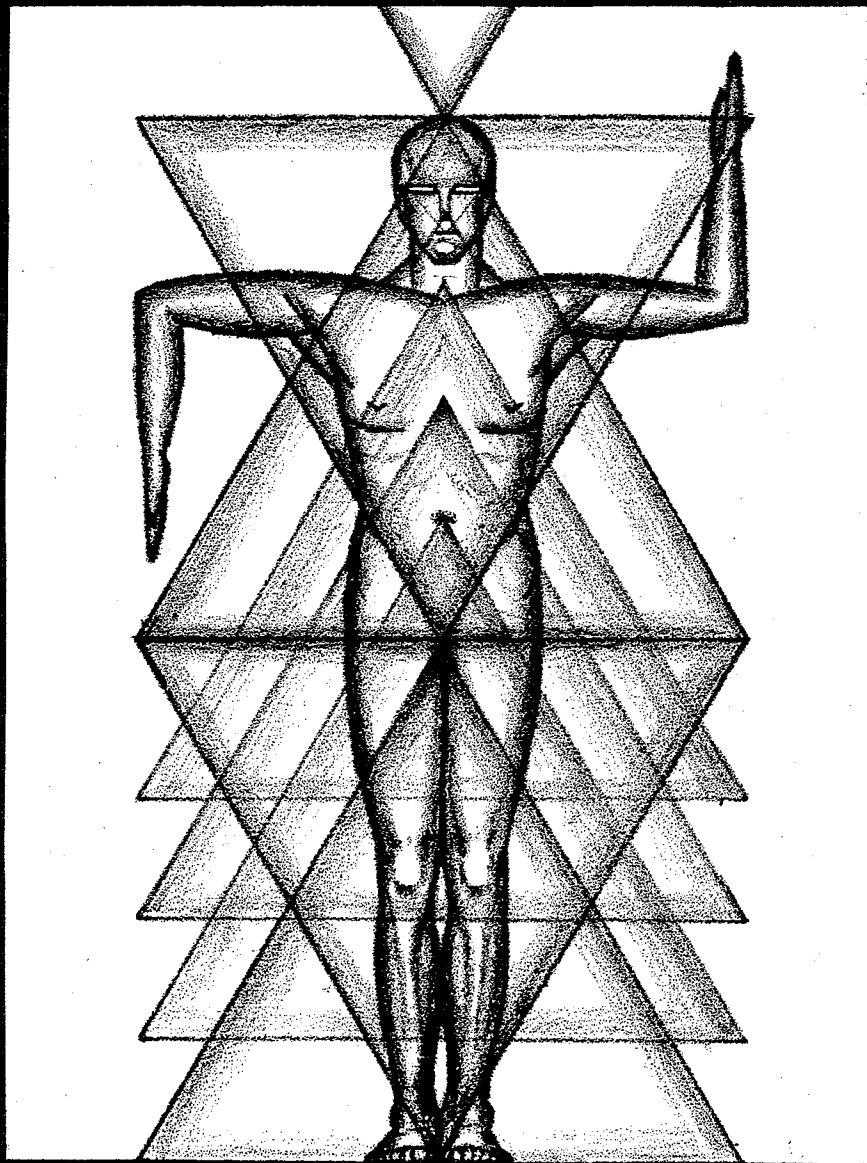


LIVING



Devoted to man and his transcendental nature

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EDITORIAL

The first blast of impending autumn has driven yellow leaves in flight down the road. As September begins, you and I and all the denizens of the northern hemisphere know that another year is past the full flood of natural energy and is entering its recession.

A shiver may pass thru the spine, for we anticipate the cold of winter knowing this is the moment of pause when the outgoing physical energy of this half of the world is beginning to move in the opposite direction. The great tide of nature is set towards its ebb-rhythm. Men may regret the shortened days and the lengthening slant of the beloved sunshine, - yet.

There is another side of the rhythm, and with it a challenge that rings recurrently out of the deeps of man's being. There the awakening force of mental and creative faculties hear the summons to renewed effort. A new cycle has begun for all of us.

Probably you will have many times sensed a vague stirring of ambition, of new impulses at this time of the year. The business man who comes back from vacation full of ideas about expanding his field; the school teacher who re-does the old curriculum after her summer rest; the executive who launches a new campaign in untouched territory are all showing the little practical effects of this awakening. After a summer play-time we all sense a little of this rhythm.

Nature has her incentive to growth at the vernal equinox, but man's incentive or vernal equinox comes as nature approaches the autumnal equinox. This change in rhythm sends a signal to all men, - let man grow, - let man's activity be on the increase! And if men, instead of turning this new vigor to the uses of daily life merely to better material conditions, go a step further and enter into a higher cycle of development they will be richly rewarded.

The more we know of this impulse and of the meaning of the opportunity recurrently brought forth by the signal of the autumnal equinox, the more we can consciously use the force of that summons for the development of man himself and for making progress toward the nobler ideals which stir in every one's heart. Of course mankind has invariably used this impulse for progress in outer ways but one who has, thru study or training, become sensitized to this rhythm, knows it is time to act and for what goals he is aiming.

If this period of waxing is used to the full, if past ignorings are redeemed, if the individual seizes this moment with enthusiasm and insight, then the long-obscured and forgotten meanings of the Door of the Equinox will gradually open and some of the Mysteries be known again!

This number of the publication carries you into this dawning rhythm. We hope you are becoming conscious and sensitized to its greater call. If you move toward the "Third Education" then will you truly profit by its signal.

LIVING ASSOCIATES takes this opportunity to express its deep appreciation to Mrs. Mayer for the many admirable contributions she has generously made to the publication.

The central theme for the October issue will be
NEWLY EMERGING WORLDS
Are these national, economic, astronomical?

WORKSHOP IN SYMBOLISM



The Way in the Midst of the World

This symbol, telling an esoteric fact, was suggested by the well-known medieval concept that in the very midst of the world is a passage which leads to the Light. Those absorbed in the traffic of the material universe know nothing of it, - yet paths lead to the Path if one will but leave "things" behind him and seek. A wonderful lesson to those who will study the picture more closely.

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THE THIRD EDUCATION

By M. Benzenberg Mayer

Secrets for the Adult

Have you ever thought of adult education apart from the general interpretation of its cultural and social features?

Do you know that you as an adult, are now ready for the education toward which all previous instruction and experience have been leading you? that the THIRD EDUCATION is what you are really waiting for?

The first education is the education in facts, - the three "r's", now expanded to include the facts of the material universe.

The second education is the social education, - the learning of a craft, profession, how to conduct the self in relation to others, and of carrying social responsibility. This is a long slow education, only partially acquired thru instruction from others and, on the social side, still an embryonic science.

The THIRD EDUCATION is for the adult only, because he alone is ready for it. And its fruits are his alone!

Is Robert Browning a singer without sense or knowledge when he writes:

"Grow old along with me!

The best is yet to be -

The last of life for which the first was made"

His intuition is right. Instead of dreading adulthood and age, men and women should deliberately set out to use the energy and power peculiar to their age. This would release them to a new, a different zest for life and above all, to happiness.

Take the webs of conventional ideology from your eyes and see what it is that the adult possesses that youth cannot have. What is the asset, the readiness, the inward condition that has gradually been distilled within his being? Has not the body completed going thru the disconcerting changes which made mockery of emotional stability? Has he not learned the elementary lessons of living with his body and keeping it in its place? Has he not learned with reasonable success the rudiments of dwelling amicably among people? Has he not learned thru bitter, biting experience how his emotions can roar and devastate, - what hideous spectres they can shape and inhabit? In a thousand ways the adult in body is no longer a novice in the world. He is enriched by his struggles more than he can realize. He has much behind him.

Now come the years when the new and greater education calls, - for to the adult a second breath is available. The wide response which opportunities for the prevailing type of adult education are meeting all over the world, is evidence of the astonishing amount of energy at his disposal. Modern methods tend to exploit

this energy. Craftsmen, specialists, hobbyists are being turned out by the million. Indeed the increasing vogue of hobbies and sports is a confession of the general poverty of life for the adult.

It is a pity that the principle of unfolding and transforming energy is not yet generally grasped and applied, so that the drive, or second breath in the adult be utilized in the direction normal to it, instead of being diverted to the same type of learning as during adolescence and youth. Many persons think that this new direction is character building. But character building is not enough. It is like making a good tool and not knowing for what it is to be used. A fine character, strange as it may seem, is not developed to help the environment. That is incidental and taken for granted. Rather it is developed so that the soul may take its part in the spiritual steel which interlaces the universe. It is for this greater life that man is going thru the experiences on earth and slowly penetrating to new strata of potential capacities in himself.

The THIRD EDUCATION is the instruction in, and the preparation for, taking part in this larger life. Men are members of a universe, a solar system and a cosmos by virtue of what they intrinsically are. Not by virtue of physical bodies, but because they are souls, and souls have their vestures or bodies as literally as the human being has his flesh! That the higher rate of vibration of these bodies makes them invisible to the eyes of sense is a simple matter of metaphysical logic, not of loose imagination. The knowledge of how these other worlds function, their laws and principles, the conditions for successful living a little further along the road than the three score and ten (which few of us reach, by the way) is as consistent as any education for functioning in this immediate world. The former is only an extension of the preparation principle, and is based on a universal instead of a provincial concept. For indeed it is provincial to live only in the terms of the flesh and the earth.

The adult has energy peculiarly ready for this education. Note that it is not physical energy, for the body may even be slowing down. It is not primarily emotional energy, for the emotions have already been groomed and trimmed by life's experiences. It is not mental energy in the intellectual sense, for a kind of subjective ennui has been gradually arising out of the depths of being, a kind of spiritual listlessness in spite of the mental excitement in the discoveries on the frontiers of modern science. It is as tho some part of being were weary with the futility of mere physical advancement, - as

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tho the soul were hungry. Every adult has experienced this, if he has taken time to become acquainted with himself. And it is just this becoming acquainted with oneself in the deep sense of the words, that leads naturally and normally to the THIRD EDUCATION.

It is interesting that various enlightened groups among the peoples of all times have divided the span of life into three periods and that these correspond to the three educations. The first period is that of the child and youth learning, and subordinate to the elders of his environment. The second period is given to paying his debt to the elders and his environment thru his own contributions to society. And all the while he has been moving toward the third period, - "the last for which the first was made", when he is released to himself because he has learned and his debts are paid. Now he is ready to step beyond the frontiers of conventional thought and study what he and life really are, - what is behind the visible worlds, - what mystic mechanisms sustain the universe. He acquires an education in universal Patterns, Principles and Laws, a knowledge of Sources and Drives and Objective, - not merely those in his own little self, or in those about him, - but in the invisible System of Stresses and Strains which support and carry on the vast Life of which we are all indisputably a part. To unfold this knowledge, and release and train the higher faculties for this Participation is the work of this THIRD EDUCATION, the most joyous and liberating of all the educations which man as man can know. Why should modern man, who has learned so many secrets of nature, miss the greater secrets of the THIRD EDUCATION!

OF THE HEIGHT WHICH IS IN THE DEPTHS

What if my neighbor's field
Be fair with grain? Or a heavier crop?
My own acre is rich with promise,
And my harvest is not in a neighboring land
But here under my own hand;
Fruits of my mating with earth,
Blessed by the goodly rain, the unfailing sun,
And the root-strengthening winds that play.
Look, yesterday my tomorrow holds.
My height is hid in my depth.
And in reaching up to that height,
And in delving down to that depth,
Slowly, I become what I am.

What of my neighbor's field, then?
God's acre, I,
Under the free sky.

A.L.

■ The fairy story of Sleeping Beauty is a fragment of the Secret Teachings told in the vernacular of humble folk, and is known in virtually all countries which have literature and folk tales. Sleeping Beauty is the soul.

WEEDS

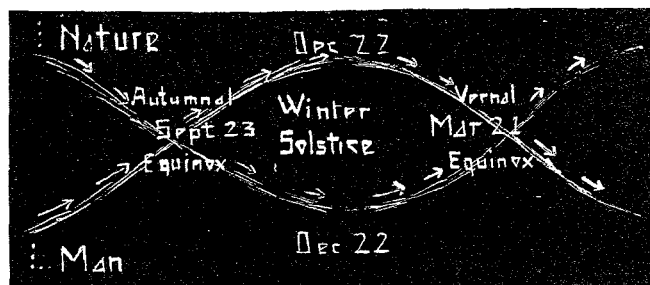
by The Gardener

There are many lessons which can be learned in the intimacies of a garden. They are astonishingly simple and illustrative. Take the one on weeds for example.

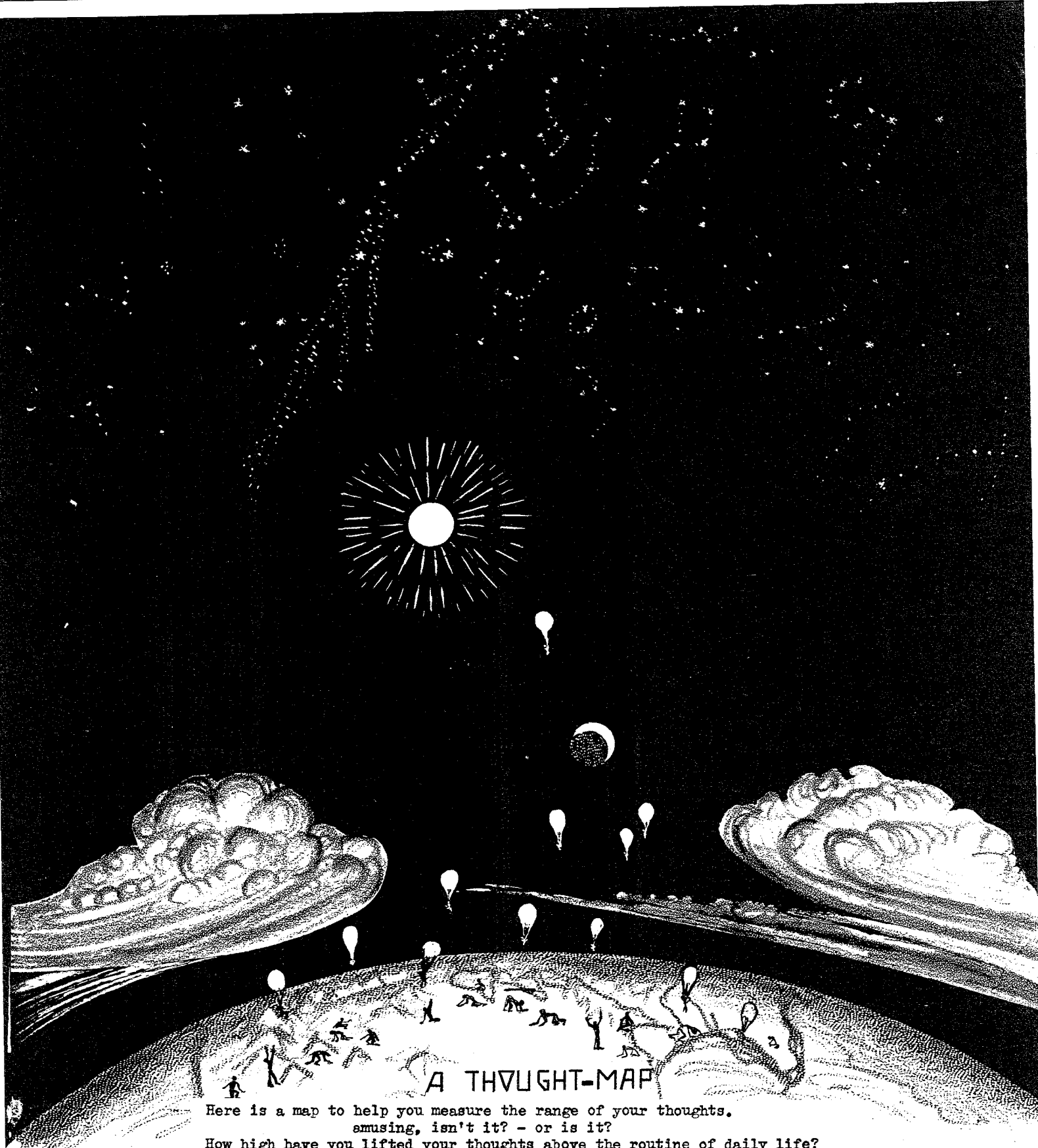
In the first place no one observes weeds who is not in some degree garden-conscious. Then, if it is his garden, he begins the contest with the weeds. For a time it is exciting. Then it becomes a frightfully tiring battle. And the roots are, some of them, so long, so ground-tenacious! But persistence wins and the garden becomes a thing of beauty, rich in blossom and in fruit.

So it is with the self. When you first become conscious of the self, it is a bit exciting to correct some of the faults. But then you become more weed-conscious and it looks like too long a struggle. And some of the weeds are so deeply rooted that only the tops break off, while others have pretty foliage and even flowers! And some are low, ground-hugging and interwoven. Some are like quack-grass, tough and spreading and resist being pulled out. But what does the gardener do? In the words of a fine old-timer I met this summer, he has patience and persistence, and he loves what he is doing because he wants good things to grow. Yes, the garden of the self must have its weeds taken out too, and its story runs just like the garden you worked in this summer!

So begin again the work on your garden, - for the fall of nature is spring in the season of man. Plant your activities well, that during the coming winter you may grow far forward on your way. For the summer of man is the stimulating winter of nature. This is one of the facts out of esoteric science.



■ The Fourth Gospel in the Bible is three-fourths sheer allegory. The first miracle of Jesus (at the Cana wedding) gives the key. Changing water into wine is the figurative mystery of transforming soul into nous (spirit) and is the underlying purpose of Jesus's ministry.



Here is a map to help you measure the range of your thoughts.
amusing, isn't it? - or is it?

How high have you lifted your thoughts above the routine of daily life?
Have you ever travelled via your thoughts to higher concepts and ideals?
How far above the earth have you ascended?

Can you sojourn in higher planes above the clouds of earth?

or are the eyes of your mind only world-fed?

The moon corresponds to thoughts of the soul,

The sun corresponds to thoughts of nous (spirit)

The stars and constellations correspond the Cosmic Regions.

Have you ever risen in a balloon, or have you missed everything except earth?

TUTORING

A MEANS TO ESOTERIC KNOWLEDGE

by Gertrude Bernhard

Claims have been made thruout the centuries that there is a body of secret knowledge, walled about and barred to most men; and always such claims have antagonised the academic mind. It does not like the idea that there are reaches to which it cannot penetrate. But those who make the claim have usually added that there are possessors of this most precious knowledge, able and willing to lead others to its attainment. Thus encouragement is given to all who are not satisfied with fact-gathering as the means to solutions in the world or to peace within themselves.

Ways to this knowledge have been called down the ages the Mysteries, Initiation, Yoga, etc. The modern way used at the School of Applied Philosophy is known as Tutoring.

Many more are ready to embark on the quest for the esoteric, or hidden, knowledge than a view of man in the mass might suggest. Thousands there are who dimly realize that they are capable of much more than is called forth by the daily routine. Often they have had experiences that did not fit in with the ordinary categories of sense-knowledge — prophetic dreams, for instance, brief glimpses of another order of life, sudden insight where there had been darkness and confusion. They have wondered whether after all they were not more than a physical organism; whether that "more" could not be cultivated; what were its possibilities; whither did it lead?

Thoughts sent out thus are really a scouting for the life of the soul. The Teachers who possess and gladly share esoteric knowledge are those who nurture this invisible life, as do ordinary teachers the earth mind. These are the true adult educators, training that which alone can become adult within us. For earth-mind is always a preliminary stage — on the periphery, — outside the wall of the secret knowledge.

Some process of developing the latent faculties in both the visible and invisible man has been part of the training in all genuine esoteric schools. Their teachers have known that only by leading forth potential forces into activity (the root meaning of the word educate is to lead forth) could access be gained to the goal of the coveted knowledge.

Eastern ways often use drastic means to subordinate the lower self, or personality, for the greater. "Tutoring" as conducted at the School of Applied Philosophy employs a different method, suited to the Western mind and mode of life.

This method, whose import is only beginning to be sensed, is the momentous contribution of the School's director, Mrs. M. Benzenberg Mayer. It uses the tool of the modern psychology as an aid

in the first, or purgative, stage. So it clears the way to the life of the soul and takes one far beyond the domain of the modern psychology. The universal nature of this process is indicated in a brief quotation from one of Mrs. Mayer's trainees:

"As far as I have seen, she meets those who come to her, each on his own level, helping him according to his psychological age. But with the few of us who have looked deeper, she does something more. I refer to that age-old quest which was the object of the ancient Mysteries, which exists today, as it has thru the centuries, under countless names: Yoga, the Great Adventure, the Quest of the Holy Grail, the realization of Self-consciousness, Gnosis.... There are many, many adventures along this path of the mind, all the way up to that ineffable Gnosis whereof no man speaks....."

"In my work with her, and in her unusual adaptation of the technique of the new psychology, I see at every step that it is the way to Initiation — but the ever-conscious way, with the mental principle leading....."

There are of course testings on the Way, marking degrees of advancement, for esoteric knowledge is well guarded. As in the Druidic, Greek, Persian and other Mysteries, so in this Western form of training for initiation, the candidate must measure up, in living as in understanding, or the greater secrets elude his grasp.

One may travel a long or a short distance on the Journey, but if he is earnest and sincere he will shortly begin to develop new faculties, new realizations, a new zest and insight, which ray down into everyday life and render it a less weary and a more worthy experience.

If he perseveres further, he will find open to him ever wider perspectives, gates to ever grander levels of consciousness. He may even know the joy of the hero who breaks thru the fiery barrier around the Sleeping Beauty of Truth; the solace of the pilgrim secure on the Homeward path; the peace that passeth understanding.

■ What we call space is partially occupied by planets of more rapid vibration, which accounts for their invisibility. The span of vibrational octaves knowable to sense organs and fine instruments is short compared to what may be known by higher faculties.

■ There is life on other planets but it does not follow the model of human bodies and does not require air or "atmosphere".

■ In the human body is the momentum of all the animal lives on which it is composed, for the body is an aggregate of little lives. Have you become their ruler and king?

SUBJECTIVE EXERCISE

by a
first-hand observer

Practice of the technique devised
by Mrs. M. Benzenberg Mayer, to
develop the man behind the man.

Regardless of all that has been written, and the many methods proposed toward preparing one's self for what is familiarly and glibly called "raising the consciousness", "contacting the reservoir", "tapping the source", "entering the silence", etc., most persons have found there is no magic way of "raising the consciousness" in the twinkling of an eye. The Eastern methods for concentration and meditation have not in general proved well adapted to Western needs.

By the understanding and practice of the technique used in the Subjective Exercises mentioned from time to time in this publication, one learns the way in which the subjective, invisible or metaphysical man, is awakened, and at the same time stimulates, inspires, balances and quickens the outer or earthly man.

Posture, breath control and relaxation are the first steps. Emotional control, concentration, use and control of imagination are skilfully combined, fostering poise, alertness of mind, ease of manner and self-reliance. Advanced exercises come later.

Do you think you are one who
would profit by these exercises?

Are you particularly interested in the well-being of your physical self? Then from a purely physical point of view these exercises are invaluable. A physical dilemma is often eliminated, and handicaps lose their importance as more vital interests come to light.

Relaxation.

What are doctors and psychiatrists constantly doing? Urging patients to learn to keep still; to relax body and muscles, and quiet the tension of the mind. Just watch the people around you! Can they keep still? Very few of them. They must be doing something to distract the mind instead of stilling it; they reach for a cigarette, turn on the radio, run out to a movie; all quite harmless in moderation, but not when used as an escape. The real corrective is the control of psyche and mind, — the man behind the man.

Beauty and Ease.

Is beauty your objective? It is one of the assets in life. No one can be beautiful who is not at ease. Body, nerve and mind control make for ease, charm and general attractiveness. Practise some of these exercises for half an hour before your dinner engagement; they will be more beneficial than a beauty treatment.

Leadership.

Perhaps you are a business man, — or a leader. It may be you feel you are slipping! Here is a way of sharpening your mental faculties in a manner you never dreamed of. You can practise some of these exercises on your way to business, — yes, even in the crowded subway or jiggly bus; in fact, these are just the places to test the concentration and alertness you have developed through the exercises.

The Teacher.

Are you a teacher dissatisfied with the ordinary "alertness courses" which are offered at academic institutions? Would you rather gain as an individual and as a teacher than simply add another course, or a few more credits?

Everyone.

No matter who you are — or what you are doing — if you will persevere in this technique you will find out what extraordinary results you can achieve with your equipment of body, heart and mind.

More Advanced Exercises.

The subjective exercises have been developed by Mrs. Mayer to help the student at all stages of his progress. More advanced work includes metaphysical and psychic exercises. These develop the extrasensory and transcendental faculties, opening up the higher consciousness. It should be realized that telepathy is only one of the humbler extrasensory faculties.

It is difficult to present briefly a subject so far-reaching in scope, especially since no two will react to these exercises in the same way. Some are young in their metaphysical development; others have developed a degree of their super-physical potentialities.

Intellectual affirmations do not convince; the inner self craves evidence. The seeker is not content to be told of the reality, and rightly so. Happily he can be convinced thru his own direct experience.

The teacher who knows will give you what you need either with a medicine dropper, if you are young; or, TNT if you can stand it; but remember there must always be force used to break up your old habit paths, whether of thought or act.

THE SCHOOL OF APPLIED PHILOSOPHY

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

For Education in the Fundamentals of Enlightened Living

The School of Applied Philosophy was opened to the public in February, 1934, altho it had been conducted in the form of private classes for ten years prior to that time. The founder and director is Mrs. M. Benzenberg Mayer, and there is a faculty of eight, all of whom have been trained by her.

The distinctive work of the School is indicated by its objectives, some of which are:

To give a rational perspective for an understanding of the meaning of life.

To teach a philosophy that validly opens ways to dynamic living.

To balance the intellectual with the experiential life.

To assist young men and women in a larger approach to their personal problems.

To train for in-sight as well as fact-sight.

To give a perspective of spiritual principles which will stand the strain of daily life.

The fall semester of the School opens October 10th and will be excellently adapted to the greater adult education, as described in the leading article in this issue. There will be a course on the "Three Ladders" — a map of the steps to man's supreme powers, to be given, probably for the last time, by the Director; another on the Nature of Man and his Psychology; How Philosophy Applies to You (introductory course) and others. Subjective Exercise and Tutoring (see pages 6 and 7) will be featured thruout the year. The roster of classes will appear on this page of the October issue.

Registration and Guest Night will be held on September 28th.

The growth of the School has made necessary the addition of another evening, Tuesday, to the weekly schedule. It will be for those mainly interested in special exercises for awakening and training the powers of the invisible man.

Living Associates, which issues this publication, is composed of teachers and students of the School, and its material is based on the teachings of the School.

The Director

"Those who have studied with Mrs. Mayer for a period of years have recognized in her the signs of an authority not explainable in terms of here and now. She can trace a long history of experience in periods other than the present, and has the power of extending her consciousness to function in larger worlds.... Broadly experienced in life, conversant with the principles of modern science, art and psychology, and steeped in the knowledge of ancient philosophies and religions, her devotion to larger goals is unquestioned.

"MBM has a calm certainty regarding the profound mysteries of life which must ring true to the most casual listener. With sure touch she presents modern problems in the light of cosmic perspective. Her penetrative understanding enables her with equal ease to disclose the meaning of an old symbol, the significance hidden in allegory and myth, or the bearing of ancient scripture on life today.

"...Her guidance has led hundreds to experience and cultivate their own soul consciousness. In the laboratory of the School she has proved that confirmation of man's spiritual ancestry may be found in the higher reaches of the subconscious, and that it is capable of being re-animated and of transforming the lower man."*

*From an article on the Director in the September, 1937, issue of LIVING.



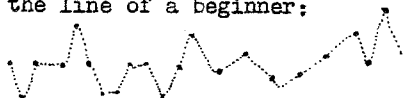
Pojodag House, the parent of the School, has this summer brought forth another child. Thirty-odd acres of beautiful property has been acquired. These arches, and the river, are the source of the name, "Whiting Arches." The fine beginning made this year promises great things for the future.

HOW WOULD YOUR LINE BE?

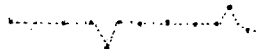
Are you the kind of person who is given to moods or are you fairly steady? Does one day find you "way up" and the next "way down" or can you keep an even "temperature"?

The graphs below are extracts from daily records as kept by trainees who are learning techniques of balanced living, one of the results of which is increased steadiness.

Here is the line of a beginner:



And here is another graph by same trainee some months later:



The next two graphs are extracts from records of trainees who were steady enough to take their "temperature" by units of weeks instead of by days. The period here recorded represents two months, each space between dots counting a week.

It is then an achievement when a trainee sustains an even line, as indicated below, for two months.

