

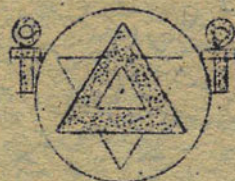
BROTHERHOOD TRUTH SHEET

Vol. 72 Sunday, March 23, 1958 No. 1

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.

MAGIC AND MYSTERY IN TIBET

ALEXANDRA DAVID-NEEL (Lama)

Alexandra David-Neel reveals here how Tibetan mystics acquire the ability to live naked in zero temperatures by generating a protective body heat similar to that produced by the bee; how they can run incredible distances without rest, food, or drink; how they can talk to each other over vast distances without implements of any kind by a strange sort of telepathy; how they learn to float in air and walk on water; how they bring corpses back to life; and how they can actually create animate objects by thinking them into existence.

Chapter headings are:

Tibet and the Lamas
A Guest of the Lamas
A Famous Tibetan Monastery
Dealing with Ghosts and Demons
Disciples of Yore and Their Contemporary
Emulators
Psychic Sports
Mystic Theories and Spiritual Training
Psychic Phenomena in Tibet - How Tibetans
Explain Them
Other subjects mentioned are the Hindu
Holy Trinity and Tumo.

Price.....\$6.10 Postpaid

MEDITATION AND CONCENTRATION

DR. M. DOREAL

(Part Two)

One of my teachers in the East once said, "If a person really concentrates they concentrate with every atom of their being." He went so far as to say, "If even for one second the animal consciousness was concentrated on one object that individual would be able to move the world from its course around the sun because it would be an absolute concentrated creative energy or force which would be resistless in course." There are few of us that can ever hope to attain absolute concentration while still within the limitations of the body. There are two kinds of concentration: one while the consciousness is still in the body and one while the consciousness is withdrawn from the body. The only way absolutely perfect concentration can be attained is when one has withdrawn from the body in conscious astral projection. That is one reason the seeker tries to gain the power to project his consciousness from the physical body. Even in the physical body one can attain to such nearly perfect concentration that for all practical material purposes here in the world he can do wonders, but that is only attained by certain methods that I want to speak of in a moment.

I want to speak of what the ordinary person calls ordinary concentration. Now the average person when he speaks of concentration thinks of holding the attention. I might draw a diagram on the blackboard, a simple diagram such as a triangle with its point upward and I might say, "Concentrate on that diagram," and you put what you think is all of your attention upon it, that it is composed of three points, there is a blank space in the center, see that it is composed of white lines and has a dark background. All those things you see when you are concentrating on that symbol. Actually you are not concentrating. What you are doing is meditating. You are meditating upon the qualities of the object that you see because you have become aware of shape, of size, of color, of direction, and of background. You have not concentrated upon one objective but upon numerous qualities of an object or a thing. The adept says that that is not concentration. That is an external meditation, or as one teacher in Tibet said, "A brooding upon an object." It is a turning over in the mind, a becoming aware of the qualities and shape and form and size of the objective, but that is not concentration, but that is what is ordinarily called concentration.

I might light a candle and say, "Gaze at that flame and concentrate only on that flame." Yet, if you do so, you are also aware of that form which it is being emanated by and many other things, all because you are meditating upon the

objective. In true concentration we have the opposite of meditation. Many people say, "I am going to meditate." People find it easier to meditate than to concentrate. In meditation they think that what they do is take some thought and just turn it over and over in their mind and they bring into that particular thought everything that is related to it until they begin to absorb the radiations and qualities of that thing.

Actually, we have never learned to concentrate because meditation upon an object and real concentration are as far apart as the poles. They are not one and the same thing. As a matter of fact, it is extremely hard for one to concentrate upon any material object. That is the reason why in the East, when they are instructing the neophyte in the way of concentration, they do not begin with a concrete or material object. They have the neophyte hold one thought or one object in the mind without wavering.

This is a method given to me by my teacher in the East: He said, "Use a triangle because it is a primary object. Concentrate on and meditate upon the triangle, become aware of its size, its shape, its color and its background. Then he said, "As you meditate upon it, step by step, begin to remove qualities of that thing from your meditation. First try to will for the background to depart so there is only the thing itself. Then will for that to be colorless, for all color to depart from

it and then with all of your mind strive to become unaware of its size." Note: You are not trying to become aware; you are trying to become unaware. Strive to become unaware of its size, unaware of its color, unaware of its background. Be aware only of its shape. One of the phenomena that accompanies this is a rapid focalization and then it expands rapidly and becomes very large, shrinks back and forth. That is focalization of consciousness as it tries to reduce awareness of its shape. Finally, each time it contracts or becomes smaller, try to hold it at the utmost smallness until it becomes just a tiny pressing dot and then as in our mind's eye we continue to perceive it allow that to vanish and then our attention is allowed only on the point where it is not. The symbol is used only to bring consciousness to a focal point of nothingness.

The basis of that means of concentration is simply this, that we see that all things in the creative world are illusionary by nature. The symbol we concentrate on has no more real existence than the material objects around us. They only appear to be because they are in a state of concreteness for a period of time.

(To be continued)

"Prove all things; hold fast that which is good."--2 Thessalonians 5:21

THE BOOK OF CHARMS AND TALISMANS *by* *Sepharial*

AUTHOR OF "THE NUMBERS BOOK," etc.
ILLUSTRATED IN LINE AND WITH FULL-
COLOR FRONTISPIECE

Probably from the dawn of time, and certainly from the earliest civilizations, man has been intrigued by the mysteries of the universe and scholars throughout the Ages have devoted themselves to learning the secrets of occult influences which affect life on this earth. From the knowledge gained, these Ancients were able to devise charms (Amulets) and Talismans embodying the power to afford protection or bring good fortune to the wearer.

No one in modern times has made a more profound study or gained greater knowledge of these matters than Sepharial. His earlier work on this subject was closely related to the science of astrology. The present volume is written for the reader with little or no astrological knowledge. Its fascinating history of Charms and Talismans will show how our present-day lucky charms have come about, whilst guidance is given for those who wish to make their own Talismans.

Price.....\$3.60 Postpaid

FORWARDED AND RETURN POSTAGE GUARANTEED

Brotherhood of the White Temple, Inc.

SEDALIA, COLORADO

Non-Profit Org.

U.S. POSTAGE
PAID

Permit No. 1
Sedalia, Colo.

DATED

PRINTED

MATTER