

# STAR OF THE EAST



A Journal issued monthly for liberal thought, the help of self and others  
by the practice of concentration of mind ; in Unity with the Universal Soul.

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## Man, His Mistakes and Their Remedy.

What are man's greatest mistakes? They are his ignorance of his own relation to God, and the fact that he does not accept the teachings of his power and life in God holds him in darkness. The non-recognition of the truth "that we live, move, and have our being in God" holds us in weakness, which is growing all the time upon us as long as we hold on to the weaker. If we could understand that we are parts of all, are dealing with all, and experiencing the effects of all things which are brought to bear in answer to the thoughts which we send out, whether they are of a high nature or low, we would clearly see it manifested. There never was a thought sent out without response, and these responses will not be only in thoughts, but in action, into which we are brought as a result.

If we could realise that we are the expression of the Universal soul, which is God, and that we live of and in that soul wherever we are, that all things in action are energies emanating from the Divine soul and held it in our minds, at all times we should see our qualities in the light of the divine, and we should not be subjects to so much misunderstanding regarding God and ourselves as we are at present.

When the mind dwells in the material, he becomes material, and he cannot in such state see himself as he should because he is surrounded by the confusion which the material (as the unreal) always have around it.

It is impossible to live in the senses and have the wonderful experience which the soul has who lives in perfect "Tune with the infinite."

Have you ever heard the "voice in the silence," and obeyed its call?

If you have, then you know that it is possible to live in this day by day, and the things around us will become more and more insignificant. Qualify yourself in the morning, and do not lose your quality by allowing yourself to pay too much attention to the imitation of unconscious matter.

You wonder what I mean by qualification. I mean to turn within before we allow anything to attract our attention to the external, and recognise your relationship to the eternal Divine soul, say, to yourself, "That you are of and in God the divine essence, the

all-pervading power, that you move and have your being in it all the time, that you are the expression of it everywhere. This is to qualify oneself, and if we remain in those thoughts during the day nothing of the lower shall have the power over us.

We would soon find that all our mistakes would be remedied, and we would become wiser and stronger spiritually. Oh, my beloved, would that I were able to use words strong enough to inspire you to go into silence, and there from within yourself hear the voice of your own soul, and you would see that the great Masters were surrounding you to help and direct.

Is it not wonderful that humanity in these days of progress does not know how to live the lives of their souls? Is it not remarkable that humanity hangs on to the illusionary when it sees that sorrow follow?

Suffering upon suffering is the reward which matter gives to those who make it their highest ambition, and after attainment of some of its products there comes the parting of the soul from the body without having had any of the experience for which the body was given.

To remedy all this is to hold in constant thought that life is one, and not many, as the world believe; that soul is one, and not many, as we have been taught; as God is the one source from which comes the various expressions, through humanity, which we call "many souls." When we can see that we live in the oneness, and not in the Sunderings, as we say, then we will become truly centred, and we will find strength and wisdom.

This should be meditated upon, and we would soon find that we are truly in the universe of the universe, and that we in reality cannot sunder ourselves from the great Divine source, which is God expressed in all things. In this way we will experience spiritual quality, and the lower cannot penetrate the power which we will have thrown around us. Many people have said to us "that they wish they could accept this as real and practical." The experience of peace and strength which this gives, in our humble opinion, are evidences of the reality, for as long as we hold our thoughts in the illusion (matter) we have neither peace nor strength, but constant worry, and sorrows of all kind. This we know, and it ought to be proof enough that to live in the power of God within is reality.

Let no day pass without making our inner qualifications known to the outer senses, and we will soon see that everything we need for body and soul we live in it now, and we were never outside of it. There will be joy and peace instead of woe and pain. Freedom. Freedom be unto all, and peace shall abide for ever.

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### Lesson in the Study of Sacred Literature.

Beloved Readers,—

The Star begins the fourth year of its mission, and to commemorate this event we begin a series of lessons how to study sacred books so as to absorb the vibrations sent forth by the soul of the writer, as well as to become spiritualized with what we read.

In the past we have had very little except mental help from the many great and good works which we have read, but our souls have not been able to become led in our practical lives by it, and the reason is that we do not understand how to read so as to commune consciously with the power back of the word. We have read that "in the word there is life," and we must understand how this can be before we can practically apply it. All life is energy, and it is in constant motion, as well in thought form as in visible material forms, and as each thought is expressed on paper or otherwise, there is matter in constant motion around every thought—and this motion is not for a time only, and then ceases to act, but its action is everlasting, and the thoughts sent forth ages ago are still moving and building as when they were first sent forth, and we come in contact with them, and manifest them through our mind and body.

As long as we do not understand this, we do not have the practical benefit of reading, but that does not have any effect upon the thoughts as they obey the law of evolution, whether we know it or not.

When we fully realize that all energy emanates from the same source, and that its final aim is leading all things in life back to the same source, we can readily see how we can be in personal and conscious communion with our illuminated Teachers, whom are no longer in physical visibility among us, but who was never parted from us in soul.

Reading holy script is not only a message, but it brings our quickened souls in moving contact with them who has written it, by the vibrations in which they live. The outer senses cannot understand this without being taught, as spiritual things do not occur to the outer man, because he looks for the manifestation in the tangible where it cannot be given. If a man has hatred in his heart, and try to read holy script, the Bible, or other sacred books, he will be confounded more than he was before, because he is not in the right spirit to commune.

There is all kinds of literature, and one can readily measure the life of the soul of the different writers by their writings. There is so-called religious books which in reality are very deadening to the mind, and there are so-called moral writings which have no morality in them; but if we do not understand to trace the soul in the looks they might lead us to accept fiction for reality and visa versa. The vibrations will be such as the object is by the writings if they are brought forth for mercenary purposes we will find selfishness at the bottom of what they give, and there will not be the life in them which we need for our souls' quickening and growth. We shall try and conduct this course of study so as to help those who have no opportunity of having a teacher, to grow spiritually by reading in a certain way, and so much at each time, and then to retire within and live in the vibrations which has been set in action by the reading. We will also try and direct what books to select for the beginning of our studies, in order to study orderly, and not become confused. Experience has taught us that it is not wise to select the deep reading in the beginning, but that which is best for our progress.

There is a vast difference between reading and study, and the race has not been taught the difference, and this is the reason why so little benefit is to be had from such mental occupation.

The mind and body need to be in a certain receptive condition in order to have the communion which one has in study. When we say communion, we mean between soul and soul, as is offered through the study of spiritual literature. Ah, when we can see this we shall not wonder if it is possible to be in meeting with God through the letter, but we will find it in experience. One should not study if the mind is not at peace, as our endeavour will be for naught. There should be peace towards all mankind, and full forgiveness to all whom we think have done us harm, and we should go into silence with the lesson before beginning the study. Hands, feet, and face should be clean and fresh before sitting down to our books, and time, as well as all outside circumstances we must lay aside, as the mind must be free. In this wise our studies will be such soul-tuition as will bring us face to face with the authors of our lessons.

Let us now look at the practical part of this lesson. We find that the syllables A U M are the sacred Vedic utterances before the beginning of Scriptural study, and we will find it at the beginning of all holy works, and uttering them places the mind in a holy attitude and helps one to retire from the external and live in the communion with God; and after the study. SRI BHAGAVAD-GITA begins with this word, and it finishes with "Om Tat Sat," meaning the all, the Ocean of all knowledge, the Bliss absolute, the only reality. These words will (if the mind is turned in humble seeking after God) bring one into the very light of God, and the study will serve as the portals through which the soul enters into the holiest of the holy, the God presence.

All literature which deals with spiritual things (not with the psychical only) is sacred, and the vibrations emanating from them are holy, and the mind must be in holy tune with the spirit to gain the benefit which they are intended to give.

Cleanliness, truthfulness, and the daily practice of brotherly love are the conditions for the receiving of the full benefit of the study of sacred writings. Take word after word and line after line, and do not take to the reading of the whole chapters, as you cannot assimilate as much each time. I will here give to you what the Lord and Divine Master, the SRI RAMA-KRISHNA, says in His Gospel regarding reading of books:—"Everything depends on the will of the Lord. What can you do? One may repeat His Holy Name, but sometimes tears flow and sometimes not. At the time of meditation, one day you may have perfect concentration and other days you will not be able to fix your mind at all. Work is needed for God-Vision. How much can you study? What results can you get by mere discrimination? First try to realise God. Have faith in the words of your Guru (teacher), and perform some good work. If you have not found a Guru a true, spiritual Master, pray earnestly to God, and He will show you what he is like. What can you do by reading books only? One cannot realise Divinity by the reading of books. There is a vast difference between the reading of books and the realisation. After realising, all books, science, and scriptures seem to be like straws."

This lesson must be a study of ourselves and our relation to God.

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### To All Our Friends Who Desire to Grow Spiritually.

Dear Students of the Higher Life,—

If you have discovered that it is not as much what you have been which account the most, but what you desire to become, and the knowledge that true seeking for wisdom is to concentrate your mind on God, in Whom is all the higher manifestations the soul can give, and outside Him there is none. Let me say unto you, that you can be lighted by the light of the inner holiness by turning within, and there you will find the power and radiance of beauty for which all Saints have been praying throughout the ages. Come with me into the Hut where my soul dwelleth, and the voice of God in heavenly rhythm will be heard. Cease thy longing for this world's goods, for it lasteth not, but flyeth from thee like dust before the wind.

"Turn thy face towards Jerusalem," and let thine soul pass through its portals, into everlasting peace.

The Lord is there to fill all the wants of the soul, and as soon as thy mind "is directed to its windows" thou wilt see there the over-shadowed faces of the Divine Father and Mother of the heavens.

Say to thyself, O Lord, thou Father, and Mother God, thou everlasting life within me. (Repeat Hari, Hari, O Hari). Lord God of heaven and earth, I am in thee and thou art in me, but you must have perfect faith, and make childish surrender to the Divine power within you.

Lay yourselves at the holy shrine of devotion, and let thy soul be filled with the sweetness and ecstasy of the Divine love which nothing earthly can ever produce.

The following words were sung by Swami Vivekananda to the Divine Master, SRI RAMA KRISHNA, at a meeting of both:—

"How glorious is the beauty, how charming is thy face;

The Lord of my heart has come to my humble abode.  
Lo, the spring of my love is running over with joy.

"O Lord of my soul, Thou art pure love, what riches can I offer to Thee?

O, accept my heart, my life, my all. Yes, Lord, my all deign to accept.

Lord, what more shall I say to Thee? Thou art the priceless jewel of my heart, the abode of joy everlasting."

### Concentration.

There is no attaining of growth without work and practice, there is no understanding of the senses until they have become trained, and it is such training that we are trying to receive by practicing concentration.

Our messenger, the Star of the East, enters upon its fourth year of work, and in the future as well as in the past, it will bring the tidings of joy by showing how to work for its obtainance.

I sit at the feet of my holy teachers, and so do you, but I am more conscious of it than you are, my reader, and I can say from experience that unfoldment cannot be had except by earnest endeavours, mentally and spiritually. I give unto the world what the Masters give to me, but I am earnestly trying to make it my practical experience in order to be an example that there is power in the Divine tuition of the Blessed Bhagavans as well in as out of the physical frames.

They have taught me how to control my thoughts and what the effects of such mastery is, and I have found that it is true that to listen to the voice of the world is to become weakened to such an extent that one cannot hear nor understand the Divine Commandments from one's teachers.

The Lord Rama-Krishna says that we must obtain full freedom from everything which binds us in order to hear His instructions and understand them. When I think of His glorious life I see Him in all His radiance of Divine light, and this light is sent forth through the obedient soul of the seeker. This concentration will be for love of God and full faith in His power. Beloved, you must believe that we are together wherever we are, and that the same thoughts hold us together by vibrations.

Let us hold every morning for five minutes Divine universal love and full faith in that love, and say to ourselves, O Lord, Thou art that in me. O Lord, Thou art that in me. This should be repeated for five minutes after we have concentrated our minds on Love and Faith.

We will realise much power from this, and be much help to others to unfold. "Will you be able to live up to what I tell you? If you cannot practice more than one-sixteenth part of what I say unto you, you will surely teach the Goal." From the sayings of Rama-Krishna.

This lesson should be practiced every morning between 5 and 7 for thirty days.

### Continuation of Our Letter to Our Readers of The "Star."

We have been so busy with work that we have not had time to learn much of the interior of this country as yet. We are told that there is some wonderful places in the Mountains, and we hope to visit all we possibly can before leaving, as we wish to have as much information as possible. It is remarkable to hear of the greatness of Australia, both in size and resources, and so few people compared with the areas of land which there is. It is strange to see the representatives of the law here in their "Togas" and wigs. It takes one back to past ages, when it was the custom. When one realizes that all mankind and things shall become conscious of its lives, and that all the struggles everywhere shall be counted, it seems as though it would take eternities to fulfil the great law of Divine destiny.

When I have been in the beautiful Botanical Gardens and seen the men plant and work as though it would last for ever, I have thought to myself, think how easy one sweep by the mighty nature would take it all, and it would go so quick that we would not know how it was done.

It will be a beautiful sight to see the white ironclads from America drop anchor in the beautiful harbour here. It will be a wonderful picture to see the white-fleet against the green islands, of which there is such a number, beginning from the mouth of the harbour and continue all the way to the wharfs. Here is quite a preparation for their welcome, but there is very little enthusiasm compared with what it was in America.

It certainly seems something far more than the average people think to have such gatherings of machines of destruction. There is no doubt but what we are in

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a period where every prophecy will be fulfilled given in the Bible and elsewhere, for things have gone so far and humanity has had such concern for what to eat and drink until it has forgotten that God has commands which must be obeyed some time, even if the race delay their working out at the expense of its happiness.

The more I move around the greater becomes this law to my soul, because I can more realize the greatness of nature and the power back of all movements. When these people and other races wake up to this there will be wonderful action, and it will be wonderful to watch the movements, spiritually and otherwise though they go slow, they go sure to the final liberation of all souls and things.

### Something About Our Work as a Whole in This City.

We had to work here almost two months before we succeeded in introducing ourselves, and the kind of work we are trying to do, in liberating the people in a spiritual sense. As I mentioned in my last letter, we are the first to come here with a gospel totally free from the bondage of sectarianism. It has not been easy to make the people understand that the soul, as part of the whole universe, must be free from all narrowness of name and rules imposed upon it by man.

As we have mentioned before, we have established a free public school for the introduction of the sublime teachings of the Vedantas, and we have also formed a Club for the study of the books dealing with these subjects.

We have begun a course of studies, how to read sacred literature, in order to unfold, spiritually, by reading, and the interest in our work becomes greater as time passes on, and more people come to our meetings than ever before.

I have said before that the word "Vedanta" does not mean a sect or a creed, but it means the beginning and end of all knowledge, and it is the broadest of all teachings given to me.

I like to give to our readers the programme of our work here:—

Sunday mornings at 11 o'clock the school has divine service, altar devotions, and silence after the sermon. We read from Bhagavad-Gita, sayings of the Lord Rama-Krishna, or the Gospel of Buddha, or the Bible, or some of the Yoga books which we have, and take the reading as text for our talk.

We have had large attendances at all these meetings, but they are growing larger each week. In the evening at 7.15 we have lecture.

Monday evenings we hold private class in the study of Raya Yoga and the Bhagavad-Gita. Tuesday evenings the school meets for the study publicly. Wednesday, p.m., we give lectures to women only on soul in body life. Thursday evenings we have sacred meetings for students in particular, also others, for soul freedom. Friday, we have another class, in the preliminary steps of spiritual growth, and all these meetings are well attended, and it is blessed to hear many say, "How much they have been helped to understand the higher life." Let all those in sympathy with our work be with us in prayers for its spreading.

Lovingly yours, for soul freedom,

SISTER AVABAMIA.

### Question Box.

Q. Sister, does not the Hindus worship Idols, by praying to Buddha, Krishna, and Rama-Krishna, and others?—Truth.

A. Sister, the Hindus, or anyone else, does not pray to the men or bodies of the men, they pray to Divine power incarnated in them. It is not men who gives the wisdom, but it is the Spirit of God within them who speaks through the body, and the Images they might use are only to impress this truth to the external senses, and not to be worshipped, as were they real, in a piece of clay or what other material it might be.

It is the God hidden by the visible that is worshipped and not the personal bodies, and hence it cannot be Idol worship.

Q. Can one truly live in this body and have communion with the higher angels?

A. Yes, for sure, but it depends upon the life we live. It must be a life in harmony with the Divine law of love all the time, and perfect faith.

Q. Mâdam, please tell me who was Rama-Krishna?—Seeker.

A. He was a Divine incarnation, and the latest high manifestor of truth.

Q. Is it needed that we should pray loud in meditation?—Ruth.

A. Each one should follow whatever method is most expressive to his or her own soul.

### ANNOUNCEMENT.

As we shall have additional studies in our paper we hope that all who are anxious to have the benefit of them should subscribe at once, and not allow themselves to miss this opportunity, and all whose subscription is terminated should re-subscribe without delay. Please do not send money loose in letters, but register them, or send money order. All who are interested in our work, do help us all you can, spiritually as well as otherwise, Whatever is given in the name of the Lord, and to further His work upon earth, is a co-work which will be greatly blessed. Letters from America to Australia must have 5 cents postage.

Address: J. S. Warner, Manager, Star of the East, 5 Moore-street, Sydney, Australia.

"Supreme Bliss verily comes to that Yogi whose mind has attained peace, whose nature has been calmed, and who is stainless and Brahma-like. Mind in peace means mind immovable, fixed in atma (the eternal self), or has his mind placed in atma."

BHAGARIAD-GITA.