

## Watch and Pray

WATCH AND PRAY! It is a great Injunction. How often in the Days of the Manifestation the Master had to speak to His Beloved Friends asking them to watch with Him, and pray with Him! It was not in the sense of a merely Communal Prayer, but in the Soul's outlook to watch constantly, and in Divine motion to pray unceasingly with Him. ... The need to Watch and Pray is imperative. It was never more so. If Truth is like a mighty stream rushing on for the conquest of all Souls, how comes it to pass that the need is even more imperative now than it was in the Days of the Manifestation? It was then; but it is even more so now.

The Watchers above and around us have open vision. They are constantly looking out. Remember there are millions of Angelic Ministrants all around us. And these Hosts are ministering unto the Earth. They are watching and working for the Redemption.

Be one with the Watchers of the Heavens. Learn to interpret rightly. In your watching, watch from the Heavens within you and not simply through the atmosphere around your outer life; for this latter will be affected by the tumultuous conditions of the outer life of the world. Is it not from that stand-point you so often make your decisions? Is it not from such a view-point you so often make your wrong judgements? You cannot see correctly if you look simply along the lower planes and through the lower, denser atmospheres. You must ascend into the rarified atmospheres, where vision becomes clear. From thence you will be able to penetrate the denser atmospheres, understand their significance, and know how they are to be changed into purer states.

Watch ye and Pray. Seek the Realm of Light that you may understand. Pray, desire, aspire, ascend



## Spiritual Reflections

### The Order of the Cross

May  
June  
July  
2020

Divinely, and your prayer shall make you one with  
GOD in HIS Holy Purpose.

*Herald XII, extracts from pp178-181 and 190*



## **Thoughts on the Teachings** **John Pignéguy**

**I**N OUR BUSY and distracted world, conditions do not readily lend themselves to contemplation. At the best of times, the “pull” of worldly events is a powerful factor in the lives of all of us, and it is not always easy to achieve any sort of balance in such circumstances. In addition, the various media all have a vested interest in promoting their particular point-of-view, mainly for financial reasons.

In personal terms, it is vital to be able to ‘stand back’ from too much involvement in all of this, but at the same time it is right that we understand what is going on and realise what contribution(s) we as individuals can actually make for ‘the common good.’ This realisation brings into focus all sorts of possibilities, and the ‘thinking process’ that this engenders really does help to lift things to a higher level. Correspondingly, and in outer terms, we can only really see with greater clarity of vision if we are up high enough to be able to do so. Our Friend makes this point well in the cover-extract – “You cannot see correctly if you look simply along the lower planes and through the lower, denser atmospheres. You must ascend into rarified atmospheres, where vision becomes clear.”

We probably all understand that instinctively, but it is always good to be reminded of that fact, especially given the world-conditions as they are at present. Our spiritual progress relies on our spiritual vision, our understanding of that vision, and our ability to respond. Our Friend’s closing words in the cover-extract give us real encouragement –

Seek the Realm of Light that you may understand ... and your prayer shall make you one with GOD in HIS Holy Purpose.

## **All Power Is Given** **Dawn Culverwell**

**I**N THIS DAY all that had been created by the evil forces, all things that have been the inversion of the pure love, light and life, are rising to the surface for mankind to view. We will see the hatred, darkness of soul, all evil wicked intent come up and out from the hearts and elements within the planet and mankind, thus we will also see the transforming of the Earth's elements back to their original volatile states.

It is a time of healing, for we must all look at the conditions that are here within our world, and ourselves and seek to know from whence they come. Now more than ever, we will be able to see the darkness within ourselves, and others, and bring it up as an offering to the healing Love Streams that are pouring in from the Divine Love, Who heals all things.

All the workers of the Light, known as the Christhood, are to hold that vision of Love, and Light, to become channels for the Divine as these Streams pour forth upon the planet. All of the Christhood can help the Divine to bring this healing about, by receiving these Streams and pouring them into this World and its children

We are not to give power to any of the forces of darkness that are arising by focusing our minds upon them, but surround all things that are impure, unrighteous, out of balance with the Power of Love. If we become recipients of this Power, it will heal not only our own imbalances, but will contribute to the disintegration of all that is out of balance within this planet and all peoples.

In *Herald XV* Our Friend writes of a Power from the Eternal World to quell the evil spirits, and healing obsessed souls;

It is a most natural question that doubtless arises in your heart, How may that Power be acquired by us? What must we do to attain the realm whence it proceeds? The answer is to be found in the absolute consecration the Life and Service demanded of all who would enter into the full realization of the Christhood. The realm of Love must be sought, found, and dwelt in. The Life of

Love must be lived in the giving of one's self in sacrificial ministry. The Light or Radiance of Love must atmosphere the whole Being, filling the Soul's Sanctuary and the Spirit's Temple, and proceed in Divine Radiations when so commanded by the Overshadowing Presence. It is a Selfless Path. The Divine Power must not be sought for with the intent of becoming great by means of it; for there could not be any such desire resident in and expressed through the Divine Initiate who lived immersed in the Sea of the Life-Stream of the Eternal One. ... Indeed the time has come when all Israel must arise and ascend into that Realm of the Eternal World whence all Divine Power is derived, and each member of the House become the recipient and inheritor of that same Power said to have been made manifest in and through the Master. For the Sons of God are thus to reveal their Sonship and Divine Inheritance, even as they walk through the thoroughfares of the Earth and take their share in such service as may be appointed unto them, and the portion of the Burden of the Planet's Travail which the Presence may consider them equal to bearing unto the accomplishment of the Will of the Father-Mother, and the realization of His Holy Purpose to redeem, heal, and restore the Land of the Planet-Soul to its ancient estate.

*Herald XV pp123-124 and 125*

May we all share in this blessed estate into which we are called. Look ever to the Kingdom of GOD for the Power, and Light that will heal the conditions that we see arising within and around us.

## **Rerum Cognoscere Causas** **Richard Ashley**

“**R**ERUM COGNOSCERE CAUSAS” is the motto of Bristol Naturalists’ Society of which I am a member and it translates as ‘to know the causes of things’. It is a quotation from verse 490 of *The Georgics* by the Roman Poet Vergil. The full line is “Felix, qui potuit rerum cognoscere causas” usually rendered as “Fortunate, he or she, who was able to know the causes of things”.

I think the idea that Vergil was expressing was that things that happened were the result of natural processes that could be studied and understood and were not just the actions of the Graeco-Roman Gods, an irresponsible bunch, who treated human beings as their playthings; an idea implied in Thomas Hardy's novel 'Tess of the D'Urbervilles'. Later these immortals were supplanted with the Judeo-Christian 'sadistic old man in the sky' ever eager to punish his children with disease and all manner of other disasters for their sins and to whom we had to pray 'GOD have mercy upon us.' Sadly many men and women still live in fear of such a god who would not be worth worshipping, even if he existed, being morally much worse than the meanest person that they are likely to meet in the street. Sadly many cry out 'Why does GOD allow such things' when faced with disease and calamity.

This brings us to consider the present crisis caused by the COVID-19 epidemic and how it relates to the Teachings. Actually there is very little written in the Teachings about the actual causes of disease but there is quite sufficient for our needs. It is to be found on page 356 of 'The Logia' relating to the Apocalypse:

Then did the fifth angel pour out the fire which his bowl contained, and it fell upon the throne of the Beast, and upon his kingdom of darkness. For the reign of the Beast had filled many with sore disease, and made them cry out because of their pains, and attribute these to the Most High One, so that in the darkness they blasphemed the name of the Holy One. And the throne of the Beast was consumed away, and his kingdom overthrown.

In his notes John Todd Ferrier writes:

In the system of the Soul the Beast represents the lower mind in a fallen and degraded state, and in the Planet it symbolises the fallen middle kingdom. The Beast, as elsewhere we have shown, is the hieroglyph for materiality and sensuality, and its throne is in the lower mind of the human system and the middle kingdom of the Planet. It is not a true part of the creative operation of Elohim, but the result of a wrong direction of mind and desire. And, as issues of the evil conditions, have arisen the gross materializing and sensualizing systems represented in the abattoirs, shambles, distilleries, wine palaces, and the awful deeds of wickedness generated through the prevalence of these.

The diseases by which mankind has been afflicted have been begotten and maintained amid these terrible systems of evil. For the existence of disease is due to wrong spiritual conditions, indeed, to the inversion of spiritual polarity. Yet it is attributed to God!

All the true reform movements are contributing to the overthrow of the power of the kingdom of the Beast.

The Secretary of Bristol Naturalists' Society very kindly drew my attention to an article by Andersen, et al. The Proximal Origin of SARS- CoV2 in Nature Medicine 2020, 17<sup>th</sup> March. There is much in it that is only comprehensible to virologists but the article is fairly clear about the likely transmission route Bats – Pangolins – Humans. The authors are uncertain about whether the virus evolved the ability to become an infectious human disease before or after transmission from Pangolins to humans. Some diseases such as MERS (Middle East Respiratory Syndrome) can be transmitted from animals to humans and make them ill but are normally not capable of being passed human to human. However because viruses replicate at a very fast rate there is always the possibility that just one will undergo a genetic change that will make it very infectious and set off a pandemic.

Normally Bats, Pangolins and Humans lead very separate existences and the transmission of a virus from one species to another would not happen in nature but unfortunately both Bats and Pangolins are part of the Chinese cuisine. Readers may have seen film of the Huanan Market in Wuhan where these animals are kept in small cages close together with other wild and domestic animals. These are ideal conditions for the transfer of viruses from one species to another and to humans.

For those not familiar with Pangolins they are a group of eight species of insectivorous mammals living in Africa and Asia. They are characterised by body armour made of plates of Keratin, a protein found in hair and fingernails. This protects them from their natural predators but unfortunately as far as humans are concerned it is their downfall. The plates are highly prized in traditional Chinese Medicine and even claimed to be a cure for cancer. This has led to the Asian species and now increasingly the African species being



extensively hunted and illegally traded. A recent film about Pangolins on BBC 1 showed some brave souls doing all they can to protect these gentle and inoffensive creatures and to change hearts and minds in China but the amount of money made from the trade is huge so they face an up- hill task.

The outbreak of the dangerous Ebola virus in Africa was linked to the practice of eating Bush meat particularly Chimpanzee.

Knowing the causes of things is very little comfort to those suffering from the disease across the world and those struggling to contain it or those who have lost loved ones. To these we can only send our Prayer, Love and Blessing but it does give us the ability to reduce the possibility of it happening again in the future and of us making a blasphemous attribution to the Father Mother.

One thing that is very clear is that the present Pandemic is a direct result of the way human beings have mistreated animals and that we need to get our relationship with the creatures and nature on a right footing; otherwise these viruses are going to keep coming round to bite us. There is no reason to suppose that the COVID-19 Virus is the worst that can happen.

However there is hope that people will come to recognise these evils for what they are and that a better kinder world will emerge from this terrible event. It is our role as Members and Friends of the Order of the Cross to “Watch and Pray” and work tirelessly through our lives to ensure that this does happen.

Love and Blessings to you all

## Communal Sharing: Services and Studies by Phone

**T**HE 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 – 00:00 UTC
- II: Europe, Australia and New Zealand – 08:00 UTC
- III: North America and Europe – 16:00 UTC

Local times and dial-in numbers are listed on pages 8 and 9.

We welcome you to join us as a reader or a listener; call as often as suits your schedule and your needs. Readings taken from the books are referenced on the schedule; others require a service document. To request documents or inquire about call times for your local area, please contact the Coordinator (see page 8).

### SCHEDULE

#### MAY

- |    |          |  |
|----|----------|--|
| 3  | I & III  | Worship Service – Ministrant: Dawn Culverwell<br><i>God's Mystery Hidden Within</i> [document]             |
| 10 | III      | Ongoing Study taken from <i>Ezekiel</i><br>Ministrant: Lindajeane Stewart                                  |
| 17 | II & III | Spiritual Linking – Ministrant: Christopher Nye<br><i>H.26, p.47-57 – The Coronation of the Soul</i>       |
| 24 | III      | Communal Sharing – Ministrant: Jean Laverack<br><i>H.17, p.63-78 – Dwelling Under the Vine and Figtree</i> |

**JUNE**

- 7 I & III      Worship Service – Ministrant: John Blossom  
*A Notable Theophany* [document]
- 14 III          Ongoing Study taken from *Ezekiel*  
Ministrant: Elsie Danielsson
- 21 II & III      Spiritual Linking – Ministrant: Christopher Nye  
[booklet, p.5-16] – *The Continuity of Consciousness*
- 28 III          Communal Sharing – Ministrant: Lindajeane Stewart  
*Herald 10*, p.69-84 – *The Promise of Life*

**JULY**

- 5 I & III      Worship – Ministrants: Claire & Stephen Ede  
*Two Witnesses* [document]
- 12 III          Ongoing Study taken from *Ezekiel*  
Ministrant: Michael Armstrong
- 19 II & III      Spiritual Linking – Ministrant: Christopher Nye  
[booklet, p.16-25] – *The Continuity of Consciousness*
- 26 III          Communal Sharing – Ministrant: Michael Arcese  
*Letters to the Children* [document]

FELLOWSHIP CALLS on the 1<sup>st</sup> or 2<sup>nd</sup> Saturday – May 9, June 13, July 11 – help us get to know each other and consider ways to improve our Sunday calls. Calls are held year-round at 8 am Pacific, 11 am Eastern, 4 pm for friends in the UK.

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

Esther Gowan • [esthergowan@earthlink.net](mailto:esthergowan@earthlink.net) • (1) 805-542-9133

LOCAL TIMES – Communal Sharing calls are scheduled year-round on Universal Time (UTC = GMT). To find your local call-in time, refer to schedule A or B (next page) according to whether your area is currently observing Standard or Daylight Saving Time. Schedule A is currently in effect in all areas.

<b>A – Daylight Saving Time in Northern Hemisphere; Standard Time in Southern Hemisphere</b>	<b>B – Standard Time in Northern Hemisphere; Daylight Saving Time in Southern Hemisphere;</b>
<b>I A: 00:00 UTC</b> 5 pm PDT (Sat. eve.) 8 pm EDT (Sat. eve.) 8 am AWST 10 am AEST 12 pm NZST	<b>I B: 00:00 UTC</b> 4 pm PST (Sat. eve.) 7 pm EST (Sat. eve.) 8 am AWST 11 am AEDT 1 pm NZDT
<b>II A: 08:00 UTC</b> 9 am BST (U.K.) 4 pm AWST 6 pm AEST 8 pm NZST (1 am PDT) (USA)	<b>II B: 08:00 UTC</b> 8 am GMT (U.K.) 4 pm AWST 7 pm AEDT 9 pm NZDT (12 am PST) (USA)
<b>III A: 16:00 UTC</b> 9 am PDT 12 pm EDT 5 pm BST (U.K.) (12 am next day AWST) (4 am next day NZST)	<b>III B: 16:00 UTC</b> 8 am PST 11 am EST 4 pm GMT (U.K.) (12 am next day AWST) (5 am next day NZDT)

<b>INTERNATIONAL PHONE NUMBERS FOR COMMUNAL SHARING CALLS</b>	
<b>COUNTRY</b>	<b>PHONE NUMBER</b>
Australia	(0) 2 8355 1039
Canada	(1) 647-497-9379
France	(0) 1 70 95 05 85
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
<b>ACCESS CODE: 506-112-581 # # (same for all areas)</b>	

## **Spiritual Linking Christopher Nye**

**T**HE READING FOR MAY IS

*“The Coronation of the Soul “*

*Herald 27 pages 47-57*

It will take place on Sunday 17<sup>th</sup>

“The ministry of the Heavens in the Coronation of a Soul is tremendous”

**T**HE READING FOR JUNE IS

*“The Continuity of Consciousness”*

Booklet: part 1: pages 5-18

It will take place on Sunday 21<sup>st</sup>

“HE giveth unto HIS beloved ones in sleep”

**T**HE STUDY FOR JULY IS

*“The Continuity of Consciousness”*

Booklet: part 2: pages 18-29

It will take place on Sunday 19<sup>th</sup>

“He is the Angel of the Annunciation ...”

**The two Readings are 08h00 UTC (=GMT)** that is 9am BST in the UK, 4pm in Western Australia, 6pm in Eastern Australia and 8pm in New Zealand (1am PDT USA); the second is **16h00 UTC (=GMT)** that is 5pm BST in the UK, 9am PDT, 12 noon EDT in North America. *For phone-in numbers please see the Communal Sharing pages.*

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## GATHERINGS AND EVENTS 2020

The following events are scheduled  
but are not expected to take place.  
To check for any changes please consult our website.

Dance and Families Gathering, The Ammerdown Centre,  
Somerset, Tues 28<sup>th</sup> – Mon 3<sup>rd</sup> Aug  
S, SE & W Areas Gathering, Charney Manor, Oxfordshire  
Thurs 1<sup>st</sup> – Mon 5<sup>th</sup> Oct

If you are interested in either of the above gatherings, our contact details can be found on page 12.

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### Literature Secretaries

UK and Fellowship: Margaret Jack –  
'The Leys', Cirencester Road, MINCHINHAMPTON,  
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74 Daley Cres., FRASER, ACT 2615 Tel: 61281 977011  
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## **CHANGES OF ADDRESS**

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

**The Order of the Cross**  
**27 Old Gloucester Street, LONDON, WC1N 3AX**  
**Email: [light@orderofthecross.org](mailto: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](mailto:editor@orderofthecross.org)

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## **The Order of the Cross Website**

**[www.orderofthecross.org](http://www.orderofthecross.org)**

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## **Spiritual Reflections Publication Timetable**

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

**The next issue of Spiritual Reflections  
will be published at the beginning of August 2020.**