actually doing what is needed or required. INITIATE ACTION. [Ray 1]

FOCUSSED ATTENTION... creating an active relationship or pathway direct to the bull's eye; the inner circle is targeted. This lucid clarity of vision is held, envisaged and engaged. {Ray 2}

There may be a CONSCIOUS decision to either ENERGETICALLY EXPAND or to refrain from giving energy away by employing detachment from a relaxed, natural calm state. Sometimes action is inappropriate. Timing or readiness is important.

“Fire on the Snow” Douglas Stewart: - A man of action shall have satisfaction, a man of peace a leaf's release. A possible quote remembered from a high school text... comes to mind.

These above attitudes and qualities come from a clear state of inner and external observation. The “Watcher” is fully open and present in the moment. From that state events unfold.

“Love, esoterically and in reality, is perceptive understanding, the ability to recognise that which has produced an existing situation, and a consequent freedom from criticism; it involves that beneficent silence which carries healing in its wings and which is only expressive when the inhibition aspect of silence is absent and the man no longer has to still his lower nature and quiet the voices of his own ideas in order to understand and achieve identification with that which must be loved. Can you follow the beauty of this concept and comprehend the nature of this silent depth of true understanding?”

(Externalisation of the Hierarchy, Alice A Bailey, page 99)

Consider at times when confronting CONSEQUENCES or CHALLENGES that a possible option is to cultivate a degree of acceptance and even surrender. What then follows may involve using ADAPTIVE INTELLIGENCE to create an opportunity from adversity. (Ray 3)

This is the opposite of a controlling reactive force; a manipulation, using aggression or anger or a triggered habitual response. This is an active, yet passive response. There is a feeling of standing at the still centre of the dynamic spiral and using a slight “lever” to divert the flow around and away from the calm self.

“Wisdom is the sublimation of the intellect, but this involves the sublimation of the higher as well as of the lower aspects of the mind. It is a blend of intuition, spiritual perception, cooperation with the plan and spontaneous intellectual appreciation of that which is contacted, and all this is fused and blended with and by the love which I have defined above, plus that esoteric sense which must be unfolded before the second initiation can be taken.” (Externalisation of the Hierarchy, Alice A Bailey, page 100)

When a person or group of people establish a linkage with a ‘centre of energy’ then RECOGNITION of the energy charge happens and possible information is received ... then the ‘Centre of Energy’ also expands and creates a new expanded pattern. Qualities are shared!

This idea was expressed by Hamish Miller and his DOWSER responses continually verified this statement. “IN SEARCH of the SOUTHERN SERPENT (A journey into the power of place).” by Hamish Miller & Barry Brailsford. This idea had a huge impact as I considered its ramifications.

Love and wisdom (defined above) relates to the expression “the energy charge happens and possible information is received”.

“Energy follows our Attention... Be it CONSCIOUS...Be it Reactive!
True Health centres on Two primary functions...Development of Consciousness and Development of Energy”... (Shiva/Shakti)

“Because every thought we ever had; every emotion we ever generate which can be completely reactive in a reactive mind...OR Something we consciously generate... Every one of these; Structure our Subtle Bodies into a particular Form.”

“We are responsible for this creative expression be it a useful (healthy form) of a distorted form (dis-ease). We are actually forming, quite literally subtle geometry structures in our own energy bodies and that is the only thing that you take with you through the gates of death.” (Robert Gilbert/Guy Lawrence Podcast)

“Subtle geometry structures” are vessels for soul qualities to flow. Love and Wisdom are qualities emanating from our subtle bodies informing us as intuition and a sense of knowing (gnosis).

“What we focus on and give significance to in our lives, affect us by producing a SOUND in our physical body. When we think an image - visualise it - that image is made of light and sound.” (Marianne Alexander)
Link this above statement to the statement below!

“Reduce the formulas of the coming chemists and scientists to SOUND, and not simply formulate through experiment on paper. In this last statement lies (for those who can perceive) the most illuminating hint that it has been possible as yet to impart on this matter.” (A Treatise on Cosmic Fire, Alice A Bailey, page 488)

“Heaven’s Wind...The Life and Teachings of Nakamura Tempu.” by Stephen Earle. This book describes the pronounced influence of Nakamura on the Japanese leaders who thrust Japan into the modern manufacturing world. To my mind, Nakamura’s influence on prominent aikido instructors and followers depends strongly upon the following quote... “It is a book about the relationship between how we conduct ourselves mentally and how life shows up as a result.” (Page xxvii introduction of book)

Nakamura was dying from tuberculosis. After meeting the Indian sage Kariappa and staying at a remote hamlet near Darjeeling, he came to realise that where he focussed his thoughts and feelings, there energy manifested. As he focussed on the beauty of nature rather than on his illness he eventually became fully healed. (Thus, Nakamura is an exemplar demonstrating the truth of some of the assertions in this article.)
“Your body has access to all of the wisdom that it needs in order to heal itself. That wisdom is inherent to the energy or prana (KI/Qi) that is the wellspring of life.” (Kariappa’s words to Nakamura page 166)

This event was the turning point of realisation that motivated him to help his brothers and led to his public speaking activities.

Development of Energy...Seiichi Sugano (菅野誠一 17 December 1939 – 29 August 2010) was a Japanese aikido instructor who lived and taught in many Western countries. He held the rank of an 8th dan Aikikai. In 1965 he was appointed by Ueshiba to introduce aikido in Australia. I was a student of Seiichi in 1969/70. He was also trained by Koichi Tohei founder of the Ki society... Shin Shin Toitsu Aikido (literally "aikido with mind and body unified"), but commonly known as Ki-Aikido. The concept “Mind and body unified” is most definitely derived from the teachings of Nakamura Tempu. Tohei was a student of both Tempu and Ueshiba. The mind leads the body as a principle became Tohei’s basis of Aikido. This he passed on to Sugano my teacher. Sugano’s lessons regarding Ki are finally touching me deeply.

“Mind and Body Are One”, calligraphy by Koichi Tohei Sensei

To unify mind and body and become one with the Universe is the ultimate purpose of our study.



Essentially “Ki” or Qi is the energy flowing through our meridians and chakras and their constant flow relates to the endocrine glands and thus our health. This period in my life was crucial as I was both a martial artist practicing regularly and a student of Sculpture engaged in both theory and practical creative activities. This experiential learning in my prime years resulted in some high achievements.

Love and wisdom (defined above) will “unify mind and body” as YOU “become one with the Universe”. This journey into “unify mind and body” by “Ki-energy flow” is still the driving impetus to LIFE. “He (Nakamura) owed his birth to universal causality, and the purpose of living was to serve the unfolding of universal purpose, to further the universal evolutionary imperative.” (page 167). This his teachings demonstrated.

Utilising “INTENTION” as a Directing Force is a significant key to this achievement. Standing at the circle’s centre; the point of balance is being in deep stillness. Then chakras; major and minor are cones that open to both receive and transmit the spiralling flow of Ki-Life energy. This is also the point at the centre of the wheel of the six opposing Zodiacal Signs.

This is the Libra point of Balance.

THE IMPLOSION THEORY BY VIKTOR SCHAUBERGER:

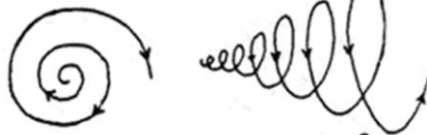
The secret of life is dipolarity

Without opposite poles in nature
there is no attraction and repulsion.

Without attraction and repulsion
there is no movement,
without movement there is no life.

THERE ARE TWO NATURAL MODES OF
OPPOSITE HYPERBOLIC SPIRAL MOTIONS:

Excentric spiralling:
(centrifugence)



Concentric spiralling:
(centripetence)



SOLAR FIRE MEDITATION RETREATS 2023



*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.*

LIBRA

24 September 2023

SCORPIO

29 October 2023

SAGITTARIUS

26 November 2023

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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MY LEFT SHOULDER

*Let pain bring due reward of light and love
 Let the soul control this outer form
 And life
 And all events
 And bring to light the love
 Which underlies the happenings of this time*

Adapted from The Mantram of Unification from *Discipleship in the New Age Vol II*, Alice A Bailey pg 146. I sound this excerpt often lately by way of surrendering to the disability wrought recently in my left shoulder by worn cartilage and bursitis.

I have a Gemini Sun and Gemini rules the hands, arms and shoulders. Normally, usually unconsciously, the left and right hands, arms and shoulders render service to each other myriad times each day. Gemini is about right communication (ruled by Mercury) and brotherly love (the Gemini myth of the two brothers).

It is also a Ray 2 sign, the Ray of Love Wisdom. I'm learning to be a "good Samaritan" to myself. I'm learning to work with the wisdom and needs of my body rather than favouring the accomplishment of all that is on my mental checklist.

It is not just the disability in my left shoulder that is shaping this approach, but also a general ageing process now that I am eighty.

I strive to stay active and alert, yet I am learning to surrender, let go, fall asleep on the couch with a book propped up on my lap, glasses poised on my nose.

I am learning to ask others for help.

The "other world" is beginning to call me. By and large the major horizons of this world and lifetime have been reached.

I am enjoying the mellowness of a wisdom gleaned from years tracking my soul's path in this lifetime and sharing with others seeking this in their lives.

The distillation or quintessence (fifth essence), signifying the soul's alchemical working in the life, is readying me for the transition.

Beyond the outer senses and the body the soul consciousness will be freed from time and space, as in dream experiences.

I look forward to moving on in that realm, as a traveller looks forward to traversing a new country he or she has researched in advance for its landmarks, and its attractions, as well as advice available for prospective travellers.

So my right hand continues to talk tenderly to my left shoulder as I gently remove or don clothing. Just as, inwardly, my right and left brains are increasingly learning to collaborate with each other, sharing with each other active problem-solving and intuitive appraisal for an increasingly fuller life expression.

Julia Tarnawsky

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.

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MEDITATION TEMPLE DATES

| | | |
|-------------|--------------|---------|
| Libra | 29 September | 4.00 pm |
| Scorpio | 28 October | 4.00 pm |
| Sagittarius | 27 November | 4.00 pm |

FULL MOON

Libra ♎ **Keynote:** *I choose the way which lies between the two great lines of force*
(actual time 29 September, 10.57 pm)

Scorpio ♏ **Keynote:** *Warrior am I, and from the battle I emerge triumphant*
(actual time 29 October, 9.25 am + eclipse)

Sagittarius ♐ **Keynote:** *I see the goal, I reach that goal and see another*
(actual time 27 November, 10.16 pm)

NEW MOON

Libra ♎ **Keynote:** *I choose the way which lies between the two great lines of force*
(actual time 15 October, 6.54 am +eclipse)

Scorpio ♏ **Keynote:** *Warrior am I, and from the battle I emerge triumphant*
(actual time 13 November, 10.26 pm)

Sagittarius ♐ **Keynote:** *I see the goal, I reach that goal and see another*
(actual time 13 December, 12.32 pm)

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.**

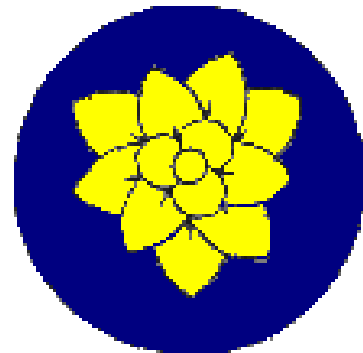
**From the point of Love within the Heart
of God
Let love stream forth into the hearts of
men
May Christ return to Earth.**

**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



POEMS BY DAVE BIRR

By The Sea

Star light shines on the green needles
like the ever present hope held by life filled trees
nourished by the salty marsh waters.

In the peace of the night
the wind whispers with a gentle touch to my ears.

But here is more to hear in the forest
at the edge of the sea
lies an invisible port.

Majesty pouring forth in waves rolls over my inner ears
and I am swept away by a beauty beyond my body.

An invitation to a cosmic dance has been accepted
and my planet friends are arrayed in colorful energy.

Saturn so dark solemn and formal bows deeply on one knee,
Neptune in a glittery gossamer gown floats in mysterious silence
with a look of infinite longing.

Jupiter a mighty regal purple presence
offers me a drink of joy and invites me to join a Sufi dance circle.

Venus in a rainbow-colored dress
warmly embraces me with love and affection.

I remember my home in the wholeness!



Soul Listening

What words can carry the hymn of thanksgiving playing softly on the harp of my heart? Your fingers so softly and gently pluck them. The quiet melody speaks of joy unending which only now I seem to be remembering. For the curtains round my harp seemed to muffle all the songs it played without ceasing. Sometimes sadly, sometimes with laughter you sang my songs for me that I might hear again. You invited me to sing. Hesitantly my hands stroke the dusty harp strings, touching the many memories, trusting the feelings will be heard by loving ears. Now joyously joining our voices we share one song.

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.

During the last winter quarter we experienced harsh conditions here at Southern Lights Centre with ferocious winds, driving rains, flooding of our carpark twice and two power outages. The rain extinguished our gas hot water service and the extensive mud on the track precluded the delivery of gas bottles. There was a major slip on a remote part of the land (thank goodness!) There were very changeable conditions with frosts, occasional snowfalls and chilly winds.

Some shrubs and bushes suffered from the extremes and my Australian grevillea died. We put netting around newly planted shrubs to prevent hungry possums, rabbits, hares and hedgehogs from eating the leaves. They devoured all the leaves in our rhubarb patch and the hares were turned away from gnawing the trunks of young fruit trees by aluminium foil which we wound around them.

Spring arrives quite late here and the daffodils are only just peeping from their reedy stalks. Plump red buds are appearing on the camellia bush, long past their blooming on the plains.

We live 550 metres above sea level on the rim of an ancient volcanic crater and on a peninsula that juts into the Pacific Ocean and receives the Antarctic winds blowing up the East coast and turning as easterlies across our open campus.

Nevertheless, we enjoyed abundant vegetables from our thirty-foot long greenhouse, its soil enriched with horse manure, compost and seaweed from the harbour.

We are covenanted with the Banks Peninsula Conservation Trust and we are restoring this land, once a sheep farm, to native bush. The evidence is there with mushroom-coloured swathes of native fuchsia trees increasingly overtaking the bright yellow gorse, now in bloom.

The winter solstice was a time for celebrating entering the “light half of the year” in the southern hemisphere. One group celebrated with us in the Temple on the previous day with an indigenous feel to the ritual. A young couple fetched water from our stream to absorb the incoming energies. There was smudging, chanting, drumming and a harp playing.



Before the exact time of the Solstice another group had gathered with us in the Temple with candles and crystals. These are young people from a nearby bay with whom we have celebrated the Agni Hotra ritual. The Cancer Full Moon meditation retreat was special this year as two Cancerians were present and we explored the Full Moon transits of planets over their natal astrology charts.

I have been mentoring several women by Zoom and am now helping another with her studies in Esoteric Astrology.

In July two young men came over from a nearby bay and Peter came from Christchurch to help the two builders and Orest to lift the large heavy window into its new place in the classroom. It has double glazing and replaces a wooden window ravaged by the weather over the past twenty odd years.



The 24/7 wood fire cooked many a meal and dried the washing. Its ambience was great for extensive reading and watching internet courses and interviews on the wall. Peter and Christine would come for weekends and we enjoyed Norberto's presentations from the Ren Xue tradition of Qi Gong teachings. Peter and Christine are teachers and healers in this tradition.

Chris and James have continued to offer occasional help on our land.

We attended a mid-winter street party with a pot-luck dinner which was organised by two recent newcomers to our Long Bay Road and which was greatly appreciated as a catch-up opportunity with other street dwellers.

Orest and I recently completed a speaking tour of the North Island as National Speakers for the Theosophical Society. We visited nine Lodges and enjoyed their hospitality and renewing connections with many of the theosophists present. I spoke on The Group Soul in Life and the Afterlife. Orest spoke on Synthesis is Healing using crystals to demonstrate the crystalline structure underlying creation. During winter he also gave a workshop on crystals at the Canterbury Theosophical Society in Christchurch. It is now time for the planting of seed potatoes and the re-establishing of fire breaks around the outskirts of the buildings on our campus.

Sending light and love to all readers as some, like us, look forward to spring and summer, and others of you to autumnal colours and dwindling daylight.

Julia Tarnawsky





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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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
- * beds plus marae-style accommodation
- * kitchen
- * shower/toilet
- * picnic table, nature walks

Please contact Southern Lights Centre for details: Julia.tarnawsky@gmail.com



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Spring Equinox
23 September 2023 – 7.50 pm (NZT)

WEB SITE 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.