



School for Esoteric Studies

eNews

Fall 2016

Member Contributions

There is a general overall acknowledgement that things need to change, that the paradigms of the past are no longer relevant and they need to change in order for the world to thrive. The energies of change are swirling around, however much they are still in their infancy. An example perhaps could be the brand Tesla, which is making emission-free vehicles which run on electricity rather than petrol or gas. Whilst perhaps they are not perfect yet, they are certainly a great step in the right direction. Many in the world are waking up to the thought that the world needs to be greener, more integrated, and that there must be greater care with the everyday choices made.

Muhammad Ali, who disincarnated on June 3, 2016, had the courage to reassess the past and press into a more creative present and future. He decided that, in the middle of individual and group challenges, he would stand in the Light of his Soul and be a beam of light to the World and a grain of salt to the Earth. He embodied that main characteristic of humanity during this point in evolution: Harmony through Struggle. That he was a boxer, a "struggler," is symbolic. He struggled for racial harmony when the appearances showed racial disharmony. He struggled for religious harmony when the appearances showed religious disharmony, and when the appearances showed war (like the War in Indochina), he struggled for peace, at great individual cost.

A city in New Zealand now has what looks like an instant cash machine terminal, but instead of providing cash, the terminal asks people about their feelings. The art installation, called *Moodbank*, allows passers-by to choose from more than 1,000 options to describe their current emotional state. Their selections are considered "deposits" and stored on a website where updates on the city's emotional condition can be found. *Moodbank* was created by artist Vanessa Crowe, who wanted to explore the possibility of using machines for sharing feelings and experiences. The aim is to shift attention onto individual and community well-being, as opposed to economic growth.

Dr. Shefali Tsabary is a clinical psychologist who speaks about conscious parenting. One distinguishing quality is how she frames the parent-child relationship. She states that parents call forth a child into their lives to reveal to them the areas where they have yet to grow. Her intention is to help parents recognize the shared responsibility that exists between them and their children and allow it to unfold, to see the structures needed for self-reflection and attunement to spiritual principles.

The excellent work of many groups helping the victims affected by the earthquake in Italy is a cause of inspiration. Their loving help has saved thousands of human and animal lives as well as historical buildings. In the face of this disaster, humanity responded with a chain of solidarity, providing aid and essential goods. This chain of love demonstrates that we are interconnected and willing to help each other.

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Image: Pamela Di Meglio

NGWS Around the World

[Human Rights Watch](#) publishes more than 100 reports and briefings on human rights conditions in some 90 countries each year, generating extensive coverage in local and international media.

Started in 1961, [World Food Program](#) pursues a vision of the world in which every man, woman and child has access at all times to the food needed for an active and healthy life. WFP works towards that vision with UN agencies in Rome – the Food and Agriculture Organization (FAO) and the International Fund for Agricultural Development (IFAD) – as well as other governmental, UN and NGO partners.

Text adapted from the organizations' websites



UNITED NATIONS DAY
24 October

October 24 is United Nations Day, which commemorates the anniversary of the constitution of the UN Charter. This observance has been celebrated since 1948. In 1971, the United Nations General Assembly recommended that the day be observed by Member States as a public holiday. To learn more about this celebration, read the dedicated UN Day [website page](#). Learn more about the Inner Life of the UN [here](#). Download the Invocation for the United Nations [from this link](#).

From the School Archives

“On the inner level, the founding of the UN marked a significant step towards the realization that we are ONE humanity. This awareness has never been expressed so clearly in human history. For this very reason, the establishing of the United Nations was a truly *spiritual* event. It had the inner support of the Hierarchy.

Being the result of humanity’s aspiration, it is no wonder that the UN has experienced its moments of crisis. The tests and trials to which its life has been subjected are not unlike those of the individual aspirant-disciple, who has to prove his or her discipleship in the face of severe challenges. The anniversary day, October 24, governed by the astrological sign Scorpio, reminds us of the keyword for the disciple in this sign: “Warrior I am, and from the battle I emerge triumphant.”

May the opportunity of our crucial world situation inspire us to this group effort of spiritual approach; and may all nations be helped to do their part.” [From the October 1985 SES Group Letter]

Quotes of the Season

“Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.” *Khalil Gibran*

“I change myself, I change the world.” *Gloria E. Anzaldúa*

“Democracy isn’t a state of perfection. It has to be improved, and that means constant vigilance.” *Antonio Tabucchi*

Request an Entrance Questionnaire to the School on our [website](#). Once we review the extent and type of study, meditation, and service you have done thus far, we can determine where to place you in the School’s program sequence. Students who have done advanced studies in the Ageless Wisdom are welcome to apply for our higher level coursework.

Did You know?

- One of the challenges in spiritual development is maintaining an inner Soul alignment while engaged in external activities. [This page](#) gives some suggestions for developing this critical habit.
- Putting ideas and concepts down in writing as part of spiritual training promotes deeper thinking as it requires focus, synthesis and clarification of the key points being held in the light of the mind. It also develops discrimination as we are asked to decide what is and is not relevant. See [Three Training Components](#) for a more detailed discussion.

New Quick Links

- [Pearls of Wisdom: Introduction to the Ageless Wisdom](#)
- [Pearls of Wisdom: Advanced Concepts](#)
- [Selecting Methods of Service](#)
- [Setting up a Full Moon Meditation Group](#)
- [Talking About the Ageless Wisdom](#)
- [Meditation Techniques](#)
- [The Lens of Service](#)

AAB Talk

[October 22, 1943](#) This AAB Talk, while not a new addition to the posted Talks on our website, is worth rereading in light of the current world situation. It includes extensive readings from Master DK’s summarizing comments on the Fourteen Rules. Here he confronts the basic question: What is group initiation? His answer leads to AAB’s theory regarding students who have dropped out of the group during the War. She also expresses her sense of failure in the group use of the second part of the Great Invocation — of failing to “stand with massed intent.” “We used it because we wanted to be obedient,” she adds, “and that is not the way to get results.” DK introduces three forms of interpretation of the Rules that challenge the group of students and keeps them more tightly focused than usual.



Developing Focus

In order to advance the Plan on Earth, the School's purpose is to provide discipleship training to those students desiring to become World Servers. An important part of that training is learning how to work with energy, to be able to gather it with intention into a point of tension, and then release it with focused intent. Meditation is the main practice in which we learn to do this: We align ourselves so that energy can flow without distortion; we hold the mind steady so that energy and associated insights can gather and build into a point of tension, and then we release that energy with a specific service focus.

Thus meditation is not an end in itself solely for the purpose of gaining insight; rather it is a technique for learning how to work with energy purposefully and effectively. To get results, the quality of our meditation is more important than how much time we spend meditating. And quality depends on our ability to focus. Once we can achieve a quality of focus, then we will eventually be able to remain aligned and in tune with the flow of energy throughout the day and not just during a formal meditation session.

What prevents us from developing the necessary focus is the volume of distractions we encounter in our present-day environment, especially those distractions that come from being plugged into real-time updates via social media and the internet. This constant alertness to multiple stimuli prevents us from developing a deep focus and instead keeps us on the surface of multiple topics simultaneously. Research has shown that our mind then adapts in such a way that it becomes increasingly difficult to sustain focus and pierce through to ever greater expansions of awareness on one topic. However this ability to focus is precisely what we need if we are to be effective servers.

So the first step is to pay more attention to the quality of our meditation and to become aware of how often we allow ourselves to become distracted by our electronic devices. Then we can begin to practice discernment in terms of what stimuli we allow to distract us. We can experiment by turning off email alerts and disconnecting from the internet for specific periods of time and see if we can welcome the silence of peace and solitude.

We have been called to work in the world as spiritual servers, and to do this effectively we need the skill of being present meditatively. We invite everyone to explore what strategies best help to develop one-pointed concentration, and we invite your feedback on what works for each of you.



School for Esoteric Studies

Please send contributions and suggestions to:
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The School for Esoteric Studies makes esoteric discipleship training available to spiritual seekers around the world. Consider donating to the School for Esoteric Studies. Your contribution will help others tread the Path.



Events & Community

[Aging & Society: Sixth Interdisciplinary Conference](#). October 6-7, Linköping, Sweden.

[Seventh International Conference on Religion & Spirituality in Society](#). April 17-18 2017, London, UK.

[International Conference on Youth 2016](#). November 15-17, Selangor, Malaysia.

[International Conference on "Spirituality & Skill for Leadership and Sustainable Management."](#) February 18-19 2017, Varanasi, India.

Books, Media & Sites

[Becoming a Practical Mystic: Creating Purpose for Our Spiritual Future](#). Book by Jacquelyn Small.

[Freedom in Jail](#). Book by Roberto Assagioli, introduced by Catherine Ann Lombard.

[Foundation for Purposeful Living](#). Site.

[Human Media](#). Public radio service.

School Initiatives

- Work with the School's Cleansing Initiative began during this year's Wesak Festival with the objective of helping to dissipate the glimmers and negative thoughtforms that are so prevalent in our communities at this time. If you are not already participating and wish to join, please take a moment to read our [dedicated webpage](#). For those participating, please note down your experiences in preparation for exchanging impressions at the time of the Libra full moon (October 16).
- The 2016 Subjective Group Conference Report is available upon request to all participants to the conference. The report summarizes all the written contributions from participants in the conference. This year's theme, [Ashramic Work and Right Speech](#), was particularly engaging, producing an array of inspiring responses on the energy of vibration and speech as well as the role of silence. We would like to express our gratitude to all participants in this group endeavor.

Terms and Conditions available on our website. The School for Esoteric Studies does not necessarily endorse materials provided through links to other groups and organizations.