

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



September-December 2026

Issue No. 121



CONTENTS:

	Page
Turning	2
Festival Week	3
Cosmic Intersections conference	3
Seer	4
Solar Fire Meditation Retreats	8
Sisters Two, Sharing Life	9
Solar Fire Meditations	10
Southern Lights Centre Diary Notes	12

Southern Lights Centre

433 Long Bay Rd

Phone: Julia 021-1736813, Orest 021-1434583

Email: julia.tarnawsky@gmail.com

orestpleiades@gmail.com

www.southernlights.org.nz

TURNING

From the Affirmation of a Disciple –

I am a strand of loving energy within the stream of love divine

This strand is like a Mobius strip which turns and can see from many vantage points and stay in the stream.

The practice of turning is in the song Simple Gifts. Yo Yo Ma and Alison Krauss do a beautiful rendition on YouTube.

The significance of turning suggests the spiral through which evolution occurs. Hence the Julia Set crop circle, a spiral in Fibonacci ratio close to the adjacent circle of Stonehenge and its same old circular treading of the annual cycle as earthlings.

The spiral unfolds from the septile, the seventh part of a circle which is an irrational number and a leftover from the division. This is the leftover of a day or a lifetime that needs resolution at the higher turn of the spiral.

We are to be eagles spiralling up on the thermal in order to get a higher vantage point of the terrain below, and yet still with the eagle eyes of discernment.

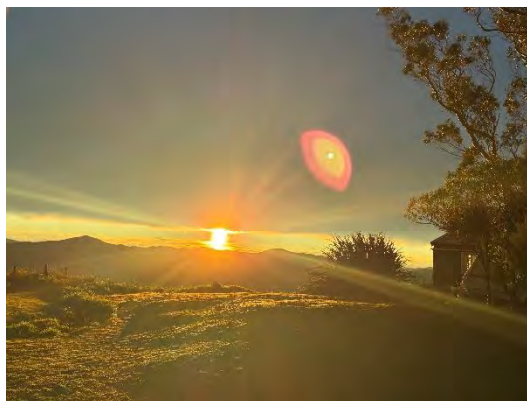
The seventh day is the day of rest from creation when we lay down our burdens and detach so as to “turn over a new leaf” on a new day, swept clean in our perception. This implies a resilience in human nature that allows new beginnings.

“Turning the other cheek” suggested by Jesus implies a swing in polarities. The choice needs to be made from the centre between the poles, the Buddha’s noble middle path, as a detached observer weighing the balance.

It is possible to call on divine grace to assist our human vulnerabilities and enhance our fighting spirit for mastery within the self. Then we can battle for and with others. This grace enables a love which “bears all things, believes all things, hopes all things, endures all things” (1 Corinthians 13 KJV).

In Meditation 5 Master DK invites the meditator to “ponder on your responsibility to be a transmitter of ideas to others”. This becomes a joyful service. And so it is!

Julia Tarnawsky



FESTIVAL WEEK

21-28 December 2026

In December 2026, as part of a festival observed every seven years, meditators from around the world will cooperate to invoke energies of light, love and spiritual power from the higher worlds and visualize those energies pouring into the minds and hearts of the New Group of World Servers.

A wide network of groups plan to organize events – this website aims to reflect the range of activities in all their diversity. For more information click [here](#)

A website featuring many expression of the Great Invocation can be accessed [here](#)



COSMIC INTERSECTIONS CONFERENCE

The [Cosmic Intersections conference](#) 7-9 August 2026 was a rich expression from many presenters. All presentations were recorded and are available by donation. Contact southernpulsenz@gmail.com for access details.



SEER

Thou who sees beyond the vision

Fleeting Glimpses of the inner

Thou who hears soundless sounding

Smelling the Rose in winters depth

Knowing with a certain grasp

Essences hidden to the sight

Where stand you by thy brother blind

Holding whisperings from the divine?

Jurij-Orest Tarnawskyj

Seer-ship is now not just for the few but for all of humanity.

All need to know the truth and assume responsibility for our earth.

Now is the time of greatest need.

Together we arise.

The term "Seer" was once directed my way by one who was known to have some psychic abilities.

We had just finished a temple meditation with a study group led by Michael D Robbins. I was sitting on Long Bay steps when I was spoken to concerning this "gift". This event created some "mental-confusion"; I experienced difficulty in processing what this term "Seer" actually signified.

Over time, I came to realise that it is a progressive development of the "SENSES" associated with the soul's ability to utilise and express while incarnated. The soul sounds the "CHORD" of its present expression. Then; it activates the means to develop the senses needed to promote the next stage of development. These "means to develop" are the introduction of experiences and challenges to overcome presenting karmic limitations.

Now; at 80 her words make more sense... My comments after that meditation: -"I left and wandered out; returning empty-handed." These words she inferred meant ...I gave service to others. Study, Meditation and Service are the means of advancement. The last task is the significant one that she identified!

My early self-training process was examining many books while gradually becoming more selective, focussing attention on specific areas and authors. What is REAL? & A Quest for Truth became a driving force. An attempt to really feel LIFE! Feeling the inner being of the authors thrust to convey meaning became a challenge.

There seemed to be both circumstances and an inner search light that found those resources where a certain recognition which I term a "resonance-feeling" held my attention bound to particular writers. To my understanding this was part of being a seer through study.

There was consciousness awareness, an ability to apprehend the self-evident significance to this present source of revelation. This was aided through a regular meditation practice...This conviction of truth is an inner knowing that

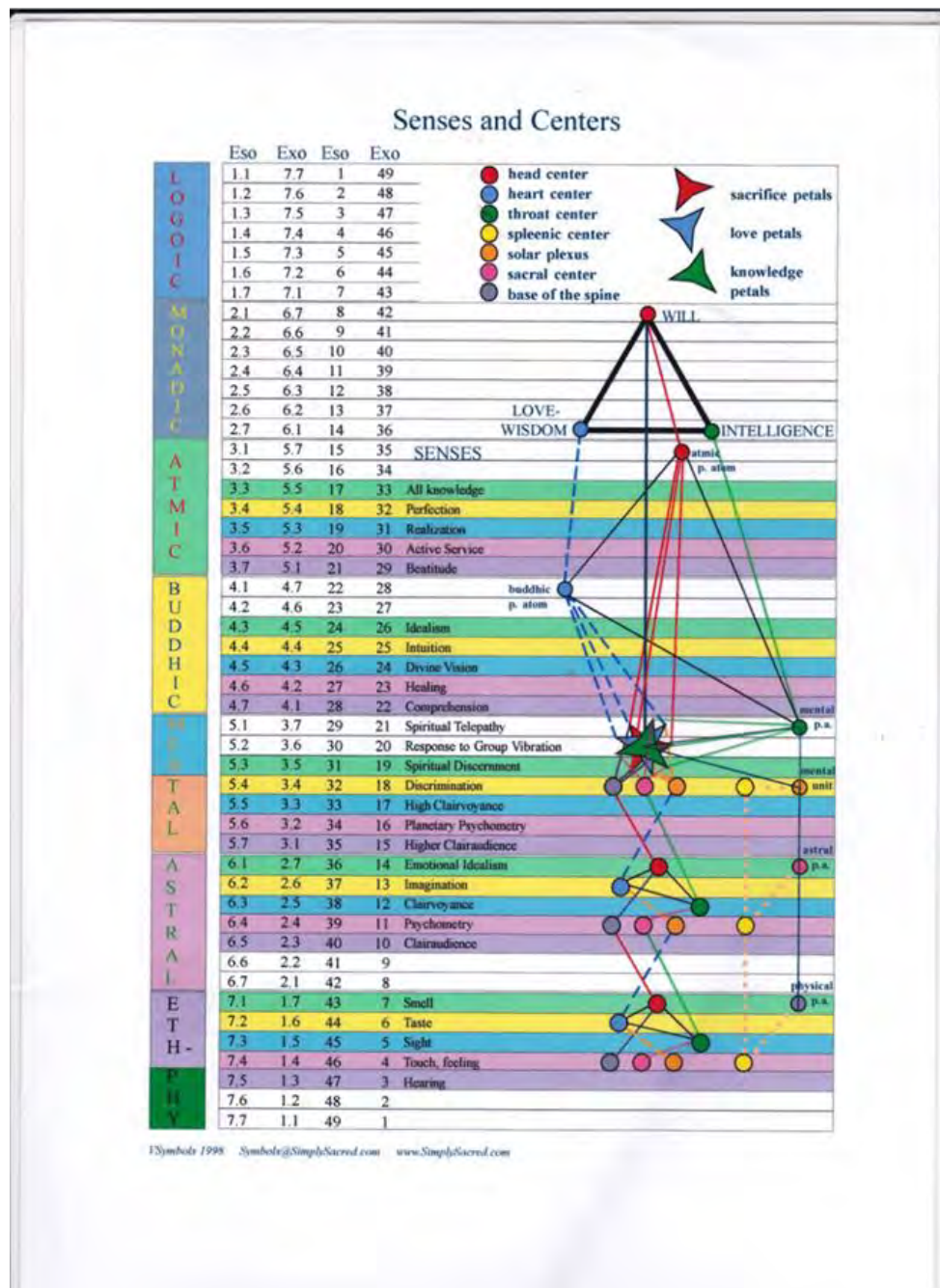
signals the heart. Yet it was not a rational logical apparent grasp of understanding. Telepathy is the underlying quality behind this comprehension.

The established science separates and classifies information and lacks unity or wholeness.

“What is logic other than the conventional way of thinking at a particular place and time?” (Magus of Strovolos p 9)...
 “Our concern is with Logos, Reason, Truth which are beyond time and space.”

The 3rd Ray of Inclusive, Adaptive, and Active Intelligence is the dynamic motion of synthesis and universality conveying a feeling of coherence. As the new hints and revelations arrive they are checked to apperceive if they are in “Coherence”. Do the incoming impressions help all to heal?

There is an exchange of ideas; thoughts, feelings and aspirations as one shares qualities of the soul with another. The graduation to being a seer is a sequence of subtle energy observation of qualitative states of reality. These are apparent as the Cosmic Physical Plane Map is examined.



Under the main heading "Senses" at the top of the Atmic Plane...no 33 down lists the quality of each subsequent level.

Note that "Comprehension" is the first Buddhic quality

My thoughts now; are not too far removed from some of these Alice A Bailey quotes that follow.

"Duality is visioned by the seer. He sees the Presence. He sees, and seeing knows that he exists and likewise that which is seen."

"The knower blends the two in one. He sees the Presence as himself. He merges with its light. Behind the Presence gleams that awful radiance which shrouds the One and Only. Before the Presence stands the aspirant. Within the Presence, through the merging process, is peace, is union, the end of fear, the end of difference, joy, love and light."

That the seer may in all sincerity believe that he has registered a colour, a series of colours, or light, is entirely true in many cases, but what he has really recorded is the quality of a sphere of radiatory activity; this he does **when his own individual sphere of radiatory activity is of the same nature and quality as that contacted**. Most seers register the astral range of vibrations of a person or a group and this through the medium of their own astral body. The impact of a truth or of a mental concept and its recognition is an expression of a similar contact, carried forward this time into the realm of the mind.

This explains the truth lying behind all so-called "expansions of consciousness" to which the mind of man can respond; [Page 753] he registers a constant succession of vibratory impacts, emanating from spheres of activity; these range all the way from the early stage of increasing awareness through the development of the five senses and the three vehicles of contact in the three worlds of human experience to those recognitions which lead a man into the sphere of influence of a Master and later enable him to take what is termed one of the major initiations.

These spheres of radiatory activity are ever present even when unregistered and unrecognised. **The evolutionary process is one of developing a response apparatus with which to register them; having done so, the next step is to react intelligently to such contacts, thus producing an ever increasing range of awareness which finally constitutes the sum total of consciousness.**

This is achieved through concentration—the concentrated effort of the soul to hold steadily the position of observer, or perceiver and of seer. When he can do this the lower "spectacle" of the rapidly changing forms of thought and desire fades away, and the realm of the soul, the true field of soul knowledge, can be seen and contacted.

"The seer is pure Knowledge (gnosis). Though pure, he looks upon the presented idea through the medium of the mind." (Book II, Sutra 20.)

My key turned when I was 6-7 years old... the Key of mystical experience opened my heart. What became embedded within me was the Realisation that LOVE IS...

"Down from the mountain top I come, bringing the light of love, the love of God. Into the chalice of all forms I meet, I pour this love which light confers, this love which life sustains. I see the love of life divine pour through the form, my own and others. It heals and soothes. Thus is the task performed. Thus is a man of earth transformed into a Son of God."...

My experience was not complete ...the mountain top was not attained... but my cup was filled in a moment of the greatest need... that "touch of love" was enough to sustain my life... to hold me forever within that knowing... This experiential "Gnosis" was the birth of my becoming a seer!

This foundational happening was occasionally augmented with moments of revelation and wonder; especially in my late teens and early twenties. Thus my journey unfolded.

Yes, there were many side-paths where I managed to stray. But the “inner –drive” built up once more and sticky etheric/astral tar was gradually removed. My inner compass returned to its “Direction of Purpose”.

Many in this time of transformation are becoming open to the presence of the SOUL. Its qualities beckon the personality.

Consciousness has grasped experiences beyond the material and beyond the rational world of intellectual ideas. There is an awakening taking place ...Acceptance begins by being Open to it using observation....To live life more abundantly is a worthy aim.

“As Life more abundantly. This life can be known as light, love and power within and above the head of the disciple of the Christ. This abundant life enables him to cooperate, not only with humanity and with the spiritual Hierarchy, but also with Shamballa itself—the centre of life in its purest essence.”

We are the ones who are the change...as we transform ...we radiate our presence ... and life is grateful...Orest.

Jurij-Orest Tarnawsky



SOLAR FIRE MEDITATION RETREATS 2026



*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.*

Scorpio

25 October 2026

Sagittarius

22 November 2026

Capricorn

20 December 2026

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

Phone: Julia 021-1736813, Orest 021-1434583

Email: julia.tarnawsky@gmail.com, orestpleiades@gmail.com

Sisters two; Sharing Life. 31/8/2026

Maybe being the younger sister

There is a place for...

Listening; Observing and Feeling.

Listening allows the whole to be able to sound.

Observing; when watching the “sphere of expression”

Means a greater opening to the Fullness of Being is now possible.

Feeling is allowing the Heart to be in Presence as

Space holds subtle levels of deeper comprehension

The “heart” penetrates there and in silence absorbs.

Dynamic threads are spun and twisted into the twine

Where livingness as intention gently flows.

As manifestation’s balance and harmony exchange

Re-formulation creates beauty

Both hearts tender compassionate love know.

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

MEDITATION TEMPLE DATES

Scorpio	26 October	4.00 pm
Sagittarius	24 November	4.00 pm
Capricorn	23 December	4.00 pm

FULL MOON

Libra ♎ **Keynote:** *I choose the way that lies between the two great lines of force*
(actual time 27 September 5.49 am)

Scorpio ♏ **Keynote:** *Warrior am I and from the battle I emerge triumphant*
(actual time 26 October 5.11 pm)

Sagittarius ♐ **Keynote:** *I see the goal, I reach that goal and see another*
(actual time 25 November 3.54 am)

Capricorn ♑ **Keynote:** *Lost am I in light supernal, yet on that light I turn my back*
(actual time 24 December 2.27 pm)

NEW MOON

Libra ♎ **Keynote:** *I choose the way that lies between the two great lines of force*
(actual time 11 October 4.49 am)

Scorpio ♏ **Keynote:** *Warrior am I and from the battle I emerge triumphant*
(actual time 9 November 8.02 pm)

Sagittarius ♐ **Keynote:** *I see the goal, I reach that goal and see another*
(actual time 9 December 1.51 pm)



May the Power of the one Life pour through the group of all true servers.

May the Love of the One Soul characterize the lives of all who seek to aid the Great Ones.

May I fulfil my part in the One work through self-forgetfulness, harmlessness and right speech.



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



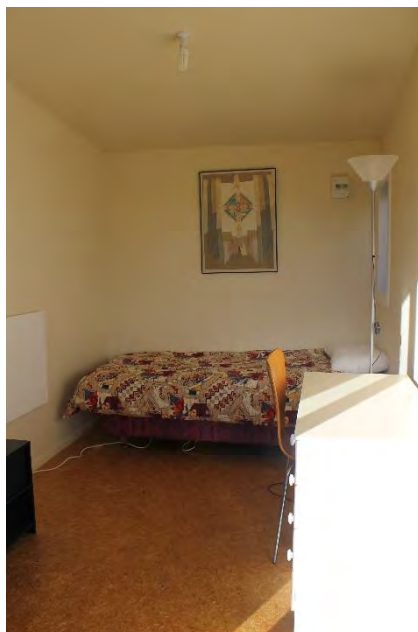
CREATE YOUR OWN RETREAT.

**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 DIARY NOTES

Greetings to all readers.

This has been our winter quarter with two enchanting snow falls and many days with cold strong winds, rain and low cloud cover. Time for reading, writing and podcasts – and the occasional “nodding off” in front of the wood fire on which a stew was bubbling and by which the washing was drying.



Nevertheless, before the weather set in, A and A, our last WOOFers, capable and mature and interested in their own spiritual journey, helped us complete long and painstaking tasks. The one who helped me accomplished with grace and ease the whole process of getting the library categories from screen into stuck-on label holders on the shelves. Orest's helper took on the daunting task of climbing a tall ladder on sloping ground to complete the netting over the wooden frame of a cage which will protect our cherry trees from being ravaged by the birds. He also helped Orest build a chicken coop from our old kitchen bench on Long Bay House. They undertook many other tasks in the garden for which we were most grateful.



We have also enjoyed having a young teenager stay and help with tasks in the garden, like “weed-whacking” up the immensely overgrown steps alongside our house and raking up all the cuttings. Peter did the same around all our fruit trees, along a sloped bank.

Orest and Peter felled five trees in the forest in preparation for next winter’s wood supply.

There have been visits to and from nearby friends with the exchange of books, ideas and food.

People associated with the Christchurch Musica Balkanica choir joined us for a noon meditation and we were pleased to find their music on YouTube.

Orest was putting locks on the chicken coop doors in the garden when he realized that there were six wood pigeons sitting in a small beech tree nearby watching him with great interest. We are also recognizing interchanges with our rooster, Mr Speckles, who followed Orest around the other day and gently pecked his leg. The next day he brought the whole entourage of hens up to the Temple as we walked there for the noon meditation. They were still there when we emerged. Orest was sure that they had enough food in their chooketerias but he checked and found that a lot of debris had collected under the step which they tread on to lift the lid on the food and the step was not working. We realized that our rooster was alerting Orest to this problem.



We attended the One Hundredth Anniversary of the Canterbury Theosophical Society and were treated to beautiful classical music played by ensembles of students who use the TS Hall for their practices. Orest also presented a talk to the TS in August on turning eighty and key events and their spiritual implications during his life.

I was enriched by the three day Zoom conference on Cosmic Intersections facilitated by Southern Pulse and its founder, our dear friend and editor of our newsletter Katherine O’Brien. The speakers from across the world presented leading edge processes and

concepts of a spiritual, psychological, astrological and esoteric nature. These were also contextualized in their relevance to current issues in our world.

It was wonderful to re-unite with our local choir, with whom we once sang, for a choir practice in the Temple on September 9th. This was a special occasion because the singing followed a tree-planting ceremony in our local park to honour the life of the former choir director who recently died from cancer.

We were grateful for a sunny day. A bag-piper in traditional attire piped the tree-bearing procession to the site. We sang two of my favourite songs – “Unto this land” and “Let it Go”.

Following the choir’s singing in the Temple twenty seven of us enjoyed a pot-luck dinner in our community house, Long Bay House, warmed by a wood fire.

This has been a special time for me astrologically speaking as my Uranus Return has begun, in combination with a trine from transiting Pluto to natal Uranus and both of these in aspect to natal Pluto. Uranus denotes sudden change and restlessness with the status quo. It is no surprise then that we will be heading off in September for a spiritual pilgrimage in Greece and Türkiye. We have been walking a lot around our local district to brush up on our fitness. One of our favourite poems, *Stages*, is by Hermann Hesse from his book *The Glass Bead Game*:

.....so our grasp of truth

Blooms in its day and may not last forever.

Since life may summon us at every age

Be ready, heart, for parting, new endeavor,

Blessings from Orest, Peter and me for your next quarter – away from the northern heat and here in the south towards daffodils!





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.



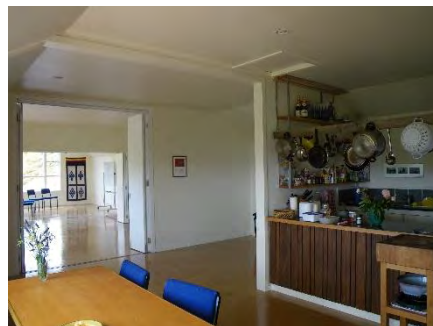
There are spaces (especially in front of the temple) where an outside service could be held. There are many possibilities at Southern Lights Centre to create a wedding. Below are three outlines that could be altered to suit your needs.

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 20 people. All the facilities of the space could be utilized for this occasion.



Please contact Southern Lights Centre for further details:

433 Long Bay Rd

Julia 021-1736813, Orest 021-1434583

julia.tarnawsky@gmail.com, orestpleiades@gmail.com

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 4-6 people in the dormitory, plus the cabins which sleep another 4-6.

Facilities available:

- * temple access
- * 2 workshop/teaching rooms
- * beds
- * kitchen
- * shower/toilet
- * picnic table, nature walks

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



TRIANGLE CENTRE
AOTEAROA • NEW ZEALAND

124 Wellington Rd, Paekakariki, Tel/fax: 027 2891422
information@trianglecentre.org.nz , www.trianglecentre.org.nz,

Sender: **Southern Lights Centre**
433 Long Bay Road
Akaroa
New Zealand

-

Spring Equinox
23 September 2026 – 12.05 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.