

BROTHERHOOD TRUTH SHEET

Vol. 90 Sunday, Jan. 24, 1965 No.10

SPIRITUAL AND HEALING MESSAGES OF LOVE

We gladly prepare and publish this weekly message of Truth for Your Spiritual Edification. We do this without charge to you, all we ask, to insure its continued growth, is a "Love Offering" - to cover cost of handling.



BROTHERHOOD OF THE WHITE TEMPLE, INC.

SEPHER YETZIRAH

Dr. M. Doreal

The "Sepher Yetzirah" or "Book of Creation", is usually traced back to the Sixth Century, though it is much older, being, in fact, one of the earliest of the traditional teachings. According to legend, it has existed since the beginning of the world; and is a record and key to that beginning. Adam was supposed to be its first author; and it was believed to be the record of the lost wisdom of the Pre-Adamic races.

The Sepher Yetzirah is ordinarily considered an introduction to the main Kabbalah, but this is erroneous. It is the summation of all the Ancient Wisdom and the Key to the operation of the other Kabbalistic works.

In this edition, Doreal gives a literal explanation of each verse and to those who diligently study the work, the application of the Kabbalistic principles will be opened. This, of course, only on the condition that his purpose is pure and his feet firmly planted on the path.

He who understands the Kabbalah has the key to all ancient religions, myths and legends, for it is the complete record of the "Ancient Wisdom." All religion sprang from it, for it is the essence of Truth - "That Which Is".

Price \$2.00

PROGRAM

Sunday, January 24, 1965 at 11:00 A.M., Dr. Winnie Whitby will give Inspirational Services in the Temple.

Sunday, January 24th, at 1:30 P.M., Junior Temple Services.

Sunday, January 24th, at 1:30 P.M., Dr. J. Trenton Tully will give a Metaphysical Lecture.

Sunday, January 24th, at 3:30 P.M., Dr. Marguerite Pratt will give a Metaphysical Lecture.

Sunday, January 24th, at 6:00 P.M., Attunement Class by Dr. Donald Pass.

Sunday, January 31, 1965 at 11:00 A.M., Dr. Winnie Whitby will give Inspirational Services in the Temple.

Sunday, January 31st, at 1:30 P.M., Junior Temple Services.

Sunday, January 31st, at 1:30 P.M., Dr. J. Trenton Tully will give a Metaphysical Lecture.

Sunday, January 31st, at 3:30 P.M., Dr. Robert Morrow will give a Metaphysical Lecture.

Sunday, January 31st, at 6:00 P.M., Attunement Class by Dr. Donald Pass.

Tuesday, Lecture; Thursday, Neophyte Class; both meetings at 7:30 P.M., Dr. J. Trenton Tully, 1707 Gilpin Street, Denver, Colorado.

Friday, 8:00 P.M., Dr. William Harth, Metaphysical Lecture, Modern Woodman Hall, Colorado Springs, Colorado.

BROTHERHOOD NEWSLETTER

Dear Students and Friends:

There are many pleasures to be enjoyed living amid nature and we here in the Retreat especially enjoy being able to watch the wild-life right out of the windows of our homes. During the winter months many of the people here have been putting feed out for the birds and small animals. Several have observed the squirrel, deer, an occasional bear and rarely a mountain lion or cougar.

One evening recently our attention was attracted by the movements of a fox just outside the large window in our house. We watched while it filled its mouth with all of the food it could carry. Then it trotted back toward the wooded area behind the house and stopped about half way across the yard and turned to look back. We thought it was acting rather strangely so we looked back where it had been and there was another fox also filling its mouth with food. The first one waited until the other one caught up with it and then they trotted off together.

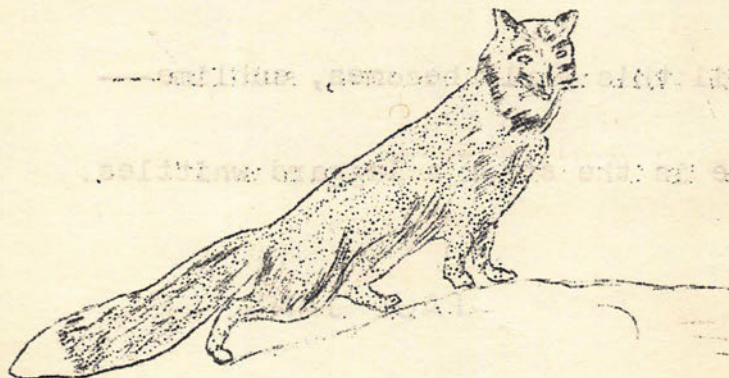
There are many such pleasures that can be enjoyed along the path of attainment and each of us should take time whenever the opportunity presents itself to observe and enjoy these things. In becoming more observant and appreciative we become more receptive to the subtle activities and this

will gradually help to bring the realization of the Spiritual forces at work in our lives. As we gain the awareness of these forces it becomes much easier to work in harmony with them.

There are many guides and helpful aids given in the Brotherhood work, but the courage and wisdom to walk the path must come from each individual. There has been no promise of an easy path in reaching for attainment and light of understanding but there is a promise of fulfillment, and this is the only thing that will satisfy the deep yearning hunger that so many people have. We know that most of this feeling comes from the impelling urge of the Cosmic Consciousness in its effort to finish the task of transmuting the negation that only its material manifestation can accomplish.

In Cosmic Harmony,

Robert Morrow



WHILE ACHIEVING

Make the most of what we will

When has ever time stood still?

Tricks of fate, however strange,

Time, will not wait for folk to change

Their sickly souls or stubborn wills.

Hopes against hope or tat for tittle

Yields not such strength as solves Life's
riddles.

One must not think they're marking-time

Until this world becomes, sublime---

Time is the stick a laggard whittles.

—PAUL JANS

SAHAJ YOGA

THE YOGA OF LIFE

BY

DR. M. DOREAL

(Part Ten)

MENTAL CONDITIONS: Occasionally we find people with sluggish minds. The degree of our mentality is directly attributable to the secretion of the pituitary gland. Our mental growth is controlled by that gland. Also if the pituitary secretes excessively, we have overweight and epileptic conditions. If it is not secreting enough we find a child that does not learn rapidly; there is a slow and sluggish mentality. By controlling stimulation of the pituitary gland we can bring a subnormal mentality to normal. A child which has a large head and small body and one which never shows a spark of intelligence is one in which the pituitary gland is present only in an atrophied form, and in such a body there is no soul, it is only animal life because of certain deficiencies in the occult organism no soul entered that body. The care of that child is perhaps a condition earned by the parents by past causes which they set up.

EXERCISE FOR INCREASING SECRETION OF PITUITARY GLAND: Press thumbs on both temples, and at the same time take a deep slow breath. Then press thumb of left

hand on middle of forehead above and between the eyes and then press thumb of right hand on inside corner of right eye. Take another deep, slow breath and hold mouth tight and puff out cheeks.

FOR DECREASING: Press thumbs on temples and take a deep, slow breath. Then press left thumb on inside corner of left eye and right thumb on top of head just where the soft spot is on a child's head. Take a slow, deep breath, and a second breath and a third breath. On the third breath close the mouth and puff out the cheeks.

You decrease the secretion when you are tense or have an excessive mental stimulation. Tone down the secretion when you feel tense. If a person is too stout often it is because there is an excessive secretion of the pituitary which reacts on the thyroid which becomes overactive and causes obesity. Over secretion of the pituitary causes intense stimulation of the osmium in the brain which affects all other glands and the body is not normal.

OTHER GLANDS: For increasing the secretion of the thyroid (which is the third sex gland and when removed causes definite reaction on the nervous or emotional system) the pancreas, gonads, etc. Press fingers of left hand over solar plexus firmly. Take **three** deep, slow breaths. Then place right hand over the gland to be treated. For diabetes, work on pancreas. In constipation or toxic

poisoning the parathyroid and thyroid gland should be stimulated. Visualize a stream of water flowing swiftly to increase secretion, or slowly to decrease secretion. This arouses a condition in your subconscious mind of swiftly moving or slowly moving objects. Continue to hold the thought until you feel a tingling sensation in the part of the body or organ where you have placed your right hand. This may take thirty to forty seconds. As soon as you feel a tingling sensation hold for another second or two and then relax.

EXERCISE FOR STIMULATION OF THE LIVER: Press under right rib casing with left hand. Place right hand right next to it and press firmly, taking a deep, slow breath while you press. Repeat breath three times. Then press thumb of right hand behind left ear, and thumb of left hand and press under left arm-pit on the nerve. Then close eyes and take a deep breath. When exhaling chant VAU.

FOR FRONTAL HEADACHES AND CONGESTED SINUSES, press thumbs on inside corners of eyes and sound ENG.

FOR CONSTIPATION: Move stomach up, to the left, down and to right, in rotary motion. Do this two or three minutes, three or four times a day.

Vibrate every muscle in your body, and it will stimulate the flow of magnetic energy. It is muscular control. It will wash all the cobwebs out of the

body; that is, when you feel kind of 'draggy'. Tension and relaxation of the muscular system will supply necessary exercises that keep you young. Wrinkles come because life force fails to get through and muscles in the face do not get used.

TREATMENT FOR THE EYES: This, as well as all other treatments, should be used immediately after using the exercise for the life force. Place body in comfortable position, preferably on the back. Make the mind as blank as possible by shutting out all thoughts. Take three deep breaths and relax for a moment. Then place the thumbs on the nerves behind the ears and press with rotary motion for about fifteen or twenty seconds. Then press thumbs on temple and use rotary motion. Then press thumbs on inside corners of eyes, massage with rotary motion. Then let your consciousness or attention rest just above and between the eyes. Close eyes and visualize a light in the head, any color, and hold that thought for a moment. Relax. Then press finger tips on solar plexus and relax.

Another exercise, to be done on the same day: Press thumbs on inside corners of the eyes; take a deep breath and sound 'ENG' and drink a glass of water immediately after. Drinking the water is one of the most essential points in the exercise, because the flowing of water into the stomach immediately after that exercise reacts upon several of the pranic

energies flowing through the nadis, and cause them to be repulsed for a moment, and then they all flow in concentrated strength to the center which controls the power of vision. You know some very complicated things can go on within your body as the result of apparently simple exercises. Using or exercising your eyes does not harm them if you have proper light. The trouble with people is that they get into a state of nervous tension, and this affects the eyes adversely. If they would relax their mind or nervous system while studying and using their eyes, they will find that the eyes will be strengthened by use, rather than hurt. If you once wear glasses, you will always wear them, because the glasses pull and adjust your eye muscles to adjust them to the glasses. These exercises will bring the eyes back to a normal condition if the eye itself has not been injured organically. Cataracts are a form of fungus growth which becomes imbedded in the eye, settles there and begins to grow. It puts out roots just as a cancer puts out roots, and after a time it clouds the vision and the person may lose their sight. These exercises will have a wonderful effect on a cataract.

(To be continued)

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Brotherhood of the White Temple

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