

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



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## A NEW GOLDEN AGE?

**Part I. Aratta** – “worthy of attention by everyone who cares about the sustained fortunes of mankind and our environment”<sup>1</sup>

I’ve recently been re-reading the book by the Ukrainian archaeologist Dr Yuri Shilov, written in 2015, entitled *Ancient History of Aratta – Ukraine 20,000 BCE - 1,000 CE*

Close to Melitopol in the Ukraine is the Museum and Reserve of Stone Grave with its petroglyphs which undoubtedly rank in significance with the Lascaux cave paintings and Easter Island statues. In over sixty grottos the petroglyphic proto Sumerian texts date back to 12,000 BCE.

Aratta was “the developed country of pre-slavery, pre-capitalist and pre-totalitarian civilisation” with a figurative-intuitive perception of the world (as opposed to a logical-analytical world view) in which archetypes provide an energetic-information field for the functioning of “autonomic functioning”. The people tried to behave in harmony with this pervasive field by “learning the harmonic behaviour in space with its available subtle laws”. <sup>2</sup>



This connection with the heavens is illustrated in the following poem from *The Veles Book* <sup>3</sup>

*Anything from Svaroh flows to us with life.  
And we drink that as the outflow of the life of GOD on Earth.  
That- since the Earth-cow comes to the blue fields  
and starts to eat grass and to give milk,  
and that milk flows right down to the abyss  
and shines at night by the stars above us.* <sup>4</sup>

*The Veles Book* refers to the migration of tribes from the area of Aratta to and, later, back from the Indian Punjab to the Dnipro (Dnieper) River flowing through Kiev.

At the base of some "Aryan" kurhans (burial mounds) Dr Shilov found stylized scenes from the ancient Rigveda, assembled in stone. In Stone Grave there was an engraving of Enlil, a Sumerian deity. The Arattan culture remained basically unchanged for 3,000 years and was referred to as the Golden Age of mankind by the Vedas.

In the Preface of Shilov's book the translators, Tim and Lee Hooker, write

*When we come across an ancient culture that by many criteria can be deemed to have been more 'civilised' than our present society, we should be humbled and take notice, such was the ancient civilisation of Aratta. The fact that this was the oldest known culture, predating even fabulous Sumer, is equally surprising....."* <sup>5</sup>

M I Senchenko, Professor of the United Nations International Academy of Information, in his review of this book, and within it, writes that the book is based on Shilov's 2008 book *Sources of Slavic Civilisation* (6th edition) which includes a part on the Vedantic Heritage of Ukraine. Professor Senchenko writes that the Vedas will be an important source for "*achieving the transition from our contemporary culture into a future age....a cyclic repetition is revealed towards a Golden Age for humanity*" <sup>6</sup>

This coming age is the "Age of Aquarius" which, according to the New Zealand Oxford Dictionary, is "an age which the world has just entered or is about to enter, believed by some to signal a period of peace and harmony."

In my perception the harmonious rapport between the heavens and the earth (as above, so below) was perhaps a key contributor to the longevity of the Arattan civilisation, spanning the Taurean Age and a matriarchal society. There has been an increasing return to the serious study of astrology as a guide to human living.

### **Are we now recycling back**

Richard Tarnas, in his book *Cosmos and Psyche*, contrasts the shifts in world view from the Primal to the Modern, then to our current Late Modern World View. Are we now recycling back towards the Primal World View as a counter-balance to the excesses of the present capitalist and corporate-driven society? The Primal World View corresponds to the Arattan and pre-Copernican western world view in which "*intelligence and soul...all of nature and the cosmos, and a permeable human self directly participates in that larger matrix of meaning and purpose within which it is fully embedded*". <sup>7</sup>

In the Modern World View "*all qualities associated with purposeful intelligence and soul are exclusively characteristic of the human subject, which is radically distinct from the objective nonhuman world*" <sup>8</sup> *ibid*

According to Tarnas, a Western Religious World View developed between the Primal and Modern world views in which "*the human self bears a unique relationship to a transcendent divinity that is separate from and sovereign over the created world....*" <sup>9</sup>

In early Christian times St Paul wrote to establish the sovereignty of the Divine:

*We “refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the (true) knowledge of God” II Corinthians 10 :5 The Amplified Bible*

In the Late Modern World View of the cosmos, writes Tarnas, “the human self exists as an infinitesimal and peripheral island of meaning and spiritual aspiration in a vast purposeless universe signifying nothing except what the human self creates” <sup>10</sup>

In our current times, as the influence of the Aquarian Age continues to grow, I am noticing what appears to be an increasing divide developing between a man-made world, in which we are invited to invest, and a return to harmony with nature and the inner self.

**“The unified level of nature’s intelligence is guiding the whole natural world.”**

The following passage from a recent Hatchard Report suggests a return to the earlier world view of the first Golden Age:

*If anything is to succeed in ushering in a better world, it has to come from the most settled, integrated, and unified state of our consciousness.....the unified level of nature’s intelligence is guiding the whole natural world. This can be appreciated on a path to personal development and the expansion of consciousness. Our world is as we are.* <sup>11</sup>

The Aquarian Age will be noted for the work of groups for the betterment of society. Against the backdrop of the past three years of regimentation, division and alienation in societies, with the legacy, for some, of loss of loved ones, health, job or home, I am noticing the organic bubbling up and healing influence of groups working together towards increasing self-sufficiency, mutual support, closeness to nature and the sharing of skills and resources.

## **A New Golden Age?**

### **Part II World Service**

The Masters of the Trans-Himalayan Wisdom tradition, whose teachings we follow in the works of Alice A Bailey, prepared for the coming of this new Aquarian Age. At their centennial Convocation in 1925 “*It appeared to them at that time that it would be necessary to do two things before the coming potencies of the Aquarian age could profitably be employed*” These would be the elevation of human consciousness and the breaking down of separateness. <sup>12</sup>

To this end they brought into being the New Group of World Servers.

Here are some characteristics of these servers. <sup>13</sup>

- willing to work without recognition
- freedom from ambition
- practical thinkers
- giving a wide significance to the word “spiritual” – meaning an inclusive endeavour towards the betterment of humanity
- each member will be a true Aquarian with a universal touch, well-rounded out individuals cultured and widely read, for these difficult transitional times , cultivating a world grasp of conditions recognising their unity with all that exists
- their outstanding characteristic will be an individual and group freedom from a critical spirit
- they will endeavour to familiarise themselves with each other’s approach to reality
- members are loosely linked together by their mutual goodwill and the unanimity of their objectives
- they will be “no menace to any government, nor will they work against the established order”



- they will give no “*undue emphasis upon the regimenting of men’s thoughts*”<sup>13</sup>

I found it uncanny to recognise many of these characteristics in members of a group of mainly local people who recently gathered here to get to know each other.

The Aquarian Age will be noted for the work of groups for the betterment of society. Against the backdrop of the past three years of regimentation, division and alienation in societies, with the legacy, for some, of loss of loved ones, health, job or home, I am noticing the organic bubbling up and healing influence of groups working together towards increasing self-sufficiency, mutual support, closeness to nature and the sharing of skills and resources.

I am interested to hear others’ perceptions of what is happening in the world  
Perhaps there is room for “Letters to the Editor”?

*Julia Tarnawsky*



## References

1. *Ancient History of Aratta – Ukraine 20,000 BCE - 1,000 CE* Dr Yuri Shilov p.6 The Prefaces of Dr Tim and Lee Hooker, the English translators of the book by Dr Yuri Shilov. See also their YouTube Glastonbury presentation on their archaeological work at Aratta.
2. *ibid* p.10
3. *ibid* p. 284
- The Veles Book* (from the Glossary) “a sacred assemblage of legends, fables, doctrines and teachings of Slavs from the 1st millennium BCE – 879CE” ....beginning with the earliest myths at Stone Grave (19<sup>th</sup> millennium BCE..... Allegedly discovered in 1919.
- On p. 261 reference is made to the lunar and solar calendars and the change in figurines in armchairs from the twins of Gemini to the horns of Taurus.
4. Glossary “svaroh – the solar zodiac who embodied...”single and multiple (manifestations)” of the God of Slavs”
5. *op. cit.* p.6
6. *ibid* p.17.
- Periodicity is significant for those theosophists who hold to the Second Fundamental proposition in *The Secret Doctrine* by HP Blavatsky concerning the Law of Periodicity: *The Eternity of the Universe in toto as a boundless plane; periodically ‘the playground of numberless universes incessantly manifesting and disappearing’....that law of periodicity, of flux and reflux, ebb and flow....*
7. *Cosmos and Psyche* Richard Tarnas p. 18
8. *ibid* p.18
9. *ibid* p.24
10. *ibid* p. 34
11. Hatchard Report entitled *A new beginning or a sudden end?* March 2nd 2023. Dr Guy Hatchard
12. *A Treatise on White Magic* Alice A Bailey p. 405
13. Culled from *A Treatise on White Magic* pp 413-417, 426 and *Esoteric Psychology Vol II* Alice A Bailey pp662, 663, 648

## SOLAR FIRE MEDITATION RETREATS 2023



*This is the time of the **three spiritual festivals** which mark the start of the spiritual year and are the **most potent energies** throughout the year, in **Aries, Taurus and Gemini**.*

*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.*

**ARIES**

**2 April 2023**

**TAURUS**

**30 April 2023**

**Gemini**

**4 June 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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## 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

Aries	5 April	4.00 pm
Taurus	5 May	4.00 pm
Gemini	4 June	3.30 pm

## FULL MOON

Aries ♈ **Keynote:** *I come forth and from the plane of mind I rule*  
(actual time 6 April 4.34 pm)

Taurus ♉ **Keynote:** *I see, and when the eye is opened, all is illumined*  
(actual time 6 May 5.34 am + eclipse)

Gemini ♊ **Keynote:** *I recognise my other self and in the waning of that self I grow and glow*  
(actual time 4 June 3.40 am)

## NEW MOON

Aries ♈ **Keynote:** *I come forth and from the plane of mind I rule*  
(actual time 22 March 6.22 am)  
(actual time 20 April 4.12 pm +eclipse)

Taurus ♉ **Keynote:** *I see, and when the eye is opened, all is illumined*  
(actual time 20 May 3.53 am)

Gemini ♊ **Keynote:** *I recognise my other self and in the waning of that self I grow and glow*  
(actual time 18 June 4.37 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.**

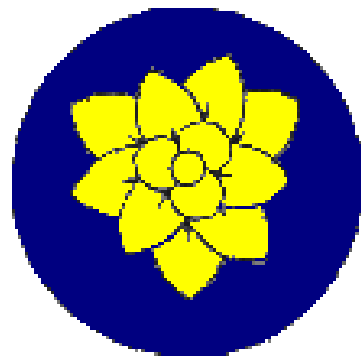
**From the point of Love within the Heart  
of God  
Let love stream forth into the hearts of  
men  
May Christ return to Earth.**

**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**





**Leslie Temple Thurston**

The CALL  
 That Whisper that entices,  
 Living thread's sounding  
 Unravelling the mystery  
 Weaving colour to form  
 Emerging tapestry of unfolding Life  
 Processing pendulum's swing  
 STILLNESS reigns  
 Behold Beauty.

Sentience subtle and varied arise  
 These threads you now perceive  
 Between "formlessness" and "Form"  
 Dimensions unknown beckon  
 The universe a spatial canvas  
 Each point of Focus  
 A valid centre  
 Stands Revealed.

Vesica piscis  
 Mandorla that unites centres  
 Geometrical structuring potential  
 Matrixes that create formative space  
 Allows energies to enter  
 Transformation as Phoenix Fire  
 Burns.

Observer, witness, watcher  
 Consciousness ...Awareness...Feelers  
 Become united with levels of weaving  
 Now presenting Here  
 Release... Empty the Chalice  
 Change... accept with Wonder  
 The Whole awaits thy Return  
 BE.

*Jurij-Orest Tarnawsky*

This poem is dedicated to a remarkable enquirer into CONCIOUSNESS.



When listening to Leslie Temple Thurston speak about her life experiences, there is a difficulty to accept the actuality of her realities. They transcend our everyday life and for many there is little or no established

knowledge foundation that has relevance to her experiences. Thus, many are unable to accept the possibility of these other realities. This state can be remedied.

For me; "Through the Curtain"; Viola Petitt Neal & Shafica Karagulla's book provides a basis, as does the study of the Mysticism of Emanuel Swedenborg as explained by Wilson Van Dusen; both these mystic writings allow presenting doubt to be challenged as the "real" emerges. Investigating Mysticism in various cultures and traditions would thus be helpful.

The Trans-Himalayan Tradition as found in the 24 Books of Esoteric Philosophy by Alice A. Bailey (available via the Lucis Trust) we (my wife and I) consider our "foundation" for comprehending reality. This foundation has established a basis for evaluation of Leslie's presentations. I recognise her as becoming a Disciple of some standing.

While reading Leslie's book (The Marriage of Spirit); the inherent, intrinsic feelings which are engendered through the simplicity and clarity of her writings touched my inner core...these "feelings" hold the ring of truth. This resonance entrainment, for me was cultivated while developing a "well-stocked mind" through progressive study and reading. However, some readers will strongly recognise the value of her writings based more on an immediate intuitive grasp of the content.

The process of self-enquiry is a re-cycle of "man know thyself"...in that process, discrimination and discernment uncover the major influences on your emotional and mental frameworks.

Each generational shift requires a re-structuring of reality more in tune with the true developments under-pinning the time. This re-structuring is evident in Leslie's work. There is a marked motion away from patriarchal dominance (read Lucia Rene Unplugging the Patriarchy) towards a balance of Polarities...a spinning vortex held at the pivot point...which is inclusive of many perspectives...all facets of the one Diamond mind. More than this...the trend towards a psychological established viewpoint instigated by C. G. Jung and others is becoming more defined.

A key phrase now becoming common is "Patterns". This term is applied to repeating thought/emotional structures that trigger reactions to specific circumstances. As the process of self-enquiry develops and the observer/witness state is held at each presenting moment, the ability to pause and make a wise response is cultivated. This cultivation needs to be supported by a deep understanding of polarities/dualities and their resolution. This is the process work closely examined by Leslie Temple Thurston.

Essentially the supportive foundation of the personality self is seen to be based on many conditional factors. Many of these "factors" relate to limiting assumptions from a purely personal perspective. The realisation that much of the presenting world media events are fabrication; even propaganda, is more evident as control methods proceed to be implemented. As the "real" is revealed, managing the varied vicissitudes of life becomes less stressful. As this processing deepens the soul consciousness begins to emerge and develop bringing wisdom and harmony. The term "inclusive reasoning" comes to mind.

Leslie associated and influenced other women such as Lucia Rene, Elizabeth Wood, Mary "Nalini" MacNab, Pamela Wilson and Victoria More. Each woman is significant; making a contribution to the diversity of sentience needed for a fuller expression of reality. My path to discovering Leslie's

work came via an initial presentation by Elizabeth. I then followed a path of discovery by tracing her teachers. Gratitude; to thee Elizabeth.

*The Gayatri*

Om bhur bhuva svhar  
Tat savitur varenyam  
Bhargo devasya dimahi  
Dhiyo yo nah prachodayat Om

Thou Who givest sustenance to the universe  
From Whom all things proceed  
To Whom all things return,  
Unveil to us the face of the true Spiritual Sun  
Hidden by a disc of golden light  
That we may know the Truth  
And do our whole duty  
As we journey to Thy Sacred Feet.

This ancient mantram alludes to a gradual process of awakening to our divinity. A pivot point is awakening to “soul-consciousness” followed by a monadic or spiritual identification sometimes called “enlightenment”. This, in more recent terminology, is called ascension. Another way is seeing the higher point as spirit; the middle principle as consciousness/soul and the lower aspect as personality. Personality may be broken down to a triad of the mental, emotional/astral and the physical etheric/physical matter (body).

Finally, matter/substance may be understood as being essentially the dense appearance; then from a biological/chemical perspective followed by an energetic viewpoint. This energy factor is the “vitality” or “life” aspect that alternatively is referred to as Chi/Ki/Prana/Qi...as an energy flowing through the “Chakra/Centres” and influencing the endocrine system. This shift from essentially a material perspective towards an energy basis for human expression is important.

This “energy-factor” is also the etheric energy of feelings and thoughts, as well as the physical energies manifesting via our voice. Our actions convey energy and result in change sometimes beneficial and sometimes harmful. From the dense to the extremely subtle...energy is at play. One esoteric viewpoint considers these patterns of thought/feelings as elementals. One definition of elementals refers to Devic lives that respond to our will (intention) and emotions. “In days to come it will be realised that **the health of man is dependent upon the health of all allied evolutions**, and upon the co-operative action and full expression of the matter of the planet and of the planetary **elemental** who is himself a composite manifestation of the physical **elementals** of all manifested nature.” (Page 78 TCF) ... this quote is fully in congruence with both the system of Stylianos Atteshlis and Leslie Temple Thurston.

Itzhak Bentov in his book *Stalking The Wild Pendulum* establishes a fascinating **PRINCIPLE** with regards to Sound. On page 21 he clarifies what an interference pattern is. He further explains constructive interference and its result and destructive interference and its result.

What I found amazing is that two sounds out of phase so that they are opposite in wavelength and amplitude cancel each other...**resulting in Silence**. [Another way of explaining this](#) follows:

Active noise reduction technology functions primarily by exploiting a principle of physics called phase cancellation. As you probably know, sound travels in waves, moving the air molecules. These waves travel through the air and into your ear canal, where they vibrate your eardrum. However, if a sound wave meets another sound wave that is the exact same in frequency and opposite in amplitude, the two largely negate each other.

Since all matter is essentially in vibration ...this Sound Principle must have universal application... interestingly the next two HEALERS also used this principle.

In the book; "Fire in the Heart" by Kyriacos C Markides on page 277 Dr Stylianos Atteshliis, aka Daskalos, states *"Each physical problem emanates certain kinds of vibrations. The way to deal with the problem is to identify certain substances that emanate counter-vibrations. When you bring the two together they annihilate each other. After all what have we been teaching?"* His medical prescriptions were based on this principle...and were effective.

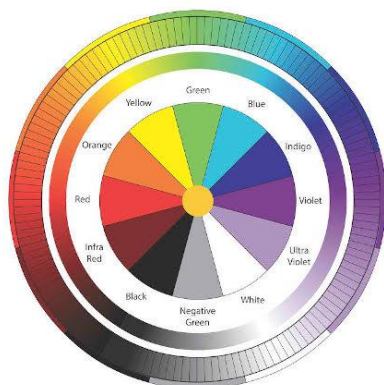
"Royal Raymond Rife was trained for six years by the Carl Zeiss Optical Company in Germany. He became the [inventor of powerful microscopes](#), leading to the discovery of a beneficial phenomenon dealing with viruses. ...Extrapolating from this resonant effect of light, Rife experimented with electromagnetic radio waves and **discovered that for each type of virus, there was a particular resonant frequency that would cause it to burst into pieces and be destroyed.** He subjected test animals in his laboratory to lethal doses of pathogenic germs and found that he could invariably save their lives by subjecting their bodies for a few minutes to the electrical energy of the properly chosen frequency. Therefore, before the year 1930, he had built his first microscope and demonstrated that he could electronically kill pathogenic microorganisms."

The "resonant frequency" used by Rife in a specific case followed Itzhark Bentov's sound PRINCIPLE.

Carolyn R McMakin's book "Frequency Specific Microcurrent in Pain Management" also relies on Rife's research. There is also a definite link to Radionics. Thus this "Principle" is significant.

My understanding is that this same PRINCIPLE is the basis of Leslie Temple Thurston's processes with regards breaking down duality or polarity of emotional/thought patterns. She clearly presents an understanding of how to break, for example, a "tyrant/victim" polarity manifesting in the personality. When normal conscious perception becomes "Unity Consciousness" that is inclusive then duality ceases. My grasp of this became clearer when realising the word TEMPERATURE held the polarity of both cold and hot... something was mentally triggered to consider this statement as significant...I recognised an underlying principle within. The abstract term "temperature" embraces all degrees; while cold specifically relates to a zone of experiential feeling associated with ice. There is a pointer towards higher mentality (abstraction) or towards manifestation (cold/hot).

The colour wheel or a similar circle image may help to depict opposites/duality/polarities. Fig1 from Ibrahim Karim's biogeometry research deals with the distribution of colour on a circle in Radiesthesia. In the 2<sup>nd</sup> Circle Jung defined twelve primary types that represent the range of basic human motivations. Each of us tends to have one dominant archetype that dominates our personality.

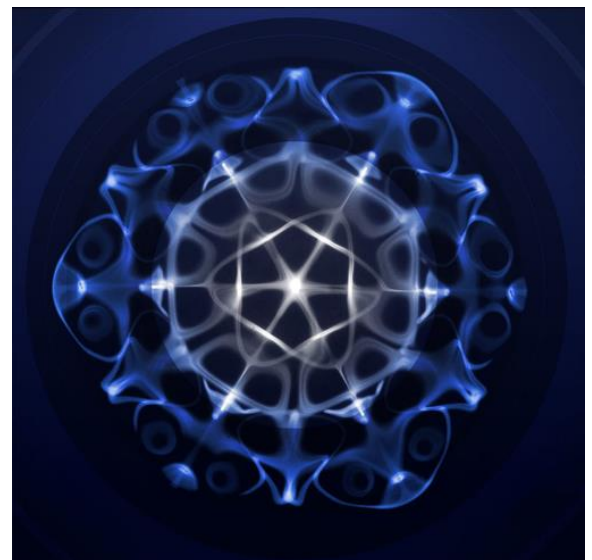
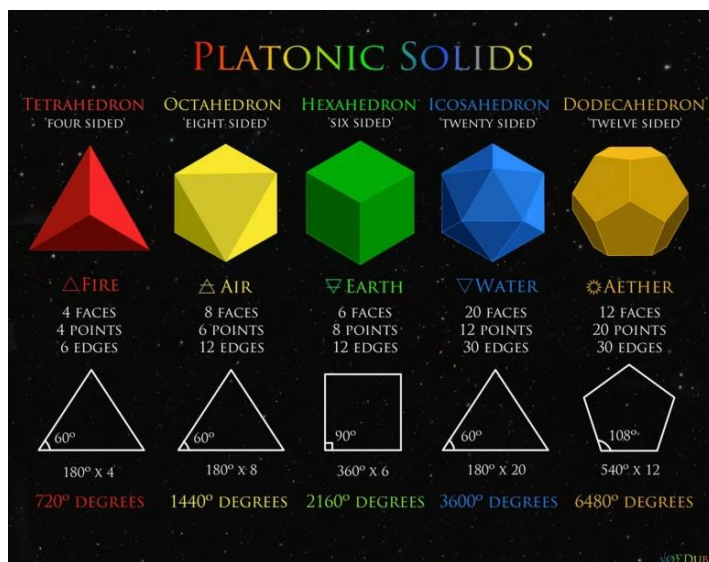




These three symbols (above) which relate to Viola Pettit Neal's research may be used in meditation with association to duality concepts. The centre representing the soul and the circumference the personality; with the plus sign ; the upper vertical point spirit and the lower vertical point matter; finally with the triangle the bottom corners represent the positive and negative while the upper point the neutral energy. You may substitute other polarities upon these symbols. Leslie makes use of the SQUARE and the two diagonals in her process of polarity examination.

Moving to the FLOWER OF LIFE and extracting the Platonic Solids is a dimensional shift that moves towards Cymatics (visual sound) and John Stuart Reid's Cymascope images. This movement from two dimensional to three dimensional is a part of the Pythagorean system of relationship between music (sound) and sacred geometry based on line ; shape then solids.

I include this created geometry because it is manifestation in action. Creative order or structure as a process of formative refinement is at play.



As stated earlier The Trans-Himalayan Tradition we consider our “foundation” for comprehending reality. Thus a few quotes follow. These quotes may help to establish these concepts and increase understanding.

*The energy which governs the physical body emanates from that aspect or integrated aspects where the focus of consciousness lies. Perfect health will come, therefore, when the focus of consciousness is permanently in the soul. (DINA II pg 641)\*\**

*The fundamental fact that should here be emphasised is that AGNI, the Lord of Fire, rules over all the fire elementals and devas on the three planes of human evolution, the physical,*



*the astral, and the mental, and rules over them not only on this planet, called the Earth, but on the three [corresponding] planes in all parts of the system. (TCF pg 66)\**

*The pranic elementals, those minute fiery essences who have the ability to permeate the texture of the human body, of a tree, or of all that may be found in the human, vegetable and animal kingdoms, and who blend with the fires of the microcosmic systems ... The fiery essences of this plane are more difficult for us to comprehend, having not, as yet, the seeing eye upon that plane. They are in themselves the warmth and heat of the emotional body, and of the body of feeling. They are of a low order when upon the path of desire, and of a high order when upon the path of aspiration, for the elementals are then transmuted into the deva... These elementals and devas are called the Agnisuryans... (TCF pg 68)\**

*We might consider these devas: ...Fourth, as the animating lives of that involutory matter of the astral plane which we call the elemental essence, and as the vitality energising the desire elementals of all that is sentient. Viewed in this aspect in connection especially with man, they are the correspondence on the astral plane to the "devas of the shadows," for the desire bodies of all human beings are composed of matter of the second, third and fourth subplanes of the astral plane. This is a point which should be closely considered, and the analogy between the etheric body, the vehicle of prana vitalising the dense physical, and man's astral body, and the method of its vitalisation will be found illuminating. (TCF pg 658)*

*In the first type of cases, those due to physical plane weakness, the stress of the cure will be laid first on building up a strong physical body in both its departments, though especially the etheric body. This will be done in future years with the direct aid of the devas of the shadows (the violet devas or devas of the ethers). The strengthening of the etheric web will be aided by means of the violet light, with its corresponding sound, administered in quiet sanitariums. Coincident with this treatment will be the attempt to strengthen the mental body. With the strengthening of the physical body will come longer and longer periods of freedom from attack. Eventually the attacks will cease altogether. (LOM pg 127)\*\*\**

*Planetary emanative prana (as in the case of solar prana) is caught up and transmitted via a particular group of devas, called the "devas of the shadows," who are ethereal devas of a slightly violet hue. Their bodies are composed of the matter of one or other of the four ethers, and they focalise and concentrate the emanations of the planet, and of all forms upon the planet. They have a specially close connection with human beings owing to the fact of the essential resemblance of their bodily substance to man's etheric substance, and because they transmit to him the magnetism of "Mother Earth" as it is called. Therefore we see that there are two groups of devas working in connection with man:*

- a. Solar devas, who transmit the vital fluid which circulates in the etheric body.*
- b. Planetary devas of a violet colour, who are allied to man's etheric body, and who transmit earth's prana, or the prana of whichever planet man may be functioning upon during a physical incarnation. (TCF pg 93)\**

*Freedom from self-centredness is one of the first laws of good health. (FBTC 121)*

*Thought generates energy commensurate with the potency of the thinking, and qualified by the theme of the thinking. You will see from this, therefore, some of the implications contained in the meditation I have assigned you. "As a man thinketh in his heart, so is he" is a statement of the Christ. From that demonstrating personal centre of thought, energy will stream down into the physical brain, via the etheric body. It will then condition the type of living, the expression and the influence of the man upon the physical plane. (DINA II pg 290)\*\**

“Energy follows thought and the eye directs that energy.” This relates also to the above quote. We energise the arising “thought/feeling pattern”. This may be from a detached attitude of an observer/witness consciously increasing the amplitude of a positive helpful elemental. Or an unconscious energising of a malevolent elemental that creates disharmony; a reaction as resentment is expressed in anger.

This is really what life is about. The gradual control of our life responses by having a state of awareness that accepts the presenting moment from a point of balance/equanimity.

More than this, Leslie Temple Thurston’s book *The Marriage of Spirit* essentially provides a training process to gradually reduce then eliminate these elemental drives/expressions. The personality is fused with soul consciousness and the motion towards spiritual development is enabled.

My reading of Leslie’s two books continues as does my study of Stylianos Atteshlis’s books; however it is important to place emphasis on the actual processes and practices suggested by these wise ones if progressive development is to be attained.

The resolution of the individual flow lines of vitality from spirit is a beginning. As one’s chakra system becomes activated a consideration of the flowlines and chakra vortices of your environment become important. The ley-lines or serpent/dragon lines that are a part of the greater locality then become the focus. [Rory Duff](#) is an excellent exponent of working with Ley-lines; his research is impeccable and fascinating, as are his books and newsletters. This research will lead the reader into the energy flowlines (Birkland Currents) from the sun to all the planets evident in the resultant auroras. The northern/southern lights or the aurora borealis/aurora australis are one earth example. Galactic energies lead to astrology as energy fields.

Balancing the negativity in one’s immediate surrounds can be helped by respecting/reverencing nature. Agni refers to fire and Hotra means, healing. This healing fire ceremony is considered one of the highest Vedic rituals. The fire ritual at sunset or sun rise may be carried out actually and mentally. This is working with fire/earth/plant/air elementals in a positive manner. Creating a healthy environment is the purpose behind Agni Hotra.

Leslie Temple Thurston’s (CoreLight) project supports The Global White Lion Protection Trust, whose mission is to protect the endangered White Lion, sacred to native Africans, and to help alleviate poverty in rural South Africa. Interestingly Linda Tucker a close friend (Leslie) and writer (*Mystery of the White Lions*) is involved with explaining Ley-lines in Africa connecting Zimbabwe with Giza Heliopolis. The sub-title of her book is *Children of the Sun God*. These “examples” are a part of the diversity that is held together in the greater whole in a synthesised way. The term “LOVE” for me is really the energy streams that relate all aspects of livingness ...The Gayatri.

JOIN THE GREATER FLOW.

Love and Light  
Jurij-Orest Tarnawskyj

On a personal note I spent five years (1972+) in South Africa. My experiences helped create within me a strong affinity with the land/peoples and a feeling for the natural qualities.

\* TCF Treatise On Cosmic Fire

\*\* DINA2...Discipleship In the New Age 2

\*\*\*LOM Letters on Occult Meditation.

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



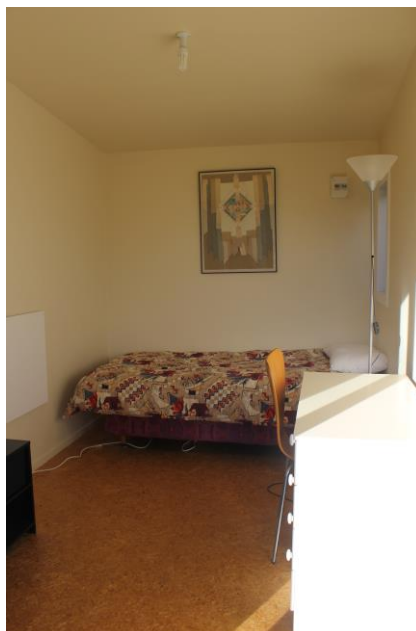
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## SOUTHERN LIGHTS CENTRE DIARY NOTES

Greetings to all our newsletter readers. I hope your New Year is settling in to be positive and enjoyable. This summer quarter has been packed full of good produce and good people staying with us and visiting.

The men (Orest, Peter and Chris) have been engaged in frequent lawn-cutting, weed-eating and gorse-cutting. Christine, Peter's partner, planted seedlings, weeded and watered in the greenhouse. The men discovered that the porch into Long Bay House was sagging due to rotting timbers. With the help of our local builder, Andy, they replaced the supporting posts and cemented them in under the stairs.

Our German WWOOFer was with us for Christmas and studied, meditated and gardened enthusiastically during her visit. Likewise, the young French couple WWOOFing with us later, for a few days, were a delight to share our life with.



We had two separate groups of eight women staying for spiritual work, meditation and healing. One of these groups, from Dunedin, invited us to share one of our meditations, one of their lessons and a meal together. They treated us to their classical Indian dancing in the Temple.

An elderly American couple with a Jewish background stayed with us for 4 nights. They attended our meditations and we shared intense spiritual discussions. One evening, whilst here, they put on a dinner for eight of us in our Long Bay House, the guests including their previous hosts who are our neighbours from down in the valley, a local Maori friend and a young Swiss woman. A local Maori contact provided fresh fish for the meal.

We had a newcomer for the Aquarian Full Moon Meditation Retreat who stayed the night before and who had emailed requesting a reading of her transits to her natal chart. Her birthday had been on the Aquarius New Moon. We also always give a talk and meditate for the Full Moon on the day prior to the Full Moon and we are usually joined by Vicki who lives across the harbour.

On January 8<sup>th</sup> the annual street party was held at a farm further down the road. The properties are a long way apart and some are hobby farms or "baches" (holiday houses) so we only catch up with many of them annually. It was good to meet some new neighbours and to discuss what the past year has brought into our lives.

We caught up with our friend Lesley for an afternoon of exchanging books and discussing our reading on a whole range of topics in which spirituality was a common thread.





We had a visit from a saffron-clad spiritual leader who came to view our facilities for a proposed retreat for his group.

On 26<sup>th</sup> February we held a meeting here to get to know a few local people and groups. 20 people arrived and we shared our views on building community.

A few days later we visited some of the people we had met at that meeting and learnt about their bio-dynamic gardening and entered an enchanting temple displaying photos and artefacts from the owner's years of training in Tibetan Buddhism.

On Mondays at 5pm we join in meditation with a friend in Nelson with Meditations 1&2 from *Discipleship in the New Age Vol II* by Alice A Bailey

In January I ran a Zoom power point presentation for participants from Australia and the USA, entitled *The Memorial Service. A Soul-Centred Approach*

I have been running Zoom sessions with two women who requested spiritual support, one in Australia and one in the North Island. We Zoomed with a young woman eager to learn more about Tibetan Buddhism as she will be travelling to Nepal.

Orest has been pursuing an exploration of crystals as healing instruments and we have been intrigued with on-line presentations by Dr Robert Gilbert of the Vesica Institute on his work with crystals. We discovered that his spiritual sources and practices are part and parcel of his work and that these overlap with some of Orest's spiritual pursuits.

In my work with students I have covered the importance of the collapsing of pairs of opposites and standing in the Buddha's "noble middle path", discussed in Alice Bailey's *Esoteric Psychology Vol II*. Recently I was intrigued to listen to an audio on-line presentation by Lucia Rene on this same area. It is entitled "The Mechanics of Perception and Processing".

We received a surprise email from a German WWOOFer (who stayed here a couple of times and also with his partner and subsequently and met with us in Germany) to tell us they had a daughter and were building a tiny house and will live in a community in Germany.



On the day of the Pisces Full Moon, at the 7am meditation in the Temple we were enthralled to see a huge rainbow straddling both ends of the Akaroa Harbour and apparently centred over our enormous gum tree. We paid our respects to the seven rays in the bow, which are the seven builders in creation, with gratitude for this symbol overarching our waters.

Wishing all readers a vitalising entry into spring in the northern hemisphere, and a mellow autumn here in the south.

*Julia and Orest*







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

*Autumn Equinox*  
*21 March 2023 – 10.24 am (NZT)*

**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.