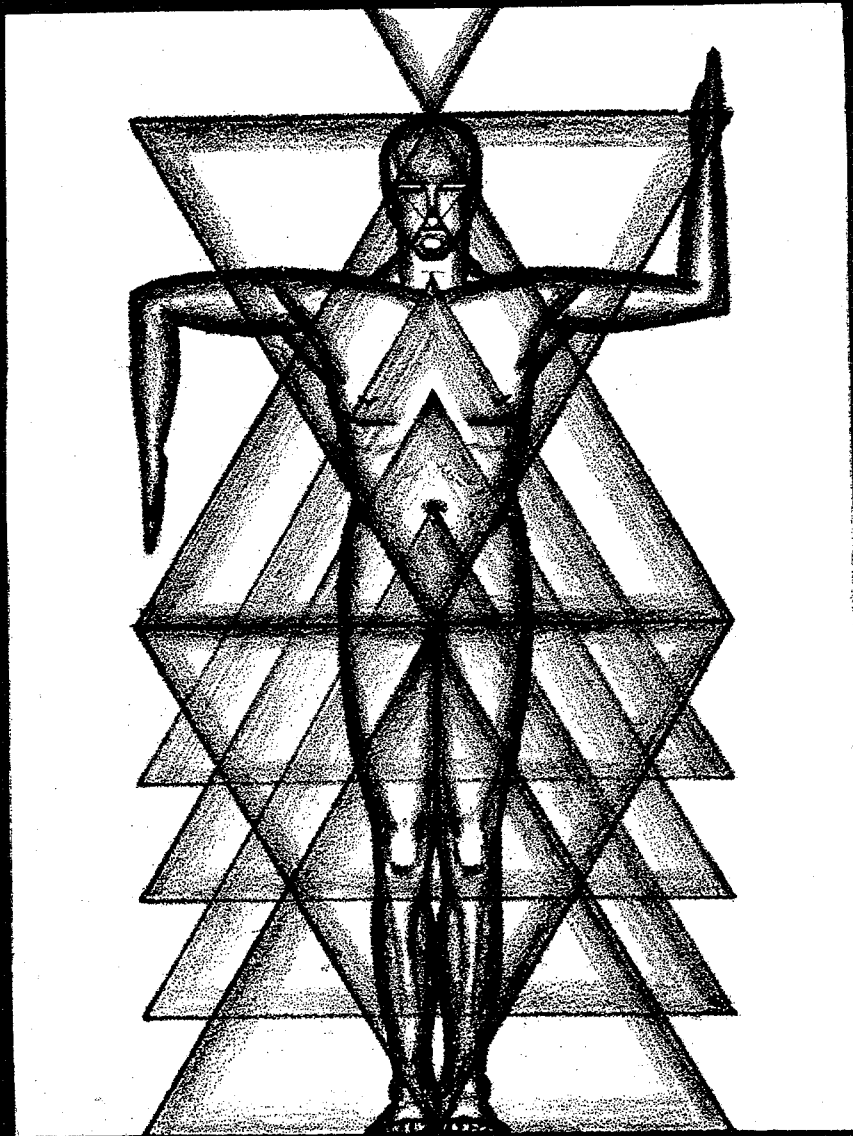


LIVING



Devoted to man and his transcendental nature

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EDITORIAL

NEWLY EMERGING WORLDS

The newly emerging worlds are etheric. What wonders will they eventually make possible?

It is a startling and consequential experience to survey the trend of modern research and exploration. If you stand back far enough so that your mind's eye can overlook the major fields of objective inquiry, such as physics, astronomy, bio-chemistry, one cannot but be impressed with the realization that there is a common tendency in them all.

They are engaged with phenomena which are invisible to the physical eye and unknowable to sense perception. The extremely minute, the delicate and subtle have become the focus under the microscope, and laboratories are filled with strange new instruments to investigate and measure this superfine world.

Wave lengths pulsing thru space at incredible rates have become our familiars. In countless ways new aspects of surrounding worlds are emerging to our ken. The common denominator of this thrust forward into the unknown is an element which will gain in power and significance thru the coming centuries, - or as others would say, - as we progress into the Aquarian Age. This element is ether.

Men are pioneering into worlds that are external, outward, objective. The search is pushed out beyond the solid (sic!) frontiers of matter. It is startling and of serious consequence to grasp a perspective of what is taking place. As we pass beyond matter we are in an apparently attenuated but highly dynamic state, in the midst of a rapidly, breathlessly rapidly, - functioning substance, for substance of some kind it must be, since it conveys effects and achieves even violent changes....Sun spots, cosmic rays, radio, the aurora....and what of such curious by-products as the bewildering effect of broadcasting on homing pigeons!

But there is another and equally important direction in which superfine phenomena will soon be observed. It will be interesting to watch the changes in human attitudes as these become known, for the new worlds emerging in this direction will have a profound effect on our understanding of life. This other direction is subjective. That is, it has to do with man himself. Listen carefully. For generations psychology has talked and written of the subconscious is the source of inspiration as well as the seat of many of the neuroses. Wundt, Geley, Hartman, Bergson, Dresser, James, Freud, Jung, Adler, and a score of others have all impressed their thought on modern concepts. The latter writers especially have claimed this subconscious to be an important reality, and rightly enough, have pointed to the effects as warranting their conclusion.

Many hard headed scientists have justifiably

refused to accept this, for no psychologist has yet satisfactorily given substance and location to the subconscious, and these it must have if it is a reality.....

Now it will not be long before it will be possible to demonstrate that the subconscious is an etheric reality, emitting and receiving its own peculiar wave frequencies, similarly as in the ether of objective exploration. In fact everyone capable of using their imagination has already a partially developed etheric eye, and the pictures seen during the sleep state are patterns produced by the ever active psyche, as the eye and ear of the body transform the waves impacting upon them into sight and sound.

Watch for these newly emerging worlds, and remember that you have already a fairly developed etheric eye. Think what could occur if you set about developing it!

The November issue will revolve around the subject of Peace and War, pointing out neglected aspects of this acute problem, some of which are occult influences.

Mrs. Mayer will continue the Symbolism Series with an article on Mars, the War Lord. This will be exceptionally useful, therefore we ask you to help making this issue known to others.

WORKSHOP IN SYMBOLISM



This symbol of ascending steps as tho from earth and leading upward to a cloudlike shell was seen by a trainee during sleep.

At first puzzling, the delicate forms were found to follow a truly logical pattern. Like a champered nautilus it seemed to mark the scheme of the soul's progression. There is the mystery of its beginning, and the little creature who lives in the present, yet always carries his entire past! And below this symbol appeared a ladder, disappearing in a great distance, yet bathed in fiery luminosity, as tho it betokened that fiery ardor of active aspiration which leads ever upward. This vision left a powerful effect on the trainee.

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A LESSON IN SYMBOLISM OUR COVER DESIGN

by The Interpreter

We have been asked for the promised "more" information about our cover design.

Gladly given!

This is a symbol which compacts within itself the major concepts of man's evolution, from material to spiritual realities, and it indicates the way to the development of his transcendental nature. That is why it is so fitting with the objectives of our publication.

First note that there are two main sets of triangles which are interwoven with the figure of the man (which symbolizes humanity). One forms a diamond and the other an hourglass. The center of each is also the center of the human figure. This focal point signifies that the "natural order", nature, generation, reproduction is the central theme of human life. Without it man could not grow; and it includes infinitely more than sex reproduction. Like the mystic circle whose point and circumference are everywhere, so this concept is everywhere present. Press in until you have grasped the deeper meaning of this mystery.

Observe next that the base line of the upper triangle of the hourglass rests on the head, and the head is touched by the apex of a triangle which has its base line still further up. Thus is indicated that it is the higher spheres which feed the mind of the ideal man. And it is his mind so fed which in turn pours down the higher knowledge on the worlds below. The triangle down-turned enriches the human mind(head), the heart (upper torso) and the physical self, (stomach-genitalia) culminating at this point of beginnings until all of life is transformed by the higher understanding.

Simultaneously the lessons learned in earth (the base line on which the feet rest, rise up on the up-pointed triangle) to meet the mystical facts of heaven, and each finds in the other its own counter poise and completion. In four successive stages the base line of this triangle gradually moves upward. These changing base lines refer to the steps by which man sets himself free from attachments to the things of earth, until, fully liberated, he reaches the sublime stage at which he has no attachments. He is now capable of using the things of earth no longer for themselves, but as Jesus would say, for the sake of the kingdom of heaven. His feet are still soundly on earth, - but seen etherically or psychically his base line would be at the level of the genitalia. He now generates only those things which can go upward.

Note that in the second stage of these upward moving base lines the apex of the triangle is at the solar plexus. Next the apex is at the heart. Then at the throat. Finally at the place at the top of the head where it joins with the down-coming point of the small triangle. These are each "centers" of progressive importance, for the original station of generation or reproduction has been raised, and there is now "generation" in higher forms of activity. These have definite manifestations. Can you say what they are?

And to indicate that thruout all these steps of ideal evolution, the man who is going thru them must be active (not merely receptive) and that this activity must be simultaneously in relation to the material and the spiritual worlds, the arms of the human figure (which are the symbol of "doing") are so placed that they indicate this dual expression of the life-force. The elbows are right-angled or "righted", which is a geometrical way of suggesting the square. And it is a mystical law that every man must "square his circle", that is, develop to perfect differentiation the four elements* within himself.

The down-pointed triangle whose apex is between the feet illustrates further this demand of the higher laws that man shall act what he learns of the good laws, for the feet represent "going", - that man shall walk in these ways, according to the light received from above. Observe how the delivery of this higher power pours out directly between the feet, where both feet "shall walk with God". Such are the universal laws which unfold the transcendental man. There is a smaller set of triangles within the head. Can you work out their meanings? Or shall I write about them in a later issue?

*See June and October issues, 1937

HARVEST

by the Gardener

One by one crates, baskets, and sacks are being filled. Tomatoes, potatoes, corn, apples, and a score of other crops are being gathered and laid by. Harvest time is here. The pungent fragrance that frost draws out of growing things gladdens the sensitive nostrils as a rich symphony does the ears. Cultivate the delights of the nose. Walk along a road after sunset, or before dawn and smell the continually changing melody of fragrances as you pass meadow, swamp, barn, timber, shrub. Revel in the rich odor of hay, smell the cool sleekness of cucumbers, the redolence of melons, the aromatic warmth of an herb garden.

Autumn is a magnificent season, - a time of exultant crops, - a reaping of a grand collusion between nature and man.

But we, - men and women, - are of another rhythm and do not begin to reap our harvest until next March. Last month I showed you how in esoteric science, autumn is actually your spring. We must now plant the seeds, - begin the work, the studies, the training which we would like to harvest next year. Funny that so many of us would like to harvest without working for our crops! But nature worked hard and steadily since last March, struggling against adverse weather, hungry larvae, against fungi, beetles, and worms. It is her victory that she is giving us. Let us do as well as she has done. Let us plant wise plans and serve them faithfully against human weather and fungi and worms. Let us serve the life, the soul in us as nature has served the corn fields and the orchards. We must be definite and do "real things". Then are we assured our own harvest!

FORESHADOWING THE REC

Below is a bird's-eye view of some of the more influential concepts of the subconscious during the past approximately 100 years. While the excerpts are bound to do violence to the systems of thought built up by the respective authors, nevertheless they afford a revealing perspective. Certainly it becomes clear that some of those represented, foreshadowed without knowing it, metaphysical concepts such as are presented in the editorial on Newly Emerging Worlds.

Writer Dates Movement	Terminology	Claims
<u>MESMER</u> , Franz A. 1734-1815 mesmerism hypnotism	magnetism the All-Fluid animal magnetism rapport harmony	Instinct is the internal sense which keeps us in rapport with the whole physical creation. There is only one disease and only one cure, namely the throwing of the system out of this rapport and its replacement in it....There exists a reciprocal influence between the heavenly bodies and Man....
v. <u>HARTMANN</u> , Karl R. 1842-1906 "The Unconscious" 1867 religious philosopher	the Unconscious	The Unconscious (as cosmic force) is the absolute subject, substance, ego, idea, or force of the universe. It contains will and intellect...To make the ends of the Unconscious his own is the individual's all-comprehending duty....The final end of all animal life is the development of consciousness. The unconscious (as human force) inductively generalizes what is of use in human experience, and these results afterwards appear in consciousness as <u>a priori</u> .
<u>WUNDT</u> 1832-1920 Experimental Psychology	unconscious memory image central stimu- lation soul	There is something behind bodily movement, perhaps related to soul.....Soul is something which develops from itself and belongs to the metaphysical, beyond the concerns of psychology. Dreams and fantasies originate in a <u>central</u> stimulus; percepts in a <u>peripheral</u> stimulus. Wundt was primarily interested in sense-perception and its measurement, and thought these problems required solution before those of the soul could be answered; but believed there were unconscious processes and ideas, whose existence was <u>apart from physiological dispositions</u> .
<u>JAMES</u> , William 1842-1910 Pragmatism "Principles of Psychology" "Varieties of Religious Experience"	subliminal regions submarginal regions	"The subliminal is obviously the larger part of each of us, for it is the abode of everything that is latent and the reservoir of everything that passes unrecorded and unobserved. It contains, for example, such things as all our momentarily inactive memories.....the springs of obscurely motivated passions, impulses, likes, dislikes.....Our intuitions, hypotheses, fancies, superstitions, persuasions, convictions, and in general all our non-rational operations come from it. It is the source of our dreams and apparently they may return to it. In it arise whatever mystical experiences we may have....our supernormal cognitions....."
<u>MYERS</u> , F.W.H. d. 1904 Psychic research "Human Person- ality"	subliminal self subliminal con- sciousness ultra-marginal consciousness	The conscious self of each of us comprises only part of the consciousness within us....There exists a more comprehensive consciousness, a profounder faculty, which for the most part remains potential only, so far as regards the life of earth. Earth faculties are mere selections from it. The subliminal consciousness reasserts itself after the liberating change of death. It includes sensations, thoughts, emotions, and much else - a vast domain, which psychology as yet hardly recognizes. We are wrong in identifying ourselves with the "supraliminal current of consciousness."
<u>EDDY</u> , Mary Baker late 19th century; Christian Science	soul, mind, life spirit, God (positive) error, matter, malicious animal magnetism (negative)	Soul is Life, and being spiritual life, never sins.....The Soul as Spirit is sinless, and is God.....Mortal mind is self-created and self-sustained until it becomes non-existent. It has no origin or existence in Spirit, Immortal Mind.....

NITION OF INVISIBLE MAN

Compiled by Gertrude Berchard and Committee

Writer Dates Movement	Terminology	Claims
<u>DRESSER</u> , Horatio W. cir. 1915 New Thought	Realization; the Silence; Spiritual meditation; higher and lower planes of self; wrong thought; the christ within.	The real trouble is never physical and cannot be cured by physical means. The physiological conditions really exist.. but all causes are mental. To know why a man has heart-disease or rheumatism you must know what sort of consciousness he has put into his life; you must examine his beliefs and fears.....What we believe we act upon.....Man is plainly ignorant of the truth that he is a spiritual being having power over his organism in health and disease.
<u>COUÉ</u> , Emile 1857-1926 Auto- suggestion	Unconscious self imagination	The unconscious presides over all our actions and is responsible, thru the intermediary of the brain, for the functioning of all our organs.....Such disorders of the personality as neurasthenia, stammering, aversions, kleptomania, are caused by unconscious suggestion acting upon the physical and moral being.
<u>HUDSON</u> , Dr. Thomas J. "Law of Mental Medicine" 1908	subjective mind Mental therapy	The subjective mind is the mental organism of the soul. It includes the faculty of intuition, corresponding to instinct on a lower plane, and is the seat of memory, without which the intellectual equipment of the soul would be incomplete.
<u>KELEY</u> , Dr. Gustave d. 1924 "From the Unconscious to the Conscious" "Clairvoyance and Materialization"	Unconscious subconscious Crypto- psychism	The subconscious includes the so-called supernormal faculties; thought-reading, suggestion, telepathy, clairvoyance, telekenesis, exteriorisation and materialization. It retains indelibly everything which the individual has experienced or learned, consciously or unconsciously, during both prior and current existences.....It manifests in our instincts, intuitions, and inspirations. It forms our being and character outside of the results of personal effort, education and surrounding example.
<u>FREUD</u> , Dr. Sigmund b. 1856 Psychoanalysis, Vienna School	Unconscious subconscious libido	The basis and origin of the symptoms classed as hysteria and neuroses lie in unfilled desires and wishes, unknown to and unexpressed by the patient, for the most part, and concerned chiefly with the sexual instinct. Subconscious tendencies may best be understood thru the study of dreams and their symbolism, and therapeutic effects achieved by revealing the unconscious roots of phobias, fixations, conflicts and other obstacles to wholesome adjustment.
<u>JUNG</u> , Dr. C. G. Psychoanalysis, Zurich School "Psychology of the Unconscious" 1915	subconscious collective subconscious evolution of the libido	The unconscious is not only the source of neurotic symptoms and other phenomena of conduct but throws light on the "products of the mind as expressed in myths and religions." Thru the understanding of his subconscious trends the individual can to a large extent determine his own destiny and penetrate into his soul. He can also make increasingly progressive social adaptations.
<u>BERGSON</u> , Henri b. 1859 "Creative Evolution"	intuition vs intellect	Intuition, or subjective insight, as compared with intellect, or objective thinking is but vague and intermittent in man, But it glimmers wherever a vital interest is at stake...On our origins and perhaps also on our destiny it throws a light, feeble and vacillating, but which none the less pierces the "darkness of the night in which the intellect leaves us." Intuitions should be seized upon by philosophy, sustained, expanded, and at last united. Intuition is mind itself, and in a certain sense life itself.

DREAMS AND REALITY

by B.D. Albisser

A dream. What is a dream? Is it a fantasy, a senseless play of images, the chaotic refuge of the day's impressions, the untold side of the feeling life? Or is it the speech of the soul, the way to a view of another order of life? Infinitely varied are the answers. There can be no one answer.

It is not for those who have experienced little in the deeper areas of consciousness to which the dream may lead to say it is either this or that. Even those who have observed long and patiently some little corner of this vast field have only partial answers, and there may be but a few far-seeing investigators who have the right to say what value dreams may have for the individual life, as well as for the furthering of scientific knowledge of what lies beyond.

Sustained experiment, and concentrated attention to the many phases of the dream state over a long period are necessary for understanding the extraordinarily diverse nature of dreams. For they are of many types and kinds, and the so-called dream state, when cultivated may come to reveal a quality of emotion, and a depth of insight far beyond that of daily life.

Such work may indeed be the means of setting up many milestones on the way to reality. What is Reality? In what direction does it lead? What are the means of contacting it? What ever Reality may be, the little self, immersed in its own fantasy is incapable of knowing it. The direction leads through and beyond the lower self. In sleep, when physical life is stilled, faculties of the higher self, even though embryonic at first, can be released to sense and to know progressively the nature of Reality.

That this is true has been proved by the work of hundreds of students, under the guidance of Mrs. Mayer. Not through the casual observance and recording of striking dreams, but through setting up a process in the sleep state, together with the steadfast adherence to the demands of the process. The first of these is that the household of the self both "conscious" and "unconscious", be at peace with its members and that the "I" shall direct this household. This is the work which must be done at the outset of the process. By degrees the barrier between the sleep and waking state is lowered. Then begins between the two a new and friendly,

humorous and strengthening interplay. The conscious self has reached out to include its strange and puzzling twin whose senses and faculties function under such very different conditions.

Gradually problems confusing to the conscious mind are taken up in sleep and are represented candidly and forcefully, attesting the validity of a mature cooperating agency at work. Directions that are given and accepted by the conscious self come with such force they may not be denied. Warmth and depth of feeling well up, cleansing personal wounds. Awareness and general sensitivity increase. Step by step the psyche moves to a larger world.

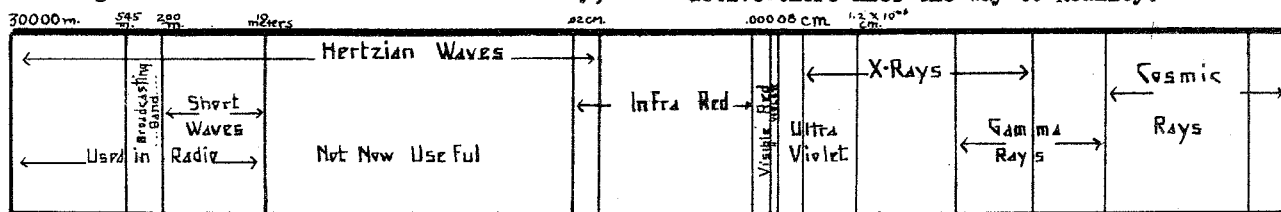
And from this point on, the paths lead out in many directions toward the great Good. Beyond the boundary of earthly reflections conditions change, and keen judgment based on wide experience is necessary to evaluate those dreams which have little or nothing to do with personal life. Here again the guide is important.

What place have visions, voices, prophecies? What meaning have the symbols used by all races? Once more there is no single answer. What of the states in which relationships of time and space are changed. and of those in which finer substances and more compelling energies are tapped? Or those to which poise and graciousness are innate, engendering serenity and strength?

Many such experiences have been reported in all ages. It is the privilege of this scientific age to organize them, making full use of new metaphysical and psychological knowledge; to recognize them as the inevitable accompaniment of extended senses and extended consciousness, as inherent in the process of growth toward larger consciousness.

It is a splendid task, not for the little traveler who clings timidly to earth, but for the student and seeker who in the spirit of the true scientist strives to add his bit to the knowledge of man and the cosmos, through the steadily progressive development of his own extended senses and faculties. Above all of his higher mind.

On then, through and beyond the trained and consecrated self, functioning consciously in sleep and in waking, on into worlds where the little self is not, where the higher self is awake and active there lies the way to Reality.



THE ETHER SPECTRUM

or scale of vibrational rates. Adapted from chart in periodical Electronics, April, 1930.

ADVENTURE DURING SLEEP

I am writing down an experience that came to me a few weeks ago as my body slept. I put it into the words which suggested themselves when I returned to waking consciousness, knowing that, like most translations, it could not express what lay beyond words. If anything of the original quality has been caught, it lies somewhere between the lines.

It seemed I was a traveler on a quest, and my first act

Was opening up the flooring of my house.
I bribed the keeper of the room beneath
And forced an entrance to that drainage spot.
Down there upon my hands and knees I groped
The length of its rectangle,
Calling out my delight to find that though
Of mud, yet it was very clean.

Then I was borne aloft, and stood
Before my two-fold treasures — one
Was with me in that hour of joy, but fled
Before my waking consciousness.
The other, too, most potent, hid its secret
Within a structure made of black basalt.

As I stood there, my hands upon the stone,
Striving to penetrate its mystery
And know the meaning there,
The spaces of my vision opened out
So that I saw great pillars looming up,
And an unmeasured darkness back of them.
Losing all sense of time or space,
Expanding in this sense of boundlessness
I strove to pierce still further. Yet even
As I sensed this boundlessness
(An instant or a century — time was not)
My basalt structure shattered into bits....
Yet was its form not lost. I knew
It could be whole again. And there was left
A passion most intense to make it so.
Again I built it up with eager hands,
Still conscious of that other value
Which was lost.

And now there came a man who looked on me
And on my basalt and its scattered bits.
He offered me much money, wanting it,
Cloaking desire by feigned indifference,
Saying he would relieve me of the stuff.
I answered as in jest, my meaning deadly,
That should he touch a fragment of the
sacred bits
I would let loose an arrow through his body
And make it quiver there.

Yet still I sought the meaning of my treasure,
Until a youth of beauty came to me.
He knew (I sensed) the wisdom lore
Which held the secret I so longed to know,
And I was waiting till he should impart it to
me

When I awakened.....

* * * * *

Is it not true that we often go thru strange areas, and in that region sometimes called the world of dreams, say and do things foreign to our waking consciousness? Now and then we are able to penetrate into deeper areas, and such adventures, if carried back into waking consciousness, may have a profound influence upon our living.

It was so with me. I found that after this experience I had changed, and not only for those days after the dream, when the poignancy and wonder of it were still upon me. There was an integral difference in breadth and understanding, in my attitude toward people and circumstances, that simplified for me many problems. And I believe, as one result, that certain pettinesses will not trap me again.

It was as if a citizen who had never gone beyond the confines of a very small and ugly town were suddenly set before the Grand Canyon of the Colorado, or were transported to the breathtaking grandeur of the Alps. It was, on another plane, something analogous to this, but incomparably greater.

For in this experience I had gone into the lower levels of my being, and having cleaned them, had been empowered to rise and glimpse my treasures. Yet had I? For one eluded me entirely, the while the other hid itself in symbol and only lured me on. It seems we are permitted (or can bear) only enough of the gleam to lure us on to greater heights. I had, for an instant, looked out into fathomless space, and could never again be quite the same.

This experience, and others, hold for me a greater sense of vividness and enduring reality than any I have had in the three-dimensional world, yet far from being an escape from that world, they have helped me to live in it more fully and wisely, and with a greater purpose.

NOTES ON CHART OF

THE ETHER SPECTRUM

Only a small range of this scale (the visible color spectrum) is perceived by the senses. Yet the other ranges are known to exist, and certain of their wave frequencies are being applied in various fields. It is altogether probable that as man develops his higher nature he will also develop receptors which may be attuned to these other octaves. Note what a very small segment of the vibrational rates is perceived by the senses. Why then are the senses to be seen as the judges of reality?

New York, N.Y.

"METAPHYSICS" beginning later in the season, is a practical introduction to the A B C of the phenomena of higher space. These include many of those puzzling experiences which evade ordinary explanations.

"How Philosophy Applies to You"

"THE MAP OF HUMANITY'S PAST AND FUTURE"

OPEN HOUSE at 118 East 76th St.—Sept. 28— 8 P.M.
This is the chance for which you have been looking — of meeting Mrs. Mayer and others of the School. These informal evenings have grown immensely in popularity. Come and ask those questions that have been puzzling you. Welcome, all readers of LIVING!!

A PHILOSOPHIC POINT OF VIEW
by M.H.

dents such as these often reveal much to a student of life. Such a one knows that philosophical teachings recognize gradations in the scale of human feeling and understanding, and that this "degreeeness" is shown in our daily attitudes and behaviors. These teachings speak of a "young" soul or an "old" soul and by these expressions refer to differences which are not due to heredity or to environment, but are peculiar to the individual. They are qualities resulting from past experiences and may be desirable or undesirable, mellow or incipient, in accordance with the "age" of the soul. These qualities are part of one's heritage, and we each have the opportunity to add to that heritage by the right use of life's experiences.

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