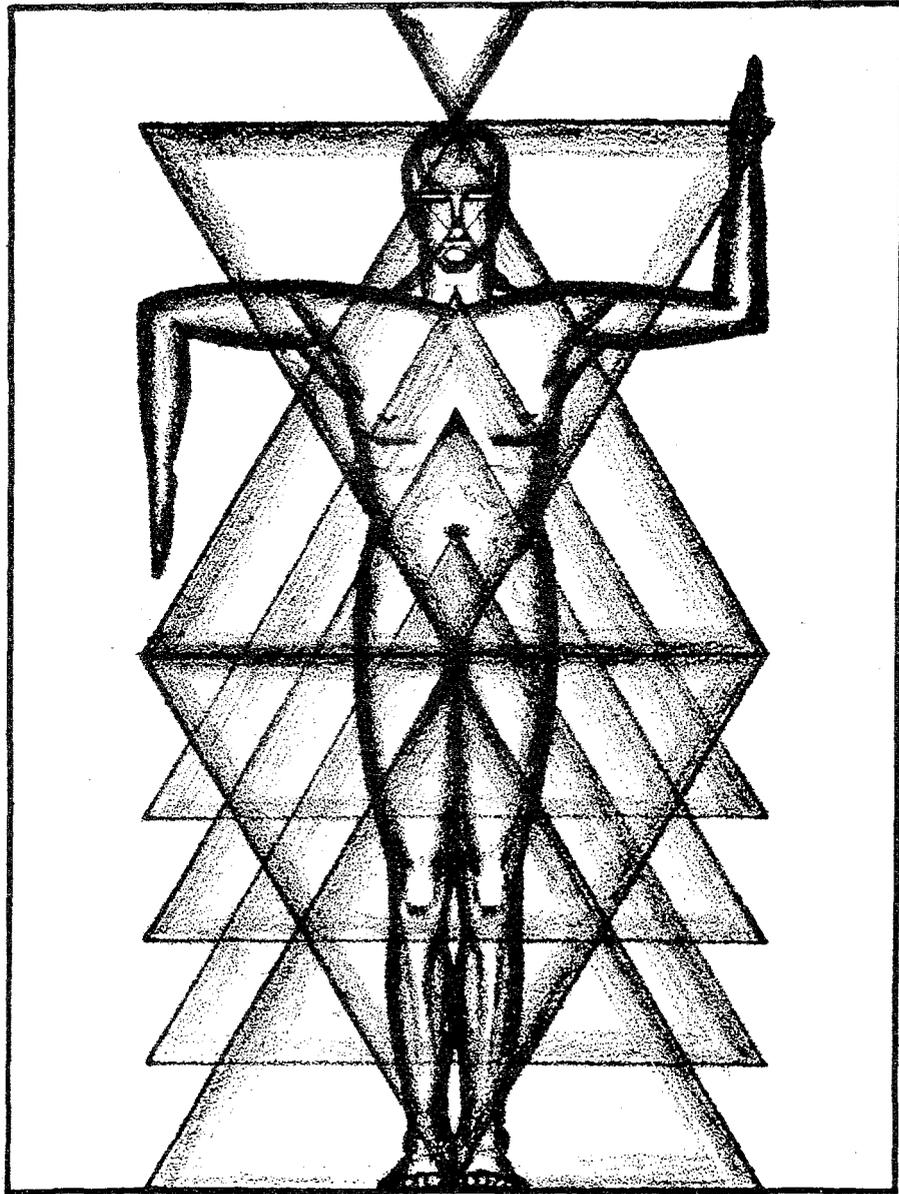


# LIVING



Devoted to man and his transcendental nature

VOLUME 1

1937

OCTOBER

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NUMBER 9

## EDITORIAL

### BACK FROM VACATION

Long days in Maine - sea swimming - far horizons - air with a zip in it - tang of fir trees warm grey rocks on which to loaf and grow acquaintance with one's self.

And now miles of driving - air, like traffic, growing heavier as we near New York - a long hard winter of work ahead - aching nostalgia for days of quiet peace among the firs along the sea.

Then suddenly above these dragging lines of city moving traffic, outlined against the evening sky, there rises, in stately columns, the new Hudson River bridge. Man made and heaven reaching it soars in misty blue above the river, a bridge between two shores in level stretching span, a bridge between two worlds it seems with upward reaching towers.

New vigor stirs me. The pulse of an old rhythm moves me to the joy of new endeavor. Weariness is forgotten. It is good to be back for a winter's work! Good to be deeply stirred again by this bridge across the Hudson, which stands as living tribute to man's labor and dreams.

It had been good to mingle with the active rhythm of natural things. Under the wider arc of the sun while nature teems with growth, for humans a slower rhythm moves. We bask beneath the sun and wind, glory in the beauty of flowers, open sea, and throbbing forest life. Such mingling has healing for tired hearts and bodies.

But now, I know again we are not plants or trees but men. Men have taken into their hands the mastery of nature's rhythms and their own, to suit their purposes. When the sun's arc grows less, man lengthens the winter days with lamps, warms them with his fires. Nature's foods are stored for his winter use. The natural man thus cared for - man's energies have leashed themselves to new endeavors, of heart and mind. These have pulled him onward, outward first - to harnessing of nature's powers. Then inward, upward - they have urged him to search within himself, for powers at first unknown, undreamed.

So now in October's winery air comes the need and yearning of men for ever greater life. Lulled in the ease of summer days, it now comes pulsing back as days grow dark and heavy under winter skies. Sometimes a wind whips through the streets, a tower stands out against the sky. Sometimes the color of a setting sun, a purple shadowed chasm of the city, or evening star, clear and serene above - these stir and bring an urge anew for races to be run, royal battles to be won. They lift our hearts to faith renewed in goodness, truth and love.

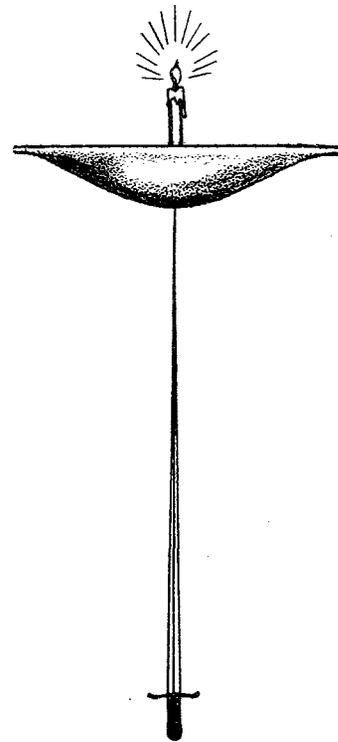
The active rhythm for men is here again! Another shining day is given us in which to move

and grow! Let us stir and loosen up the soil of what we have accomplished, that from these things may stretch new growth that will add stature to our life. Vigorous and fine let's make this growth. Hope and determination shining clear, the ringing call of man to claim his own, urges us onward ever on the long but glorious Way---

N.V. Graham

### PAGES FROM THE SCHOOL WORKSHOP

One of the regulations governing all human progress is illustrated in this little drawing of the Cup and Sword.



The Sword symbolizes masculinity, strength, creativeness.

The Bowl symbolizes femininity, receptivity, productivity.

The masculine and feminine principles, in right juxtaposition, produce new life on every plane. These two, done in gold on the original, symbolize the sacred joining of the human will (sword) with the soul (bowl). From them is born the Light of spiritual consciousness.

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# The CULTIVATION of the INTERIOR LIFE

A page devoted to Instruction and Exercise.

By M. Benzenberg Mayer

With the turning of the season, - the cool crisp days of October, we turn naturally to a new season of achievement. The flaming glory of the dying foliage is a torch to light the zest of new endeavor.

How wonderful this rhythmic interchange of Nature and man! Man idles during the forward thrust of Nature. Nature idles during the forward thrust of man. This rhythm is one of the drum-beats in the planetary orchestration, - a part of the music of the spheres. It is not heard with ears, but is felt by subtler parts of our being. And like all great patterns, the music tends to harmonize those who feel it, and draw them closer to the universal pattern.

That is why I hope you followed the suggestions of last June, making yourself quiet so that you could sense Nature and win those peculiar gifts which she gives to those who find Her. I should like to tell you of a discovery I inadvertently made. Leaning against an old mill-stone of great size, and quite isolated from folk, I yielded to an impulse to stretch myself across its horizontal width, set table-wise under the trees. There I sank into a depth of peace and freedom, - tho my body lay still, my thought floated in joyous unwearied delight. The tree tops swayed in a ceaseless flowing motion of sheer grace, - the blue sky and thru it the white clouds gliding with consummate ease..... I was free!

Never once when I turned alone to this great stone did it fail me, - nor did I fail to sink into peace, and rise again into that other world of lowliness, - and never did I leave it without thanksgiving for its tender boon.

Now comes the winter rhythm. The instinctive drive to do! What are you going to do? Work? business? yes, these are a part of the world we have set up. They are necessary for continued existence. But what are you going to do that will make life more than existence? more than working to live and living to work?

Make some splendid and bold decision. Remember you are more than a body. No one has ever proved to you that death ends all, that you are no more than a temporary bundling of efficient protoplasm. On the contrary, any real investigation you yourself have made, has indicated that you are more, much more than protoplasm, however efficiently that may function.

Why not make up your mind this winter season to get on with this fundamental business of life. Become one of those. - found in innumerable ranks and regions of the old earth, - who are finding out the fundamental truths, and therefore making real progress at last.

To this end I offer you an especial Theme for this shining month of October, - this key-setting period which ushers in the new rhythm of achievement. Set it right, and then hold your orientation to it. Use these lines of William Ernest Henley's as you have other Themes.

I am the master of my fate,  
I am the captain of my soul.

I thank whatever gods there be  
For my unconquerable soul!

Take hold of yourself. Declare solemnly that this is true. Do not hesitate because of the specious argument that you have not demonstrated this in daily life. When you make such a declaration you are on the way to the practical realization, as literally as walking into a restaurant is the declaration that you are going to eat. The positive intention is the necessary predecessor to practical possession. Be as fearless, direct, and unapologetic, as are the four lines.

Think these lines. Thought is an energy. It has its own complete range of vibrations, just as sound has. By insistently thinking along a given line, you are gradually making that particular vibrational rate dominate over other undesirable rates. As a dyer mixes pigment to produce the desired shade, so you may produce a desired condition in the mind. Therefore be careful of what you take into the mind. It may disturb the vibrations you are deliberately

strengthening. But with this Theme you have a superb opportunity for "interior development". After memorizing, consider the important words. What is a master? How does he differ from captain? Why is it "master of my fate" instead of captain? What is your fate? What is the soul? (see my Glossary for the latter)

Then who are the gods? and why is the soul unconquerable? Try to sense that strength in yourself. Realize the wonder of being a soul, not just a human being. Become humble, - be awed by it. Strike your roots deep. Lift your head to the skies. Be unafraid. Dare to conceive greatly of this magnificent universe of which you are a part. Love men and women because they are like yourself, - indestructible souls. Seek to become a knower of the fundamentals of life, so that you may guide your ship of life heroically and wisely. Above all give thanks to the gods and seek the Light which in turn guides them to have charge over you.

# WHAT ABOUT PREVISION?

by G. Borchard

No sooner does scientific investigation give heed to telepathy and clairvoyance than its attention is directed to still other supernormal means of obtaining knowledge. Prevision is now the function which is drawing the interest of both scientist and popular writer.

In a recent article in *Coronet*, Theodore Besterman tackles the subject as an important division of extra-sensory phenomena. He cites a number of authenticated cases and is seeking a "philosophical and scientific framework" into which these as well as the phenomena of telepathy and clairvoyance will fit.

Most striking of his illustrations of prevision: "The Bishop of Hereford being away from home, his wife had a dream in which she saw herself reading the prayers in her husband's absence. In her dream, she then left the hall and went into the dining room, where, to her horror, she saw a large pig standing between the table and the sideboard. The following morning, before prayers, this dream was told to several people. The servants came in, prayers were read, the Bishop's lady proceeded to the dining room, and there stood the pig in the precise spot where she had seen it in her dream. The pig had escaped during prayers and strayed a considerable distance to find its way by chance into the dining room of the Episcopal palace. I need not add that the presence of pigs in the dining room of bishops is an event of somewhat rare occurrence."

J.W.N. Sullivan, another thoughtful commentator, writes on prevision in Harper's, basing his article in part on the book, "An Experiment with Time" by J. W. Dunne, which promises to become a classic in the field. A British aeronautical engineer of standing, Dunne has recorded instances on many occasions throughout his life when he had previews, as it were, in motion picture sequence too, of events later duplicated in faithful detail in their three dimensional actuality.

Sometimes Dunne himself was a participant in the drama, more often merely a spectator. Sometimes the events were tragic, sometimes trivial. Among the tragic were the wreck of a famous Scottish express train and a disastrous fire in a Parisian factory. Unusual circumstances surrounding both were clearly foreseen.

Just before the volcanic eruption on the island of Martinique he had a powerful impression of "the mountain exploding on an island", the French authorities, the approximate number of casualties and other details afterwards verified. Yet he did not know where or when such a catastrophe would occur.

Dr. Eugene Osty, one of the leading French students of supernormal faculties in man, came upon much evidence of prevision in the course of his researches. He worked thru well tested mediums or "sensitives". Time after time they foretold the course of illnesses, not present in the patients he brought, but developing a year or more later.

Rudyard Kipling in his Autobiography tells of a dream in which "I stood in my best clothes, which I do not wear as a rule, one in a line of similarly habited men, in some vast hall, floored with rough-joined stone slabs." There followed further details, equally minute, as to scenes in the hall and Kipling's part in them. Six weeks later the whole "film" unrolled, without omissions, at a ceremony of the War Graves Commission at Westminster Abbey.

Official recognition of service made possible thru prevision was reported recently by Lowell Thomas in his news broadcast. A gold medal, it seems, was awarded to one Frank Miller by the Pharmaceutical Convention in Boston, for his timely warning to fellow-druggists and other citizens of Louisville, which enabled them to escape some of the ravages of last winter's flood. A week before the inundation started Miller dreamed that he was going to his drugstore in a rowboat. So shaking was the experience that he could not dismiss it from his mind. Instead he acted upon it—apparently to public advantage.

At the School of Applied Philosophy among trainees prevision is fairly frequent. Episodes and scenes are often seen or heard before they occur in the third dimension. While the training of trainees in subjective metaphysics is toward higher consciousness, these fore-seeings nevertheless challenge attention.

What actually causes the pre-seeing in the first place? Why does it so often relate to trivialities? Why does it usually concern someone else, often unknown to the seer?

As is presented in advanced metaphysics, the ether, which we commonly accept as the plausible explanation of radio transmission, etc., must have many other extraordinary characteristics not yet explained by science. For there are innumerable and safely annotated evidences of breath-taking marvels which far outrun the organized findings of science at the present day. We cannot deny evidence just because it manifests by no tangible, physical media. We need to free ourselves from inhibitions of materiality, that we may extend our experience and knowledge—still by the aid of the scientific method—as is done at the School of Applied Philosophy.

# COURSE IN MINIATURE

By M. Benzenberg Mayer

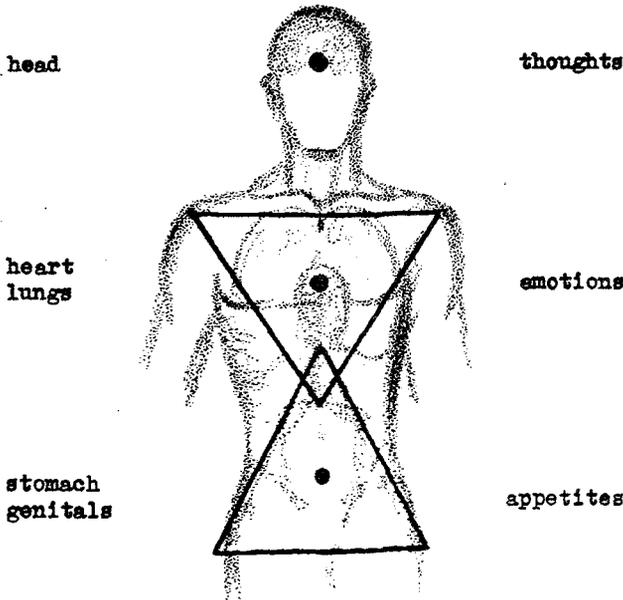
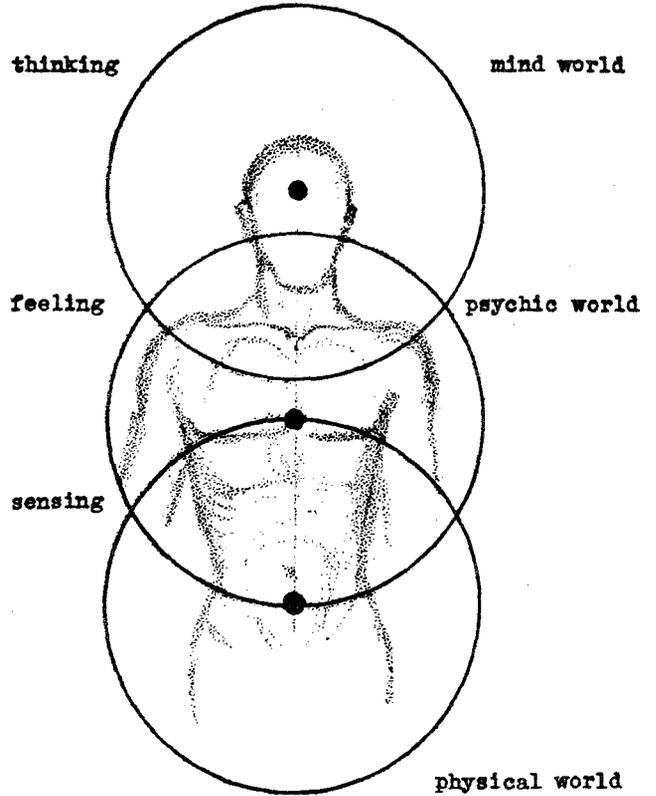
Man in this World  
miniature lessons from Wisdom-lore

Man is a soul in the process of developing a mind. The word "man" means mind, coming from the Sanskrit root: manas. Earth-life affords valuable means to develop this mind which is the fruit and object of human evolution.

Mind development implies continuity of individual life (not identical with reincarnation). An earth-life is a chapter in a long book. It is normal, but not necessary that earth consciousness should produce forgetfulness of previous events. Souls already well developed normally recall and profit by their past.

For earth-life the soul is equipped with a material body, which grows according to natural law; an emotional capacity which drives him into experience thru desires; and the rudiments of intelligence thru which he may grow mind.

These three types of equipment are interlocked so that they superficially appear as one. Their interlocking is shown in the physical body thus:



This triple equipment enables the young man-soul to gradually mature and emerge again into larger worlds, no longer a seedling, but a ripening enlightened mind, rich with the treasure of understanding and strength and symmetrical beauty. Consider well these further analogies.

knowledge	direction	chauffeur
ardor	power	fuel
deeds	action	car

Each struggles to dominate over the others. Check what disproportions and limitations your unawareness of these relationships has produced in you.



Do you do this?

A humorous concept demonstrating possible disproportions resulting from confusion of relationships between man's functions.

Head and brain correspond to mind (the latter is not physical). The upper torso corresponds to the emotions. The lower torso to the sense world. Study carefully these further correspondences.



# WATER AND AIR

by MBM



## THE ELEMENT AIR

Why is it that Wisdom-lore, esoteric teachings, and mystical philosophy all declare Air an element? one of the four parts of the universe? To plumb this mystery it is necessary to appreciate with understanding the remarkable analogies which the creation myths of all races set forth in the use of earth, water, fire and air. They are sacred illustrations.

In the June issue some of the wonderful analogies of Water were discussed. Here we shall discover some of the meanings of Air. A sympathetic insight into the meaning of this element is of general concern at the present time, because the entire earth is passing into the influence of this element, in the particularized aspect of Aquarius. Civilization will gradually change under its waxing influence, bearing more and more the imprints of Aquarian radiation.

It is generally known that the twelve signs of the zodiac are allotted to the four elements, with three aspects to each element, thus making up the twelve. This cycle of twelve months in turn expands to the cycle of the "Great Year" of 25,800 years. For the next some 2000 years the character of life in earth will be tinctured by Air influence. Not that Air is not always in action, but that it will now dominate.

Air is the sign for thought, intelligence, mind. Observe now some of the correspondences between air and mind. Like water, it too is a necessity to human life. Yet how different! It is not a liquid, but an invisible atmospheric media. We breathe it, - call it the means of life. As air, so thought and intelligence to the human being. It too is essential to life, the new life of man (Sk. Manas: mind) hood. Air and thought search out hidden places. They penetrate. Without air, as without thought, human life would be destitute of practically everything important and precious.

Thought passes subtly in and out, as breezes thru an open house. The thoughts may be sordid and mean, as breezes may carry evil odors. They may be strong and kind, like clean air.

Air, intelligence, is not an obstacle as water may be, as river or sea. It is rather a universal agent. Air, mind, serve all men in whatever station of life. Air rises higher than water as the head is placed above the heart. So likewise intelligence is nobler than emotion. Not however with the purpose of eliminating emotion any more than the elimination of water. Rather to use it as ships use the sea.

It is air which conveys sound and sight, the messages of mind to mind. It is the media for

music. It is the carrier of sweet perfumes and noxious odors, - the kindly or the slanderous words. As the air gives color to sunrise, to the green of forests, the lowering clouds of a storm, so mental activities color your life and that of your immediate environment. Thru thought you may make the color of your own sunrise, and the endlessly changing drama within your own mind.

So also thought-forces, like winds, shoot thru the atmosphere. As with air, so with thought. As with thought, so with air. Gradually men will learn how to use mind-force to insulate themselves from evil influences, as now scientists are learning to shoot a curtain of insulating rays between wards of infectious diseases and other parts of a hospital. This insulation is accomplished by other means in holy places, such as temple or sacred area, and explains why men unconsciously seek such invisible shelter in times of stress.

Again, as deep breathing vitalizes the body, so deep thinking vitalizes the mind. Mind, like air is not held down to material things, but may rise to the heavens, even as air merges into ether, its higher state. Light and truth are possible only thru air, thru mind. As the blanket of air is the topmost phase of earth, so mind is the topmost phase of the human being. Thru its super-media his higher mind rises to the stars, and the true transcendental life begins.

Air-ether is the channel for the rays of the sun, the means for planetary life. So mind is the channel for Spirit, the central node of cosmic stature, as our sun is one of the great Brotherhood of Suns. It is the path thru which is shown the Way, the Light, the Truth. So mind in man answers the call, becomes pure, equable, strong, - becomes capable of transmitting some of the radiation from the Sun of Mind. As Porphyry, a leader in the Neo-Plotinian School says: "Thus mind is become teacher and savior, nurse, guardian and leader, speaking the truth in silence, unfolding and giving forth the divine law." So another teacher in the early centuries of the passing era said, "Be ye transformed by the renewing of your mind". Which is really a challenge to rise ever higher thru air into ether. The warning against lower airs, earthbound thoughts and ambitions is set forth in still another tradition (Hermetic). "Those who yield themselves to lower desire, drive the Mind (pure ether) away, and their appetites are only the more strengthened by the mind." Note M and m! The lower mind, as the lower air, laden with the offal of fleshly interests, becomes the very means of intensifying the desires and appetites. What treachery is inherent in mind! But above the air, above the lower mind, as in the stratosphere is peace and grandeur, is a new vision and the hope of this age of Aquarius.

# A NEW EXPERIENCE IN EDUCATION

by Edward Arluck

It has been my somewhat unusual experience to carry on my college course at the same time that I was attending the School of Applied Philosophy. The result for me has been of such vital import that I can only wish that thousands of young people might have this opportunity of combining the intellectual, fact-giving studies of the one with the equally scholarly but more experiential work of the other.

The School has aided me to a comprehensive, long-range outlook upon life that I had never been able to acquire before, and that has made my academic studies more vital, because I could better appreciate their place in a larger whole.

In the course of the five years I have attended lectures in the school, the teachings have broadened my interests to such fields as philosophy, psychology, religion and science. The arid period of college work, when required subjects are heaped upon the aspirant for a degree in doses large enough to discourage, was met without much difficulty, because I had the work at the School.

This work honors all the contributions of modern science, while seeing the material worlds as only one section of reality; hails the findings of psychology, without concluding that in themselves they penetrate to the profounder levels of the soul's life. Gradually I came to see that the laws I encountered in biology and other natural science - and in the arts as well - had their applications and their correspondences in greater areas of man's being than are comprised in his physical organism and his set of behaviors, or personality. In other words, I now saw my studies at college no longer as ends in themselves but as particular expressions, or illustrations, of the laws and principles set forth in the Wisdom-lore of all races and in all times.

So the School supplemented my college work. Or would it be more correct to say that my college work was supplementary to my courses of study at the School? Yes, in the longer perspective, I think it would have to be put that way. In any event, my choice of topics at college, the subjects of study and the type of books I read, all these were determined to a large extent by the interests awakened in me at the School. Indeed, the choice of my major study itself - psychology - was brought about by my early contact with this field at the School.

To the aid I received there toward greater maturity was added also definite aid in the art of living itself. The rich social life offered at the School, where one may gather for friendly discussion, and participate in many kinds of stimulating group activity, meets an acute need in the life of every normal young person. At

most colleges social life is sadly neglected, except for the group of students in certain fraternities and sororities, among whom it is often overdone. The college I attended is a public institution, in the heart of the metropolis, where this general situation is accentuated.

The second great contribution the School has made to me in the direction of living is thru its work in guidance. This is a word which has become quite popular of late in academic circles, but guidance remains as yet more or less of a form with most college directors and counsellors. Or at best it extends only to matters of curriculum or vocation. This is probably so of necessity - the individual as he really is, and his true potentialities, are as obscure to himself as to his instructors.

Guidance at the School concerns subjects of study only incidentally and has more to do with the problems that arise in the student's daily life. Such problems are discussed with seasoned instructors, privately or in small groups. Final answers are not usually given, for too many changing factors may be involved with a growing individual, but the student is helped to see more and more clearly the trends of his own inward nature, the pattern of his faculties as he is unfolding it, and how this pattern lines up with the ideal pattern - with the development of higher stature. Lighted from so many angles, the situation becomes less tangled and "next steps" at least show up pretty distinctly.

College work looks toward the objective world and to training for a profession within the material set-up. That is useful and necessary, but limited. In the long run it cannot satisfy, cannot answer questions as to: the meaning and purpose of life? what is our human equipment? how can we make the most of it? and why should we?

The School offers a new type of education in that its primary concern is man himself, and the development of his three-fold nature - physical, emotional and mental. A good adjustment to the practical world is seen as desirable, but as only a small part of the life open to the individual who becomes aware of his invisible equipment, beginning with his supersensory faculties.

The very questions which college does not attempt to answer, the School helps the student to solve - and thru his own experience. This leads inevitably to more enlightened living, and is one more reason why I so greatly wish that its teachings might be more widely known among young people of college age.

# EDUCATION FOR LIVING

The School of Applied Philosophy presents an education for living. It teaches the great craft of living wisely, and provides progressive instruction in the nature and "meaning" of life. This instruction is valuable in the smallest act, no less than in the greatest decision of your life. The esoteric knowledge which is now so seriously needed by the world in its period of transition becomes gradually accessible to you.

Based on the concept of the continuity of life, and the gradual growth of each individual soul, the School teaches the Wisdom-philosophy of fundamentals, making this existence an intelligible part of a larger whole. Hospitable to all scientific discoveries, and antagonistic to no truth, the teachings are directed to the gain of each soul.

Some of the marks which indicate that this is a "new type of school" are: primary concern in the essential human being rather than the misleading externals and intellectualisms; opportunities to come to grips with great questions; search for the roots of character formation; a casual attitude about academic honors and the non-requirement of orthodox education; seminars on personal conduct in problem-situations; guidance in the study of universal Wisdom-lore; training in the development of higher faculties as the basis for "higher" experience; etcetera.

Innovation I In line with the development of new method at the School, a phase of the Principle of Rhythm will be put into action this fall. The opening work of each semester will be made preparatory to later periods of intensive study and training under the Director. This pressure and release rhythm will offer many advantages to trainee and student.

Innovation II A rousing PROJECT, full of the promise of high adventure, will be inaugurated in the Training Department. The school editor is eager to tell you more in later issues.

OPEN HOUSE October 6th.  
A friendly get together for old students and prospective new students before the School opens! For registration, discussion of courses, and the answering of questions. The Director is expected to be present.  
Use this opportunity to bring friends and those interested in the meaning and nature of their own lives.  
WEDNESDAY - October 6th. from 7:00 to 9:00 p.m.

BECOME EDUCATED IN LIFE FOR LIFE

## COURSES BEGINNING OCTOBER AVAILABLE TO PRE-TRAINEES AND NEW STUDENTS

<u>Opens</u>	<u>Hour</u>	<u>Name of Course *</u>	<u>Extent</u>	<u>Tuition</u>
Oct. 14	6.00 p.m.	Subjective Exercises. 1st year and 2nd year. Use of silence, posture, breath (1st year) Review and meditation (2nd year)	Full semester	\$12.00
Oct. 14	7.30 p.m.	Your Steps in the Life of Earth	Half semester	5.00
Oct. 14	8.30 p.m.	Origins of Western Faiths, Fears and Doubts	Half semester	5.00
Oct. 21	8.30 p.m.	How Philosophy Applies to You	Three evenings	2.00

\* For descriptive notes on Courses see September issue of LIVING

Registration. Students will please register on October 6th, or earlier if possible. Checks payable to The School of Applied Philosophy. A \$2.00 deposit required with registration.

Advisers. Assistance in the planning of studies and selection of courses available on request.

### Opening sessions

Oct. 11 (Monday) trainees only. 7.15 p.m.  
Oct. 14 (Thursday) pre-trainees; new students.

For morning classes, and additional subjects in psychology, metaphysics, comparative religions, experimental groups, seminars on the problems of conduct, etc inquire at the School.

All general information: address Secretary  
The School of Applied Philosophy  
118 East 76th St., New York. RH 4 - 6267

If necessary, tuition payments may be staggered, but must be completed before close of course.

A few partial scholarships are available for those taking several courses. Apply if you need aid in financing your studies.

Dinner served at cost on Thursday evenings, at close of Subjective Exercise class.

Admission to a single class by special arrangement thru the office.

School membership. Students are invited to become members, and thus have, among other privileges, the advantage of drawing books from a highly specialized library.