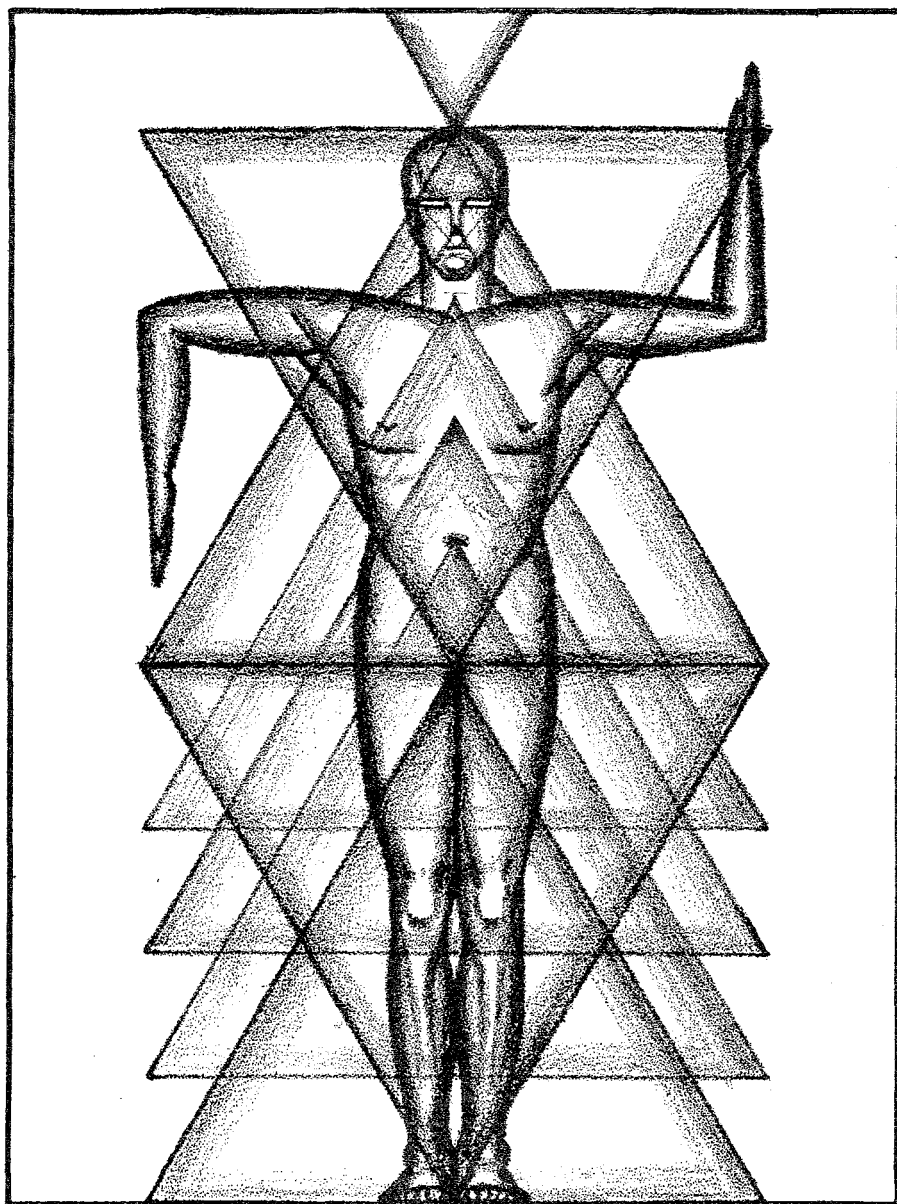


LIVING



Devoted to man and his transcendental nature

VOLUME I

1937 APRIL 1937

NUMBER 5

EDITORIALS

IDEALISM AND ITS RELATION TO REALITY

There is much confused thinking regarding the terms "idealist" and "realist". The average use of these terms is actually a misuse. Important distinctions need to be made between the true and pseudo of each class. The concepts, "idealist" and "realist", will be found to be inseparable when each is rightly understood.

An individual cannot be rightly called an idealist unless he sees clearly the procedure necessary from the ground up to give substance to his ideals. Nor can an individual be rightly called a realist who does not align his realism with fundamental principles. Unless his realism is in line with those constants which are an inherent part of all things, his calculations are wrong and his practicality collapses. Thus, frequently one who prides himself most on his thorough-going practical nature is not a realist at all.

The true idealist acts on the basis of facts, and not on his hopes, fears and prejudices regarding those facts. He does not commit the error of the pseudo-idealist who identifies himself with his wishes. The actual idealist deals with the facts at whatever stage he finds them. He guards against his feelings coloring the facts. Then he aims to replace them with the next higher facts. Assiduously he adheres to this step-by-step progression, accelerating a process that fundamental principles dictate. For him the guide for action is, "How much nearer to the basic principle will this bring me?" He is fully aware that it operates relentlessly, regardless of his knowledge or ignorance of it. The true idealist strives to bring attention to fundamentals into operation forehandedly by means of his intelligence, before the pain of not doing so or the chaos resulting from ignoring it, forces his hand.

Thus his critical faculty is ever on the alert, discriminating between subtleties, discarding that which seems to be but is not valid, - patiently and persistently pressing on in constructive directions. This is an opportunity for watchfulness the pseudo-idealist misses, for his good intentions and high speech all too frequently befog the issue.

True idealism suffers no rude awakenings and is spared the cynicism which often is the reaction upon the collapse of pseudo-idealism. He who is awake to crudities, immaturities and lapses does not need to wait for the facts to force them upon his attention.

The true realist builds according to sound and valid ideals, the true idealist chooses those courses of action which are in line with basic principles, because in the final analysis they

constitute reality. Idealism furnishes the plumb-line for action; realism is that action. One without the other builds a structure either with the bricks out of alignment or on foundations of toothpicks. Together, and only together, can a magnificent structure of sound human relations and institutions be erected.

Advance Notice

for you and your friends
announcing a new department

COURSE IN MINIATURE

We are happy to announce this compact typically Aquarian series on "Man". It will serve a double purpose:

- (1) As highly convenient outlines, introducing beginners to the broad truths of man's higher nature.
- (2) As a digest for older trainees and students who can use them to test their ability to expand the miniature to full size, from the knowledge which they already have.

"Man's development comes from his capacity to select - to make mistakes as well as to correct judgments."

"Man is the energy,
the path, and
the nature of the path.

According to these is his becoming."MEM

PURPOSE OF THIS PUBLICATION

Believing in the double value of life lived consciously, that is, in the understanding and pursuit of the patterns and the higher evolution of men, this publication calls to the full range of man's being. It presents

a higher practical perspective
the evidences of non-physical faculties
the pattern of this transitional period
steps to "interior" or subjective growth
extracts from Universal Principles
glimpses into Sacred Teachings

These are stimuli in drawing out latent capacities in material, vital, psychic, mental and spiritual living.

How will you cooperate with us to make this purpose increasingly effective?

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THE CULTIVATION of the INTERIOR LIFE

A page devoted to Instruction and Exercise.

By M. Benzenberg Mayer

The World of Thought! Giving bent and purpose to thinking is equipping yourself to know it. A wonderful world it is, as real as the physical world.

While it is true that every purposive act is accompanied by thinking, such thinking is as ineffective for higher development as the constant use of fingers in daily tasks fails to equip you to draw the wizardry of music from a violin. The wizardry of mind like that of music demands its own techniques.

The use of **THEMES** is one of the happiest ways of giving bent and purpose to thinking. It calls for deep and flowing thought. Realize that ordinarily you are thinking with a very small portion of your mind, and desiring with only a small part of your psyche. The use of Themes as here taught, drives deep into other parts of your mind, and awakens latent sympa-

thies and emotions. It increases the depth of your "thought-roads", penetrating into recesses of your being and linking these with your consciousness.

The second Theme will lead you into fields, different from those of last month, - not in opposition but in enriching and supplementing them. You can appreciate now that the first Theme is a vigorous call to strong courageous living. It fronts to this life and calls for immediate heroic behavior. The new Theme annexes the other aspect of man which looks into timelessness and the immensities. This Theme is one of the "Lost Sayings of Jesus". Not having been known when canon was formed, it is not in the Bible. As it contains a strong Gnostic flavor, it might not have been accepted even had it been known. It is given first as recorded, and then is transposed to first person as is desirable for these exercises.

Gain for yourselves, ye sons of Adam, by means of these transitory things which are not yours that which is your own, and passeth not away.

I shall gain for myself, I, a son of Adam, by means of these transitory things which are not mine that which is my own, and passeth not away.

Re-read the Theme, get its drift, and memorize it, as transposed to first person. This will be easy, for the Theme is short and the ideas flow logically out of each other.

Now begin to study it. Observe that the weight of the exhortation is on the contrast between the transitory and the permanent.

Then note the first three words. Digest them. "Gain" means benefits, increase, advantages, good accruing. Emphasize each word in turn. Do this with eyes closed, and when free from interruption. Add the two next words: "for myself?" Ponder on this. Is this selfish? is it ungenerous? Surely a Great Teacher like Jesus did not make a mistake. No, it is not selfish, - it is far and deep-sighted, for your best service to others is your own development, - out of which riches you serve. This is a breath of Gnostic Teaching, too strong and pure for novices.

With the next five words: "I, a son of Adam" we must search into the mystical allegory of Adam. Adam means red earth, and refers to the body of flesh which all souls wear in earth. They are red, full of the fiery life of the natural man, teeming with sensuous appetites and enormous pro-

pensities to things of the world. All men began as sons of Adam, regardless of time or race.

Next the Theme asserts that these things which "naturally" engage the man of earth are transitory, fleeting, fugitive, never two days the same. A world of phenomena, of appearance. It appears substantial, but is not. Ephemeral, gone "with Yesterdays Seven Thousand Years!" Moreover these things do not belong to man, the son of Adam. They cannot be owned by him. He leaves them presently. He has never really possessed them. This is a difficult lesson to learn. Try it yourself. Meet the persuasive arguments of the man of flesh.

Now come the last two clauses. "That which is my own". Mystically you can only possess that which you have taken into your being, as a body takes and possesses food by assimilation. This alone is inbred, inherent, and cannot be taken away. It is the quality of life which advances by eating of experience and growing in stature, in favor with God and man. This cannot pass away, be lost, or vanish. It is permanent, enduring, stable.

Find other riches in this splendid Theme and write me of your experiences.

PHILOSOPHY AND THE MUSICIAN

By Barbara Alvisser

Insight into the significance of music leads to philosophy. Form, tone and rhythm, the elements of musical speech are in themselves philosophical problems and their trail leads back to the very springs of life.

It has been said that music is beauty-religion; that it is magic power; that it is the language of the deeper emotions; that at its highest it alone of all the arts opens the door to that inner sphere of life we call the Invisible.

Yet a large part of the art-music of today is devoid of emotion, beauty and meaning. Rather is it concerned with the pressure of tonal lines, and the effect of their combinations, intensity and velocity. Aesthetic beauty gives way to the impersonalism of the modern credo.

For music like religion and science reflects the culture of each age in turn, and in the long course of its development it has served magician, priest, psychologist, and engineer. During our present era of change, by means of the harshness and dissonance of their tonal language composers are destroying old forms. The way is being cleared for a new organic speech whose use and power some few philosopher-musicians begin to sense.

In ancient times this power was known. Invocational chants were based on the correspondence between earthly and cosmic vibrational rates. Their use was timed to the varying magnetic relations between suns and planets. By the magic of specially chosen tonal arrangements, changes were effected in man and nature.

Today, doctors and psychologists are studying the mental and physical effects of tone and color on their patients. There are those who foresee a science of healing based on the exact knowledge and constructive use of tonal vibration.

And beyond the octaves of sound observed by the physicist are those being studied in metaphysics. There is growing interest in the infinitely varied influences playing upon man from far and near, acting on nerves and bodies. Musicians are reviving the belief in the metaphysical power of true tones and intervals and are writing of the dynamic contained in the (higher) overtones of dissonant harmony.

In ritual and ceremony music has served religions. True religion we know to be the subtle response of heart and mind and inner sense to the Invisible, experience incommunicable in words; and it is of this experience high music speaks in terms of beauty to those attuned to it.

It is perhaps with this attuning that the musician as student of philosophy is most concerned. Through training, which is an integral part of true philosophical teaching, he is conditioned to positive receptivity. In periods of quiet, free from sense impressions, he contacts new areas of life in himself, and to the degree of his poise and serenity he becomes in the old Pythagorean sense an "auditor" prepared to partake of the intense significant power of that music which is the very life and being of another order.

Through knowledge of his own complex nature and of its sensitive response to music's force, he may more consciously choose what music he will write, hear, teach; through heightened perception learn to separate that which (uplifts vaguely,) stirs emotionally, from the descriptive, the imitative, and from "tonal arabesque." He knows that each of these must play its part, but beyond them is the new music whose direction is set toward the revival of its ancient function as an instrument of power.

Under Aquarius this role is being broadened that its life may flow through all those channels which contribute to the liberation of energies, the awakening of faculties, the arousing of the finer forces in man. In this is its link with religion and magic.

Is this all? No. Music proceeds by the way of all life. Is not a great organic composition a pattern of that which is to be wrought in man himself? In timbre strength, and quality of tone, in rhythmic flow, in the progressive integration of disparate elements into an ever greater whole, may we not see a foreshadowing of the goal toward which man strives? In this is its strongest link with philosophy, that search for organic wholeness in man's vision of life.

"We have two eyes: one looks into time, and the other looks into eternity. The mystic must harmonize these two."

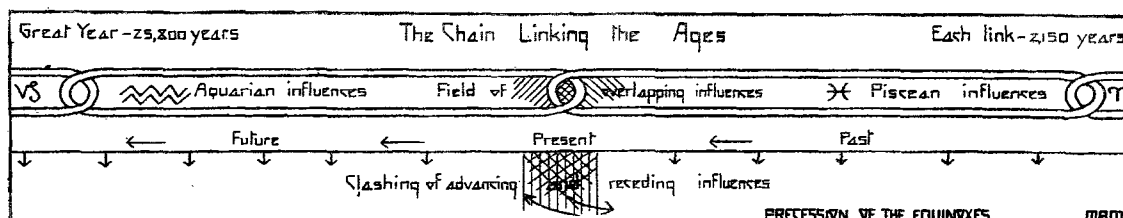
"The great pattern of life's becoming is made by developing potentialities, not in exploiting qualities already possessed. 'Fullfil thyself!' is the command."

MBM

"Praise no man for his beauty,
And abhor no man for his appearance."

"A slip on the pavement is better than
a slip of the tongue." Wisdom of Sirach

THE AQUARIAN AGE



Few people realize the extent to which we are affected by invisible rays streaming down on us, even though they recognize the influence of sun and moon on tides, sun-spots on life and vegetation, and have recently come to acknowledge the profound effects upon everyday life of various invisible wave-frequencies, the so-called "cosmic rays" etc. The chart illustrates some of these invisible influences in this period of transition, when those of the outgoing cycle (Pisces) overlap those of the incoming cycle (Aquarius). Here, as elsewhere, those who are informed on these matters become able to recognize the trend in all departments of life, and take advantage of the forward rhythm instead of being swept back on the receding wave. In leaving the period of Piscean emotionalism and moving toward Aquarian understanding, we may note, on all sides, a new emphasis on facts, organization, knowledge, the humanities, social consciousness, etc. This column culls from current news such items as are indicative of the new trend.

[In each case the Aquarian characteristic is underlined. Ed.]

E. G. Salt

The trend in the printed word is toward the economy and brevity of Aquarius. So on all sides we have "Digests" for those who cannot spare time to wade through wordy magazines. Likewise, charts are providing synthetic views. An excellent illustration was the recent release - by the Institute of Public Opinion - of a "popularity chart" of Pres. Roosevelt, showing the ups and downs from his inauguration up to his move on the Supreme Court. Alongside the chart were three columns of type tracing the same story. The eye took in the significances of that little chart synthetically, simultaneously, as against the linear reception of the wordy columns of type.

(Chart in Shreveport Times)

In these days of technological advance, we have accepted the fact of group inventions in which the individual doesn't count. Now it would seem that the work of the individual writer is giving way to a group product, thanks to the movies and the radio. One person may furnish the idea, another specialist will supply the humor, while a third will add the love element. Theodore Dreiser cites the example of "Mutiny on the Bounty". Originally a routine report by a naval officer, it reappeared as a magazine article. From that it was shaped into a book. Finally it came to the screen director who added needed elements. It was no longer the product of one man.

Labor. "We believe that if industry in this country were willing to (really) accept collective bargaining in spirit . . . as England does today . . . we would find ourselves free of the rash of labor trouble. What about that human equation which, we believe, is the key?"

(World-Teleg. editorial)

On all sides, the recent challenges are breaking up old forms and old feeling-ideas (Piscean), but we have yet to move closer to the acceptance of social responsibility by industry and labor, which is in the picture for the Aquarian period. In the recent steel conferences, certain industrial figures intelligently saw that trend and acted accordingly.

There is an increasing tendency in the new period to see things from above-down. Photographs of cities from the air are already a commonplace, as also the making of map-relief pictures. The petroleum industry has a name for it: geophysical surveys by airplane, which are later correlated to the word of the geologist. Similarly, on large farms and orchards, the modern way is to do the spraying and the fumigation by airplane.

New uses of wave frequencies: (a) Experiments in subjecting plant cells to ultra short waves (the kind used in diathermy) disclosed possible control of the number and normality of the chromosomes - the little bodies in which the hereditary units of life are packed. (b) Further exploration of the neglected region of ultra-sounds -- sounds so high that no ear can hear them -- reveal that these vibrations can kill bacteria and enormously accelerate plant growth. In a test growth from potato tubers and another from potato seeds, the acceleration ran as high as from 30% to 45%!

(N. Y. Times)

(These two illustrations strikingly emphasize the notes of economy, accurate control, and power, as fruits of man's invasion of higher space. When his Aquarian understanding catches up, he will wisely see to it that the stature of his own being keeps pace with his control of powers! Ed.)

THE INITIATE

by MBM

The idea of initiations has intrigued human thought thruout the ages. The realization however dim, that all truth is not revealed, that great religious knowledge, and sacred lore possess hidden aspects, continuously stimulates imagination and search. This is a beginning but is only in terms of direction.

P. D. Ouspensky puts the general idea thus: "Man is conscious of being surrounded by the wall of the Unknown, and at the same time he believes that he can get through the wall, and that others have gotten through. He does not know what he would like to find there, or what it means to possess knowledge. It does not even occur to him that a man can be in different relations to the Unknown."

The great Master Jesus said:

"Knock, and it shall be opened unto you.
Seek, and ye shall find."

This is an authentic summons to all who can hear the purport behind the words, a summons to find the way thru the wall of the Unknown. It certainly does not refer to casual conveniences along the road of life's vagaries.

One of the walls that surround man is his ignorance of what he is, whence he came, and whither he is bound. These three belong to the First Mystery at which man knocks, and to which he will eventually be initiated. For initiation is for all who seek and knock. But initiation is a long process of study and preparation, in which each little step accomplished and maintained may also be seen as an initiation, for the word, meaning "to begin", allows that each beginning of a new step is thus an initiation.

All such lesser steps persisted in and maintained, eventually bring about an experience, a ceremony, a state, which is wholly different from preceding steps. It may be compared to the long process of a seed, consistently maintained, until it brings forth a something inexpressibly different from stem or leaves: the wonder of a flower opening its heart to the sun. That hour when the soul has flowered and opened its golden core to the Spiritual Sun an incredible miracle takes place. This in sacred parlance is the first great initiation. Happy is he whose stem and root and leaves are then staunch and clear! Such may be called in the larger language: an Initiate.

But even the last great World Teacher, the Master Jesus, has indicated that this is not the end. There are those who seek further.

"If ye observe not the little Mystery,
who will give you the great?"

It is those who have qualified for initiation to these Greater Mysteries, who in the language

of sacred lore, are referred to as Initiates.

Such an Initiate has a knowledge and stature undreamed by men, tho to men, (if he is in a body of flesh) he may look as other men. He has come into a new relation with the Cosmos and with the Sublime Mind who set the Wheels of Creation in motion. In the deeply moving words of an early Church Father "he has become a kingly friend of God."

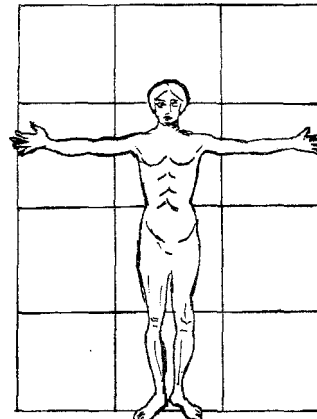
Volumes may and have been written on this stirring subject, but indications also serve a purpose. Summarizing: initiation is the consistent step by step progress toward the hidden life of God. It begins with conscious evolution and becomes a sharply accelerated development. It is always a mystery, and its great crisis which entitles to the use of the word "Initiate" is not a drama of the third dimension. Whereas the Initiate to the Great Mysteries has been carried to the "high Mountain" of initiation known only to those who have experienced that strange and awe-ful journey. He is truly an Initiate.

DO YOU KNOW

that the checker-board floor of the "lodge" (last issue, page 4) is a geometrical representation of the four planes of life in which man has his being? These, the physical, the psychic, the mental, and the spiritual, are his workshop in which he is to evolve and perfect himself.

When he has perfected himself he is portrayed thus - and is called

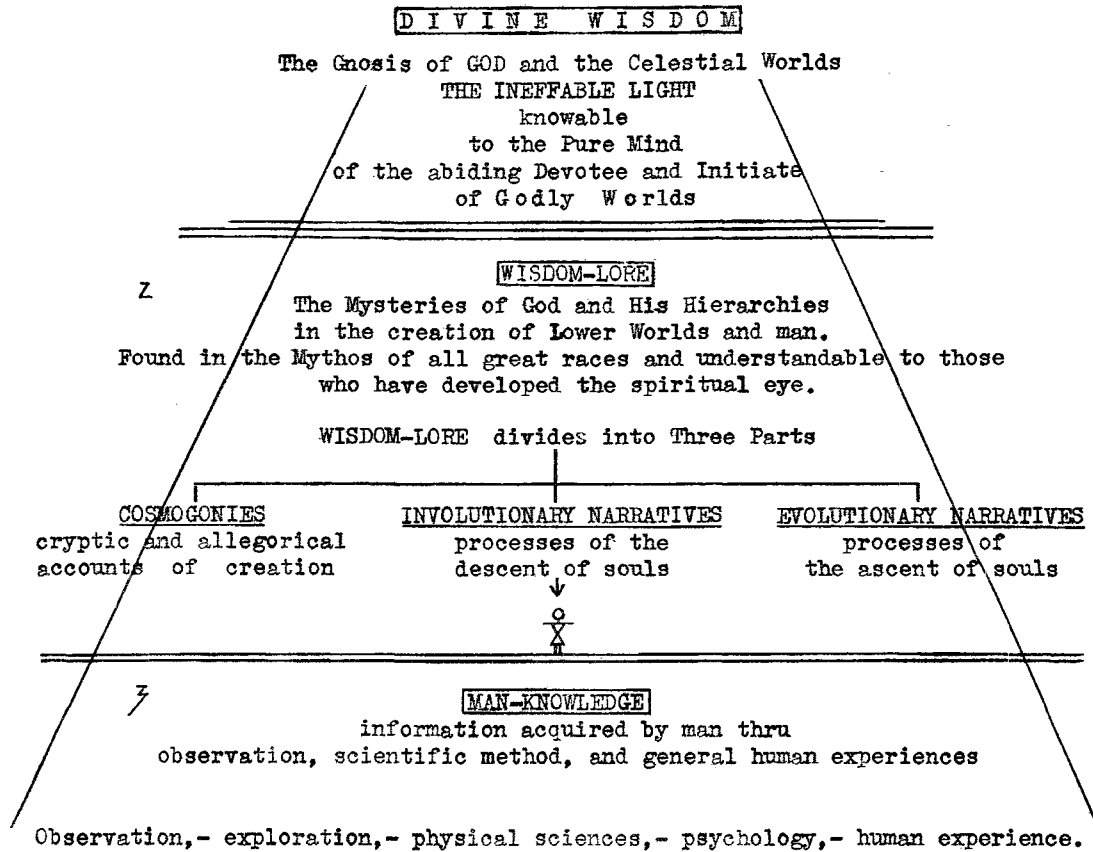
the Son of man



He is then actively related to three sides of the rectangle, implying operative fulness of stature. Thru mind, symbolized by his head, he pushes thru into the fourth plane, the great world of Spirit. Gnostically the man on the cross is conceived as a resplendent being, master of all virtues and powers. As off-spring of the old human creature, man, he is now known mystically as "Son".

WHAT IS WISDOM?

THE THREE CATEGORIES OF ALL KNOWLEDGE



All conceivable knowledge divides readily into three colossal categories. Of these three, one occupies man almost exclusively, a second is rarely even suspected of existence, while the third draws the devotion of only a small percentage of men and women.

The first category of knowledge, DIVINE WISDOM, is the GNOSIS OF GOD, - wholly ineffable to men and partaken of only by those Great Beings (rarely in the flesh) who are or have made themselves of Cosmic stature. Such are those lofty Hierarchies who assist in creation and sustenance. The Gnosis in which they have their being has no value to men in earth, except that the comprehension that it must and does exist, is a terrific expansion to the mind, and a mighty goal to maintain on the horizons of vision.

The third category is one in which all men are versed, some more, some less. Of such are the

instructions from kindergarten thru college, the work of inquiry, research, exploration and invention, the splendid structure of the sciences. This knowledge is to be held in esteem for its immediate usefulness, as well as for the sheer delight in searching which it cultivates. Its only wrong, if so it may be called, is its flagrant monopoly of man's interest and devotion.

The second category of knowledge, strange as it may seem to those steeped in the third, contains the solutions to the master-problems which the third cannot solve. WHAT IS MAN and HOW and WHY is he on the earth? Do not be misled because these answers are in allegory, symbol, or sacred code. Could you describe spiritual processes except by analogy and symbol? It is this category of knowledge which repays a thousand-fold the effort that is expended upon it.

In NEXT ISSUE: Wisdom-Lore among the Races.

"my notes shall serve as kindling sparks; and in the case of him who is fit for knowledge, if he chances to fall in with them, research made with exertion will turn out to his benefit and advantage. For it is right that labour should precede not only food, but also much more knowledge. . . ."

Clement of Alexandria

LATENT EXTRA-SENSORY FACULTIES

by Gertrude Boardman

Apropos of the word noetic mentioned in last month's issue of LIVING, it is significant that this word was used by William James to describe one of the qualities of genuine mystic experience. The other qualities of which he speaks are ineffability, passivity, and transiency, but the hallmark is in the noetic quality.

Readers will remember that the word applies to mind apart from sensing or feeling, and involves direct cognition of spiritual activities.

James was no visionary, but on the contrary a hard-headed student of human behavior, and the leader of the "pragmatic" school in psychology. His contribution to this department of knowledge is only now being recognized for its real greatness. In "Varieties of Religious Experience", his notable work on mysticism, he records and seeks to classify well authenticated instances of such experience, which is beyond the sense world, much as the biologist treats the phenomena of life within that world.

Of course James is not the only writer on the subject. There have been many others, before and since, but mostly they have not organized their material and so have not helped much in discriminating the valid from the false or questionable. Exceptions among the more recent writers are Evelyn Underhill, H. Silberer and Charles A. Bennett.

Much work remains to be done in the way of scientific study. The surface has scarcely been scratched so far.

In any case, mystical experience presents another approach to extra-sensory faculties, differing considerably from those already discussed in this column, but in no way conflicting with them.

Greetings to our new contemporary, the Journal of Parapsychology. Edited by Dr. William B. McDougall and Dr. J. B. Rhine, of Duke University, it will be devoted to the progress of experiments in telepathy, clairvoyance, and E.S.P. in general. Here is an outstanding illustration of modern science, or rather its offspring, the scientific method, in the service of something beyond the material.

Dr. Gustaf Stromberg, astronomer, of the Mount Wilson Observatory, advances the suggestion that "We may obtain a reasonable scientific basis for the immortality of the soul and the indestructibility of memory." Another researcher confirming what wisdom lore has always known on this subject.

THE SCHOOL OF APPLIED PHILOSOPHY

118 East 76th Street New York, N.Y.

PUBLIC THURSDAY LECTURES

THE GREAT OPERATIVE LIFE PRINCIPLES, a series of seven lectures given by the Director, begins on Thursday, April 8th. This series has not been given for five years and many are eagerly anticipating it. The course presents the concealed patterns of energy behavior which govern the manifestation of life everywhere, in the human being as well as in nature.

PRE-TRAINING

On April 8th will begin the new study class - THE THREE REALMS OF LAW, for members in Pre-training. New students admitted.

MEM will conduct the next Forum for this department on April 1st at 6:45 p.m.

The work of the SUBJECTIVE EXERCISE group for pre-trainees is proceeding well. One objective of this work is to attain sufficient quieting of physical, vital and psychic activity to begin the conscious development of the super-sensory faculties. Judging by the experiences some of the members have already touched upon, they must be progressing very well in the breathing and other exercises they have been practicing.

Even the newest listener appreciated the story (an ancient allegory) told by MEM in a recent lecture, in which the attitude of the average person toward esoteric teachings was compared with that of the cock, symbolizing disdain for enduring values. Offered both pearls and grains of corn, the cock takes the corn.

An important meeting was held for members of the Training and Pre-training departments on Saturday afternoon March 20th, to hear the Director speak of the true meaning of Lent - the festival, she pointed out, antedated christianity by thousands of years and was honored by the wise of all races at the time of the vernal equinox - the point in the sun-cycle corresponding to the great stage of the Second Birth in the universal pattern for man. The achievement of this birth as contrasted with the first, or physical, birth was in man's own hands and could be attained only thru his own evolved powers. The forty days of Lent symbolize, in the christian tradition, the vast stages of preparation.