



School for Esoteric Studies

eNews

Fall 2018

Member Contributions

England's football manager – Gareth Southgate – was praised for his demonstration of compassion during the World Cup. While England's team celebrated after winning a penalty shootout that enabled England to progress to the quarter-finals, manager Gareth Southgate was seen comforting the Colombian player who had missed his penalty shoot, thus giving the win to England. Images have been circulating in the media of Southgate consoling Colombia's Mateus Uribe who missed his spot-kick. The media has given Southgate a lot of attention and praise for his compassion toward Uribe. Apparently 22 years ago, Southgate missed his own spot-kick during the World Series, resulting in England's loss at the time. This very public gesture of kindness and compassion is wonderful, especially within the context of the highly competitive and traditionally tough-natured male sports world, where finer feelings of compassion can often be overlooked, or perhaps discouraged, in favor of projecting toughness. Southgate, like the NGWS, is breaking new ground and acting as a role model of better and more loving ways to behave and interact with our fellow humans. Not only is Southgate's behavior to be commended, but also the media for picking up on and praising this behavior. It would seem to indicate a growing trend away from the culture of bullying, which has been so pervasive.



In meditation, consciousness is sensitized to realize that which is in us, and to connect to that which is outside of us. The subtle energies that are behind manifested energy and matter are difficult to know, just as that which is far beyond us cannot be spoken of with any authority. In this grand project of expanding consciousness we sometimes inhibit its expression on lower planes in ordinary work. In this expanding outward from our point of existence, no steps should be left out. Developing our best personality attributes and living the moral life are immediate goals. They form the platform for reaching out to the stars. Connecting with higher powers of light and love can only be done in the right receptive conditions created by good work and the purification of personality. Envisioning evolution cannot be a distraction from application; instead it should be accompanied by everyday work. Also the development of self is always done within the greater life of the Earth. For instance, before going to the stars humanity should take care of Mother Earth and appreciate what

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Image: Pamela Di Meglio

NGWS Around the World

The Green School. Founded in 2008 in Bali to train environmentally conscious leaders, this School opened with 90 students and “a tailor-made campus that emerged from the jungle and rice fields.” Now it teaches 400 students, from Elementary to High School. “We want children to develop spiritual awareness and emotional intuition, and to encourage them to be in awe of life's possibilities.” The values that guide the School are: integrity, responsibility, empathy, sustainability, peace, equity, community, and trust.

Voices for Peace. Founded in 1998 by Juan Carlos Amanz, this is an independent humanitarian group that uses music as a means to carry out and support projects that contribute to the eradication of poverty and the improvement of living conditions of disadvantaged communities. It is composed of musicians who are part of the most important national orchestras musical groups in Spain.

Text drawn or/and adapted from the organizations' websites



Member Contributions

is given before searching outward. All life should prosper and move forward and outward together. Remember to do the simple things, the chores. All small actions are part of and a precursor to larger steps forward. Preparation is not to be skipped over. Practice improves actions later taken. A brilliant theorist might do a little better if he or she eats right, and one who dwells on nutrition should remember why it is necessary to stay healthy. The application of spiritual evolution should be shown in action. A pagan worshipping the Earth and in no way injuring it is perhaps more spiritually evolved than one who talks of and worships unseen spiritual presences while failing to appreciate Mother Earth. It is perhaps less glamorous to do the work of cleansing and enhancing the environment on this planet than talking of colonizing the universe. It would be reasonable to fully realize what we already have and need to improve our Earth before moving outward. Some Earth cleansing takes great courage such as cleaning former battlefields. The caretaking of our Earth, our beautiful blue planet, has begun. Let us help the devas to make this a sacred planet – we will connect to the stars without a spaceship.



The trend toward synthesis provides the new approach to old problems. One thing that has become clear to me is that even the highest intellectual approach to harmony is, in the absence of Soul contact and response, more often than not a rearrangement of existing solutions. It may be a new way of looking at a problem, but the solution is still constructed from seeing only a piece of the whole. Synthesis is both broad and deep. It urges us to respond to the part with understanding of the whole. When related to a human being, we see the whole rather than the part. More often today doctors talk about treating the whole person. The same can be said of solving the most persistent problems of humanity. The “stuckness” we often experience as we observe or take part in one solution after another in our respective fields of service is explained by a lack of synthesis. Humanity is aware that new solutions are needed. And notably revolution may be said to be inspired by the trend toward synthesis even if it fails to achieve it.

The trend toward synthesis must be born of freedom of choice and love. It transforms division into unity and makes possible the eventual identification with the whole whether terrestrial or cosmic. It is, as yet, an unrealized aspect of human nature that holds the key to creating the better world we want.

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?

- [Meditation with seed thought](#) is a creative or spiritual meditation whose primary purpose is service. The effectiveness of this form of meditation rests with alignment, clear thinking and intention. There are six common stages for the meditation with seed thought: Alignment; Concentration/affirmation; Reflective meditation; Receptive meditation; Invocation, and Radiation.
- If you are new to the Ageless Wisdom and are interested in learning more about it, complete an [application for admission](#) indicating that you wish to enroll in our Ageless Wisdom Overview Course.
- If you would like to join the School community in a weekly service meditation sequence in support of global spiritual work, then visit our [Service Meditation Sequence](#) page for the schedule we use.



Image: CanStock

AAB Talks

In this second meeting of 1944, the group discussion centers around the Tibetan’s article “What is an Esoteric School,” subsequently published in the Appendix of *An Unfinished Autobiography*.

Featured Links

Pearls of Wisdom, Advanced Concepts:

[Subjective Group Work](#)

[Group Thought Form](#)

[Potency of Group Work](#)

[Groups in the New Age](#)



HARMLESSNESS: PREEMPTIVE LOVE AND SUBTLE MARTIAL CONCEPTS

Humanity is tasked with spreading light and love, especially the NGWS and all those that aid them. These servers must have many attributes to accomplish their responsibilities in the field of human activities. One of these attributes is that of a warrior, a special warrior that exhibits courage and ability to do the least harm. The usual training for warriors is vigorous, strengthening bone, sinew, and muscle. A seemingly opposite attribute might be considered for this new warrior, that is, harmlessness. I am using the word harmless to mean harmless of intent, not cowardly, weak and defenseless. Having a harmless posture reduces fear, a major cause of antagonism, first by not being fearful and second by not causing fear. As a start, remaining calm reduces tension and at the same time gives pause to intimidators. Remaining calm creates an emotional atmosphere that makes conversation easier and mediation more workable. For harmlessness to work in any circumstance, it must be in the heart, in the core of person. Just adopting a harmless attitude is a surface change in personality that will not prevail in serious conflict. To develop true harmlessness, meditative practices are necessary to make this a deep Soul characteristic. If harmlessness is in a Soul-infused personality, all thoughts, feeling and actions will result in the least harm. Even in the midst of conflict, the heart and mind should be motivated to keep the peace between individuals and groups within the whole of humanity. Harmless warriors radiate the friendly fearless confidence of someone who can be approached, trusted, and will help.

When each of us deals with our own harmful characteristics and become harmless, we will be able to deal with harmful actions of others and develop the thought of harmlessness in society. A sign of this happening in a society is emphasis on redemption and teaching before control and destruction. With the influence of peace and goodwill in a community, dark thoughtforms can be transmuted to thoughts of light. This can happen when the influence of harmlessness and other goodwill traits are strong in a community. In non-friendly situations, harmlessness can be very difficult to maintain when accosted by violence on all sides. Sometimes in the struggle to remain harmlessness while immersed in overpowering evil, sacrifice is inevitable or required as an example. Standing against control and exploitation in a society in a harmless way takes courage. Even introducing a new direction to humanity can be dangerous. Christ taught a powerful new lesson of love by word and example, which cost him his life. Nowadays many have introduced new thoughtforms of light and love and paid the price of humiliation, jail or even death. Harmlessness leads away from exploitation and towards service. Warriors of goodness whose task is reducing harmfulness in the world today will advance this new era.

To be a warrior of goodness, starting with harmlessness in action, speech, and thought, takes serious training; it is the highest martial art.

Events & Community

- [World Goodwill Seminar](#). Organized by Lucis Trust. 10 November 2018, Geneva, London, and New York.
- [Meditation and Study Group: Ageless Wisdom Overview Course](#). Organized by the School for Esoteric Studies in collaboration with the Turin Group of Psychosynthesis. Begins 9 October 2018, Turin, Italy.
- [Torkom Saraydarian Foundation's Annual Conference: The Way of the Soul – Building the Antahkarana](#). 15 May 2018, Carefree, Arizona.
- [WYSE International Leadership Program](#). 6-17 January 2019, Cunha, Brazil.

Books, Media & Sites

- [Awaken the Will to Love – A Guide to Personal and Collective Transformation through Meditation and Psychosynthesis](#). Book by Uta Gabbay.
- [Nicholas Roerich Museum's Archive](#). A collection of writings, publications and art with material available online.

School Initiatives

- The 2018 Subjective Group Conference report has been compiled with the material submitted by all the participants in this initiative. It provides a summary of the group work flowing from this year's conference theme, *The Science of Invocation and Evocation: Our Basis for Relationship*.
- How do we act to apply spiritual principles in a non-divisive manner to both call out harmful actions and uphold the common good in order to help humanity move toward a more inclusive sense of community? The School's Board of Directors is working on a White Paper on "Inclusive Social Action" to be circulated to the School membership, and we would like to invite School members to contribute any further thoughts on this endeavor.
- We distribute bookmarks with the Great Invocation in different languages. To support this service and to make a request, [check this webpage](#). Flyers about the School for Esoteric Studies' mission and arc of training are also available upon request.



To remain calm at all times, practicing the meditative mind, maintaining detachment and self-forgetfulness, and living fearlessly are all part of this training. The most powerful tool of the warrior of goodness is the heart, a source of special energy. Our lower animal energies can be drawn up by the mind and transmuted in the heart, and then radiated out in good intention to others.

Heart energy can be awakened in the moving meditation of Taiji, the most harmless of martial practices. The mind is used in Taiji training to awaken and use heart energy in subtle and efficient movement, extending an envelope of goodwill energy. As the envelope of heart/mind energy expands, it becomes more receptive, sensing energy from others in the field of energy we share. Practicing Taiji with heart energy becomes a pleasure, and working with partners in the practice of sensing-hands becomes a friendly useful exchange, not a contest. Using the receptive and quiet aspect of this energy in partner exchange we better understand others. We can understand their energy in harmless powerful loving action while reaching out to envelope others. We can dissolve negativity with the ultimate in harmless action: preemptive love. As a martial force it is unusual.

From the platform of harmlessness, the heart reaches out in the preemptive love of diplomacy, negotiation and mediation. It is the ultimate martial weapon. The goal is always "How can I bring about peace?" Even if powerful physical force becomes necessary, it is energized and controlled by the thought of peace. There is real need for this energy, a real need to study and practice its use. Starting from the core attitude of harmlessness will lead to the use of preemptive love, the sword of the warrior of goodness. The first and continuous thought of this warrior is creating and maintaining peace with the least harm. A necessary skill is control of energy on all levels of consciousness, from emotions to impressions, and then radiating this energy in the form of physical warmth, right tone of voice, friendly gesture, and right speech. Potential and emerging negative situations can be defused by preemptive use of loving actions. The warrior of goodness stands on the platform of harmlessness wielding the sword of preemptive love. This sword of preemptive love is also magnetic, gathering people into group effort, sharing insights, and generating good ideas to inspire useful work. In this effort one word to fix in the mind is GOODWILL. One edge of the sword of the warrior is preemptive love; the other edge destroys dark thoughts, and dark actions.

Contributed by Albert Christensen



Quotes of the Season

The spiritual life is not a special career, involving abstraction from the world of things. It is a part of every person's life; and until we have realized it we are not a complete human being, we have not entered into possession of all our powers.

Evelyn Underhill



Image: CanStock

From the School Archives

The spiritual flight of humanity from the unreal to the Real (or should we have said 'plight'?) periodically reaches an apogee and a perigee – the former symbolized by the 'summit' conferences held from time to time and the latter by the waves of depression and negativity that seep across humanity.

This purging, purifying process through which humanity is passing is leaving no nation and no individual unaffected, but those treading the Path have the responsibility of maintaining that inner point of poised serenity as they work consciously with the spiritual "Forces of Reconstruction" – whether working subjectively, or objectively, or both – remembering that all basic and fundamental changes taking place on the physical plane are necessarily the result of inner subjective causes, emanating from some level of the divine consciousness.

[From the October 1961 SES Group Letter]