

Hallowed Preparation

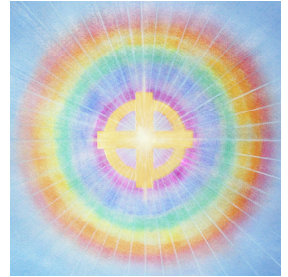
The Season of the true Christ-Mass approaches, as truly as does the appointed time by the Church and State for the Celebration of the Advent associated with the Birth of the Master. We are all affected by the various aspects of the Celebration as these are believed in by and expressed through the Family, the Society, the Nation, and the Church. For it is indeed a time of reunion, social rejoicing, national review and promise, and religious devotion and hope. For the objective subject-matter of the Season appeals to all. Nor would we lessen the joy of family reunions, the giving of gifts to others, and rendering service unto friends and needy ones, nor put restraint upon those who have to guide the Nation in its outlook and review of Life and Service, nor the reverent devotion of those who seek some material concrete expression of the mysterious event found recorded in the New Testament. For all these may form a real part of a true celebration.

Yet we have to see and know the other side of the great Season. The manner of its Celebration is in most strange contrast to the most lowly yet dynamic Reality. For where God's Son incarnates, there is exquisite embodiment of Life. Love is regnant. Wisdom sheds His Glory. Righteousness rules. Equity holds the Divine Balance. The Children of Love and Wisdom go forth into the City of Life and Service, as the Divine Children of Compassion and Pity.

God is Love; and all His Sons and Daughters in whom He is incarnated, make Him manifest. In doing this, they celebrate the Christ-Mass of the Indwelling of God. For in this way alone is Jesus born in Bethlehem... There the Angel of the Lord will speak to you and tell you anew the wondrous story of the Coming of the Blessed One, even Adonai, in His Power and Glory, to be revealed and made manifest in the most holy and illumined estates of Jesus, Christ, and the Lord...

Hark! Of these things do the Herald Angels sing in this hour.

Herald XV, pp27,28



Spiritual Reflections

The Order of the Cross

**December
2017
January
2018**

Thoughts on the Teachings

John Pignéguy

Christmas can often feel a strange time of year. The clatter and clamour that seem to surround this annual event have a habit of almost totally blocking-out any meaning that may lie behind it. Additionally, it is curious to see that the promotion and advertising connected with this festival seems to get under way so early in the latter part of the year. All of this can dim the inner vision of the individual, if allowed to do so. But it may, in contrast, also act as a spur to try and discover, or rather re-discover, or at least see more clearly, what this great festival is all about. The individual seeking-soul may thus be able to take a step back, and have time for some inner reflection, something that may be difficult in a clamorous world, but all the more worthwhile for that. At the very least, it may help “the still small voice of calm” to make itself more apparent in our consciousness. And from that standpoint, we are then more able to appreciate the reality of the Christmas story, as well as the often-overlooked aspect of this story being applicable all-year-round and not just restricted to one particular time-of-year.

‘Love’ is spoken of as a central part of the story, and that in itself gives an uplifting motion. As Our Friend says in the extract: ‘Love is regnant. Wisdom sheds HIS Glory.’ Those two short sentences really do tell a story, and one that can be a touchstone for all that we seek to achieve in our inner and outer lives. Related to that is the sense of renewal that comes with the approach of a new year, in earthly terms – this conjunction of these two festivals is interesting. The celebration connected with both is a significant link in the realisation of ‘new life’ which features in each of them. Thus we see ever more clearly what our purpose is, and where our direction lies.

As Our Friend puts it in the extract, in terms which reflect the privilege and the responsibility of each one of us – ‘The Children of Love and Wisdom go forth into the City of Life and Service, as the Divine Children of Compassion and Pity.’

World Events in the Light of the Message

Elisabeth Heathcote

It has been fascinating to observe recent world events, watching how the Heavens' outworking of the Redemption is moving forwards before our eyes. What momentous times we are living in. Were it not for the insight given us by our Founder in the Teachings, we might well feel dismay. However, we are counselled never to judge purely from phenomena. Events of global import are unfolding almost every day as new information comes to light and new developments take place. On both sides of the Atlantic we are seeing similar forces at play politically. Unsurprisingly, power is at the centre of events – the abuse of power, the love of power, the lack of power. Themes of justice, equity, ethical conduct, and cooperation versus conflict, have also come to the fore.

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We have heard strong voices of division, but it has been heartening to see far stronger efforts to bridge differences, to live in harmony, to help each other, to seek the common ground, to show love, compassion and respect. A couple of examples stand out for me: Muslims in the UK have played a wonderful part in helping after terrorist attacks and the fire in London. Vietnam veterans in the USA came to the aid of Native Americans at Standing Rock over the pipeline dispute, and asked (and received) forgiveness for White Man's wrongdoing over centuries.

It feels to me like a quickening. Much that is wrong and of the old order of things has been thrown to the surface for all to see and even taken to an extreme so that it can no longer be ignored. Traditional means of communication are being bypassed and rejected, with the result that people are better able to get to the truth of a situation. The traditional power bases are being eroded and corruption is being exposed. People are using social media to share things that would hitherto have been covered up and hidden by the authorities, the media, the government. Truth is being demanded and rapidly shared.

I detect a great desire emerging for a new kind of society in which we cooperate with each other and work with nature rather than against it. We see a longing for a new kind of politics where our representatives are people of integrity and honesty, where all are

cared for and involved. I sense that it is rapidly reaching the point where it can no longer be 'business as usual' for we have outgrown the old paradigm.

When faced with such difficult world conditions, it is comforting to be reminded of the reason. Our Friend explains in *Herald XXVI*, p159:

HE is revealing to you that in the repercussion of the conflict of Armageddon which was accomplished in the Intermediary Realms by means of the Oblation, and is now taking place on the outer planes of the Earth, evil is being uncovered everywhere, not only unto the exposure of it, but that, through the uncovering of it, it may be recognized in the communal, national and racial life, and healed by the application of Righteousness and Equity.

It is not hard to see the results of this in the world today, in greater and in lesser manifestations. We see it wherever the love of power is evident, whether in an individual, a community, a nation or a race. We see it in those who want to divide communities, set one group or one country against another. But in order for healing to take place, the evil has to be recognized. Perhaps this is why we are seeing so many either extreme or repeated examples that can no longer be ignored and that cumulatively urge people to actively seek change.

My interest in astrology for many years has given me a wonderful insight into the cosmic energies at play, and to see how the Heavens constrain us and the Planet through these wonderful influences. Astrologically there are tremendous energies at work at the current time to restore righteousness and equity once more to the planet. This often results in uncomfortable or even painful outworking in the world, just as it sometimes does in us individually when we are unbalanced in our functioning.

The Earth is being baptized. It is the resultant of the Great Work of the Oblation. The same outpouring that is upon the Christs of GOD is upon the World; but not in the same degree. There has to be great accommodation.

The same outpouring reaching those who still desire to do evil, will disturb them to their depths, and their evil will be exposed

unto its healing. Individuals, Communities, Governments, Peoples, Nations, are all receiving from this glorious intensive ministry unto their disturbance and undoing, wondering what it is that is wrong with them. They will have to come back again into a state of Uprightness and Balance - the Sign of the Cross. Just as the individual can only find real Salvation through the salving of all his powers or her powers, and know Regeneration in the refinement of all the Being, so with those at the head of Communities, those who rule over the Nations, those who would be true Chieftains and lead the Races; they must be shaken to their foundations. *Herald XII, pp66,67*

We know that we are living in the Aquarian Age, the Age of the Water Carrier, of Truth. We are seeing evidence of the emergence into the light of things that have been hidden, very much so in the public life and politics. Aquarius is also the sign of the Brotherhood of Man. We are witnessing an increasing groundswell movement to cooperate with our fellow human beings, as witnessed with the refugee crisis, the aftermath of the fire in London and the Dakota pipeline protest that drew people from all over the world.

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The more transient prominent zodiacal influences extend sometimes over several years, thus ensuring that their lesson is thoroughly taught rather than passed by. We are currently under particular influence from several Planets, impacting our inner life and also the outer life of the world. Their influence is always to urge us to grow spiritually, but if we do not use them for this purpose, they can manifest in less helpful ways in our lives. This is most often the case when played out in the world.

Saturn, representing the status quo, traditions and 3D reality brings structure, caution, consolidation, and boundaries. At the same time, Uranus, whose influence is often sudden, unexpected and unconventional, even revolutionary and radical, offers a contrasting motion through an urge to seek Truth and do things in a new way. We are being urged to integrate these two energies. In the world we see traditions and our habitual structures being challenged or transformed by new ways of thinking and of doing things. It is a wonderful opportunity to create new structures that reflect a world that has moved on.

In addition Neptune, whose influence is one of spirituality and boundlessness, can also manifest in the world as delusion, confusion or illusion. Pluto has a deep transformative influence, especially concerned with power. It is our functioning that determines how these immense energies will manifest in our lives, and ultimately in the world. Our Friend speaks of this process of healing and transformation through the application of the Law of GOD.

HE does speak HIS Word. HE utters it in Righteousness and Equity. But when those who should hear that Word, will not listen to it; or hearing, persist in repudiating Righteousness and Equity, then HIS Laws operate to cause to fall upon them all, by the process of resilience, what are called HIS Judgements. But HIS Judgements are always beautiful. It is the Law that is violated which, in itself, bears the issues of violence done. There is no way to Redemption other than by right doing, right thinking, right feeling. For it is only through such a process that the Redemption may be accomplished. It is through the healing of thought; the purification of emotion; the re-polarization of the mind; the rectification of the desires; the exaltation of Life's purpose, individually, socially, commercially, communally and racially. The Nations are being purified, though many innocent ones in the process are made to suffer.

Herald XV, s67

It is not always easy to avoid being drawn into all that we see playing out in the world, especially where we see injustice, hatred and division, manipulation, self-interest and domination. However, we are given wise counsel by our Founder:

Do not discuss politically the World's conflicts. You only intensify the vehicle through which the enemy can pour forth conditions that destroy the individual, the home and the community.

Herald XIV, p103

Instead of being a victim to circumstance and feeling powerless to influence the outcomes we long for, we can be filled with power, HIS Power within us. This will enable us to remain calm and centred whilst simply observing what is going on without becoming emotionally or mentally drawn into the conditions. In that wonderfully helpful passage in *The Logia*, p 138, entitled *In the Days*

of the Regeneration, where the events of these times are prophesied, we are counselled:

Go ye not down amid the desolating powers, but dwell in the high places.

Make the LORD your refuge; let Zion be the place of your habitation

So what are we to do when faced with wrongs in the world, when our society seems bent on taking a path at odds with our Aims and Ideals? How are we to use our energies so that they are not dissipated by the contentious conditions? We are asked to be active, to contend with these wrong influences - within ourselves.

HE cometh as a great Purifier. The Vehicle for the purification is the Solar Body. The change in the intensification of the radiations of the Sun since the Oblation was accomplished has become so great that those who can respond are moved forward and upward. Those who do not wish to respond and who reject the motion of the LORD of Righteousness and Equity, are mown down. They may think they are fulfilling their ambitious mission and realizing their unrighteous and iniquitous desires, but the Divine World's play upon them shall yet find them.

Beautiful perfection of Life is not found through communal conflicts, or national conflicts, or racial conflicts. The battle must be fought within the individual. And as with the individual so must it be with the community. And what is true of the community, so must it be with the nation, and the race. It must be the overthrow of the evil that is in the mind, the evil in the desire, all evil in the purpose, every wrong action. Contend with these influences and destroy them. It is the only conflict that will bring back Divine Childhood to this World.

Herald XIV, p96-97

We are assured that what we are witnessing playing out in the world is unto healing. We are seeing and feeling the stirring up of unbalanced thought, of unrighteousness, of desire for power and domination. But the powers that drove the persistence of those states have now been driven out of the Heavens by means of the Oblation. We can now see them for what they are, and we know that they are being overthrown and healed. So, whilst playing our

part, let us take courage and rejoice that the outer turmoil we see and feel is unto healing and that Love will triumph.

The overthrow of unrighteousness is at hand. The triumph of Love is assured, and is at your own door. Let it triumph in you! Let its triumph express itself through you! Then you will contribute greatly to its triumph in the community, in the nations, in the races.

Herald XIV, p104

The Great Silence **Bridget Lytton-Minor**

How blessed an experience for the Soul who can take its flight from out the midst of the world's noises...and reach the Sanctuary of Being, and stand mid the Great Silence of the Presence WHO fills that sacred House. *Divine Renaissance II, p5*

The Great Silence: two words that act like a call, for the awakened memories of experiences we have had, and long to experience again. The call and the Vision of the New Earth is to climb the Mount of HIS Mystery and stand upon it and find GOD in the Great Silence. See *Herald XIV, p196*

When it is said that the Prophet ascended Mount Horeb step by step until he stood upon the summit, it is to be understood as a story of the Soul ascending Divine Heights to reach the Great Silence. When he reached it he knew the Mystery of the Presence within him and around him. *Herald XIV, p195*

To take this journey of sublime initiation is not an easy task. It took the prophet forty days or perhaps forty lives. His foundations were shaken by earthquakes, as he was rejuvenated in his Solar Body by the Sun. World winds or Cosmic Breaths rushed up and down his spine. In the great Ordeal he experienced the Mystery of Fire, as the Chariot of fire filled his vehicles, and his bodies, attributes, were re-energized and purified. See *Herald XIV, p193* and *Herald IX, p125,126*

It is not only the prophets who can ascend the Heights, but each one of us can experience these sublime realizations when we have the willingness.

If you would understand the Great Silence you must know that it is not just being silent but entering the realm of Divine Awe...If all the earth could be silent for an hour, if it could learn the value of Divine Silence, how to appropriate it, how to make it the vehicle for the expression of the Soul's Divinity, communal Divinity, national Divinity, racial Divinity, what a changed world it would become. *Herald XIV, p193*

You do not know each other because you walk by each other's side, and have casual conversation with one another. You may do that for years without knowing each other. To know each other... you have to be able to touch each other's Beings.

Divine Renaissance II, p111

The cultivation and appropriation of the Silence can help us move from the personal to the impersonal. The personal lower mind of the third chakra loves to talk while the impersonal higher mind of the fifth chakra loves to listen and dwell in the silence. When we practise the way of the Silence we can commune more with others and commune from our hearts with Love as well as with the impersonal mind.

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It is so very difficult for men and women to think impersonally, *to understand the difference between the Soul and the personality*, to realize that whatever is spoken concerning the Soul cannot be in any degree understood rightly if interpreted personally. When anything is postulated of the Divine and Universal Soul, it must be understood in an impersonal sense; for it is spiritual and inward, not physical and outward. It is of the Soul, not of the body. It is even of the Universal, not of the mere unit or individual. It is, in a planetary sense, Macrocosmic, not Microcosmic. *The Master, p413*

Silence gives time and space. Words divide. Silence unites. Silence can comfort and be a refuge. We don't only teach with words. In the silence we teach by embodying the atmospheres that we generate unconsciously. Silence is the path for awakening souls, who are searching for an inner place of rest in the essence of their Being. They are searching to experience the Mystery of Being. Silence can enfold and comfort us, because it helps to take us into our own inner Sanctuary and the Reality of the Presence within. The Silence connects us with the invisible worlds. Until we can

develop our inner life of prayer, and connect us to the Angelic Realms, we can easily become caught up by the outward aspects and activities of our life.

The Message when read aloud creates beautiful atmospheres, which vary in intensity according to the depth of understanding in which they are read. But when the Silence is shared and included, the intensity of the atmospheres grow as the participants are able to receive the mediation which comes from the Heavens. Our Friend was very aware of atmospheres. In a remarkable statement speaking about the mental body or medium of thought, he describes how the mind 'enshrouds' the physical body with an atmospheric circulus. As the outer body has its own atmosphere so does the Soul. The Etheric body is the atmosphere that surrounds the Soul. The Soul is the atmosphere that veils and houses the Being. See *Herald IX*, p43

As in humans so with the Angelic realms. When the wedding day arrives the heavens will weave the perfect garment for the Marriage Feast, and when we have attained the humility of a totally realized human being, we will enter the Great Silence and be one with the Son of God and realize the Divine Presence. During the preparation for these great events we will be blessed and healed in realms of Music and Silence. The personal mind that has held us captive so long in the fallen world, will also have become healed by the Love and Peace of the Overshadowing Silence.

Let us not neglect the Silence, its atmospheres and its many ways of being important.

He whose Dwelling is the Secret Place of the Most High One,
doth abide within HIS Almighty Overshadowing.

Psalm 35

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A sharing from Edinburgh - May 2017

Alison Muirhead

Looking for ways to make sense of my day to day existence, it is encouraging to stumble upon inspiration and encouragement. To me the world is in turmoil and integrity and compassion in short supply. Connecting with the Silence and Love can be so reassuring.

Such inspiration and reassurance has come to me recently during Fellowship at our Edinburgh Group meetings. First a Worship Service on the Divine Omniscience, next a study on our place in the Universe from the Mystery of the Divine Ætheria and then one entitled The Stars in their courses. Finally, a Worship Service on Pentecost put it all into perspective for me. The sense of relief and desire to share were what led me to share this with you all.

Forgive me if you have already passed this way and my thoughts no longer interest you. However, others may appreciate the references and wish to study them for themselves.

Saddened by the seeming current trend in the world for misrepresentation of the facts, power seeking at any cost and blatant materialism, and despairing of any sign of a rise in consciousness, enlightenment or genuine generosity of spirit, inspiration was needed.

These lines spoke to me from *Herald XXVI, The Divine Omniscience*
All knowledge means all knowledge of what is. It means also the perfect knowledge lying behind the Divine Purpose. The Divine Purpose is always perfect, though there have been experiences in creation – to wit, this Earth – wherein the Divine Purpose has not been realized.

The Divine Purpose is illumined with the knowledge of what is to be, and of the natural corollary as the resultant of what is done. p129

The Universe is not a machine. If the Universe be a machine, yet GOD is in it and behind it. But everything that has been in the Purpose of GOD must take place, *must* take place. Now, you cannot postulate evil of HIM...GOD is the Eternal Good...

But in the matter of creation, the fashioning of Worlds, the sending of Worlds on their mission, the knowledge is contingent. You do not know a thing until it has taken place. It does not exist till it has taken place...

There is the multiform exposition of that [general] Law as it become operative in every World, Star, Planet and Soul World. But the history of a Star is written only when it outworks it.

The history of a planet is written only when it is outwoven in the Planet's motion and its creative output.

pp130,132

We are children of Love, and because we are, we have HIS Law in the principle of our Being. But we have liberty – liberty to act in response to the motion of the Law. So had the World. So had, and has, the System to which the World belongs. It is the very constitution of the Universe. p133

Herein is a great Mystery, but it is the Mystery lying at the very heart of the Universe, wherein the Sons of GOD become capable of passing from realm to realm, from kingdom to kingdom, from sphere to sphere, from embodiment to embodiment, giving exposition of the Eternal FATHER-MOTHER.

p136

The big picture is very reassuring to me. It speaks to the within and the Trust and Love that flow enable my mind to appreciate the difference between the Divine Purpose, the history of the planet and the conditions today. But then my mind takes over again and the outer impinges once more through the ever present media. Impatience, disbelief, anger and frustration at the evidence of man's inhumanity to man fill it. It is hard for me to see the progress that is being made towards the raising of consciousness of man.

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Then, by chance, a magazine comes into my possession. The main article lists the 100 most spiritually influential people living in 2017. Evidence that the esoteric is alive and growing in our time. At places 1 to 3 appear The Pope, Dalai Lama, Desmond Tutu and in fourth place Eckhart Tolle. You will have your own interpretation of the spiritual nature of the influence these esteemed people have on our culture and humanity today.

What interested me more was that at no.10 Deepak Chopra, a writer on Ayurveda and mind-body connections relating to spirituality and medicine, had teamed up with a leading physicist, Menas Kafatos, to write a book about the Universe and man's relationship to it.

The article which followed explained that science could no longer offer satisfactory answers to explain the reality of the Universe. Each human being experiences within themselves what his senses

tell him and no-one knows how that process comes about to create reality. The authors explore the idea that science and spirituality contribute together to make reality.

Watkins, Mind, Body Spirit, Spring 17, *You are the Universe* by Deepak Chopra and Menas Kafatos:

Our book is to show that this is a participatory universe that depends for its very being on human beings.

Our conscious universe responds to how we think and feel. It gains shape, colour, texture, sound from us.

But if everything you see around you needs your participation, then you are touched by the cosmos every minute of the day.

How marvellous to see that influential people are beginning to think in terms of miracles and mystery and that individuals are being recognised as contributing to the whole. I know my response to the philosophy is simplistic and yet I feel that these 'Ah -ha!' moments tell me the angels are listening to my questions and sending me answers. There are chinks in the establishment's scientific armour.

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In *The Stars in their Course*, *Herald VIII*, we read:

It is true that in these days great Solar activities are manifest to those who can witness and understand anything of the Solar Body, for the purpose of breaking up the conditions and reconstituting Humanity. But any apparent hurt that proceeds from such an intensification of Solar electric activity is unto healing. Men have to be restored to sanity, truth, righteousness, and equity; and the fallen elemental realms purged and restored. Many think those who are just, are not truly sane; that those who are compassionate are weak-minded people; that those who have Divine Pity are not qualified to direct, teach, govern, and rule. Those who think these things (and their numbers are legion), have to be taught in a Divine way the great Realities, that the ways of the world are mostly far from the ways of GOD, and that the resultants are anything but such as would have been the outcome of the operations of the perfect Law of GOD. pp210,211

So my mind has been reassured on the outer by the magazine article and the reading above. The lesson for the inner about how

the Divine way of teaching comes to us, came to me next during the Worship Service on Pentecost.

Divine Renaissance II:

For the Being must ascend from Galilee, the realm of the Mind known as the Understanding. For GOD is not knowable through the Mind, though at all times HE is observable, and the Mind learns much through understanding the mystery of GOD's glorious manifestations.

But if the Being would know the inner things, it must needs ascend from the Mind into the realms of Divinity. p167

Pentecost signifies that which is yet to be. It is the prophecy of a re-ascended Israel. p169

My 'Eureka' moment centred around the Divine Spirit:

That is the Life which reveals HIM in everything- in the inner motion, and in the expression of that motion of the Spirit as it flows from the centre to the full circumference of the Soul's power of manifestation. *It is of this that Pentecost speaks.* p169

To conclude. The answers to every concern are there for us. We must just open ourselves to receive them. It is wonderful to think of the way the Universe responds to our needs and makes allowances for our free will and at the same time manages to take account of the Divine Purpose.

The Universe is a mighty Soul within whose womb worlds are fashioned. The Spirit moveth through the glorious Ætheria; and the Eternal Mother calleth into manifestation systems of transcendent quality. The Stars are concentric expositions of Sublime Mystery, and eccentric revelations of the Will of the Eternal expressed in stupendous ministries.

This action of the Divine Spirit throughout the Universe is repeated in the creation, fashion and ministry of the Soul. In our order and degree, the same Mystery is expressed within our Being. We also are individuations of the sublime Life of the Eternal One. HE is thus manifested through us. Within the Soul as the Tabernacle of Being, HE is realized. *Herald VIII, p126*

The Stilling of the Storm
A study for young people
Family Week August 2017
Sarah Palmer

A great Teacher who was sent from the heavenly Father-Mother entered into a little ship with His disciples, and launched into the Deep.

When in the midst of the Deep, a storm arose, and it grew more and yet more tempestuous, until it was so great as to almost overwhelm the boat; and fear laid hold of the disciples.

But the teacher was asleep in the hinder part of the ship,

Then the disciples came to Him in great distress, and called unto Him to save them.

And when the Teacher was awakened He asked them, saying "Why were ye so fearful? How was it that your spiritual vision was so easily obscured?"

"O ye whose faith is not little, wherefore do ye doubt?"

And the Teacher arose and spake unto the storm-tossed waters, saying unto them "Peace! Let there be stillness."

And there was the Great Silence in which the winds and the waves grew calm.

Logia, p126,128

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This story is an allegory in which the Sea of Galilee represents the mind and the little ship represents the Soul. The Master told it 2000 years ago when He dwelt in Galilee. Even today the Sea of Galilee is renowned for its stillness and the remarkable fact that almost daily storms blow up, apparently out of nowhere. A peaceful mind is like a calm sea. A calm mind is a balanced mind that is capable of making good and wise decisions, decisions that can reflect the light of the heavens above. But the mind, like the Sea of Galilee, can get easily disturbed and upset and a troubled mind only needs the contrary winds of life to blow small waves into a tumultuous storm.

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The Soul is like a ship upon the open Sea, when all its attributes are out of true harmony; it is tossed about upon the tempestuous waves, and is in danger of becoming overwhelmed.

The mind of the Soul, which should be always calm and clear like pellucid waters, is then filled with disturbing elements, so that it cannot reflect unto the Soul the Heavens of its Lord.

Even the powers of the mind itself are so troubled that they fill it with the fear of a great dread, and make it cry out like those who are in dire distress.

For, as I have said unto you, the mind of the Soul is the Sea of Galilee, and the sacred little ship upon it is the Soul, the sacred Ark within which the Divine Presence abides.

Logia, p126

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The Sea, sometimes referred to as the Great Deep, represents the Mystery of Life. Today its waters are unquestionably very troubled and many people in the world are being overwhelmed by the storms of life be it from hunger, homelessness, poverty or even the terrible devastation of war. Every day we hear reports of tragedy and violence. Life is not a voyage without tumult, storms and challenges. It is good to remember the well-known saying “We cannot direct the wind but we can adjust the sails”

We can learn how to manage ourselves in the midst of the storms. We can learn how to still the storm in our own minds and hearts. This story is a wake-up call to become conscious of what is operating and to develop skills and strategies that help us to recall our highest motives and be at peace with ourselves in the face of the storms of life.

One very useful strategy is to pause before we react to situations. Pausing is a cessation, a brief moment of quiet ingathering before acting. Our reactions are very interesting – we can learn a lot about ourselves by noticing them. If we gradually learn to pause before we react we can eventually replace our reactions with a considered response that is less likely to be overwhelmed by a storm. If we pause, even momentarily, before acting on impulse we can become more conscious and responsible for our actions. Storms once triggered can be whipped up, not only by unconscious impulses and reactions in personal relationships, which although regrettable we may learn to understand and forgive, but also by social or political motives. Thoughtless or malicious use of social media can cause

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devastation to individuals. We have all heard of the pain caused by cyber-bullying. This year, during elections worldwide, we have witnessed huge storms blown up by the media for political advantage, often with only the most tenuous relation, if any, to the truth.

It really helps to be aware of how fear-inducing storms can build up in our minds until we are in danger of being overwhelmed. It is even more helpful to learn how to cultivate a quiet mind and to be still in the midst of turmoil. Even spending a moment in absolute stillness and silence can be hugely beneficial and that benefit will increase and grow with constant practice. Mindfulness, which has arisen out of the Buddhist tradition, has become widely accepted and offers many helpful ways of stilling the mind and entering a deeper state of silence. Just two minutes of conscious breathing can have a remarkable and powerful effect, not only by directing the attention of the mind, but by soothing an anxious emotional state to one of peace and calm through restoring a steady rhythm of deep breathing. Those of us who have access to the Message of The Order of the Cross often find reading, even just a few lines, has the added benefit of lifting the spirits. Or you may just affirm in your thoughts a few inspiring words such as; “Let Peace fill me, (as you breathe in) Let Love be my guide, (as you breathe out)”.

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Learning how to be still and conscious of the Presence, or your true self, your inherent Divine nature, is not only for those people who consciously adhere to spiritual practices. It is for everybody although they may not all know how to identify it. I heard a report recently of a study carried out on footballers in a shoot-out. Those footballers that paused for a moment before striking had a staggeringly higher rate of success than those who went straight for the shoot-out. Observe tennis players before they serve a ball, how they employ many and various strategies to calm and gather themselves before lifting the ball and racquet, how often the camera zooms in at that moment and we see the inward concentration of the eyes as they pause in absolute stillness. Now clearly no amount of pausing, praying, or ingathering in the silence would help someone who had not first developed great skill in football or tennis to score a goal or serve an ace. It is up to us to develop skill

and ability, use our gifts and do what we are good at in life, but the greatest skill of all is in learning how to manage ourselves in the face of pressure, anxiety, fear and the challenges that have become a normal part of life. Not only does this help us individually but each soul who calms the storm within their mind and heart, and finds peace and stillness, contributes substantially to the sum of World Peace.

* * * * *

...life was never meant to be like a sea of turbulent waters. It was meant that the Soul's Journey should be across the Great Deep of the Waters of Eternal Mystery, during which in its passage, it should learn of much that the Great Deep contained and that the Heavens reflected into it...

The individual...Soul had to express effort to interpret its Divine Heritage by following the Divine Urge within it in endeavour; through the endeavour making progress; in the progress acquiring; in the acquisition storing up within its memory invaluable things which it would afterwards be able to recall, to meditate upon...

The Soul learned first of all along the realm of the objective, for the mind gathers in knowledge through observation and reflects it back into the Soul, and so the Soul gathers knowledge on the way...every Soul grows up from spiritual childhood unto the unfolding of the glorious Deific attributes within it. In this way it processes. It has to learn how to go in company; it has to learn how to go alone. It has to learn how to call at the Havens on the way and to enter the Harbours. It has to learn how to be a long time between Havens, for it is part of the Soul's experience on the way.

Herald XXIX, p108,109, Amid Troubled Waters

* * * * *

By stilling the storms of the mind and restoring peace and stillness we call to consciousness something of our true inner nature, which has been asleep deep within the ship of the soul. It is we who have slept and forgotten to call on the Presence within us. In the story it is an urgent call, born out of the fear of being overwhelmed, but it can with practice become a steady state. Potentially within every

one of us the Christ can arise in consciousness and become our pilot leading us through troubled waters into safety.

Perhaps you, like me, have days when your mind seems to be not so much in a storm but embraced in a fog. On those days I feel restless as if the Presence is locked in a cabin deep, deep within my unconscious mind, I have lost the key, and I search, sometimes fumbling, indulging in complaining, eating chocolate, momentary distractions, faffing and fiddling, listening to the radio or watching TV for example. But most of us have discovered certain keys that can successfully unlock the door such as listening to music, making music, singing, dancing, walking in nature, drawing, painting, even cleaning and tidying, all of which involve taking positive action. Sometimes the fog is caused by tiredness in which case the solution is to rest or sleep. The Divine Urge will always lead us to Peace and Happiness if we just remember to perceive it, listen and act on it. *"Oh ye whose faith is not little, wherefore do ye doubt"* Faith is spiritual perception. The solution may not be instant and does require effort on our part, effort without strain or striving. Finding direction with ease. Sometimes this means allowing and letting go of agendas, goals, ambitions and desires. It may simply be allowing and acknowledging a soul yearning, which is a prayer, listening and following the Divine Urge that comes sooner or later and always leads to a sense of peace. In hindsight we can always reflect on the resultants of our well-intentioned choices and decisions and see if the direction was good and true, or not. And sometimes we can even feel relieved and grateful when we recognize that the hand of God has been actively guiding us, as it often has, unknown by us, even through the fog.

The skilled soul gradually learns to make vital distinctions either between the desires of the sense life or those urges that arise from an over-active mind, however well intentioned, and the Divine Urge. This is not easy because of the illusory nature of many of the temptations that beguile us today. The mental and sense desires when fulfilled lead to a degree of happiness which is often of a temporary nature. Kept in moderation these may not be particularly harmful and may even serve some palliative purpose in life. However when any urge becomes obsessive or compulsive it

is out of balance and becomes a dominating influence in the life. Sadly certain desires lead to dependency and addiction in which case the soul finds no freedom but instead is enslaved to a constant cycle of temporary gratification. Substances such as alcohol, drugs, even some foods to a lesser extent, are responsible for this, but also over-use of technological screens, television, computers, social media, video games, all can become compulsive and even addictive. Gambling and excessively high-risk sports and thrill-seeking can also become highly addictive distractions.

There is much fear generated when life goes out of balance, just like a ship as it pitches and tosses on the waves, the brain becomes rewired and loses its direction. The Presence when called upon can always arise from the hinder part of our ship and become our pilot again, even after ages of neglect. He will lead us and guide us through troubled waters into a safe haven. Because the Presence within is the Divine Love that never goes to sleep and never ceases to Love us whatever storms we get caught up into. The Divine Urge will guide us towards our professions, vocations, employment, where to live and with whom in life. It may take us across long, testing and seemingly lonely seas at times but all for our ultimate healing and growth. Life poses huge questions and decisions, which concern us all at times, but especially as we are setting off on our journey through life. It can also guide us through the seemingly small matters of daily life which are equally important as we go step by step, day by day, seeking the path to peace, happiness and fulfilment which consciousness of the Presence within brings.

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Northern Area Gathering Gartmore, October 2017 Alison Muirhead

Friends gathered together in Fellowship again this Autumn in Scotland. Although there was no theme, the readings spoke to me of ascension. The Worship led us from Friday evening's visit to Solomon's Temple, up through the Spiral Breath on Saturday morning onwards through studying how watching and praying help us on the way. Readings from Solomon's Porch and the Meditation

on Remembrance on Saturday afternoon prepared us for the Worship on Sunday morning when our ministrant led us still further upwards whilst speaking of Atmosphere, Spiritual Energy and Inspiration to envision our attainment to be one with the FATHER-MOTHER. It was uplifting to return to where we had begun on Friday with the final verse of Hymn 51:

LORD Adonai!-Take us to THY keeping!
Return with us to where our service lies!
I-u-dah waits THEE in the Dawn awaking,
Her sons would feast with THEE, in Paradise.

Mary Salter, on Friday evening, drew us gently into the Atmosphere by reading from *Herald XXVIII* and the *Temple of Solomon*.

...specially upon it in relation to the Soul's path back to the high consciousness of the Divine Presence...In relation to your own path back into the consciousness of HIM Who is your LORD.
p43,44

Christhood is a consciousness through which we rise into the consciousness of Christ and stand within the Temple of the LORD, which is Solomon's Temple. p 46

The path to such a blessed state is through the consecration of the Life. p47

We ask you to come into the Innermost, just to be HIS beautiful Children, losing yourselves in HIM, but in that losing finding yourselves. And to find one's self in HIM is to find everything – all treasure, all power, all service. p55

The motion of the final Hymn, number 51, sent us off to the night watches with Love in our hearts.

A brisk Scottish wind was blowing drifts of rain across the landscape on Saturday morning as Christopher Miller drew us further on our journey inward and upward on the Spiral Breath.

This world is built up in most mysterious fashion. At the heart of it there is the Mystery of the Spiral. The human life is in many respects a replica of that Mystery, for the individuated Being is built on the principle of the spiral.

A spiral may be represented as a winding staircase. The Spiral Breath which gives life to all things, is the Spiritual Life-Stream...There is motion in the atmosphere in its upper

layers...the result of magnetic action...But apart from, and in addition to, these, there is the Spiral Flow at the heart of the planet. That is not so easy to illustrate, or to unveil. But you may understand something of it through your own experience. For the Spiral Breath is in each one. There is an ascension of life from the planes that we speak of as the lower and outer, as the Life-stream of Divine Magnetism moves inward and upward, even until it reaches the innermost and highest.

Life's Mysteries Unveiled, p51,52

Our sharing, in the afternoon, was introduced by Richard Palmer, who thoughtfully led us through the unfoldment entitled *Watch and Pray* from *Herald XII*.

Watch ye and Pray. Seek the Realm of Light that you may understand. Pray, desire, aspire, ascend Divinely, and your prayer shall make you one with GOD in His Holy Purpose.

p190

Richard followed the study in the evening with a meditation full of Love and Atmosphere with readings on *Solomon's Porch* and from the *Meditation on Remembrance*:

Through the remembrance of HIM, by remembering HIM, we grow like HIM. By remembering HIM and growing like HIM we become for HIM the exposition of HIS own Mystery in all the deep experiences of our Being, and the manifestations of His Mystery as the very incarnations of HIMSELF upon the planes of this World.

Herald XXIX, p186,187

Sunday morning had us soaring in our vision.

Let us realise what it means to walk in white before HIM; not only the white of the redeemed life which of necessity must be our possession, but the White of HIS own Auric Glory.

Herald XXXI, p68

Alan Anderson brought our time of Worship to a close leaving us on the heights with these aspirations.

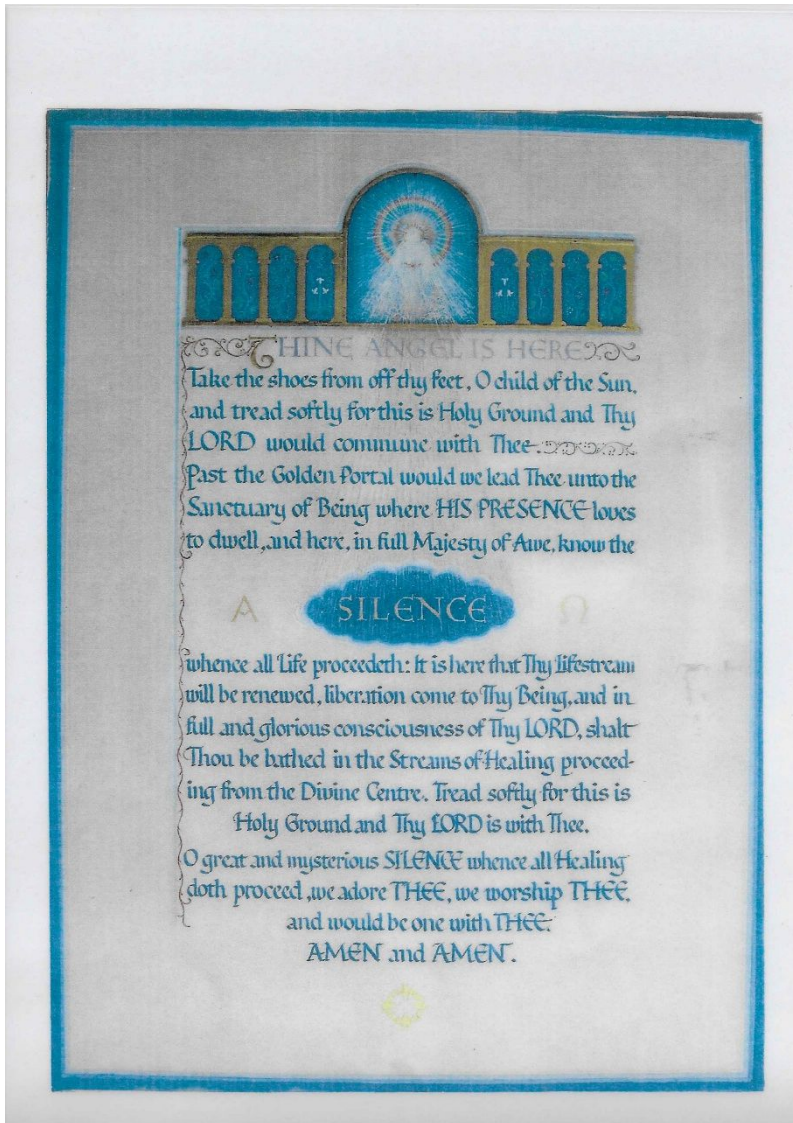
Oh for the day to come wherein even the world children can turn and say, "Who are these men and women who so strangely love one another; who interpret Life so differently from others, and who are so noble in their bearing and holy in their outlook;

who are willing always to take the burdens of others and bear them beautifully; who are full of a Joy of Life which is not evanescent like the joy that seems to fleet across the sky of our experience, and then like a passing meteor, goes out; for their joy seems to leave no bitterness behind it, to bring no bitterness with it, and to be from a source we have not yet tapped?"...

And what a yet greater day it will be when, as an outcome of Israel's manifestation of the Christhood, all the Children of Judah, shall say to the Children of Zion, "Your GOD shall be our GOD. Whither ye go we shall seek to follow."

The Mystery of the the Light Within Us, p175

A heart felt thank you to all our ministrants this weekend for a truly memorable time of deep and meaningful worship.



Photograph of an Illuminated Text by Frank Buist submitted by
Bridget Lytton-Minor.

Announcement: Open Gathering in the Lake District November 23rd-26th 2018

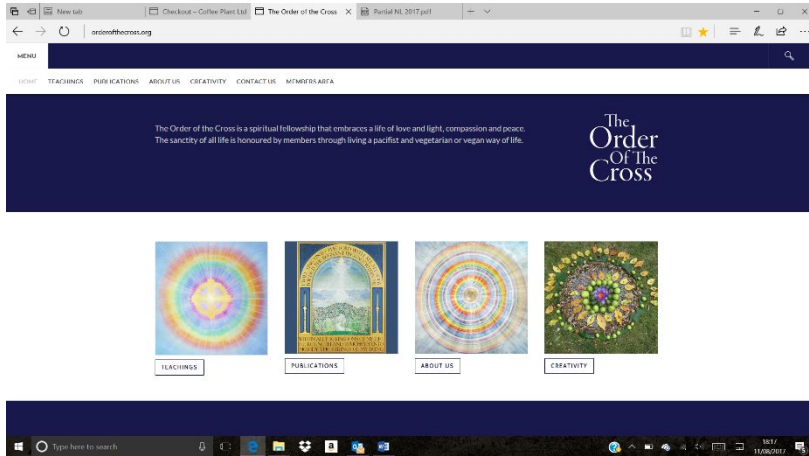
Glenthorne Quaker Conference Centre is ideally placed within the North Midlands. This weekend is open to all Members and Friends, providing the opportunity to bring along anyone who has shown an interest in the Teachings of the Order of the Cross. Hopefully it will also be a good venue for old and new friends to come together in Fellowship.

Glenthorne can accommodate up to thirty five people and we hope to fill it. There are facilities for the disabled and the Centre caters for all dietary requirements. There are twenty six rooms, seven single rooms and the rest double or twin with en suite.

Glenthorne is a lovely venue in many ways, but there is one slight variation from what we are offered at other venues. They cannot offer two main meals a day and most of the local cafes are shut in the evenings. So Saturday can be mostly free to explore the area or enjoy Fellowship within the centre. There is a very good cafe four minutes walk away in Grasmere called Greens Cafe and Bistro (See their website at greensgrasmere.com). They offer vegetarian, vegan and other options that would suit us.

New Web Site

The new Order of the Cross website can be found in a similar way to the old one i.e. www.orderofthecross.org this will get you to the home page as below:



Just navigate by either clicking on the pictures or by clicking on the boxed text. Anywhere there is text in light blue indicates a link and you can click on this to find more information.

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Communal Sharing: Services and Studies by Phone

THE COMMUNAL SHARING CIRCLE is international and open to all. All you need to join us is a phone! Three regional calls are scheduled to serve our global community:

- I: North America, Australia and New Zealand – 00h00 GMT
- II: Europe, Australia and New Zealand – 08h00 GMT
- III: North America and Europe – 16h00 GMT

Local times and dial-in numbers are listed on pages 27 and 28.

We welcome you to participate as a reader or a listener. Readings taken from the books are referenced on the schedule; others require a service document, which may be requested by contacting the Coordinator (see page 27 for contact information).

Feel free to join us as frequently or infrequently as you like. When possible, please call in 3-5 minutes before the hour and introduce yourself when joining the call.

FELLOWSHIP CALLS on 2nd Saturdays – December 9, January 13, February 10 – help us get to know each other better and consider ways to improve our Sunday calls. Fellowship calls begin at 8:00 am Pacific time (11:00 am EST, 4:00 pm GMT in the UK).

SCHEDULE

DECEMBER

- | | | |
|----|----------|--|
| 3 | I & III | Worship Service – Ministrant: John Blossom
<i>Soul Estates: Celestial and Divine</i> [Document] |
| 10 | III | Ongoing Study taken from Divine Renaissance II
Ministrant: Richard Palmer |
| 17 | II & III | Spiritual Linking – Ministrant: Christopher Nye
<i>The Master</i> , pp157-171, <i>The Flight into Egypt</i> |

24 III Communal Sharing – Ministrant: Michael Arcese
The Return to the Christ-Mass [Document prov.]

JANUARY

7 I & III Worship Service – Ministrant: Elsie Danielsson
Air, Breaths, Atmospheres [Document provided]
14 III Ongoing Study taken from Divine Renaissance II
Ministrant: John Blossom
21 II & III Spiritual Linking – Ministrant: Christopher Nye
Herald I I, pp18-27, *The Immaculate Conception*
28 III Communal Sharing – Ministrant: Richard Palmer
The Eternal Mystery [Document provided]

FEBRUARY

4 I & III Worship Service – Ministrant: Patricia Sherwood
The Sacred Fire [Document provided]
11 III Ongoing Study taken from Divine Renaissance II
Ministrant: Esther Gowan
18 II & III Spiritual Linking – Ministrant: Christopher Nye
Easter booklet, pp5-16 – *The Cross of a Christ*
25 III Communal Sharing – Ministrant: Sophia Howard
Loyalty to Truth [Document provided]

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FOR MORE INFORMATION and to receive service documents by mail or email, please contact the Communal Sharing Coordinator:

Esther Gowan • esthergowan@earthlink.net • (1) 805-542-9133

LOCAL TIMES – With the advent of service to Australia and New Zealand, Communal Sharing calls are now scheduled year-round on Universal Time (GMT). To find the call-in time for your locality, refer to column A or B according to whether your Time Zone is currently observing Daylight Saving Time.

For the months of December, January and February, times listed in column B will be in effect in all areas.

**A – Daylight Saving Time in Northern Hemisphere
Standard Time in Southern Hemisphere**

- I A: 00h00 GMT
5 pm PDT (Sat. eve.)
8 pm EDT (Sat. eve.)
8 am AWST
10 am AEST
12 pm NZST
- II A: 08h00 GMT
9 am BST (U.K.)
4 pm AWST
6 pm AEST
8 pm NZST
(1 am PDT) (USA)
- III A: 16h00 GMT
9 am PDT
12 pm EDT
5 pm BST (U.K.)
(12 am next day AWST)
(4 am next day NZST)

**B – Standard Time in Northern Hemisphere;
Daylight Saving Time in Southern Hemisphere**

- I b: 00h00 GMT
4 pm PST (Sat. eve.)
7 pm EST (Sat. eve.)
8 am AWST
11 am AEDT
1 pm NZST
- II b: 08h00 GMT
8 am GMT (U.K.)
4 pm AWST
7 pm AEDT
9 pm NZST
(12 am PST) (USA)
- III b: 16h00 GMT
8 am PST
11 am EST
4 pm GMT (U.K.)
(12 am next day AWST)
(5 am next day NZST)

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INTERNATIONAL PHONE NUMBERS FOR COMMUNAL SHARING CALLS	
COUNTRY	PHONE NUMBER
Australia	(0) 2 8355 1039
Canada	(1) 647-497-9379
Ireland	(0) 19 030 050
New Zealand	(0) 9 925 0481
Sweden	(0) 853 527 817
United Kingdom	(0) 330 221 0099
United States	(1) 646-749-3117
ACCESS CODE: 506-112-581 # # (Same code for all countries)	

THE READING FOR DECEMBER IS

'The Flight into Egypt'
The Master pages 157-171
It will take place on Sunday 17th

'Rejoice greatly, O daughter of Zion; ...'

There are **two** Readings for December. Firstly, **08h00 GMT** that is 8am in the UK, 4pm in Western Australia, 7pm in Eastern Australia and 9pm in New Zealand. Secondly, **16h00 GMT** that is 4pm in the UK, 8am PST in North America.

THE READING FOR JANUARY IS

'The Immaculate Conception'
Part I *Herald II* pages 18-27
It will take place on Sunday 21st

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'The Blessed Virgin Mary is none other than the Being.'

The timings for both the Readings are the same as for December.

GATHERINGS AND EVENTS

February

14-19 New Year/Spring Gathering 'Seashells', Swanage

If you are interested in joining us at this Gathering contact us using the Order of the Cross contact details below and please tell us something about yourself.

CHANGES OF ADDRESS

If you have changed your address or any of your contact details, please notify Roger Score at:

The Order of the Cross
27 Old Gloucester Street, LONDON, WC1N 3AX
Email: light@orderofthecross.org or
Telephone 0207 1176 059

This will ensure that Spiritual Reflections is sent to your new address and that all your contact details are updated on our database.

If anyone wishes to reproduce a portion of Spiritual Reflections, permission should be sought from the Editor in advance, at the above address, or:

Email: editor@orderofthecross.org

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Spiritual Reflections

Publication Timetable

Issues will be published in the first week of:	The two or three month period the issue will cover
February	February March
April	April May
June	June July August
September	September October November
December	December January

You are reminded
that the next issue of Spiritual Reflections
will be published at the beginning of February
2018