

# BROTHERHOOD TRUTH SHEET

Vol. 92 Sunday, June 6, 1965 No. 3

## 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.

# VITAMINS AND ELEMENTS

DR. M. DOREAL

We wish to call the attention of our students and friends to the very informative book by Dr. Doreal titled "THE VITAMINS AND THE ELEMENTS."

The knowledge of foods and their value can be of inestimable value to the Seeker of Light, for often the Student's development is impaired through improper feeding. Unless the proper food values are given in their proper combinations, the vitality and harmony of the body may be deficient to meet the demands of the consciousness for the attainment of balanced, spiritual unfoldment.

It gives the twenty-two chemical substances in man and the foods which contain them.

The corresponding physical conditions which appear when the body has a deficiency or an excess of the twelve master chemicals, are given with a list of foods which should be eaten in each instance.

Price.....50¢

# PROGRAM

Sunday, June 6, 1965, at 11:00 A.M., Dr. Winnie Whitby will give Inspirational Services in the Temple.

Sunday, June 6th, at 2:30 P.M., Junior Temple Services.

Sunday, June 6th, at 2:30 P.M., Dr. J. Trenton Tully will give a Metaphysical Lecture.

Sunday, June 6th, at 7:00 P.M., Fellowship of the Avatar meeting for Members only.

Sunday, June 6th, following the Avatar meeting, Dr. Donald Pass will have a "Projection Class".

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Sunday, June 13, 1965, at 11:00 A.M., Dr. Winnie Whitby will give Inspirational Services in the Temple.

Sunday, June 13th, at 2:30 P.M., Junior Temple Services.

Sunday, June 13th, at 2:30 P.M., Dr. J. Trenton Tully will give a Metaphysical Lecture.

Sunday, June 13th, at 7:00 P.M., Dr. Robert Morrow will give a Metaphysical Lecture.

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

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

# BROTHERHOOD NEWSLETTER

Dear Students and Friends:

The weather here over the Memorial Day weekend was very nice and many of the students were out enjoying the scenery of the mountains. It was also a beautiful weekend for the fishermen to try their luck in catching a few trout from the cold mountain streams.

We had an unexpected return of winter last week when on awakening on the morning of the 25th we were surprised to see everything covered with snow and again the next morning there was more snow, but at this time of year any snow that we get, melts very rapidly as soon as the sun comes out. It was fortunate that we did get the snow with the dropping temperatures as the snow was a protective covering against the freezing temperatures that might have otherwise done more damage to the blossoms that were out and some of the tender new growth of the gardens.

The wild plums have almost finished blooming and the choke cherries are just beginning to bloom. If the freezing temperatures haven't damaged this fruit we can look forward to a lot of plums and choke cherries this Fall.

Many of the residents here are getting a number of varieties of fruit trees started

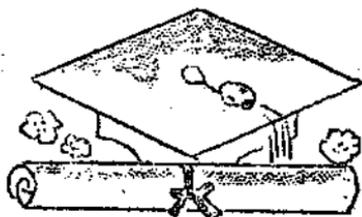
and they are hopeful of receiving a bountiful harvest in the years to come.

This is the last week of school for the children of this area and they are looking forward to the summer vacation. The graduation exercises are being well attended by the happy parents, relatives and friends of the graduates. The pride and happiness radiated by these children and their parents is an inspiration to those who observe it and adds incentive for each one to increase his efforts toward greater attainment.

The need for greater Spiritual understanding is becoming more apparent in our time of strife and turmoil and we look hopefully to the younger generation to contribute a great deal in this direction. We know that they will develop new ideas as they go out into the world and take up their individual tasks. If these new ideas, so necessary to the continued progress of mankind, incorporate a greater Spiritual influence, they will aid man in the overcoming of the negative forces and the gaining of the true Spiritual life.

In Cosmic Harmony,

Robert Morrow



## HAPPINESS, A STATE OF MIND

As often as the world has gone  
    astray,  
O let it not push happiness away  
As outcast from the heart where  
    it belongs  
And stranger to pure joy for which  
    it longs.  
O censure not the wisdom happiness  
Bequeathes those who have earned it.  
    May it bless  
The disposition of all things on earth  
Till everyone deserves and knows its  
    worth,  
When weaned from too self-centered  
    selfishness.  
Praise God and learn the ways to  
    happiness  
My soul, let the eternal Spirit grow  
And flow to triumph over every woe -  
To know the Higher-self dispells  
    despair  
And time and time again eludes the  
    snare.  
World pleasures without happiness  
    are prone  
To leave Life's Best of all, untouched,  
    unknown.  
Like rainbows ever-setting, briefed  
    in sun,  
The happiness folks chase is never won.  
Be grateful there's a source for  
    each good need  
Remote from any jealousy or greed -  
Since wisdom born of happiness, is blest,  
And knows serenity within its breast.

-PAUL JANS

# THE OBJECT OF MEDITATION

BY

DR. M. DOREAL

(Part Two)

The mind tenanted by evil thoughts acts as a magnet to attract like thoughts from others and thus, intensifies the original evil. We attract to us the things which we have formed and shaped in our own mind. If you have God in your consciousness, if you have the pure and absolute harmonious thought that is like the most pure water, then negative cannot become part of you because you have not given it a point of attunement, but if you make your vessel such that it attunes with negation, you will attract it.

The higher the level of consciousness employed by the neophyte, the greater the power released and consequently, the greater the effect. Therefore, if man looks to the highest spiritual, infinite, absolute plane and places his thought on the attaining of the absolute, the eternal and immortal, then it is that quality, that power which will manifest through his nature rather than the lesser qualities of the lower planes of manifestation.

We can draw from the higher as well

as the lower because in the East, they teach of the deep abyss beneath as well as the abyss above. And the powers of the neophyte, the power of the adept depends largely on the level of consciousness on which he is able to function. If our consciousness can only be conscious of the lower powers of mankind, that is all that we are able to utilize. Then it is those powers which we call upon with negative thoughts. These are very uncertain in their reaction. That is the reason in the lower states of consciousness sometimes we can do a thing; sometimes we cannot. The unlimited power is just as easy to tap as the limited power.

Two difficulties often met with by the neophyte are wandering of attention and a tendency to be distracted by visions. The first may be overcome by practice and the second by steadily ignoring all images which appear before the mind's eye and by resisting all external influence. The adept does not see visions. The adept sees the higher spiritual reality. Many people when they begin to see visions think they have gained the spiritual plane when they have only come to the first barrier that they have to pass. When they are able to dismiss visions then they can see the true reality which is behind it.

Many beautiful images of color and form may appear and presences be felt but we must constantly remind ourselves that our sole purpose in meditation is the expansion of consciousness until it

is free from the dominion of form and is merged into one Consciousness, the Logos, the Absolute. Visions seem to bring all the things which the student seems to desire; visions are one of the veils which lie between you and the true. Therefore, dismiss everything which has to do with form or substance because they are only the veils which man calls the material world.

Many students mistake these mental images for Heavenly images. There are exceptions but rare exceptions. The colors and forms are either parts of the neophyte's own aura or the natural phenomena of the astral or mental planes and if we desire the powers of the higher planes we have to rise to the high states and planes of being and we can only do that by eliminating all of the veils which lie between.

Though few seem to realize it the soul needs feeding as well as the body and what does the soul feed upon? It feeds upon the attention and the placing of the personality and consciousness upon it. If we place the attention of our consciousness upon the soul and its powers, qualities, oneness and light, our attention is the food that it feeds on and as it feeds, we in the material world become a part of that spiritual body which is our Higher Self and it begins to express through our personality, our mind and our body.

The Great Teacher, the Gautama Buddha

said that there were five great meditations that the neophyte must meditate on if he desired to find his own soul, his own ego and the higher spiritual plane. The first of those meditations that he gave was the meditation on love, not material love, but spiritual and divine love, and he said that in that meditation on love the neophyte must so adjust his heart that the longing for good and well-being of all things should be dominant, even for those who might be his enemies. That statement, of consciousness of love for all things, has always been considered the primary meditation towards the soul and enlightenment.

The second meditation is pity, in which the neophyte thinks of all beings in distress and vividly represents in his mind their sorrows and anxieties so that he arouses for them a compassion in his soul so that the divine quality can begin to manifest in him.

The third of those meditations is the meditation on joy in which the neophyte thinks on the health of others and their joys and pleasures and rejoices with their rejoicing.

The fourth meditation is on impurity in which he considers the evil consequences of wrong and evil and how trivial are the pleasures of the moment and how fatal its consequences and by meditating on that he can open that which will change things in his own nature.

The fifth of the meditations is med-

itation on serenity. The serene consciousness is the ultimate meditation of the neophyte. In the meditation on serenity, the neophyte rises above love and hate, wealth and want, and regards his own fate with impersonal calmness and perfect tranquility. That is one which in the Yoga philosophy is called the meditation on the pool of wisdom, so calm and serene that there is no ripple on its surface, all tranquility of mind and consciousness. As he meditates on that the great wisdom of the Divine begins to flow through him because it is only when there is a cessation of the disturbance of the mind-stuff that the Great Wisdom can flow into him. A true follower of truth finds not his trust upon austerities or rituals but the giving up of self to the Divine.

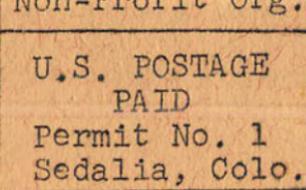
Too often the student follows personality. Too often a student follows a teacher rather than a truth itself. There is no master higher than truth and therefore, one must follow not the adept, not any teacher, but truth wherever it is and whatever it might be. If you do that, you will never go wrong; you will always find your feet planted on the ground.

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