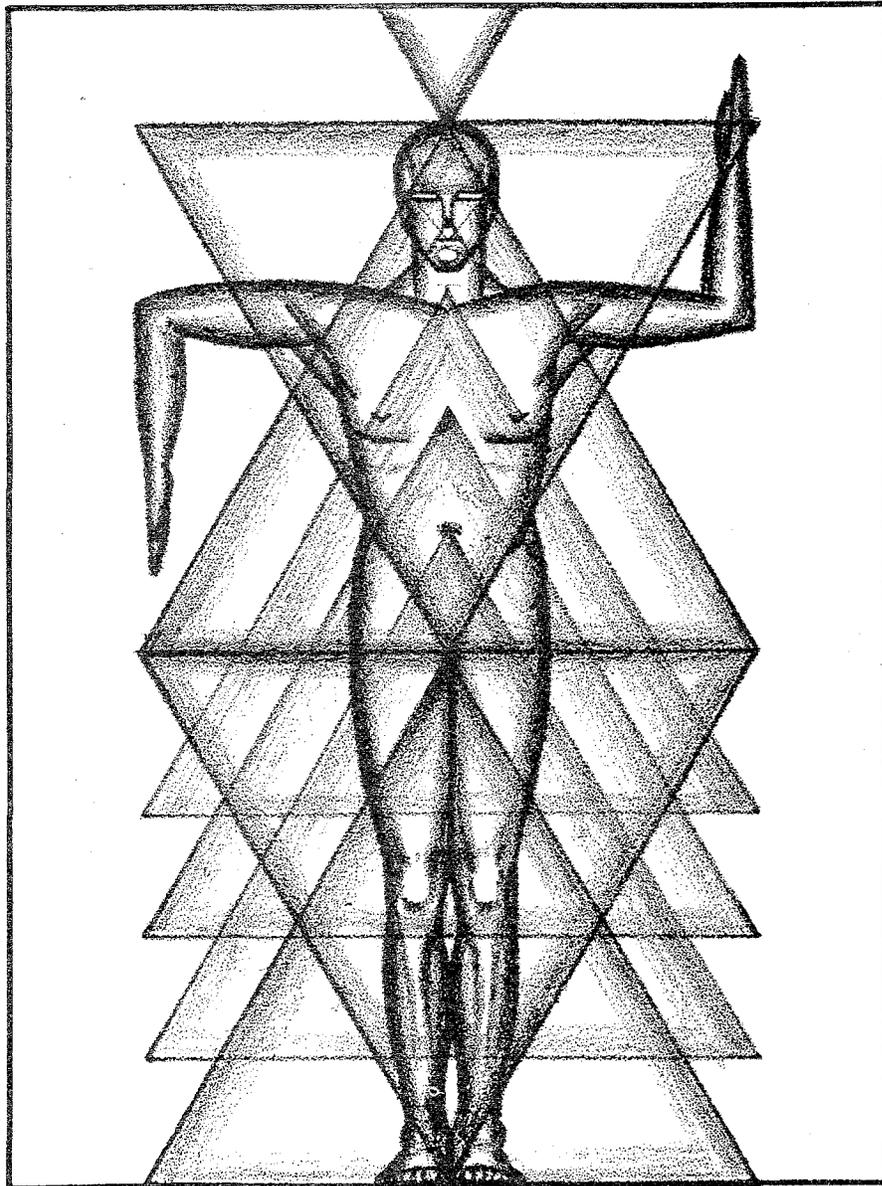


LIVING



Devoted to man and his transcendental nature

VOLUME I

1937

MAY

1937

NUMBER 6

EDITORIAL

CEILING ZERO

War clouds over Europe. Continued labor disputes. Relief needs still in millions. Money markets fluctuate. Suicides increase, birth rates decrease. Gaudy night clubs and murders more in evidence. Statesmen, churchmen and educators at a loss to direct the way out.

If this were all of life it would seem indeed that we travel blind, with ceiling zero. If the sum of human existence, plus so bitter a group experience as the world war and its aftermath, results only in such drives as lust, greed, hatred and their manifold breed, were it not better to ring down the curtain and call it a day.

Why then do we carry on?

LOST HORIZON

Have we perchance a lost horizon toward which we yearn.... Note this! A movie on Broadway turns away crowds. It tells of a "Lost Horizon" - a place - a concept, beyond the touch of the world's mad standards. A place - a condition, within which to hold and treasure the world's lost verities and hopes, against a time - a transformation, when man may see them for what they are. One truly dramatic and arresting scene. Against Himalayan snows stands Conway, renowned diplomat and courageous seeker after new horizons in the ways of human relations. He must choose between the upward urge - austere but glorious - toward greater goals and values (as yet too dazzling to be wholly real), and the downward pull to the measure of ordinary ways, lighted by logic, reason, common sense - the lesser lights. He chooses the lesser, and almost immediately realizes what he has done. At first blinded and bewildered, then with soul-searing awareness, he awakens, and fights his way back through untold battles and difficulties toward the blessed heights he has lost....

NEW HORIZONS

As we have noted in other issues of "LIVING", horizons are pressing outward to other levels, on all sides. In the field of Philosophy, great seers and teachers of all time have pointed to far horizons - to be seen dimly and lived toward with growing understanding, by revaluation and re-orientation, in the midst of the frustrations and difficulties of daily life. The essence of all Religions points eternally toward the levels of other planes, to which the soul calls the pilgrim self as it wanders through the darkness of earthly ways. From minute atomic research to farthest search of inter-stellar space, the findings of Science bring to light laws superseding Time and Space and what we know as matter. Exploring the so-called unconscious areas of the self, Psychology finds new powers, energies, and life, freed from, yet linked with the third dimension.

Psychic Research, through scientific experiments repeatedly corroborated by substantial evidence in the now known world of facts, finds a continuum of life interpenetrating this life we know. Experiments in Extra-Sensory Perception are being recorded in many well known universities. They posit that we have and may develop faculties which function outside the confines of what we know as space and time.

Is it possible that the accumulation of man's dilemmas is but indication that he is paying the price of lesser choices? Then may his nostalgia for a lost horizon survive to urge him onward with ever more persistence and courage, through battles and perplexities, through defeats, despairs and lesser victories onward toward his lost Heights....



AMALAPUS SIRT
RUMI FANAVILA
BENEFITAH ZODIAC

SAYINGS FROM MEM

"Paradoxes are the natural entree into higher dimensions."

"There is no investment man can make which brings a higher return, than the investment in his own life."

"What does it profit us to possess our hearts' desire in this world, and be in penury of soul?"

"If there is form, its idea can be extracted, but if there is no form, how shall you embody your idea?"

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?

LIVING is published monthly (ten months) throughout the school year by LIVING Associates.
118 East 76 Street New York, N. Y.

\$2 a year, 25¢ a copy Canada, foreign \$2.50
Copyright May 1937 by LIVING Associates

MAY 1
1937

THE CULTIVATION OF THE INTERIOR LIFE

A page devoted to instruction and exercise.

By M. Benzenberg Mayer

For several months students of this page have been practising at the positive pole of conscious life. This means the conscious mind has directed the procedure for this interior development. But all life has two poles and it is necessary in the course of a sound progress to supplement one technique with another so that both poles contribute to life and its gradually increasing richness.

This season of the year is particularly favorable to changing poles, for there are native tendencies which incline man readily in that direction. And how good is the gain, when that which is native is understood in principle and is wisely applied!

At this time another step may be taken in clarifying what the interior life actually is, for the word "subconscious" like "interior" conveys nothing to the inquiring mind. It is well to appreciate that the use of the word "interior" resulted from the act of withdrawing from the "outer life", a common expression for the physical world, including the human body. Retreating from this, usually aided by the closing of the eyes (and the other senses!) gives rise all too easily to the idea that the other life is interior.

But to effectively close the senses which are naturally rapport with the physical world, is to be ACTUALLY CHANGING THE VIBRATIONAL RATE OF THE FIELD OF CONSCIOUSNESS, so that consciousness is capable of receiving impressions thru OTHER WAVE FREQUENCIES.

NO WAVE FREQUENCY IS INTERIOR, tho it may be penetrative. The "subconscious life" and the "interior life" function on different wave frequencies than the sense impressions of the physical world. There is nothing under the sun to disprove the objectivity of wave frequencies on any octave. Man has the potentiality for responding to many wave frequencies in addition to those of his senses. A small range of this potentiality is gaining public acceptance thru

the orderly demonstration of telepathy and clairvoyance, but these are the lesser of the higher wave frequencies to which man may cultivate response. Thus it may now be said openly that valid exercises for the development of the interior life are cultivating sensitivities to higher wave frequencies than those of the sense world. This bears careful consideration by every earnest reader.

This brief reference to the meta-physics of self development thru specific exercises is relevant to the instructions for the month of May.

In the month of May man inclines readily to change of poles. His driving force is lessening. He longs to get into the country, to walk thru the countryside, go fishing, pick early flowers, sit in the sun, do nothing. This is the instinctive pattern for changing poles. It should be recognized and used. But few of us can respond as our longing desires. Instead we must find ways to make this instinctive pattern advantageous, even while held to worldly routine. How may this be done?

Without forfeiting any of the essence of the ground gained in the previous months, or losing any of the stamina developed, gradually diminish the positive attitude when taking your exercises. Run back occasionally over those in which you are weak, but now also find opportunity to sit quietly without directed thought, but also without little stupid thoughts idling in. Sit alone, five, - ten minutes a day, relaxed of body, and dreaming of great and good things. Build some beautiful castle of hopes, - hopes not too far removed from glad attainment. Reflect on the changing season. The sun is moving steadily northward. Its warmth is ever greater. The days are lengthening. The world is green and luscious, pushing up from the dark ground in glorious verdure and blossom. All in answer to the sun! What power is in that sun! It transforms the earth....all thru its octaves of wave frequencies.

The Sun ascends His Northern Course,-
His Blue Mantle fills the Sky,-
I pause in His Rays,
And seek the goodness and power He evokes....
Draw out my hidden life, O Sun ...!
N-K

The sun is your motive this month, - the spring sun, and its call to the earth! Use it whenever you can while sitting in the sun-rays, - in the parks, in a window, out in the country.

The meaning of this Theme will unfold as you use it. By the end of the month you will be amazed. Try to get the sense of your life coming forth as does that of the earth. You must

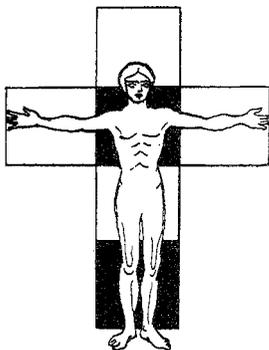
therefore be passive in your conscious state while doing the exercise. Use the sun's rays whenever you can. Give heed to any good growth that lifts itself upward toward expression; record any intimations of a larger life. Let your personality rest. With a quiet mind brood over the lines of the Theme.

Bask in the Sun

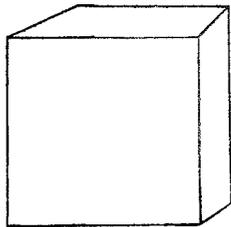
DO YOU KNOW

that the Moslem, turning in prayer to the Great Black Stone in Mecca, and the Christian, bowing in humility before "the Holy Jerusalem, descending out of Heaven from God" are revering the same splendid symbol? To both the "length, and breadth, and height are equal" (Rev. 21, 16), to both it is the symbol of perfection, to both it is a sign coming down from God, to both it is the Goal toward which he yearns and strives. To both it is a Cube!

How then can man attain this Goal, this perfected state, shown as a Cube from Heaven? How can he become a little cube? Let us follow thru in the language of the "lodge" and the man who has made his way across the tessellated floor. He has done this by learning to move in the midst of the contrasting forces of light and dark, of plenty and poverty, of progress and frustration.



He gradually understands and learns to use the alternating and apparently opposing forces. They are to his ultimate good, his growth, just as alternate seasons are good to the growth of a tree. As a tree, a man on the path of the cross, he has gathered the seasons of experience and is ready to enter higher space, higher states, the Heaven toward which the spirit in him yearns. Symbolically he enters higher space, as the two-space of the rectangle is folded up to become a cube.



The six spaces of the floor have become the six faces of a cube, and the Son of man, whom the cube symbolizes, is ready for the indescribable process called the ascension. All the symbolical descriptions of the Holy Cube in Revelations twenty one are now in a minute way true of this little cube, the man who has completed his evolution. The work of the "lodge" is over. This man also has become holy or whole or complete. Therefore all enlightened minds have always revered the symbol of the cube, genuinely a sign of Heaven.

LATENT EXTRA-SENSORY FACULTIES

by Gertrude Burdard

The large and complex subject of changing vibration rates, to which reference is made in the current article on "Cultivating the Interior Life", is related to the development of extra-sensory faculties, as well as the work with Themes and meditation. The functioning of the physical senses in higher wave frequencies is usually a preliminary to, or an accompaniment of, higher states of psychic and mental consciousness. It should be regarded as an aid toward spiritual functioning. Then there is no danger of being caught in the undoubted lure of clairvoyance, clairaudience, and mediumship in general, which, per se, has little connection with the growth of spirit.

On the other hand, the development of the transcendental nature toward its real goals and stature brings with it, as mere incidentals, many aspects of E.S.P. Philosophic perspective and the prescriptions of wisdom lore for the training of the invisible man are the best safeguards against error and disillusionment. They recognize the relative value of parts and their relation to the whole. "Seek the Larger, and the lesser will be granted unto you."

Here is a letter turned in by a reader, which is reproduced partly because the sender is well known to the editors as an exemplar of careful observation and accurate report. He is an engineer of long experience, at present an administrative official in an eastern university.

Dear C. L.:

Thank you much for sending Henry H.'s address. I wrote to him tonight.

Now listen carefully to what I am about to tell you. When your note came I put it in the top drawer of my desk where I keep letters to be answered, my bank book, and several other things which I use constantly. Please understand at this juncture that I have searched several times since last September for a letter from Henry H. and have not been able to find it. Tonight when I took your letter out of this drawer to write to Henry, behold his letter was directly under your letter and on top of a check book which I had placed in the drawer only a short time ago. Try that on your grand piano and see how it sounds.

Cordially
M.R.E.

J. C., one of the newer members of the Pre-training, sends in this "dream": "While talking with a friend, my plate holding two front teeth broke into bits. I thought ruefully of my dentist's assurance that it was practically unbreakable." The comment added is, "That night while cleaning my teeth the plate broke."

Learn to see what you look at.

Kilgus

INTERPRETING WORLD AFFAIRS

by Lucy Frances Cooper

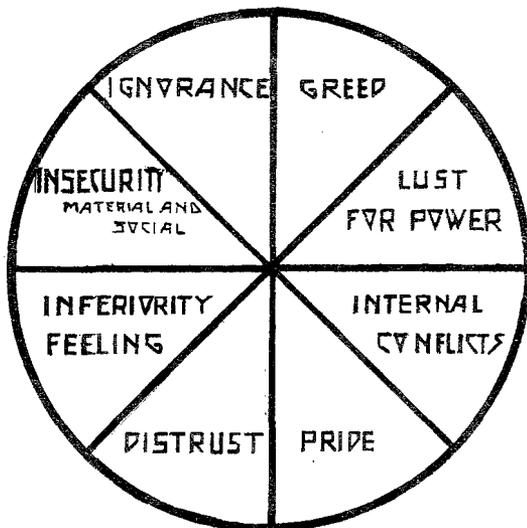
There are so many conflicting opinions and critical issues in world affairs today that many individuals are finding inadequate their traditional or personally cherished theories for solutions. Former ideas and attitudes are seriously challenged and call for re-examination.

At such a time of re-examination a knowledge of eternal principles is guidance thru the confusion and an aid in moving one's readjustment in a sound direction. Such knowledge gives the long view so sorely needed for understanding this period of social, economic and political transition. It gives a clue to determining whether the changes are genuinely progressive or merely conciliatory.

Despite loudly acclaimed efforts to maintain peace thru systems of collective security, nations are re-arming feverishly. Instruments of destruction are now symbols of strength - the guarantors of peace. It is conceived that they will allay fears of assault from other nations. So the whole structure is built on fear. Small wonder that national leaders draw on this powerful, negative emotion for furthering their ends. It supplies the motive force for much of their immediate program.

The complex factors involved in fear, both individual and collective, are shown in the accompanying chart. They may help to explain why right is still might - why humanity is still largely governed by the law of the jungle.

Some Factors in National Fears



It is true that a great drive has been made by national societies on behalf of peace. The appeal has been made to the so-called "higher morality." But this appeal is too easy. It is

self-indulgent, even ego-satisfying, for it requires no turning from old ways, no sacrifice. Lip service to a cause - peace or any other - brings to it neither strength nor respect. Nor does it build real bulwarks against rising tides of feeling or the deep foundation necessary to sustain the edifice in times of crisis. Here again, as in the case of fear, the motive is really negative, separatist, and in the last analysis destructive.

There is little to indicate that peace is being built on the laws governing the evolution of humanity, or with due regard to man's own nature. Positive aspects for peace are to be cultivated. And the more these rest on wisdom lore, the more likely they are to have results.

It is therefore obvious that the next step should be the replacing of fear and the urge to "reform the world" by a dynamic and constructive concept for humanity as a whole. Positive action should seek aid from wisdom teachings as given out by the Initiates in all races. Again and again have they reminded men that the immediate must be seen in the perspective of the whole, that fears will dominate crowds and crowd leaders so long as they are in competition with other crowds and other leaders. But, as gradually the realization of a vast brotherhood of all peoples grows in the human heart and understanding, destructive forces will be dissipated by the common purposes of all.

The details for applying this magnificent scheme to the human family must be entrusted to the hands of leaders aware of the universal perspective and working, however slowly, to bring about a wider response to its demands. Even on the material plane will such leadership be vindicated, for it will demonstrate that all have more to gain of the fruits of the earth by pursuing the common good than by any possible victories of the competitive, the greedy, the envious, or the prideful passions.

He who is discoursing about men should look also at earthly things as if he viewed them from some higher place.

Plato

The race advances only by the extra achievements of the individual. You are the individual.

Towne

Remember that to change thy opinion and to follow him who corrects thy error is as consistent with freedom as it is to persist in thy error.

Marcus Aurelius

PATTERNS

By Alice B. Greene

Is this a lawful universe? Is there such a thing as a pattern to living? And if there is, how cognize it? These and related questions persistently present themselves to one who reflects. Deep concerns of mankind, they have been brought into expression chiefly by the philosophers, but where is the thinking man or who has not felt their challenge?

In everything that man investigates he comes upon a pattern of inherent law. He learns for instance that everything in nature conforms to the inexorable cycle of birth, growth, decay and death. That the structure of the snowflake is consistently true to a basic six-ness, altho endless variety of shapes form within the basic law. That water seeks its lowest level, that frozen water expands, that cocoons develop into butterflies, that pictures can only be developed in a dark room, - and so on ad infinitum. The more facts science makes accessible, the clearer we see law at work in everything about us. The effort is to trace causes behind effects, and from the knowledge gained to improve the effects. So is light shed increasingly upon the dark recesses of the invisible. It is equally clear that when we experience the orderly progression of the seasons and tides, we are in the midst of larger laws than our laboratory inspections can reveal. We echo the conclusion of Prof. Millikan that we inhabit "a universe that knows no caprice; a universe that behaves in a knowable and predictable way; a universe that can be counted upon."

Is it likely then, we ponder, that everything in the universe, large and small, operates according to law, but that man himself falls outside of law? Is it possible for one part of the universe, humanity, not to be subject to inherent pattern? Is it logical that there be only one anarchic element in a lawful universe?

The true philosopher has always emphasized the eternal and permanent in the universe, the invisible skeletal structure on which depends the visible, the temporary, the shifting. He regards the findings of science as supplementary evidence of that which is permanent. These findings themselves, to be sure, are constantly shifting, but the laws behind the phenomena do not shift. They ARE.

And vast as is the domain of physical science, it is but the outlying province of a far vaster area of law and order - the Cosmos, itself, seen and unseen. Current investigations into psychology, metaphysics and mysticism are opening up this greater terrain, and are slowly tracking down the laws governing human nature.

These laws of life beyond the material plane require more observation on the part of those

who would verify them than is demanded by research in chemistry. The laws by which human energies function are more subtle than those of the chemical laboratory, but they are no less operative because of that, or because of our ignorance. Their investigation also requires a development of faculties on the part of the investigator himself, not only a refinement of the tools with which he works.

It is these underlying, invisible patterns which the great teachers have emphasized down the ages. They have been tireless in their efforts to draw mankind's attention to the basic order behind outer, apparent chaos, both in nature and in man. Nor have these Knowers been distracted when physical science cried, "Lo here! Lo there!" Their wisdom is derived from that which is immutable, unchanging - above the flux of opinion as to its nature. Surely stability of such an order should be a powerful call to the "hunter of big game."

Man has nothing to do with the creation of patterns. An infinitely higher intelligence than his is at work in the world. It matters little what name is given to this directing force, or forces, - be it Creative Intelligence, God, Deity.

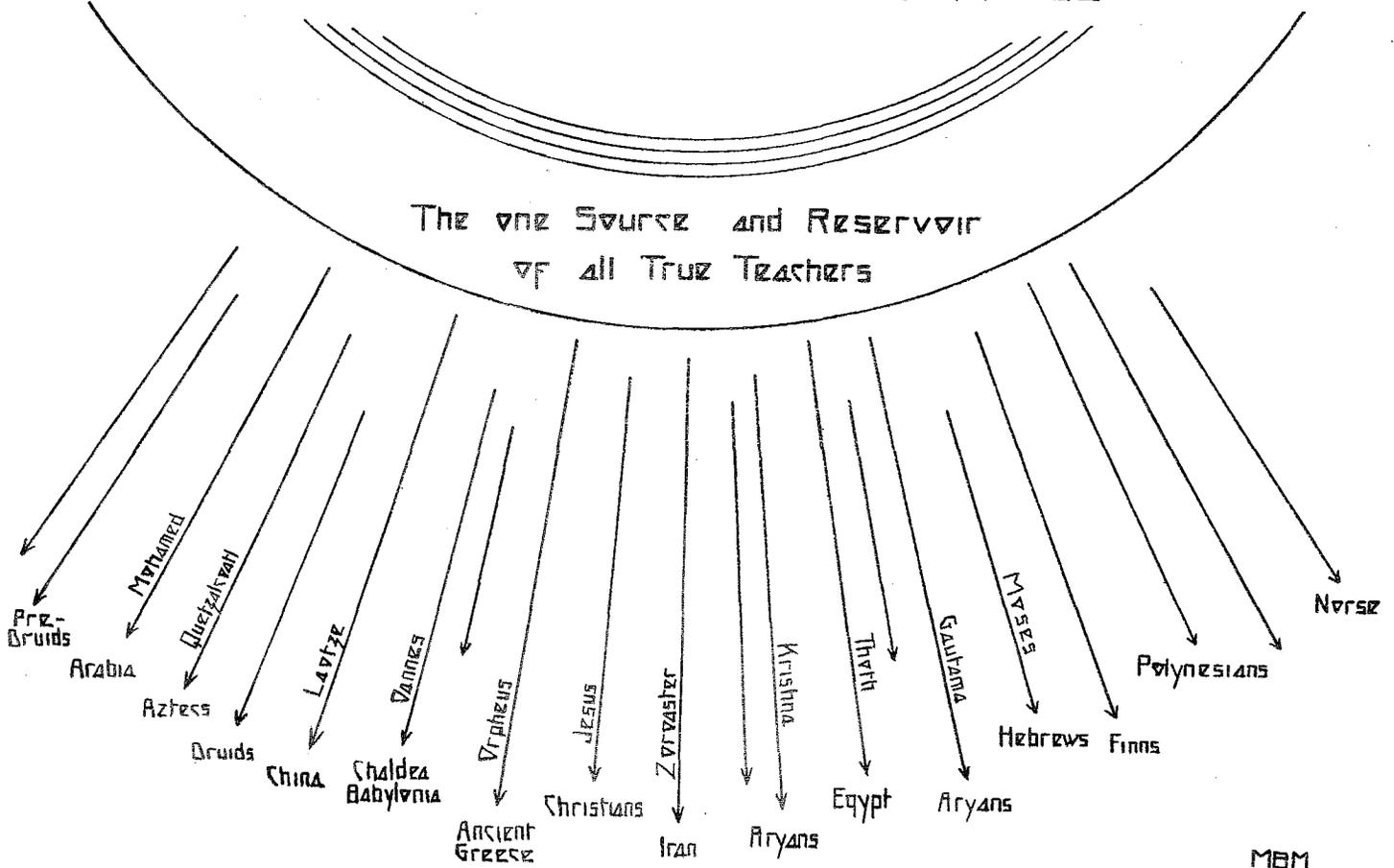
Since man did not create, but finds himself in the midst of an orderly process, it remains for him only to find out as much as he can about that process. He cannot interfere with it. All he can do is gradually to coordinate his living with it. If, as and when man chooses for himself such a course, he lifts his life out of mediocrity, sterility and futility into dynamic, fruitful living.

With this growth comes a new insight into the forces influencing all areas of his being, - visible and invisible, conscious and unconscious, physical, emotional and mental. He becomes a conscious cooperator in a tremendous, well ordered schemology. His life has plan, purpose and direction. His well-being is strikingly increased. He can utilize new forces, both within himself and without. When will he bestir himself to discover, as he assuredly can, and at first hand, thru the immediately accessible laboratory of the self, the real, as against merely the material, worlds in which he has his being? The quest awaits his choice.

If, then, thou dost not make thyself like unto God, thou canst not know Him. For like is knowable to like (alone).

G.R.S. Mead (Thrice Greatest Hermes)

WISDOM LORE AMONG THE RACES



The chart this month is an attempt to indicate how Wisdom-lore reaches humanity. This Wisdom-lore is the second or middle of the "Three Categories of all Knowledge" charted last month.

Wisdom-lore, being derived from above, requires faculties higher than those in ordinary use, to receive and convey the higher to the lower. These higher faculties are glimpsed by everyone. In some momentary flash of almost blinding realization, a higher order of life leaps into consciousness, - and is gone! Like some magic torch it revealed glories and concerns, strange powers of the mind, and all the hungry soul could desire.

These flashes are evidence to men of faculties possessed and developed among those who are Teachers. These Teachers build the bridge of sacred knowledge between godly worlds and the outposts in which men dwell. Because they walk apart, tho in the midst of the world, stories spring up about them, glorifying them and distorting facts, until followers have made a sectarian religion, and the stories become more important than the Teachings.

Every great race has had its Teachers, who implanted in its midst such knowledge as was at that time applicable to it, moulding not only its consciousness of GOD and the Gods, but also

imparting to it material techniques of hygiene, of agriculture, of daily ritual and of seasonal festivals, that a pattern for living be engraved upon them. The Mysteries of the creation of the lower worlds, the descent of the soul as a seed, and its gradual ascent in the unfoldment of its life, have been told in allegory by these Teachers, so that every great race has within its custody the dynamic knowledge which explains why man is in earth, what he is, and what is necessary to grow of higher stature. Naturally in the course of centuries the meaning of the allegories is distorted or lost, priests are held by dogma, and the en-livening words are not spoken. Fear, dead rituals, ignorance of liberating facts, worship of leaders, whether Jesus, Mohamed, or Isis prevails. What frustration to these Teachers! Therefore other teachers come to clear away the debris and reveal the allegories in their shining universality.

All true Teachers, that is, teachers not called by the flesh, or the ego, or circumstance, draw their Teachings from the One Universal Source. Their language, analogy, their stress of special needs, have been racial. But now, when races on the earth are closely linked by rapid communication and travel, by similar needs of mutual understanding, the time-condition has arrived when the One Resplendent Source of all Wisdom-

Continued on page 8

WORDS

by MBM

Some unusually interesting words presented themselves during the study of the Pistis Sophia at the School last month. As a portion of the "Book of the Savior", The Pistis Sophia reveals something of the heroically spacious mystical philosophy which flourished during the first few centuries of this era in countries at the southeastern end of the Mediterranean Sea. Here are some of the words.

Adamas: the primitive archetypal man, whose natural attitude is to fight the soul, even tho he is derived from sources above himself.

Aeons: a difficult word whose context must be heeded in order to gauge its correct meaning. May mean: great periods; cycles; emanations from Divine worlds; states or stages of being in their collective sense (as Thirteenth aeon); vast influences under the guardianship of high Beings; the transcendental state beyond individuality. In the P.S., six aeons are ruled by Adamas; six by Ialdabaoth.

Arrogant: one of the Three Triple Powers. Pride, insolence, overweening self-importance, self-conceit, self-sufficiency. This Power continually oppresses P.S.

Barbelo: literally the Light's Daughter. Often called the Light-maiden. Confers on Jesus his vesture of Light.

Ialdabaoth: the demi-urgus; the world-soul. The higher self, perfected by the descent.

Pistis Sophia: faith-wisdom. The soul in which resides the power of faith, and the unceasing quest for the Light of Light, ie, Divine Wisdom.

Pleroma: the Fullness in which Divine Life dwells. It in turn has many Divine Mysteries.

The vast stage for the spiritual drama of P.S. is divided into an indescribable supreme State called THE INEFFABLE, plus three mighty divisions —

- (1) The Highest Light-world
with 3 subdivisions
- (2) The Higher Light-world
with 3 subdivisions — each divided again
- (3) The Lower Light-world
with 3 subdivisions—each many subdivisions

The Chaos, wherein P.S. finds herself, as a planned result for mistaking the light of Arrogant for the Light from above, is the 2nd subdivision of the 3rd subdivision of the Lower Light-world. This world is a Mixture of Light and Matter. Chaos is un-order, a region for learning what the Great Light is and for acting accordingly.

This old document purporting to be a post-resurrectional Teaching of Jesus more than compensates earnest reading.

THE SCHOOL OF APPLIED PHILOSOPHY

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

The two Saturday afternoon talks on the Pistis Sophia were for many of the audience their introduction to Gnostic teachings. These Christian and pre-Christian sects were profound students of larger worlds and their processes. The P.S. was treasured by them as a post-resurrectional teaching of Jesus.

The pre-training course, The Three Realms of Law is progressing well under Mary E. Flanner. It outlines the difference between the three regions: nature, mind, and spirit in which by virtue of his constitution, man participates.

Thursday Public Lectures by the Director

- May 6 CAUSATION: nerve fibres of the universe. a vision of the luminous web of relationship.
- May 15 CORRESPONDENCE: octaves of higher space. a vision of the Seven-stringed Lyre.
- May 20 MIND: Supreme Master of creation and evolution. a vision of the Music-Master and Silent Sound.
- Even early realizations of the grandeur of these Principles is a breath-taking experience.

Last Forum on May 20th. Both groups attending.

Closing festivities for the School will be held Saturday afternoon, May 22nd. The garden will be used, weather permitting. In addition to various frolics there will be an unusual exhibition of charts allegorizing the steps of man's evolution according to the "Journey thru the Wilderness" of the Old Testament.

The ANNUAL RETREAT for trainees and qualified pre-trainees will be conducted by the Director May 24-27. This is a high point of the year for many students, when they may experience, under skilled leadership, the quiet and peace which come with systematic, progressive withdrawal from the fixations and tensions caused by daily problems. The activity at the Retreat is wisely planned for men and women in this busy modern world, so that at its end they are refreshed and exhilarated by a vision of life as a whole, having drawn closer to spiritual realities and mystically sensed their value.

Continued from page 7

lore shall be gradually perceived to the discarding of local or racial claims to truth of superiority. Not that men shall follow one religion, one cult, but that the three Subdivisions of Wisdom-lore (Cosmogonies, Involution and Evolution of the Soul) be understood in ever greater clarity and that thru them esoterically be found the real ground of the BROTHERHOOD OF MAN. So will all Teachers be vindicated and blessed, and the eternally true Teachings again be shining and fruitful.