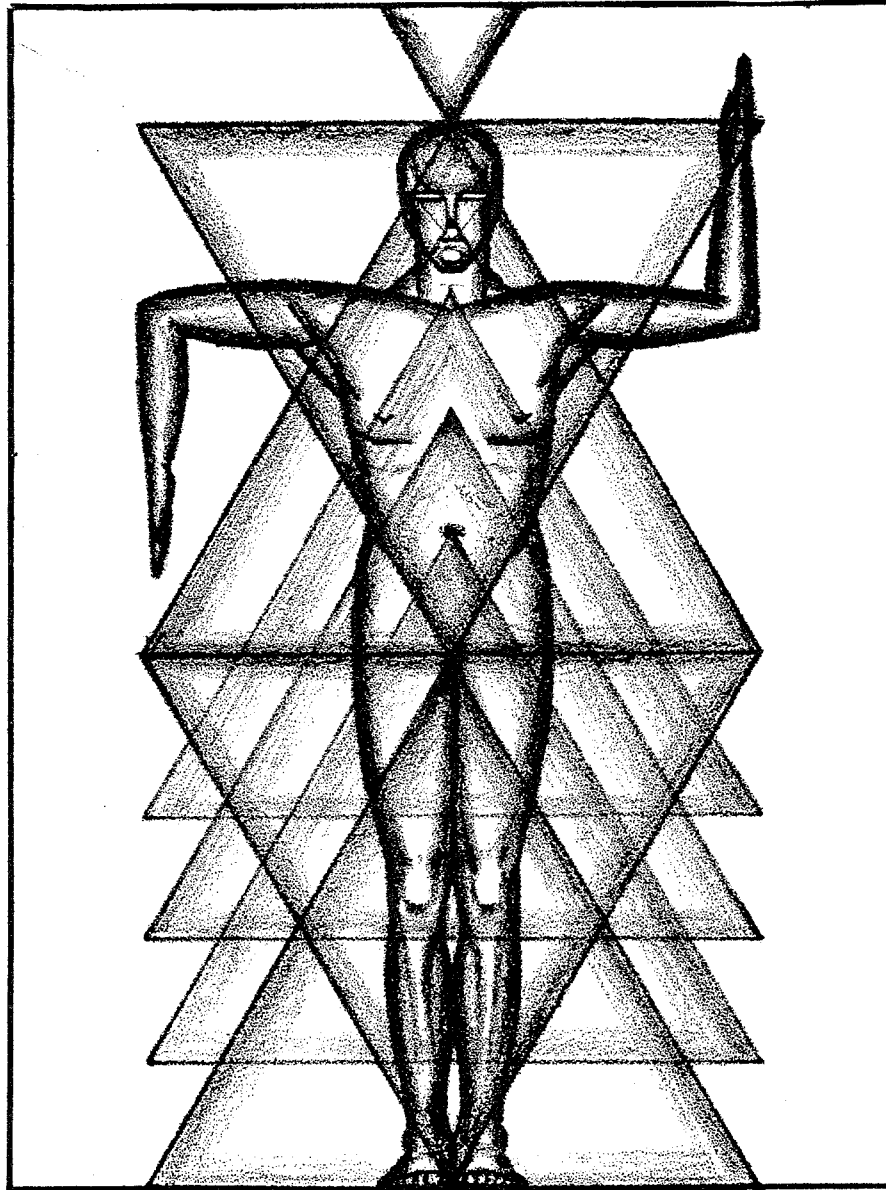


# LIVING



Devoted to man and his transcendental nature

VOLUME 2

1938

FEBRUARY

1938

NUMBER 2

# EDITORIAL

That a civilization is waning and that another is in process of formation many men believe today. Surrounded by swiftly changing ideas and caught in the first struggling phases of a new order, they are naturally bewildered as to what direction this civilization will take.

In the past year, our publication LIVING made a beginning toward clarifying the forces at work beneath surface confusion, but only a beginning.

You may hold in your hand one brightly colored bit, or more, of the great picture to be fitted together, but probably you see very dimly the pattern this picture will make in the coming age. And even if the picture is clear it may not live. Many are asking what part they have to play or whether they have a part at all.

It is worth while to try to understand. It is possible to grow in clarity of thought and action. We need to hold firmly the threads of our scattered information and to watch for further signs of the dynamic which is shaping events until such time as long consideration shall have brought insight, and happily we cry: "It's true!"

On the side of drifting there is fear and despair. With understanding comes the sting of a new stimulus, a new incentive, the glowing warmth of a living idea which we can follow with conviction.

In several issues LIVING has reported on the new type of life emerging not only in the world of affairs and industry where it is most apparent, but in every field of human activity. Seeking the cause, we find ourselves in the clear fresh air of a new era of thought and feeling.

Yet to recognize the immediate cause of change in the conditions resulting from scientific discoveries is not enough. Thought and perception must be stretched beyond the range of personal life to include observation and knowledge of cosmic radiations, their variety and particular quality, their influence on earth conditions.

AQUARIUS provides the key. Aquarius, that constellation in the heavens from which proceeds a peculiar energy and power which is to be dominant over earth in the coming period. In the language of Astrology, it is "Air fixed". And "air" is symbol for the mind. "Fixed" is stable, sure. Under its rays, the mind, in the words of our Director, will become pure, equable, strong.

The call is for leaders sensitive to the significance of this great surge of energy and able to direct it constructively; for teachers free to challenge old ideals, informed, adventurous; for individuals in every department of life trained in the knowledge of their psychic nature, its control and the way of its growth;

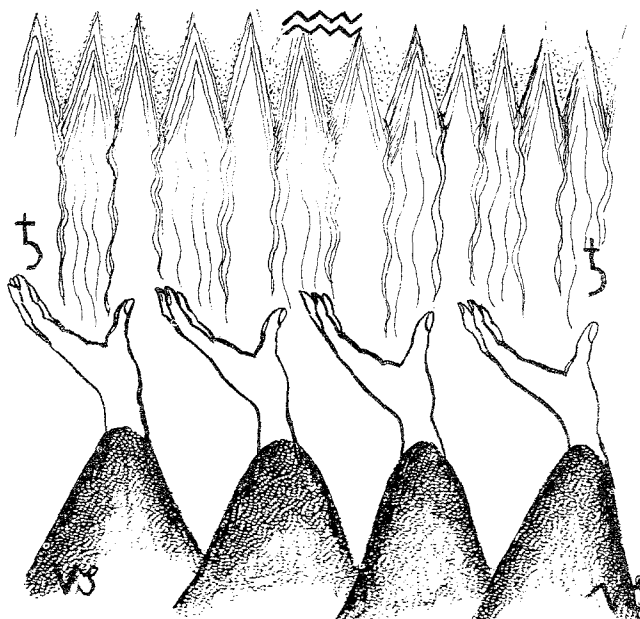
for more men and women moving with the new life currents intelligently and courageously.

Another key-word of this crucial time is "Synthesis". For the understanding born of the linking of old and new sciences there is immediate and great need. Each one of us may work toward this.

We need not doubt our role. Aquarius, clean cut and penetrating, subtle, keen, is raying down to earth. Ours is to turn receptive minds to meet its inflow, to pledge our energies to carry through its vital challenge. Ours is to build the caliber of mind attuned to its beneficence.

By Barbara Albisser

## PAGES FROM THE SCHOOL WORKSHOP



This is an Aquarian motif. The beneficent Water is pouring down from above. To receive it, man must be rightly active in earth. He must also have sufficiently detached himself from fixations in earth, so that the four elements in him have grown up like mountains. From these, his seeking reaches upward as hands.

These are left hands, because the left expresses receptivity to the Water from Above.

These transformations are largely the work of Saturn, who is mystically closely related both to Capricorn and Aquarius.

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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  
make checks payable to S. Kaye  
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# PRAXIS CONSCIOUS SELF EXERCISE

By M. Benzenberg Mayer

The SELF is the friend of the self of him  
in whom the self by the SELF is vanquished;  
but to the unsubdued self the SELF verily  
becometh hostile as an enemy.

The Bhagavad Gita  
VI, 6

Mind, the correspondent in individual man to the intrinsic nature of Aquarius, is a force of which the average human being knows little. Mind belongs to an octave of higher energies which are the very pinnacle of man's evolution. Nous is mind grown to cosmic stature, made spiritual, the Light in men by which they may know the LIGHT. It has been planted in men as a seed by the "Mind of All-masterhood". That is why, as Thomas Vaughn puts it, "Truth must not therefore be sought in our natural self, but in this likeness of God within us".

All the while men are growing up toward the stature of mind, but so slowly, so unaware of what the growth is really to accomplish. Study and training clarify and speed the processes, so that we are entitled to call their combined activity accelerated evolution. How much better we do all things when we know why! when we appreciate the present part on which we are working in its relation to the whole!

Intelligence precedes mind. Intelligence has already developed a score of secondary powers. It is informed, discerning, quick, is just, honorable, accurate, can reason and inquire, examine and weigh evidence, can follow and explore ideas. It can choose and make decisions. It is winning the power of determination and sympathetic insight. These are only a few of the secondary mental powers which every normal person is developing. They are chiefly related to the physical world, to events, and people. So far, so good, but these are only beginnings. FOR AS THE MIND GROWS IT BECOMES A BATTERY, a station capable of directing the wave-frequencies which it is naturally developing.

The highest octave of wave-frequencies which men are capable of using are those engendered and sent by the mind. Thought is a wave frequency. Such wave-frequencies can be directed, but as is usually the case with unconscious young batteries, they do not go far, but remain more or less entangled in the substance of the vital or etheric body. Perhaps this explains to many why they pick up discarded thoughts in their dreams!

The exercises presented in this department of LIVING help to direct these wave-frequencies so that they bring about changes in the metaphysical parts of your being. The human side of you will definitely be aware of these

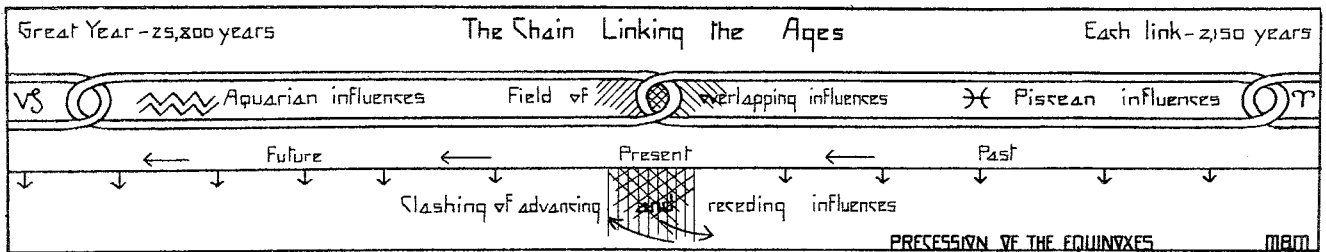
changes thru the finer sensitivities which are being developed. It is at a later time however, that the real significance of what you have been doing will be brought home to you.

The February Theme is an important contribution to this development. It calls out and exercises faculties of the mind which are of paramount consequence to the higher evolution. The Gita, from which the Theme is taken, is packed with matters important to the development of mind. Attention is now drawn from the world of physical phenomena to a world as yet invisible, - invisible for the one and only reason that the faculties and stature of the individual have not developed sufficiently to receive the wave-frequencies from this world and so make it perceptible. Is not this reason alone challenging to effort?

After you have memorized the Theme, begin to assign your actions, feelings, and thoughts as on the side of the SELF, or for the little personal self. Do not be discouraged if the larger part of interest and conduct are for the little self. That is natural. All mankind begins with the material world. But as you become conscious of the nature of life and its purpose, there is a gradual shift in the direction and object of conduct. Hasten and increase this by your understanding and your determination. This brings the higher self into a beneficent and active relation with the self acting in the body of flesh.

It is not that you will cease doing material things, but you will do them differently and on behalf of the SELF. A trainee has just said to me, "I find I even wash my underwear differently". That is it. The transforming understanding, with the delicate yet resolute turning of purpose in all things toward the liberation of the activity of the SELF. Its wave-frequencies are of a high order, and have been activated and used by every soul which has attained to the Gate of Noetic Worlds. This is one of the Labors of Masterhood. Therefore ponder deeply and often on this Theme. During the day repeat it silently at least half a dozen times. Watch it change the chemistry of your being as you harmonize your conduct with its Teaching. Press into profounder meanings, as taught in previous issues of LIVING. The Aquarian influence will assist you.

# PISCES AND AQUARIUS



Few people realize the extent to which we are affected by invisible rays streaming down on us, even though they recognize the influence of sun and moon on tides, sun-spots on life and vegetation, and have recently come to acknowledge the profound effects upon everyday life of various invisible wave-frequencies, the so-called "cosmic rays" etc. The chart illustrates some of these invisible influences in this period of transition, when those of the outgoing cycle (Pisces) overlap those of the incoming cycle (Aquarius). Here, as elsewhere, those who are informed on these matters become able to recognize the trend in all departments of life, and take advantage of the forward rhythm instead of being swept back on the receding wave. In leaving the period of Piscean emotionalism and moving toward Aquarian understanding, we may note, on all sides, a new emphasis on facts, organization, knowledge, the humanities, social consciousness, etc.

## A BROAD COMPARISON OF PISCAN AND EARLY AQUARIAN BEHAVIORS.

By M. Benzenberg Mayer and E.G. Salt

### Piscean

the philosophical Element: WATER

Characterized by motivation through  
feelings  
emotions  
faiths

Passivity and receptivity toward events, circumstances. Belief in fate as fixed.

#### Crowd parlance:

"Well, how do you feel?"  
"I firmly believe that...."

Attitudes. Orthodoxy, tradition, dogma, belief, are the attitudes toward the unknown.

Ideals. Great emphasis placed on charity, forgiveness, patience as virtues. Ideals involve obedience, duty, self-abnegation. Good intention rather than efficiency is criterion of value.

Outlook on life. Romanticism, idealism govern adventures in life. Passions easily aroused. Intrinsic merits rarely even apprehended. Procrastinations, inhibitions, taboos, feelings. domesticity, temperamentality, impressionability, colorful exaggeration.

Orthodoxy, tradition, dogma, shop-worn doctrines the guiding interpretations of life, without critical inquiry as to facts. Sway of parents and ancestors. Almost compulsive fear of the new.

### Aquarian

The philosophical Element: AIR

Characterized by motivation through observation:  
thought  
reflection  
cognition

Critical resistance to old ideas, habits, interpretations. Hard boiled.

#### Crowd parlance:

"Well, what do you know?"  
"Show me!"

Attitudes. Investigation, experimentation, regard for scientific fact, are the attitudes toward the unknown. These involve honesty, loyalty to verities.

Ideals. Candor, research, precision, accuracy are new ideals. Faiths to be measured by evidence. Emphasis on fidelity and care in specifics. Disregard of old personal patiences and charities. Good intentions not enough. Knowledge and work together must deliver results.

Outlook on life. Mental consciousness. Intensive research. Understanding of the laws of nature. Cultivation of the sciences. Building of order, health, enterprise, education, et cetera, on discovered laws of development. Guessing and superstition replaced by knowledge.

Strong reaction against customs in all spheres of life - personal, home, social, industrial, economic, international. The individual stands on his own feet. Open-mindedness and fearless advance toward the new and the untried.



## PISCES

Religion. Deep emotionalism in religious customs, involving intense mystical experience. Religion a swaying influence until recent decades. Vicarious atonement.

Welt-Anschauungen accepted without examination because faiths must not be challenged. God is a Person. Mind, as a possession of independent power by each individual, is barely exercised. Therefore ignorance of fundamentals is typical.

Mysticism of the heart. Intense personal experiences of the heart and psyche - often indiscriminately called "spiritual".

Penology. Violent punishment for small crimes. Ignorance of psychological causation.

Labor conditions. Employer-labor relationship one of benevolent paternalism (at best).

Monopoly, cutthroat competition. Big Business dictated to government.

Love in the emotional sense was the measure. Personal affection, often misdirected, blind, or possessive, was the basis for human relationships.

Knowledge. Fears, superstitions, credulities of all kinds were possible. Science (whose arc of influence extends back into the Piscean period for about 400 years) had its modern birth meeting the resistance of old faiths and shibboleths.

Consciousness of the self hardly existed. Undifferentiated from patterns of the past or of the environment. Projection of compensatory feeling-reactions upon the environment, believing them to be objective facts.

These are but a few points, chosen from various fields, but sufficient to indicate the contrasting nature of the two major influences at work.



## AQUARIAN

Religion. Old religious orthodoxies severely challenged. Habits deliberately broken. Emotions replaced by reason. New evidence for the continuity of life rising outside of the churches. Esoteric understanding gaining ground. Redemptive efforts considered rationally instead of via faith and vicarious atonement.

Welt-Anschauungen extremely critical and quite undogmatic. God, if he is, is gradually conceived as a Cosmic Force or Universal Mind. Ever increasing appreciation for the order and laws everywhere present in creation.

Mysticism of the mind. Experiences of the Higher Mind include and transcend those of the heart and psyche. Veridical ex-stasis.

Penology. Understanding (leading to insight) of the other factors which have produced the criminal. "Punishment" yields to reconstruction of personality.

Labor conditions. The rise of the union. Intelligent cooperation helps lift the standard of living for the many. Paternalism replaced by human rights. First crude concepts of "brotherhood". Standards of production. "Fair trade practices." Government regulation of industry in favor of the masses.

Love. New estimation of nature and man based on research. Increasing tendency to use this knowledge for the welfare of man. Intelligent service to this welfare is a new version of love. Understanding (not sympathy) becomes slowly a basis for human relationships.

Knowledge increasingly at the disposal of all humanity - regarded as ideal. Bigotry in disrepute. Credulity replaced by healthy skepticism. Mechanics and engineering develop material civilization. Education beyond 3-space.

Consciousness of the self increasing. Modern psychology the first pointer in that direction. Man becomes more and more a wonder to himself. He perceives that he has powers by which he can know and mould circumstances and himself. Is awed before possibilities opening up.

# AMONG ALL RACES



In 1905 in London, a little book of far-reaching evidence was published. Its 176 pages are exclusively a catalogue of zodiacs and planispheres dating back to 1320 B. C. Most of the exemplars are now in museums, galleries and libraries. The author, Reverend A.B.Grimaldi, has done a valuable piece of work, even tho the archaeology of the last three decades will add extensively to his list. Here then is proof that the zodiac was known among all cultured races.

Among the thirty-odd race-groups listed in Grimaldi's book are those from Babylonia, Assyria, Egypt, Phoenicia, Arabia, Tibet, Persia, Palmyra, China, Greece, Rome. The Hebrews and the followers of Mithra also used the zodiac. To these must now be added the Polynesians, that strange remnant of an ancient past, the Druids, the Norse peoples, the Chaldeans and many other groups of whom recent data has been acquired.

That means these many peoples all knew PISCES and AQUARIUS, the two constellations whose overlapping influences (see page 4) are a mighty ingredient in the world's present unrest.

Astronomy today is a highly equipped science. It is well to remember that its older sister, astrology, is also based on astronomy, but does not end there. The movements of heavenly bodies were computed accurately in ancient days, and this meant a knowledge of size, distance, orbit. But the measuring of the effect of wave-frequencies emanating out of space had also been charted over many thousands of years, and were part of the files of every center of learning.

Today research is considered impressive when it reports on the parts of an atom, charts the behavior of photons, or photographs the tracks of "cosmic rays" in a cloud chamber. Do not be rushed off your feet by these technical discoveries. Far more significant the work of a distinguished astrologer. I have seen his many volumes of carefully annotated data on these wave-frequencies out of space, and their effect

in the field of disease. He is working in secret collaboration with one of the most respected hospitals in the country. I have been in his studio when word came from an operating room confirming his diagnosis, as against that of the surgeons.

Physicists have just begun the study of the mechanics of these things. They will naturally label them differently, but in due season they will be citing the wave-frequencies whose affective side has been known and recorded in a wise and practical past.

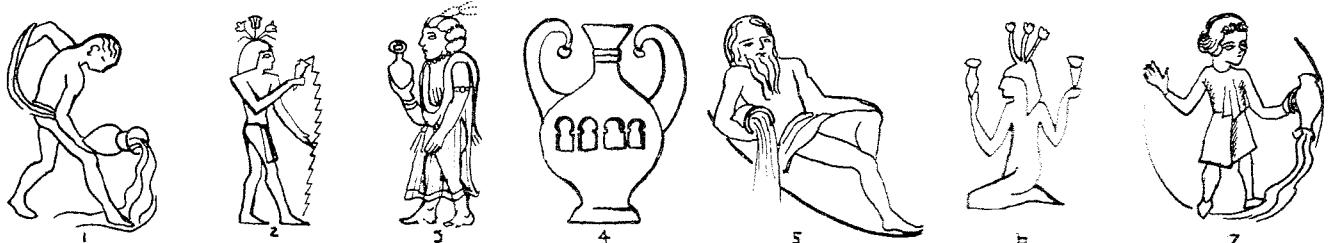
Thus this materialistic age is coming in ways of its own to the cognition of wave-frequencies moving thru etheric space. How long will it take before modern physicists begin without bias some of the ancient computations of radiation affects?

A comparison of these versions of Aquarius from many races will be an exciting and engrossing adventure. Here is indicated the dynamic supplement of Universal Principles being poured on the minds in earth, adding to their egoistic all-too-human knowledge a cosmic and spiritual perspective.

Top Panel: (1) Sumer; (2) Susa; (3) Egyptian figure from Esne; (4) Hebrew, mosaic of Beth Alpha; (5) Arabic; (6) Hebrew, Kefar Bir'tim; (7) Denderah; (8) 14th Century France; (9) Chinese.

Lower Panel: (1) The Pitti Palace; (2) Another figure from Esne; (3) Hindu; (4) 12th Century Europe; (5) Greek; (6) Seated figure from "Zodiac Tomb" (Egyptian); (7) Medieval Spanish Manuscript.

by MBM



6 LIVING

# THE NEW TRAINING

by A. B. GREENE

The need for training has become so fully accepted in the industrial field that we can no longer conceive of efficiency without it. And efficiency is one of the gods of the modern age.

Training is the most economic approach to effectiveness in any field of human endeavor. Only the highly disciplined athlete wins the laurel. Only the musician and painter who have given point and direction to their feelings convey the profound meaning of their works to others. Only the scientist trained in obedience to facts above predilections makes a significant contribution.

But so far we have "seen the light" only in regard to production and achievement in the physical world. The much admired qualities of effectiveness, directness, economy and power must be fostered also in man himself. In the age we are entering many will learn that the advantages of control and organization -- that is, of training -- are as applicable to the development of their higher psychic and mental faculties as they are to the conquest of matter.

The techniques of self-cultivation will be Aquarian too. They will not be of that puritanical order in which control meant repression, negation. That was Piscean, - the tyranny of one desire over others. It invited rebellion from the repressed life. The Aquarian attitude is more just, balanced, understanding.

More and more men will realize that spiritual development is the main goal, and that all elements in the self must be considered in their relationship to that goal. Trends that are progressive will be strengthened. Those that obstruct the development will be re-directed, transmuted, or otherwise handled, but never blindly repressed.

Once the Aquarian realizes that the growth of the transcendental man is as definitely subject to "natural laws" as the production of better crops, he will readily adopt training. The very strength of his mind will impel him to learn and obey the requirements, instead of mistakenly looking, as did the feeling age, to spiritual growth by "grace from above."

Traditions of the past make many references to the need for training by those who would transcend the limitations of ordinary living. The philosophers of the Pythagorean school assiduously trained themselves in developing the powers of the soul. The Therapeuts and Essenes did likewise, in other parts of the ancient

world. Wisdom schools everywhere -- Egyptian, Platonic, Buddhist, Hindu, Babylonian, Chinese, Persian -- implied training as essential to the progress of the higher human faculties.

From these schools comes the word ascetic--not, however, with its present connotations of hair shirts and austerity, but in its original meaning, which had to do with the training of the kind of athlete who was an aspirant in the spiritual race. In that training the positive note was the dominant one, not the negative, and it sounded the joy of high adventure in directed effort.

In a best seller of today, "The Return to Religion", we read that "No discovery of modern psychology is so important as its scientific proof of the necessity of self-sacrifice or discipline to self-realization and happiness."

The growing Retreat movement in the Roman Catholic and Anglican churches gives token of the individual's willingness to work upon himself, tho living still in the midst of modern conditions. Self-discipline has for centuries formed the core of Quakerism.

The modern temper is warming up to purposeful training of the self. It is leaving behind such older reactions as the resentment of self-will, on the one hand, and over-indulgence in misdirected asceticism, on the other.

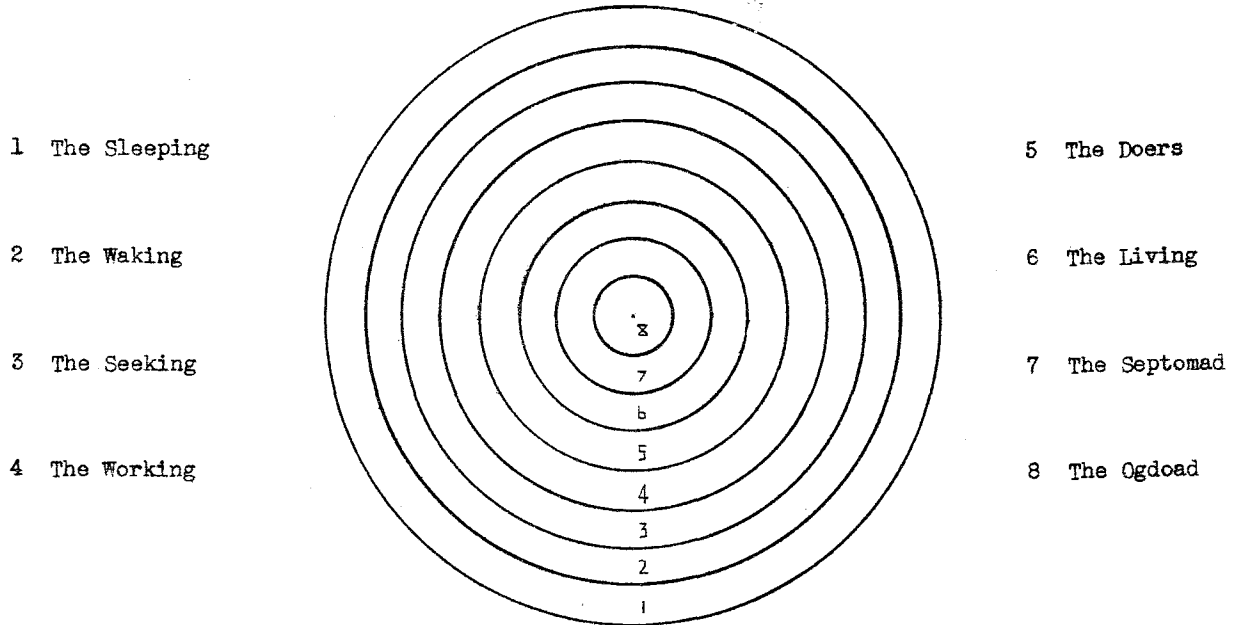
Aldous Huxley, in his recent book, "Ends and Means", is among those who pay tribute to the newer, Aquarian ideas. What we know, he declares, is a product of what we are. Furthermore, what we are can be profoundly modified by training. Expanded consciousness, avenues of knowledge over and beyond those accessible through the five senses open up to those "who choose to fulfill ethical and intellectual conditions upon which it is possible for them to pass to another level of being."

The opening of these channels and active, conscious participation in "larger experience than the world affords" is made possible at the School of Applied Philosophy. It offers one reason why this is a "different type of school."

The question has sometimes been asked whether for the growth of the transcendental man it was not sufficient to attend lectures and read books. The crucial importance of training in that growth has been indicated by the Director of the School in this answer: "Dear questioner, your life is more wonderfully equipped than a violin. Did Fritz Kreisler learn to play his wonderful fiddle by reading about it or attending lectures?"

# FROM MBM'S CHART OF HUMANITY

Conscious evolution is the progression from one to eight.



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	7.30 p.m.	* The Three Realms of Law	Pre-trainees
	8.30 p.m.	* The Subconscious Household of the Self	Pre-trainees
Fridays	6.20 p.m.	* Brief Series, dates to be announced	Trainees, pre-trainees
Saturdays	2.00 p.m.	Collective Research	Senior Trainees