

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



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## GLAMOUR AND THE WORK OF LIGHT

*It's life's illusions I recall  
I really don't know life at all  
(from the song Both Sides Now)*

In this article I explore the human propensity to engage in illusory thinking and to be glamourised by unrealistic emotional attachments. I perceive that world events are shocking many people into examining their long-held assumptions about and expectations of institutions that they trusted to uphold the rights, dignity and needs of the people

As a psychologist I've been fascinated with human consciousness, and I wanted to help clients who were suffering stuckness in their thinking about their problems to transform into more holistic thinking in clients. Then I extended this to an esoteric understanding of human thought through a study of theosophical teachings, including the works of HP Blavatsky and, in particular, of Alice A Bailey.

The ideas of the physicist Dr. David Bohm have also been important in my exploration of the human mind.

*"In true individuality a true being unfolds from the whole....He is eternally unfolding his potential as the ancient saying goes, continually flowering as Krishnamurti likes to say, revealing more and more deeply what he is....You are your future, but not yet unfolded" <sup>(1)</sup>*

*"Considered together, Bohm and Pribram's theories provide a profound new way of looking at the world: Our brains mathematically construct objective reality by interpreting frequencies that are ultimately projections from another dimension, a deeper order of existence that is beyond both space and time; the brain is a hologram enfolded in a holographic universe". <sup>(2)</sup>*

Echoing this idea of "a deeper order of existence", the soul is viewed in Esoteric Psychology as the "causal body" because the ideas which it brings into the life's mission emanate from the higher realm of causes and archetypes, rather than being reactions to external events in the outer world.

Many people rely on mainstream media for their news. Researching and discussing outside the 6 o'clock news is a luxury in a time-poor life.

It was my perception that investigative journalism decreased during the COVID era in New Zealand and an official narrative was pushed in the mainstream media. The catch cry in New Zealand was "Do it for your whānau" (the Māori word for family) and, with a strong loyalty to family wellbeing and country, many took up the mandate without question. The valuable democratic process of open speech, multiple views, questioning and dialogue was challenged.

In the aftermath of that recent era, many people I meet are disillusioned with government, the medical profession, the legal profession and the mainstream media. The trust in these institutions has been broken. These people are facing challenges to their belief systems as well as changes in their lifestyle as a result of this era.

**After all of these disillusionments, perhaps it is now part of the evolution of human consciousness to reach again into the inner centre of the self for sovereignty and discernment of what is right for the self.**

The words of the song UNDUN describe the process of disenchantment and the need to let go of past beliefs. This involves detaching from a need to control through holding onto these beliefs. This frees up movement into the unfolding new reality.

## UNDUN

*We can all come undun  
When we cannot control the things  
That are happening to us.*

*Still we revolve!  
The world spins on and on,  
We fly naked and free.  
The wings of security have come undun*

*Without us knowing it  
Our lives are not completely in control  
Without us showing it,  
It all eventually takes its toll*

*We put restraining orders  
On to our imaginations  
We all define the borders  
To control our emancipation*

*Control control, the world that is...  
Coming undun coming undun <sup>(3)</sup>*

The pushing of the COVID narrative was an illusion. Illusion is:

*“based on taking a part of the real and enshrining it”, “the consequence of an idea ....being regarded as....the complete story or solution and as being separated from...all other ideas” <sup>(4)</sup>*

This illusion then becomes an ideal and evokes an emotional desire and reaction, taking it from the mental plane to the emotional. It then becomes a glamour. In the case of COVID the glamour was belief and a desire to regard the narrative as offering safety and security.

*“Glamor veils and distorts the light of reality” <sup>(5)</sup>*

*“A narrow overvaluation of one thing means an undervaluation of everything else. There is an emotional bias which militates against clarity of vision and understanding”. <sup>(6)</sup>*

Glamour creates a distorted image of something, an image that is then admired, emulated, feared or obeyed in the cause of bringing a sense of belonging, of being in control, of being unique, of being safe. Emotional attachment ensues.

Paramahansa Yogananda in his autobiography wrote

*“Attachment is blinding; it lends an imaginary halo of attractiveness to the object of desire” <sup>(7)</sup>*

In writing of world glamour, Alice Bailey states:

*“The problem is to induce the individual or the race or nation which is acting under the influence of glamour to call in the mental power of assessing the situation and subject it to a calm, cold scrutiny.” <sup>(8)</sup>*

She continues writing that, however:

*“...few people care to face the actual truth, for it involves eventually the abandonment of the beloved glamour and the ability to recognize error and admit mistakes, and this the false pride of the mind will not permit.....humility is one of the most potent factors in releasing the illuminating power of the mind.”* <sup>(9)</sup>

One person humbled by recognition of the unreality of his past approach to life was the author DH Lawrence. He wrote:

*“I have outlived my mission and know no more of it....the teacher and savior are dead in me; now I can go about my business, into my single life....I wanted to be greater than the limits of my hands and feet, so I brought a betrayal on myself...for I have died, and now I know my own limits.”* <sup>(10)</sup>

Another writer who confronted imprisonment by her glamour and its unreality was the scientist Candace Pert. In her book *Molecules of Emotion*, she describes a dream in which she, like Dorothy with the witch in *The Wizard of Oz* movie, threw water over her former boss, from whom she had become alienated through a sense of his professional betrayal of her. In her dream, as in the movie, the water caused him to shrink until he disappeared. On waking she realized that she had given him power over her and “made him into monster, the enemy” and herself the victim. She went on to accept the situation and take responsibility for her healing. <sup>(11)</sup>

Melanie Reinhart’s book *Chiron and the Healing Journey* explores the vulnerabilities of our own individual woundedness and its healing in association with Chiron’s placement in the natal astrology chart. Chiron carries the mythology and archetype of the Wounded Healer. The book provides an in-depth way to explore glammers that may have been unconsciously expressed through the personality.

In the study of Esoteric Psychology (the psychology of the soul) which is a main thrust of the Alice A Bailey writings, this “illuminating power of the mind” is its ability to reflect and transmit the light of the soul. The soul accesses this light from a dimension beyond time and space, the dimension which we may enter in the samadhi state of meditation and after the death of the physical body in a realm described in accounts of the Near Death Experience. Anita Moorjani gives a wonderful account of entering this realm, and its illumination, in her NDE in her book *Dying to Be Me*.

Interestingly, Naomi Crellin’s words in her song UNDUN (above) reflect the freedom of the soul beyond death.

*We fly naked and free.  
The wings of security have come undun*

It is this dimension described by Michael Talbot, (above):

*“Our brains mathematically construct objective reality by interpreting frequencies that are ultimately projections from another dimension, a deeper order of existence that is beyond both space and time...”*

### **What are some of the glammers to which humans are prone?**

Glammers can be a form of smugness and self-satisfaction, as if each of us has latched on to a truism which works for us – “The false pride of the mind” as Alice Bailey calls it (above). Glammers allow us to delude ourselves in an inflated way to enhance self-esteem, and to guard against doubt.

The U.S. military’s underestimation of Iran’s military capabilities, in my opinion, is a current example of hubris and complacency, a glamour, based on an assumption that the years of U.S. sanctions against Iran would render it incapable of developing weapons that could match the might of the U.S. military resources.

There is the glamour of consumerism through the perpetual seeking of elusive satisfaction from a source such as a new car or a holiday in Rarotonga! Or satisfaction from the conversion of a friend to our own religious beliefs. A glamour can become a source of separatism through inflation when the self, the ego, the personality perceives the lack of one's own strengths in other people as a weakness. It is easy to "play God", particularly if the things we believe in and feel strongly about are seen as "the truth, the whole truth and nothing but the truth"! The World Teacher Jesus reminded His followers to take the beam from their own eye before removing the splinter from their brother's eye.

I recognized my own propensity for projection when I felt affronted by a friend who seemed to be a bit of a "know all", advising me. Then I realized that I like to be seen as a source of wisdom and knowledge (having a Gemini Sun in my natal astrology chart), and here she was usurping my role!

The Enneagram model of personality development describes nine personality types. Each of these conveys the strengths of personality that were perhaps praised and encouraged in us as children – "Ask Jo" says Mother. "She's so good at Maths". "You are such a kind, loving person. You'll look after cousin Beth when she comes to stay". Such recognition by significant others in our early lives can shape our style of being in the world in adulthood.

Albert Ellis sought to help people with the distress caused by their irrational beliefs through his book *A Guide to Rational Living*. His list of irrational beliefs provided fruitful self-reflection for me, and for some of my clients.

In Bailey's writings glammers along the Seven Rays lines are explored. They were later expanded upon in the definitive work by Dr. Michael D. Robbins on the Seven Rays as they work in our personalities, presented in his two volumes of *Tapestry of the Gods*.

**Below are a few glammers of the seven rays, among which readers of this article might recognize some within themselves! (in order of the Rays)**

Selfish personal ambition, fearlessness, dictatorship, super-imposed will, aloofness, knowing best.

Self-sacrificing selfless service, unconditional love, worthy of being loved and appreciated, undue sensitivity, self-pity, personal wisdom

Being busy, active scheming, efficiency, mentally superior, manipulation 'for the greater good'

The peacemaker, harmony for personal comfort, conflict to impose peace, the 'alive or self-expressive one'

Materiality and emphasis on the form, assurance based on a narrow point of view, the expert, over-reliance on factual knowledge

Faithful devotion, the righteous chosen one, over-developed idealism, fanaticism

Magical manifestation, organizational expertise, meticulous following of rules

### **Light Work**

The "light worker" understands the process of inner change that is required in adjusting to a new reality. The light worker has done the work of directing light within the self to uncover what is impeding a fuller, freer expression of the true Self. He or she can engender hope in clients, where there is a sense of hopelessness, and lift the bewildered, anxious or angry response to life into a wider context. Viewing a fellow vulnerable human being with 'the eyes of the heart' impels light workers, when their aid is requested, to walk alongside such people as they adjust to the new. The 'new' may be in a state of conflicted and chaotic unfoldment. A turning within eventually opens the conflicted person to the nobility of their own humanity - to courage, forgiveness, including self-forgiveness, hope, and empathy.

A light worker may have the ability to walk “the noble middle path” advocated by the Buddha, no longer swayed back and forth between polarities such as good/bad, wrong/right, joy/sorrow, but viewing the spectrum of duality from a deep inner centredness that becomes a source of strength and stability for those around. There is movement on from discrimination to discernment, which is a soul quality, enabling the light worker to weigh up the relative value, truth and significance of what is being discerned.

CG Jung, that famous worker with the psyche, wrote in his autobiography *Memories, Dreams, Reflections*

*“Nothing so promotes the growth of consciousness as this inner confrontation of opposites.”* <sup>(13)</sup>

Alice A Bailey writes of a meditation to lift from the self-defensive, reactive emotions of the solar plexus chakra to the heart chakra which expresses inclusive impartial love. In this meditation the soul energy is visualized descending along the spine to the solar plexus and lifting its frequencies to the heart resonance.

Balanced use of the right and left hemispheres of the brain is a process advocated by the neuroscientist Dr Jill Bolte Taylor in her book *My Stroke of Insight*. This idea is taken up by David Bohm:

*“ the proper order of the operation of the mind requires an overall grasp of...[the] formal, logical, mathematical....also intuitively, in image, feelings, poetic usage of language....(what is involved in harmony between the ‘left brain’ and the ‘right brain’) ... [and] needed for the human mind to function in a generally harmonious way, which could in turn help to make possible an orderly and stable society”* <sup>(14)</sup>

These words in the song UNDUN (above) remind us of how tightly we can tend to rein in our reality:

*We put restraining orders  
On to our imaginations  
We all define the borders  
To control our emancipation*

Indeed, it is the use of the imagination and of symbols that can help open the mind to new ways of perceiving reality, as I discovered in weaving stories pertinent to clients’ problems into their hypnotic states with the accompanying words “And you may be surprised at what unfolds in your life in the next few days or weeks, that takes you forward into a new stage in your life”.

I conclude with an invocation from an ancient mantram.

*"Lead us, O Lord, from darkness to light; from the unreal to the real; from death to immortality."* <sup>(14)</sup>

Julia Tarnawsky

- 1) Renee Weber *Dialogues with Scientists and Sages* 30, 31
- 2) Michael Talbot *The Holographic Universe* p. 54
- 3) Writer Naomi Crellin *From Jelelah CD “Whisper” Copied with permission*
- 4) Alice A Bailey *Glamour A World Problem* 131
- 5) Michael D Robbins *Tapestry of the Gods Vol. 1* 160
- 6) *Ibid* 500
- 7) Paramahansa Yogananda *Autobiography of a Yogi Self-Realization Fellowship Twelfth Edition 1993* p. 125
- 8) AA Bailey *Glamour A World Problem* 145
- 9) *Ibid*
- 10) DH Lawrence *The Man who Died* p. 13
- 11) Candace Pert *Molecules of Emotion* P. 239
- 12) CG Jung *Memories, Dreams, Reflections* 378
- 13) David Bohm *Wholeness and the Implicate Order* p. xvi
- 14) *This is a powerful, ancient Vedic prayer known as the Asato Ma Sadgamaya mantra from the Brihadaranyaka Upanishad (1.3.28).*

## RE –PENTACLE... REPENT

Each morning I shuffle my set of cards based on the Hebrew alphabet. This set was given to me as a gift by a special friend. The card this morning was the symbol for 500. Based on this symbol I held the five and ten sided clear quartz crystals for our first meditation at around 5.30 am. Pentagram

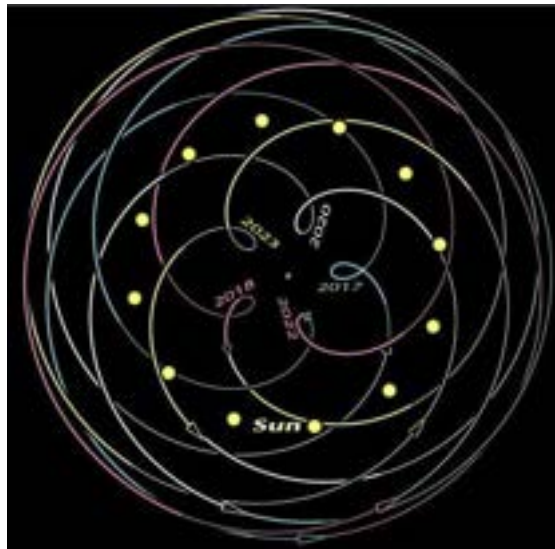


[The Science & Spirit Behind The Waters of Baptism](#) | Aaron Abke & Veda Austin...Amrit Sandhu.

Last night I watched the above podcast hosted by Amrit as I am most interested in Veda's exploration of water. Aaron Abke spent years studying The Essenes texts. What he found is that Jesus and his followers weren't baptized once. They baptized twice a day, every day, in the cold waters of the Dead Sea. Aaron linked this ritual to the idea of REPENTANCE.

To **REPENT** holds connotations of being a sinner; the Catholic confessional and being cast into hell.

My early years were spent in a catholic orphanage; where others attempted to indoctrinate me into this belief. I mentioned these thoughts to my wife after meditation. Her response was to reframe the word REPENT to link it to the word Pentacle... representing a five-sided pentagon ... or the design of the motion of Venus.



*The 5 petals of Venus and its 8-year cycle.  
Eight the number for Christ*

A duality exists REPENT may now have emphasis on the "Rose of Venus" and returning to its five petals.



Polarity is the pendulum of CHOICE.

Repent now = Repentacle. Venus is said to be the Soul and our earth the Personality.

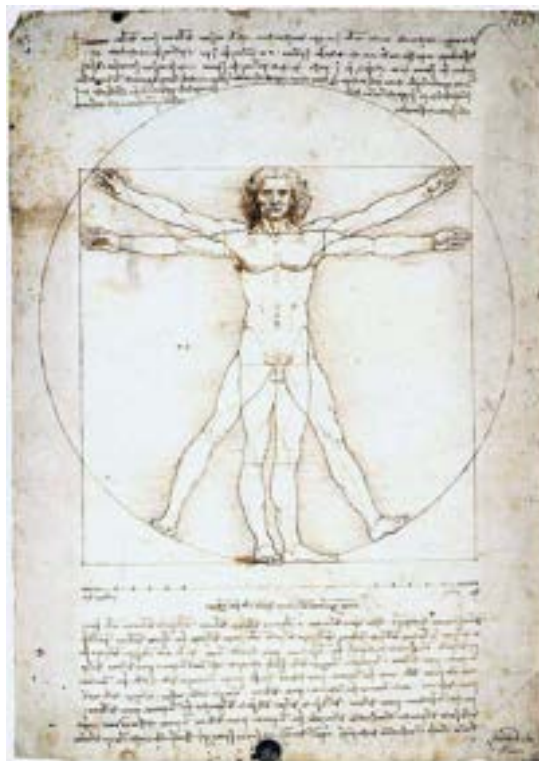
Thus when we re-pent means we focus upon the SOUL.

Water is a hexagram; that is six-sided; a symbol of the unification of personality and the soul. Water is holy. Immersion in water is a washing in holiness; a blessing ritual of a return to purification. Baptism takes place as our **intention** considers the **water** to be whole/holy.

Come, Come, Whoever You Are  
 Wonderer, worshipper, lover of leaving.  
 It doesn't matter.  
 Ours is not a caravan of despair.  
 Come, even if you have broken your vow  
 a thousand times  
 Come, yet again, come, come.  
*Jelaluddin Rumi*

This poem or invocation carries the same sense of RETURNING to the Source from whence you came. Moving towards your heart's inner space... Repent is just that... a returning to love.

*Vitruvian Man (Italian: L'uomo vitruviano) is a drawing by the Italian Renaissance artist and scientist Leonardo da Vinci, dated to c. 1490.*



This image is also a symbol of the Pentagram... As Julia (my wife) reminded me...This morning!

My wife's reframing of the word **REPENT** lifted my consciousness into a very positive state.

Now I can Return to the Pentacle with JOY!

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.*

*Cancer*

**28 June 2026**

*Leo (Sirius Festival)*

**26 July 2026**

*Virgo*

**23 August 2026**

*Libra*

**20 September 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**

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# COSMIC INTERSECTIONS ONLINE CONFERENCE

**7-9 August 2026**

**(6-8 August Northern Hemisphere)**

**7-9 am and 7-9 pm GMT (subject to change)**

Humanity stands at a crossroads of astrological ages and of paradigms and this transition is strongly activated in 2026. There are numerous intersections and clashes of energies evident on the planet on a material or horizontal level. However, there are deeper, more essential intersections - the intangible and tangible, masculine and feminine, yin and yang and the ultimate intersection of spirit and matter that point to more fundamental concepts than what is apparent and place these clashes in a broader context.

This conference will explore such cosmic intersections through a variety of lenses, grounded in aroha or love-wisdom and kotahitanga o te ao, the oneness within humanity, to bring a broader understanding and more causal basis for such tensions through the astrological patterns and underlying principles at play at this intersection of time on the planet.



**Local and international speakers include (but not limited to) long time astrologers and esoteric/philosophical students/thinkers/creatives**

(click on the name for related website)

[Antonella Nobilio](#)

[Duane Carpenter](#)

[Phillip Lindsay](#)

[Rosie Finn](#)

[Tim Ewer](#)

[Tuija Robbins](#)

[William Meader](#)

**Plus creative expressions including [Claire Beynon](#)**

**Keywords – Soul, Sacred, Beauty, Quality, Humanity**

**Register your interest and for updates – more to come.....**

**Email: [southernpulsenz@gmail.com](mailto:southernpulsenz@gmail.com)**



### A Feast of Birds

We have a feast of birds nowadays.

They flit in copious branches

Display themselves, seek food

Carol to the dawn.

Enraptured, stopped in our tracks

We enter a common presence

Observing each other

Avian-human vesica piscis.

The robin, round, young, jet black

Pouting white breast

Flies from his bushy territory

Onto a post to view us

Two days in a row.

Simultaneously a kererū

High yet close behind us

Looks down to explore our presence

We proclaim to him his beauty

Green feathered neck catching the Sun

In still rapport we stand.

The trance is broken by a fantail

Flitting across the track

Fan in full display

In gymnastic pursuit of gnats.

My fellow bird-lover

Bursts from outer dark

Shares his morepork encounter

“Flew across my path, so close

I tracked him with my torch”

We wonder if the nesting box

High in the totara

Gifted by the Trust

Produced this fellow

On his nighttime hunt.

Bird in the tree

Ecstatic and free

Your melody pours

Through windows and doors.

Bird on the bough

You live for now

Bird on the wing

With you I sing.

Julia Tarnawsky - June 2026



*Kererū*

## 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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E-mail: orestpleiades@gmail.com

## MEDITATION TEMPLE DATES

|               |                  |                |
|---------------|------------------|----------------|
| <b>Cancer</b> | <b>29 June</b>   | <b>4.00 pm</b> |
| <b>Leo</b>    | <b>29 July</b>   | <b>4.00 pm</b> |
| <b>Virgo</b>  | <b>28 August</b> | <b>4.00 pm</b> |

## FULL MOON

*Cancer ♋* **Keynote: *I build a lighted house and therein dwell***  
(actual time 30 June 11.55 am)

*Leo ♌* **Keynote: *I am that and that I am***  
(actual time 30 July 2.36 am)

*Virgo ♍* **Keynote: *I am the mother and the child, I God, I matter am***  
(actual time 28 August 4.19 pm +eclipse)

## NEW MOON

*Cancer ♋* **Keynote: *I build a lighted house and therein dwell***  
(actual time 14 July 9.44 pm)

*Leo ♌* **Keynote: *I am that and that I am***  
(actual time 13 August 5.36 am +eclipse)

*Virgo ♍* **Keynote: *I am the mother and the child, I God, I matter am***  
(actual time 11 September 3.26 pm)

## I AM POEM

I am poem  
That lives without words  
Dysphasic, unutterable  
The tone, feel, resonance carried in actions silent,  
gracious.

How dignified, inspiring awe, the human  
Faithful in daily repetition.  
The careful folding of sheets, tender tucking in of  
sleepy child,  
Sweeping of streets, the feeding of hens.  
Each of these a poem of absorption,  
Self-forgetful engrossment in the poetry of  
movement.

The wordless poem  
Registers in the heart of the observer  
Imprinted charm, the dignity of work well done  
However humble.

Small pieces in the weft and fabric of humanity  
Days woven into greater rounds  
Across the generations.

*Julia Tarnawsky*



## Thoughts...10/6/26 Orest...finished on the 12/6/26 at 11.10 am

The Periodic Table of Elements is a list of separated substances which co-exist and interact with our basic Four Elements. This is a classification process. My interest is in unity. Synthesis!

Earth, Water, Air, Fire; are both elements and symbols representing aspects of processes affecting life. There are now; ongoing, deeper investigations into their significance.

This significance relates to the esoteric concept of **elementals** basic to the Trans-Himalayan Wisdom Teachings.

STYLIANOS ATTESHLIS is a Christian esoteric healer who also uses this term in the esoteric sense. Stylianos defines elementals: - “every thought, emotion and desire creates and transmits an elemental ---also called thought-form---that carries on an existence of its own. ... An elemental can never be destroyed, only dis-energised (by no longer feeding the elemental with etheric vitality)”. This Quote is from “Esoteric Teachings” ...back of this Stylianos’s book.

This research is indicating wholeness and interconnectedness suggesting SYNTHESIS or the Universality of Life.

The recent work of Veda Austin (watched last night) has highlighted the qualities and properties of **water**. Awareness evidenced by response to feelings; ability to create images; and water’s varied structural forms all have been verified and demonstrated by Veda. Livingness and consciousness of water is being explored quite fully. The key to water is that it is essentially a liquid/plasma crystal. This is particularly the case with water in the human body. (Plasma in this context infers a semi-jelly state that has crystalline structure... Fire, is plasma as an ionised gas)

As I watched the candle **fire** glow at pre-dawn meditation I realised **fire** also has qualities and properties. [Agnihotra](#) rituals... have helped nature to restore itself after human destructive practices.

**Fire** has an effect on clay as potters have discovered and on the metallic surface glazes.

**Fire** also has response activation to pressure...spontaneous combustion...Lightning strikes...Volcanic eruptions... Solar flares have now been accepted as important energetic influences on earth life.

**Fire** and Light are one; as a statement, this postulate needs consideration...it is profound! Human warmth is a necessary factor in maintaining life.

**Fire** is a form of plasma... “Bohm discovered that, in plasma (a high temperature ionised gas), electrons that have been stripped away from atoms do not behave as separate individual particles but rather as part of a larger, organized whole. Dr. Bohm found that these collective movements, now called Bohm-diffusion, gave him the impression that the sea of electrons was somehow "alive." This was [Dr. Bohm's](#) first important discovery in physics, and it turns out to be a harbinger of the themes of wholeness and interconnectedness that characterized his work.” Plasma is the 4<sup>th</sup> state of Matter!

Marcel Vogel’s work with liquid crystals (coloured screens, computers) and then later with quartz crystals is becoming known.

The piezoelectric effect; healing potential; storing of information; sounding and laser ability of crystals are all being investigated.

Man is realising that all substance (**EARTH**) forms a crystal or is crystalline in structure. Metals are crystal in structure.

Each crystal is a vortex of energetic conscious life which relates to the stimulation from its environment. This hints at the relationship between sound and structure. Cymatics and Cymascope research have established or verified this postulate.

The primary inert/noble gases include: Helium (He) Neon (Ne) Argon (Ar) Krypton (Kr) Xenon (Xe) Radon (Rn) (Radioactive). Noble gases are viewed as elements that remain physically pure and unstained by external chemical reactions. Malvin Artley uses them to bridge the gap between the dense physical body and the higher spiritual or "etheric" layers of human consciousness. Essentially to heal!

Air as atmosphere contains gases (also inert gases) and water vapour, these are important. Air as Space is of more significance. Wally Thornhill, an Australian, promoted the Electric Universe ... Space is not a vacuum; zero point is a plenum. Quantum field theory agrees to this assertion.

Birkland currents move through space. Tom Bearden and John Berdini both have replicated Tesla's experiments regarding zero point energies and David Clements has taken this work so much further. Gratefully I have had the will and the time to read and relate these 'rich-findings'.

Radionics, Homeopathy and the Etheric forces are real fields existing in the air/aura around the body... Luc Montaigne is well ahead of the established science that is holding back on what is actually known but suppressed by the military.

Essential oils and flower essences are within our air and also play their part on more than just bees. Machaëlle Small Wright is a pioneer in **nature** research. She has lectured at Findhorn about her research with flower essences. If you want to know more; then look her up!

Water; Fire; Earth; Air are living currents of energetic influence... potentially ... Conscious ... Intelligent ... Activity ... sustaining human life!

**The idea that all is living and radiates energy into the matrix field of wholeness; while simultaneously being sustained as it absorbs energies is now NOT just a hint of what is reality. This "hint" is escalating into a definitive actuality. Tasting this Life is being activated.**

**At my pre-dawn meditation on the 10/6/26 This FEELING of knowing... this "actuality of Being" was present.** This experience caused me to commence this article.

The inter-relationships are immense and consequences of conscious choice are reaching a stage of complexity where balancing and harmonious processes are being extended or stressed. In the near future, harmful causation factors will be eliminated and consequences accelerated for balance and restorative measures to succeed. Selfish choice by each human is essentially harmful when consideration is not given to our "greater whole". This "greater-whole" is inclusive of all forms of life.

This evidential reality of SYNTHESIS is encroaching deeply into the generational SEPARATIVE notion that has held humanity in its grasp. Cartesian Philosophy has for too long been the viewpoint of science. Classification is useful as a stage of objective study but limited as a final methodology.

**The REALISATION that "ALL IS LIVING" and every feeling and thought holds significance because it is a constant underlying **FORMATIVE Influence** requires deep consideration.**

Being fully present in each presenting moment of life as the observer is necessary if fulfilment as JOY and Delight is sought.

Making a responsible choice; is the imperative.

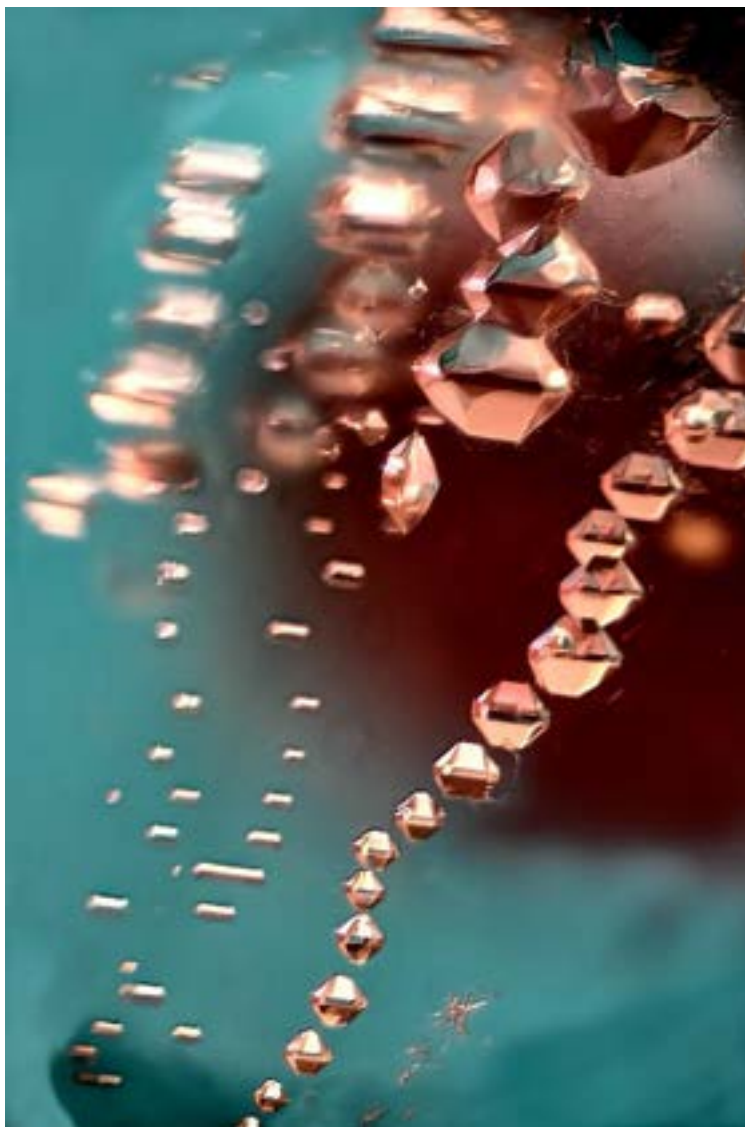
This recognition of intrinsic consciousness in all realms of existence implies a comprehensive engagement by your conscious intention to relate with all things within all realms. This is a gradual active development of engagement. Feeling the radiations and responding is a crucial act of **LOVE**.

Direct action is a surface external activity undermined by this “**Formative influence**”. Essentially you are undermined by your own “elementals”. One strong elemental force is fear; another is doubt. This is where reactivity is dangerous...we are the creators of our existence...things are happening to us because of our own “Formative influence” which is not consciously present when we are reactive.

Re-read the Stylianos quote on **elementals** found at the beginning of this article; it is IMPORTANT!

The challenge is to live our lives with constancy to this universality holding feelings of gratitude and acceptance, knowing that balance and harmony will prevail.

*Jurij-Orest Tarnawskyj*



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



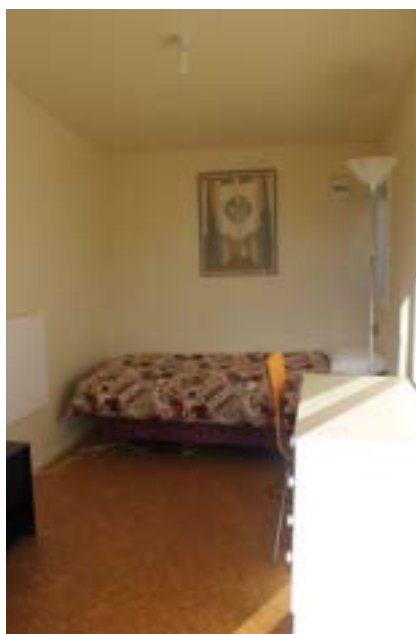
**CREATE YOUR OWN RETREAT.**

**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.

We have had quite a social quarter with visitors for afternoon tea and meditation on several occasions. April began with my presentation to the Canterbury Theosophical Society on my topic in the last newsletter on Neuro-diversity and the coming Aquarian Age. Afterwards we stayed with colleagues in Christchurch and enjoyed a leisurely breakfast catch-up the next morning.

Orest and I had birthdays recently and are now both in our 80's. We were bathed in family love and the attention of friends. Some visited on my birthday with cake, card and flowers and I led a meditation on *Stillness in the Temple*. I sang them the song *Simple Gifts*, inspired by the version by Yo Yo Ma and Alison Kraus on YouTube Music.



Eleven people gathered for the Taurus New Moon and I sent seeds for Taurean qualities up with the Moon (our lunar vehicle) to be blessed by the Sun in their union and to come to fruition. The piece on Taurus in this newsletter was inspired by my ponderings.

Six of us gathered for the Gemini Full Moon, recognising the influence of Uranus in Gemini for the next few years, which will prompt a desire for authentic communication and discussions on social reform.

We were invited to the Takamātua Community Catchment Meet-up in May. This is a group supported by several agencies in its endeavours to restore the Takamātua Creek and “to build a haven for biodiversity from the hills to the sea.” This creek has its source on our land. We were unable to attend the meeting but invited the Chairperson to visit and see for herself the pristine condition of the upper reaches of the creek. We walked alongside the creek, tumbling downhill in waterfalls and steeply banked with native fuschias and the occasional tree fern. We are covenanted with the Banks Peninsula Conservation Trust. Peter, our Admin Director, was able to attend the meeting.

We also attended the launch and signing of our neighbour Hugh Wilson's latest book *Hinewai Reflections* which contains his botanical paintings and descriptions of hundreds of plant species in the Hinewai Reserve, a world-renowned property restored to native bush and pristine waterways. (See on YouTube the documentary [\*Fools and Dreamers\*](#) about this restoration over the past 30 years.)

The men have been clearing the long fire track with the help over the past few years of our young helper from a nearby bay.

The Pest Free Banks Peninsula project has had a great success in eliminating the possum population. As Aussies we note the huge size of possums (an Australian import) in New Zealand compared with those in Australia. There are no predators here to cull them. The birdlife and plant life will recover as a result.

We have been enjoying the diverse birdlife on our property and I was inspired by our encounters with birds to write a piece that appears in this newsletter. We are also occasionally confronted by small lizards in and around the Temple, one, six inches long, dropping down to the ground right in front of me from the top of the Temple door as I opened it. They go into the Temple to moult and leave sometimes perfect replicas of themselves in their skins on the floor and under the pile of cushions.

We had a bumper crop of potatoes, Maori potatoes (purple), and Jerusalem artichokes. After harvesting Orest, Peter and a WOOFer (Workers on Organic Farms) weeded the potato patch, dug out all the stones and rocks and mulched the soil with horse manure and seaweed gathered in the trailer from the nearby Akaroa Harbour. The stones and rocks have become land fill where rain gathers in puddles on our main track to the road.

This WOOFer also helped me construct a template on the computer for printing the shelf labels for the categories of books in our library. I have been reading the books by Samuel Noah Kramer, an academic and dedicated researcher on the cuneiform tablets.



Wishing those of you in the Northern Hemisphere a joyful summer in the sun as we hunker down, here in the south, by our log burner, accompanied from time to time by a pot of soup simmering on top and clothes drying on racks nearby, a pile of books on the floor by the chair.

*Julia, Orest and Peter (the three trustees of the Southern Lights Charitable Trust).*





## SOUTHERN LIGHTS CENTRE DIARY NOTES

### 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:  
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Theosophical Presentation ... August 5<sup>th</sup> 2026

Southern Lights Centre ... Jurij-Orest

## Raising the Foundational Base of Life

Turning Eighty... Orest's "wonders" through Life's varied Forests...**foe-wrests!**

1. **Introduction** A review of the Cosmic Physical Plane Map of levels of consciousness with reference to both the Seven Rays and the specific qualities of the seven planes and sub-planes will be undertaken.

**This represents a foundation for living.**

The Seven Rays Represent **LIFE Energies**.

The Soul / Solar Angel represent the **Higher Consciousness and Qualities**. First 3 sub-planes Mental.

Personality vehicles Physical & Physical etheric; Astral plane:- **Life Forces...**

Lower 4 sub-planes of the Mental...**Appearances**

The Science of the Antahkarana (Bridge) teaches certain fundamental truths about the thread, some of which might be enumerated as follows: a. The life thread comes directly from the monad or the ONE. This thread is anchored in the heart during incarnation. There is the seat of life.

b. The consciousness thread comes directly from the soul. It is anchored in the head. There is the seat of consciousness.

c. The thread of creative activity is initiated and constructed by the human being. It is anchored, when sufficiently constructed, in the throat. This thread is an extension or synthesis of the two basic threads... Personality

The attention of focus of this review will be **my personal experiences** and how they demonstrate the reality of this foundational map. A brief consideration of two other Consciousness Maps may help to grasp essential features.

This personal review may assist understanding of your passage through life. It may also assist to indicate how the soul expresses through the human form to engender spiritual unfoldment and the process of spiritual integration with your personality.

Esoteric (inner life) teachings essentially become expressed, imbibed, felt and this experientialism transforms, refines and engenders the fulfilment of your purpose for living.



Paul Gauguin's Vision After the Sermon: Jacob **Wrestling** with the Angel... The "Sermon" is the active intellect of personality... the "Wrestling" is Living the Struggle. The Solar Angel or Angel of the Presence expresses the Soul.

Jurij- Orest Tarnawskyj...is the one who quests and wrestles daily.

2. **Elementals**... Your Personality Voice speaks with feelings and intention ... Your whole personality acts and responds. Thus your choices unfold ...your freedom of expression ...creates **ELEMENTALS**... Living Thoughtforms of individuated existence... negativity expressed "I can't do maths" reinforces that idea.

The specific purpose of a thought-form is connected very closely with the type of deva essence of which it is constructed, and (in connection with man on the mental plane), with the type of elemental which he can control, and send forth as the occupier, or vitalising agency of the thoughtform. The effect of the life and persistence of a thought-form, if maleficent and destructive, works out as "evil karma" if beneficent it works as "good karma" in the group in which the emanator has a place. **KEY: - CONSEQUENCES RESULT FROM YOUR FREEDOM OF CHOICE ACTIONS.**

3. "To Know that We're LOVED" by Reshad Feild is the 2<sup>nd</sup> autographical book also called The Invisible Way.

In "The Invisible Way" by Reshad Feild; he returned to his spiritual teacher Bulent Rauf, who asked him what was his question??? He eventually stated "I need to know I am Loved" p 18

Reshad's book is based on his endeavour to answer that question.

**This "QUESTION" burns in each of us (humans); we yearn to feel love. My experience follows.**

As a young child I was returned to an orphanage in Sydney; one hundred miles from home. I felt wretched, tearful and broken hearted.

**Many of you also know how "Separation" creates a deep state of aloneness.**

Abandoned; rejected...what had I done? Confusion, pain and emptiness struck my core; as another promise of unity was broken by my mother. Earlier my father had left...

**Shattering fragments of "self" imploding...was "I" DYING???...I felt so.**

I decided not to eat. I took shelter under a brick staircase; sitting on a steel cover over a kitchen grease trap. Feeling into my jacket pockets I pulled out a red and blue wax crayon... The other children were at their evening meal.

As the blue crayon was pushed against the warm steel it slowly began to melt then flow. My intense focus watched this transformation. The red crayon also melted and its flow merged with the blue ...holding my full attention to this subtle livingness ... my consciousness shifted...my inner state of feeling gradually was overwhelmed by a deep, holding, comforting presence...a field of LOVE embraced me. Tears of bliss and joy flowed...I knew a profound state of BELONGING and RECOGNISED my part in the wholeness of life.

I no longer felt worthless!

**Worthlessness like Doubt holds dragging power; some of YOU have experienced these forces.**

The now moment expanded and widened; inclusively the past and future became a presenting reality. Time dilation towards inclusive wholeness was happening.

One scene of a bull elephant charging; stopping, making eye contact then departing was to take place years later in Rhodesia. Other events unfolded ...the inference... a potential path exists.

This comprehensive expansion of consciousness was inclusive of a profound knowingness; a revelation of causation and a realisation of continuity's embrace of Balance and Harmony.

Somehow; the "TOUCH" of this "STATE" while causing me to tremble, tremble, tremble...also sustained me fully ... answered the "WHY" within Me...Revived my broken heart!

All actions feelings and thoughts have a power; they generate and cause a response...causation results in consequences...apprehension of the "continuity of consciousness & all life"; places what is presenting each moment into this larger context. Thus the smaller personal context bursts when the whole context is entered.

I decided to **live** and to **fully experience life on earth**. I chose the acceptance of suffering and rejoicing. "Life on earth" involved being present in the moment *not escaping into "visions" (later this hint repeated)*.

While Reshad Feild was a mature man still questing; I was graced by that spiritual embrace of Divine Love, while still a mere child (6-7years). Despite my many past mistakes... I **knew I was loved!**

#### **4. As I experienced aloneness... I came to embrace... SOLITUDE!**

Solitude's brother is **contemplation**; solitude's sister is **meditation**; together they open deeper **reality**.

The enormity of this first mystical revelation; produces within me a deep permanent gratitude. For an inner certainty based on the strength of experience develops. Some other mystical states followed later...**they too maintained my certainty about continuity of consciousness**. To know this much...continuity of consciousness...is to know DEATH... death held no fear...This I then KNEW.

Viola Pettit Neal's Book "Through the Curtain" is based on her **Continuity of Consciousness**.

This book is without any doubt the most significant book in my life. Reading it affirms my BEING.

The enormity of this shift is that my "frame-work" or Paradigm for inner reference now included the "SOUL/LOVE" state of BEING.

Self- Reliance was born...Moving from St Michaels to St Vincent's (for 5 years)... living in isolation's SOLITUDE; inner envisioning became established... this base; NOT EXTERNAL CONDITONING became my reference point... This emphasis was to CHANGE...Later.

Revelations within this enhanced state were to influence my life immediately and far into the future. The Quest for **Reality** gradually became my LIFE PURPOSE. It still guides me through life's **challenges**.

**When Touched By Reality of LOVE and Truth; the conditioning of others...**

**Will NOT ENTER YOUR FIELD**

Fear; Shame, Guilt, Blame, Hell's Punishment...This catholic church indoctrination was rejected!

Authorities claim over me was broken ... 'Rely on yourself alone Ananda' became my battle-cry.

#### **5. Challenges still prevailed sculpting my character.**

**You too, have been confronted even battered as karmic "LIFE" waves, pounding forces challenged.**

**Hearing Loss may relate to not being open sufficiently to listening in past lives. I lost much of this sense! This creates an opening for alternate senses to develop and "you then; grasp the nettle."**

1946 ULM post-war Germany held a "Field of Suffering" as many nations' citizens gathered in displaced people camps. My twin sister and I emerged into these chaotic fields...as my Ukrainian parents sought refuge. Later (1949) they migrated to Australia.

Rickets; a deficiency illness deformed my body; many childhood illnesses followed including german measles which effected my hearing. In the orphanage I developed a middle ear infection (otitis media) conveyed to me by direct contact with an aboriginal child. Both ears became affected. The Marist brothers attempted to heal this problem but the antibiotics used did not help. Ears ran with smelly pus and my hearing declined. This condition varied in severity but persisted for many years (4 to 5).

Yes I experienced Solitude...needless to say it affected my education (speech/ language skills).

Withdrawal is retreat from external influences. Retreat within the Silence. Later retreat into books.

I recall one crisis where the pressure painfully burst my ear-drum as I struggled with a toroidal swirling coloured visualisation that reached towards a climax...I invoked cessation... it burst!

The ear-drum and **my visualisation ability** were impaired.

**The challenge was to realise loss is gain.**

**I trace my inability to visualise to this invocation for cessation ...was I meant to endure the pain???**

**Pain was endured by John in Reshad's book as he was dying from a cancerous wound infection.**

Later (2<sup>nd</sup> year high school) an ear nose and throat specialist proscribed an effective anti-biotic and then as an adult; an ear-drum graft helped to restore hearing...Now my hearing is quite good! This in itself is remarkable!

## 6. My early hearing loss drove me to BOOKS as my social skills were under-developed.

On reviewing; the thought came... Having lost inner vision I was forced to enter the external world... Trusting the established "foundation"...while also accepting the **LOSS of inner vision...this was difficult**. Thus LOST Vision; also drove me to seek "OTHERS VISIONS" via their inspired books!

Once I left the orphanage; I became an avid reader...**Communication** with the consciousness of authors became a source of great inspiration... When intention is focussed as attention becomes concentration... the space between words... where pondering lingers...opens to a type of inclusive comprehension...that may include traces of spiritual telepathy. This **Immersion** into a "Field of Knowing" is a feeling state where "wonder" exhilarates joy **which sustains the heart and mind**.

Light/Love/Wisdom was shared through this process. Synchronicity brought me to the necessary books. THIS IS STILL HAPPENING! We have established a large esoteric library.

## 7. Aikido

I left primary school teaching to study Sculpture ... I also did Ki studies with **AIKIDO** Sugano Sensei. "His Aikido had some **ineffable** quality to it." Sensei Brian Ericksen Morihei Ueshiba... Morihei perceived the inner workings of the cosmos and further perceived that "I am the Universe." The barrier between the material, hidden, and divine worlds crumbled; simultaneously Morihei verified that the heart of budo was not contention but rather love, a love that fosters and protects all things. A **mystical spiritual** event that **changed his life**!

Deguchi felt that Ueshiba's evolving martial art would be his means of teaching peace, brotherhood, love, and the importance of art in religion. He told Ueshiba "Budo will be your yusai, a practice to manifest the divine" (Stevens 1987, 37).

Tohei Koichi... Tempu Nakamura, the person who introduced yoga to Japan. Nakamura would have a major influence on Tohei and his approach to aikido and ki. Kisshomaru emphasis was on unity in relating with the other's motion.

Sugano Sensei was trained by Morihei Ueshiba; Tohei Koichi; and the second Doshu the son of O-Sensei Morihei Ueshiba - Kisshomaru Ueshiba...Ki=Chi=Qi= Prana, Life Force Energy are all terms for the same thing. What these terms describe is pure ENERGY. It's the energy that makes up who and what you are. All matter in the universe is fundamentally made up of – ENERGY!!! This flow of life energy through the nadi/meridians systems intersect forming minor/secondary then major chakras. We trained not with the emphasis on physical strength but the ability to feel and control KI life energy... Aikido principles were the foundation. Philosophy of Aikido is love, compassion, affection.

Plasma; dielectric; piezoelectric; orgone; all relate to this Energy.

I was privileged to have this QUALITY of instruction and Sensei presence as our holder of the Dojo's Field... He created the feeling of **RITUAL activity** as we trained. This condensed becomes the **one point** in the lower abdomen which is the centre of the Universe. "**seika no itten**" (臍下の一点)

## 8. Clairsentience

Sound has to do with vibration and feeling ...without visualisation as an creative incentive ...my sense of touch...my sense of clairsentience...together with being in the presence of my substance (marble) conveyed a developing intimate relation with “the consciousness within crystals” and the development of feeling energy; then directing this energy...This is contact with etheric or field energy flows and their potencies.

Further study of Tai chi maintained this development...later Marcel Vogel and the life within Clear Quartz Crystals led me to the realisation that all structure is crystalline...even water! We are essentially liquid crystalline structures. Refining these structures allows flow of energies.

The "Ludovisi Throne" is a magnificent sculpted marble block featuring a rare depiction of Aphrodite rising from the sea, supported by two attendants. It is currently housed in the Museo Nazionale Romano at Palazzo Altemps in Rome.



My children paid for my airplane trip to Rome when I turned 70. As their father and their art teacher they knew my passion for sculpture. They also watched me bring home marble from a quarry near Tumut NSW. They witnessed my creative efforts. My youngest had an apartment in central Rome for three years. The "Ludovisi Throne" is my No 1 sculpture. Seeing it with my son and later again with my wife I experienced an incredible field that held my presence in rapture... my sense of clairsentience awakened more fully... in the presence of this marble an intimate relation with “the consciousness within crystals” and the development of feeling the “initiation” that it conveyed overwhelmed me. This is the consciousness that is in all things...read about in Annie’s book becoming a tangible reality. Aphrodite rises from the sea (astral waters) to the air (mental) Angels (soul) assist... Higher consciousness attained... birth of Christ.

A Study in Consciousness... **Annie Besant** was bought and read in 1965... from Adyar Theosophical Bookshop Sydney...this gem still lies on my bed’s reading table. Does each quality book form a crystalline structure of unity?

At International headquarters of the Theosophical Society (TS) located on the south bank of the Adyar River in Chennai (formerly Madras), in Southern India; **the marble sculpture of Annie Besant** was seen when the German

curator spent three hours personally showing us the Museum. A similar “**ineffable**” experience of the “etheric fields” overcame me. Resonance entrainment may be involved... my father was also a carver for the Greek Catholic and Greek Orthodox churches...some of my early cedar wood carvings echoed Romanesque and Gothic themes. The curator called for assistance to uncover the tables...The marble held me captivated in its presence.

Humans and all substance are crystalline and sounding...Resonance Entrainment causes mutual vibration. This is direct communication because of “TUNING TO THE OTHER” thus raising self to the higher octave.

**Love is the mutuality of relationship... Love is Resonant Entrainment.**

**Love is Sounding the same Harmonic Tune.**

## 9. "Ineffable"

This concept I discovered in "The Idea of the Holy" by Rudolf Otto when studying comparative religion by correspondence. Mysticism was significant to me at this time... that capacity to recognize with awe and wonder the essential holy and beautiful behind all forms.

"As **ineffable**, meaning it transcends ordinary language and rational comprehension...an awe-inspiring and fascinating mystery...Mysterium Tremendum... the numinous—a non-rational, deep emotional awareness of a divine reality that can only be felt, never fully described."

Mysticism swings on the Divine Pendulum toward the Occult...Then Back!

My interest in sound; I strongly feel is linked to my earlier deafness...when one sense is limited another sense (touch) may heighten. Sound creates vibration...touch feels vibration. When hearing was restored the significance of sound awakened.

Sound Studies became a major study area. Many of the books that follow deal with SOUND

### **SOUND became the key portal to embrace Synthesis**

Itzhak Bentov Stalking the Wild Pendulum: On the Mechanics of Conscious...This book impacted my consciousness and was the "ignition switch" that fired my research of SOUND.

From the 24 books by Alice A Bailey from the mind of Djwhal Khul; I researched the significance of Sound... **To actually Discover that Sound is central as a CREATIVE formative PRINCIPLE...IMPACTS!**

**"These postulates are as follows:**

**1—That all that exists is based on sound or on the Word.**

**2—That differentiation is the result of sound.**

**3—That on each plane the Word has a different effect.**

**4—That according to the note of the Word, or the vibration of the sound, will the work of building-in or casting-out be accomplished.**

**5—That the one threefold Word has seven keys, and these seven keys have their own subtones.**

**In the apprehension of these basic facts lies hid much light on the use of the Word in meditation."**

**Letters on Occult Meditation, Alice A Bailey, pg 51**

In "The Voice of Silence" HPB mentions Nada the cosmic vibration, in the first few lines ...and also the inner sounds.

This led to a study of Pythagoras ...Sacred Geometry and Music ...noise destroys...harmony builds.

Hans Kayser Textbook On Harmonics Vol 1&2

My Poetry ...sound's creative power became a central theme... SEER

### **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?

Kashmir Shaivism SWAMI LAKSHMANJOO The Secret Supreme. SOUND precedes Light

Shabda Yoga/ Sant Mat Radhasoami/ Audible Life Stream

Daughter of Fire: A Diary of a Spiritual Training with a Sufi Master/ Irina Tweedie

Cymatics/Cymascope Studies Hans Jenny/John Stuart Reid...later Emoto then Veda Austin

Sound/ Crystals/Marcel Vogel

Alfred Tomatis was a great French otolaryngologist and inventor who pioneered the interdisciplinary field, of “audio-psycho-phonology”. He is known for developing the Tomatis® Method, a sound-based therapy to improve communication and learning abilities through auditory stimulation.

Dorinne S Davis The Cycle of Sound oto-acoustics

Secret Sounds - by JILL MATTSON ...Sharry Edwards...Voice analysis ...range of musical notes!

biosonic.org/ManualEng/PHOTONIC.html [MARYSOL GONZALEZ STERLING...](#)

David R Hawkins Power/Force Map of Consciousness...

**Map of Consciousness**  
Developed By David R. Hawkins

|                    | Name of Level | Energetic Log | Predominant Emotional State | View of Life  | God-view    | Process            |
|--------------------|---------------|---------------|-----------------------------|---------------|-------------|--------------------|
| Spiritual Paradigm | Enlightenment | 700-1000      | Ineffable                   | Is            | Self        | Pure Consciousness |
|                    | Peace         | 600           | Bliss                       | Perfect       | All-Being   | Illumination       |
|                    | Joy           | 540           | Serenity                    | Complete      | One         | Transfiguration    |
| Reason & Integrity | Love          | 500           | Reverence                   | Benign        | Loving      | Revelation         |
|                    | Reason        | 400           | Understanding               | Meaningful    | Wise        | Abstraction        |
|                    | Acceptance    | 350           | Forgiveness                 | Harmonious    | Merciful    | Transcendence      |
|                    | Willingness   | 310           | Optimism                    | Hopeful       | Inspiring   | Intention          |
|                    | Neutrality    | 250           | Trust                       | Satisfactory  | Enabling    | Release            |
| Survival Paradigm  | Courage       | 200           | Affirmation                 | Feasible      | Permitting  | Empowerment        |
|                    | Pride         | 175           | Scorn                       | Demanding     | Indifferent | Inflation          |
|                    | Anger         | 150           | Hate                        | Antagonistic  | Vengeful    | Aggression         |
|                    | Desire        | 125           | Craving                     | Disappointing | Denying     | Enslavement        |
|                    | Fear          | 100           | Anxiety                     | Frightening   | Positive    | Withdrawal         |
|                    | Grief         | 75            | Regret                      | Tragic        | Disdainful  | Dependency         |
|                    | Apathy        | 50            | Despair                     | Hopeless      | Condemning  | Abdication         |
|                    | Guilt         | 50            | Blame                       | Evil          | Vindictive  | Destruction        |
|                    | Shame         | 20            | Humiliation                 | Miserable     | Despising   | Elimination        |

Oscar Brunler, Max Freedom Long, **Viola Pettit Neal**, Maurice Bovis.../ Sound=symbol=form=word!

This “journey of return” has involved stages of recognition from essential body/feeling awareness towards that stage of FIELD awareness. “What is important to know is that your thinking is in your field and not in your head, which is only a transformer...your thinking and your self are in the field. Your body is only a transformer for your everyday life consciousness”. These thoughts expressed by Andrew Glazewski place emphasis upon experiencing the reality of being other than your body thus holding a more comprehensive and real view of life. For me this is a significant stage of realisation your thinking and your self are in the field that you emit, and the field is present in your surrounding space. ...Andrew was born in Lvov my parent’s home town.

Harmony of the Universe: The Science Behind Healing, Prayer and Spiritual Development by Andrew Glazewski (Author), Paul Kieniewicz (Author) ...Exceptional value...in the top 10.

## 10. COMMUNICATION

Intimacy is the depth of union...merging of consciousness...relationship supreme.

One form of intimacy craves the depth of sharing; through dialogue where mutuality is found in **recognition** of significance and synthesis; then gnosis as knowingness dawns; a comprehension that holds a felt tension of realisation... this engagement is energetically charged and expresses a flow of intuitive insights and telepathic revelations that burst into the **consciousness of both humans** simultaneously.

SPIRITUAL DRUNKENNESS Results...and this state gradually become addictive. Authentic integration of values and this "intimacy" of realisations shared... As the Soul Grasps the personalities.

One difficulty is the development of divergent realities ...especially if YOU are in an earlier relationship where the "bonds that hold" are stretching to snapping point.

Earlier co-joined values and world views begin to part as each partner follows separate paths of interests or callings.

Possibly the life purpose (raising a family) having been achieved; as that focus point diminishes new avenues beckon to be explored. Earlier "stirrings of the unknown" mix with synchronicities'...ACT?

Or a career (teaching) has been challenged by circumstances and the "youthful embers turn to ash".

As movement continues the divergent distance widens as separation looms.

**There are some here who RECOGNISE THIS SHIFT Friendships fail... Marriages breakdown!**

There is still concern and gratitude for the journey; as a polite tolerance exists...security of shared resources pulls... some remain as they share some new "spending-time"...others separate.

One major key that creates a shift is ..."**EXPRESSING LIFE'S PURPOSE**" ...Personality Desire or SOUL PURPOSE? Certain synchronistic events like the death of a close friend may become the "wedge" that splits.

In my case a second event also influenced...a close friend's mother confided that although her husband used violence she had not the COURAGE to split apart...after he died one married son copied his father's trait. This development shattered her spirit... She carried the REGRET ...was causation /consequence an influence...if she had left earlier; may that have changed his values/conditioning...the elder son became a homosexual...because of family dynamics influence?

Having told her story she then stated; "I admire your courage to CHANGE"

Leaving my first wife to pursue my purpose was seen to be selfish to the extreme by my three (then adult) children...Yet as I pursued Esoteric Studies (Master's Degree in Esoteric Psychology) my marriage relationship became superficial and separate. Leaving my teaching career; my studio and small farm/home and essentially my family was the most difficult challenge of my life.

In retrospect it was LIFE CHANGING... "Let the soul control the outer form and life and all events" required openness, trust, love, gratitude and a clear purpose and intention. Yes there was a personal aspect but there was also a need to develop the authentic self to serve humanity.

Remember: - Energy follows your thoughts/ feelings/actions... amplification then happens... intensity increases tension/stress/ dis-ease or intensity increases relaxation/joy/health. Choose Quality! LOVE

## **11. HUMILITY**

Humility was a lesson forced upon me at least thrice. The "INFLATION" of level of achievement as the personality separates because of assumed superiority is a challenge for the questor.

**"Foe-wrests"= Wrestling the opponent...Boxing/Judo/Aikido/Tai Chi... Personality Vs Soul/ Angel.**

Mars conjunct Pluto in Leo kite potential to Venus and Neptune... kite apex triggered by tail at 6/7/8/9 Aquarius. Chiron my wound might give energy to the conflict.

All boys at Westmead were weighed and placed in divisions for sport. Both Boxing and Rugby League. Having defeated my weight division in boxing I was moved to the next higher division until I suffered defeat. After many

wins the referee winked at me ...the last opponent hit my solar plexus and I feigned collapse and he won. My hidden inner anger was my strength...Others let me be.

Twice in Aikido I presented for a higher grading ...Brown, just before black.

The first time the first 15 had to go through their forms standing... I was in a new Dojo ...I had trained else where only standing... when my turn came up we were asked to do all the forms kneeling... I was the one failure!...19 passed.

The second time I trained with a 2<sup>nd</sup> Dan Friend and I presented for the grading. I completed three techniques and was then asked to retire. A mate also presenting completed the full set of forms. He passed; I received the first junior belt! The 2<sup>nd</sup> Dan showed concern. The 5<sup>th</sup> Dan accepted had to accept my resignation. Interestingly I had often trained with him and a 3<sup>rd</sup> Dan on Sunday morning's class...just a few of us. I was subsequently told that over the years I had not paid my yearly subscriptions thus I was relegated to the very beginning.

I enrolled with a new Tai Chi teacher with my wife. These two events were a public humiliation; but also very thought provoking. Acceptance is not always easy...but I moved on...the test was passed... In hindsight; **Loss became GAIN** as many situations were reviewed overtime.

The Zen saying; "IS THAT SO" by Master Hakuin alludes to the idea; "he knows the pairs of opposites and has gained a vision of that which is neither of them"...this is a step towards discipleship...the noble middle path. From the discriminating sense to discernment is a major achievement.

Since 1966 I have been a teacher with various certifications. For 14 years I both seriously studied and taught Esoteric Wisdom based on my many years of earlier involvement with the Trans-Himalayan Wisdom Teachings.

In 2014...A situation arose and I was told that I was NOT a teacher. This time I felt NO humiliation. There was the inner assurance of worthiness that repelled that feeling of humiliation. When validity is felt affirmation creates a sense of worthiness. This affirmation is based on service.

BECAUSE YOU KNOW WHO YOU ARE...acceptance is followed by letting go...is that so!

Events transpired that resolved this challenge. Three of my main teachers have died; I persist.

Early 1960 I recall reading a letter sent to my Mother by Brother Leo (Director of St Vincent's Boys Home) stating that I would not achieve the ability to train as an apprentice ...I would be the one sweeping the floor. This placed a dragon fire into my belly...the embers still exist.

True Acceptance; while holding Gratitude is testing many at this transitional time.

Our existence suggests that we still have time to fully realise our potential.

Naming Power is the incredibly ability to bring into a present moment the energy matrix sounding of an individual "entity". This invoking activates a response which conveys an essential presence...be it a symbol or concept or feeling...yet its more than words...**it's a fragment of reality that we CREATE.**

Humans are a level of existence that exist in the "Density" of earth substance and have been given FREE WILL. The lower "elementals" respond to their "Human Sounding or Cry". Thoughts/Desires/Deeds create a small unit of a field of energies as elementals respond to their "Cry". This is a living consequence of human expression.

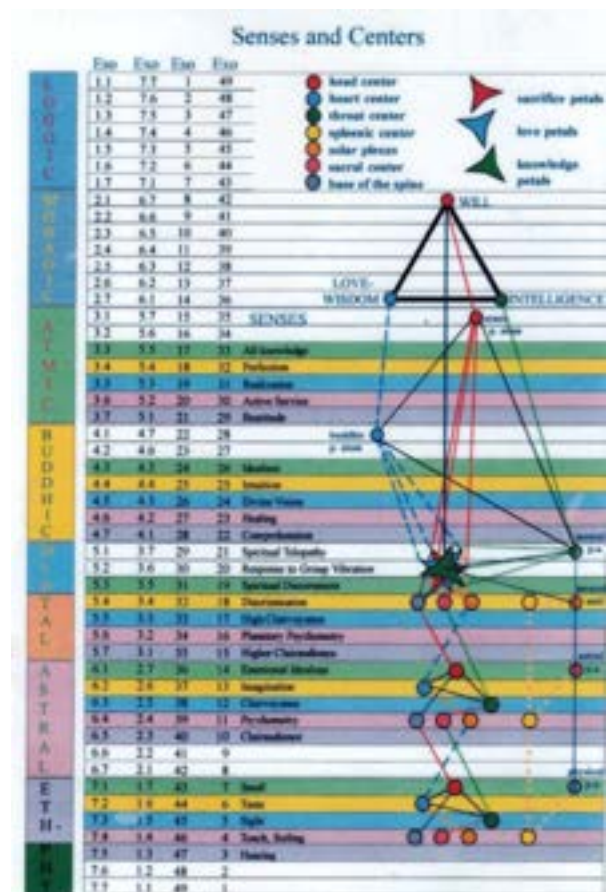
Human creativity is experiential. Sometimes an expression is in harmony and in right relationship with our environments ... sometimes in dissonance and unable to merge with natural life harmoniously. We are responsible for the resolution of our dissonance.

'Prior to that he may, and will, be driven by the gales of circumstance; the press of group and racial karma will force him into situations **necessary for the process of awakening him to his own innate possibilities.** Once he becomes **the conscious builder** himself, **seeking to control the forces and builders of his lower nature**, and to construct the Temple of Solomon, then he is no longer subject to the earlier conditions. **He becomes a ruler, a builder, and a transmitter, until the time comes when he is one with the solar Angels, and the work of human evolution is accomplished.'** TCF.

In reviewing what I had written...often revision happened because: -“Just now the thought came...”

## GRATITUDE!

Love; Light; Blessing to you all. Jurij-Orest Tarnawskyj. 25<sup>th</sup> May 2026



## **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](mailto:Julia.tarnawsky@gmail.com)



**TRIANGLE CENTRE**  
AOTEAROA • NEW ZEALAND

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**Akaroa**  
**New Zealand**

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*Winter Solstice*  
*21 June 2026 – 8.24 pm (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.