

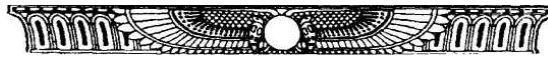
The Aquarian Theosophist

Volume IX # 12 October 17 (incl. September 17) 2009

Bog: <http://aquariantheosophist.com>

Free by email from the Editors: tcc@clara.co.uk

Archive: <http://www.teosofia.com/AT.html>



A Quiet Revolution in LA Schools

by Ann Colburn, at "Once Upon a School"
<http://onceuponaschool.org/stories/232>

(An inspiring account of how one person's work can affect the life chances of many pupils in those critical teenage years at school. Ed)

I have always been dismayed by the discrepancy between the poor educational opportunities of low-income students in the inner-city in contrast to that of affluent students in private education...

One of the biggest problems for students in inner-city schools is setting goals for after graduation and making a practical plan for reaching those goals.

Far too many students do not make it to graduation and the result is a huge pool of under-educated young people, too many of whom end up stuck in poverty in dead-end jobs or in jail. I wanted to help inner-city students dream a positive future and create a viable plan to achieve their goals.

**Manual Arts
High School,
4131 S
Vermont
Ave, LA, a
few blocks
from the ULT
in LA.**



http://www.mahs.org/doc/aof_individuals.doc

What we did

The director of the Academy of Finance (AOF) at Manual Arts High School noticed my work with a few of his students who had been chosen for the **One Voice Scholars program**.

He asked if I would be willing to work with his whole class of seniors to enable them to reach goals similar to the One Voice scholars.

He offered me class time in his block schedule to work with the entire class and encouraged me to meet with students one on one to create a plan tailored to each student's dreams, needs and individual situation.

Each year for the seven years I have worked with the program, I have expanded my understanding of how to help these students succeed. I now reach out to students beginning in 9th grade to help them to see that college and a better life is in their future...

In the larger school, fewer than half of entering freshmen graduate. Of those who do graduate only 15% or so go to college. In the AOF program, 99% graduate and 90% go on to college.

The remaining students enroll in trade programs. One or two have gone into the military. We have not had to find much funding for our college program, since it is run by volunteers ...

In general the AOF students fund-raise constantly for better classroom equipment, textbooks, desks and even a culminating senior trip to Washington DC.

~ End ~

Contents

A Quiet Revolution in LA Schools.....	1
Qualifications for Chelaship (Part 1).....	2
Astral Senses in the Antediluvian Races.....	4
A call from the Grand Elder of the Maya.....	5
True Magic in Tinkerbell and other Stories.....	6
Grow your own wheatgrass!.....	7
Wheatgrass in the balance.....	7
CORRESPONDENCE.....	8
WQJ works published in Russian.....	8
MSG and the Slow Poisoning of America.....	8
PUBLICATION REVIEWS.....	9
<i>Alternative Christs.....</i>	9
<i>WISDOM IN ACTION.....</i>	10
Toronto, Canada, ULT group.....	10

Qualifications for Chelaship

(Part 1)

(An article by Mohini Chatterjee, co-author of "Man – Fragments of Forgotten History" which Mme Blavatsky called "mystical little romance". It was first printed in *Theosophist* in 1884, reprinted in *Theosophy* in December 1956.

It is of especial interest in that it defines more fully the "six glorious virtues" which Robert Crosbie presents in *The Friendly Philosopher*, pages 81-2. Eds)

The power of the Adepts over forces of nature, not generally recognized, has been enlarged upon on various occasions, but no account of them can possibly be satisfactory without bringing into prominence their goodness and their solicitude for the welfare of the race, which an ordinary man can no more comprehend than the Polynesian savage measure the intellectual height of a Newton or a Galileo.

Surprise is often expressed that the philanthropy of the Mahatmas does not induce them to abandon their seclusion and work for men, among men. But the reason for such apparently strange conduct on the part of these god-like men is not very far to seek. The productive power of our energies varies in accordance with the plane on which they operate.

A brick-layer labouring from sunrise to sunset produces work which, when estimated in money, will be found to be but a small fraction of the money value of an hour's work by a man of science. The difference in the effects generated by a given quantity of energy on the physical and intellectual planes is thus apparent.

Those who are acquainted with the laws of spiritual dynamics know that the work produced by a given amount of energy on the intellectual plane is in its turn immeasurably less than that produced by the same quantity of energy acting on the plane of spirit - the highest principle in man, according to our occult doctrine.

It is more unreasonable, therefore, to expect an Adept to work with us on the ordinary plane than it would be to suggest to Sir William Thomson to turn shoemaker. The value

of a scientific discovery as an intellectual triumph can be best estimated by a proper study of the various steps which have led up to it. Similarly, the excellence achieved by an Adept can only be appreciated, though in a very rough and incomplete manner no doubt, by a careful consideration of his preliminary training.

According to the most authoritative treatises on that occult science of which the Adept is a master, verified by the experience of its living students, none are admitted into the inner sanctuary for instruction until they reach a certain stage of spiritual development, characterized by the attainment of what in the Brahminical books, are called **the four "Sadhanas" or accomplishments.**

The first "accomplishment" which a neophyte must have is the right knowledge of the real and unreal. The object to be attained by the help of the "Great Science", as it is called, being the realization of the true, and Adeptship being but the mark of a certain stage of this realization, it is clear that the first step to be taken is to gain an intellectual apprehension of what the truth is.

But what is the truth? It will not do for the neophyte to ask the question like the jesting proconsul, and refuse to wait for the answer. Had Pilate asked the question in Sanscrit he might have been answered out of his own mouth. For the Sanscrit word itself offers a clue to the nature of truth. In that language truth and reality bear the same name, and reality is defined to be that which is unaffected by time, or in the quaint phraseology of the original, remains witness of the three divisions of time, the past, the present, and the future.

The **first accomplishment**, therefore, consists in an intimate intellectual conviction of the fact that all and everything which appears to have an existence separate from Parabrahm is merely illusion (Maya). Hence it is clear that at the present stage of the theosophical movement the duty that lies upon the Society and all its members is to disseminate the knowledge of the Esoteric doctrine, the true philosophy of the real and the unreal, as that alone is capable of laying the foundations of any progress whatsoever.

The **second accomplishment** marks the next step on the path, and is the permanent effect produced on the mind by the theoretical knowledge, which forms the preceding accomplishment. When the neophyte has once grasped the unreal character of the objects

around him, he ceases to crave for them, and is thus prepared to acquire **the second accomplishment**, which is a perfect indifference to the enjoyment of the fruit of one's actions, both here and hereafter.

Exoteric students fall into a grievous error by their failure to catch the true spirit of the injunction against acting under the impulse of desire. They erroneously suppose that the best preparation for spiritual life is to forcibly repress all outward expression of desire, entirely losing sight of the fact that even the most rigid abstinence from physical acts does not produce inactivity on the higher planes of spiritual or mental existence.

Sankaracharya, in his commentaries on the Bhagavat Gita, one of the most authoritative of the Brahminical sacred writings, says that such a conclusion is simply delusive. A hasty supposition might here be made that these considerations will have



Shankaracharya

The popularizer of the Vedantic system, and the founder of the Advaita (non-dualistic) philosophy. One of the greatest teachers in Indian history.

the effect of sanctioning persistence in evil, but when the desire for improvement is constantly present in the mind and the character of the evil thoroughly realized, each failure to harmonize the inward with the outward nature will, by the revulsion of feeling thus produced, strengthen the determination to such an extent that the evil desire will be speedily crushed.

This is why Eliphas Levi so vehemently denounces the institution of forced celibacy among the Romish priests. The personality of a man at any one moment is the result of all his previous



'Eliphas Levi'

Alphonse-Louis Constant was born in Paris 1836. He became a priest briefly, before pursuing occultism. (from a sketch drawn by a friend.)

acts, thoughts and emotions, the energy of which constantly inclines the mind to act in a particular way. All attempts therefore to cure this mental bias by repressing its expression on the outer plane is as hurtful as to throw back into the circulation, unhealthy blood, seeking a natural outlet. The internal desire is always forging fresh links in the

chain of material existence, even though denied outward manifestation.

The only way to free oneself from the bonds of Karma, producing birth and death, is to let the stored-up energy exhaust itself merely as a portion of the great cosmic energy and not to color it with personality by referring it to self. The Bhagavat Gita itself speaks on this subject with no uncertain sound. The great teacher Krishna reproves his pupil Arjuna for having expressed a disinclination to perform the duties pertaining to his sphere of life. The reason is perfectly plain: in reference to the great reality everything of this world is unreal; therefore, to renounce the duties entailed upon us by our birth for something equally unreal only accentuates the ignorance which makes the unreal appear as the real.

The wisest course, suggested by Krishna, is that Arjuna should perform all his duties unselfishly,

"Thy right is only to the act", says the teacher, "it ends with the performance of the act and never extends to the result".

We must perform our duty for its own sake and never allow the mind to dwell on the fruit of our actions, either with pleasure or with pain. Purified from the taint of selfishness, the act passes by like water over the lotus leaf, without wetting it. But if the act done as a means to the attainment of a personal end, the mind acquires a tendency to repeat the act, and this necessitates further incarnations to exhaust that tendency.

From the above consideration it is abundantly clear that occultism enjoins upon its votaries the necessity of an ardent and sleepless desire for the performance of duty, the sphere of which is enlarged by the first accomplishment, which requires a thorough recognition of the unity of the individual with the all.

It is not enough to have sentimental perception of this great truth, but it must be realized in every act of life. The student therefore, to begin with, must do everything in his power to benefit all on the ordinary physical plane, transferring his activity, however, to the higher intellectual and spiritual planes as his development proceeds.

(to be continued)

Astral Senses in the Antediluvian Races

By a student

According to the Secret Doctrine contemporary man is the outcome of a series of transformations having started millions of years before our era that have culminated in the present day shape.

Antediluvian races are an occult reality. Myths and epic poems of ancient peoples are an endless source of information concerning the appearance, features and contact of the mankind of the past.

"There were four-armed human creatures in those early days of the male-females (hermaphrodites); with one head, yet three eyes. They could see before them and behind them.

A Kalpa later (after the separation of the sexes) men having fallen into matter, their spiritual vision became dim; and coordinately the third eye commenced to lose its power. . . . The double-faced became the one-faced, and the eye was drawn deep into the head. . . ." (S.D. II, 295)

We are told that, once, the third eye was a normal organ and that later on due to a gradual developing of lower manas, it became an atrophied organ.

Today's physical body is the most recent abode of the human soul; the former one was the astral body.

In his article "The Sheaths of the Soul", William Judge gives a picture and function of the Astral Body as one of such "sheaths" and the one preceded the physical. He says:

"So during the long ages that have passed since the present evolution began in this solar system, the Soul has constructed for its own use various sheaths, ranging from very fine ones, near to its own essential being, to those that are more remote, ending with the outer physical one, and that one the most illusionary of them all, although appearing from the outside to be the truly real."

There are innate powers within us inactive at the present time, which were however clearly

expressed and used in the second Root-Race, where – as mentioned in the Secret Doctrine – the beginning of giants is to be traced. Cyclops well known from Homer's Odyssey are the remnants of the Giants and their astral senses, as transformed during the lengthy span of time till the fourth Atlantean Race.

"As the "progenitors" merged wholly in their own astral bodies, which were their progeny; so that progeny was absorbed in its descendants ... These were the second Humanity—composed of the most heterogeneous gigantic semi-human monsters—the first attempts of material nature at building human bodies." (SD II 138)

The eye, typically existing in the middle of the Cyclop's forehead, is the third eye representing the sum of the astral senses as back then the semi-human nature was astral and not yet physical. Astral senses became latent when the physical ones grew up. Once humanity used to be in direct contact with the astral plane, just as today it is in direct contact with the physical.

The reference to the myth of one-eyed Cyclops and to Ulysses' adventures is the allegory of humanity's evolution.

"... the author wonders why in Bible and tradition the Gibborim (Giants, the mighty ones) the Rephaim, or the spectres (Phantoms), the Nephilim, or the fallen ones—(irruentes)—are shown "as if identical, though they are all men, since the Bible calls them the primitive and the mighty ones"... The "Doctrine" explains the secret. These names, which belong by right only to the four preceding races and the earliest beginning of the Fifth, allude very clearly to the first two Phantom (astral) races; to the fallen one—the Third; and to the race of the Atlantean Giants—the Fourth, after which "men began to decrease in stature." SD II 279

In those times, the astral body could fly and move at great distances, his organs could reach out as far as 3-meters. In the astral body are found the centers of the senses which become later physical senses and organs.

Our present astral body cannot be extend itself for more than 10 centimeters from the physical. There are some who unconsciously project or use their astral body. Only those trained through a firm self-discipline with regard to the senses and the mind may be able to use their astral form at will. In other case astral senses and abilities will slowly be re-awaken while humanity is ascending its evolutionary arc.

The story of Ulysses and his wanderings depicts in a symbolical way the way-faring of the soul or of the pilgrim in universe. His encounters with the Sirenes and the beautiful enchantresses (Circe, Calypso and Nausica) his struggle against the powers of sea - a symbol of matter - all symbolizes soul's journey and its presence in the physical world. Ulysses' return to Ithaca, a target he never forgot, with all the delay caused by temptations and shipwrecks, outlines the purpose of spiritual fulfillment, which is the return to our spiritual cradle having gathered experience earned through incredible personal struggle.

The transformation process of individual life from the spiritual to the physical and the reverse called Round, "... brings about a new development and even an entire change in the mental, psychic, spiritual and physical constitution of man, all these principles evolving on an ever ascending scale."
(S.D. I, 162)

In her article "Occult or Exact Science" HPB comments on the psychic powers as following:

"...regardless of what scientists will say... the Mental connection of the two senses, ie of "sight" and "hearing" were a common occurrence in their time (in the past). The student of the Esoteric Teaching can easily guess that such phenomena signify the cyclic return of the human organism back to its original states, to the natural state of prediluvian humanity..."

Nowadays, we notice an outburst of psychism and related phenomena which simply foreshadows an oncoming change or rather a return to the astral body of the far past. As the astral body's potentialities are far greater than those of the physical, its powers have to be mastered well. In other words they will have to be developed along with ethical values.

The research of psychism contacted by H.P.B and W.Judge as well as their will to protect it from any sort of sacrilege on the part of those ethically unready, shows that

"...the physical world will evolve and develop new powers.... Civilized mankind will soon begin to present itself less rationally but more Deva-like than ape-like - and that's the situation we are in today."
(Evolution of Races)

A call from the Grand Elder of the Maya

Don Alejandro Oxlej, Guatemala de la Asuncion

"Brothers and Sisters of all colors... let us reflect on this, let us meditate in our own way, in our own language, according to our own culture or religion, because we have only one Sun to shine upon us equally, one air that we breath and gives us life, one water that we drink and becomes blood in our veins and all live on Mother Earth.

"She feeds us, she holds us. Brothers and Sisters of all colors, together united in meditation to make conscience to the men in power, governors, politicians, business people: no more war, no more contaminating bombs, no more death.

"Together we can make a difference."



Don Alejandro is charged as the primary keeper of the teachings, visions and prophecies of the Mayan people.

He is head of the National Mayan Council of Elders of Guatemala, Day Keeper of the Mayan Calendar, a 13th generation Quiche Mayan High Priest and a Grand Elder of the Continental Council of Elders and Spiritual Guides of the Americas. He is also an international lecturer on Mayan Culture.

The Grand Father Sun

He shines upon all of us equally, he doesn't know discrimination, he doesn't get lost on his path, he doesn't get ahead or behind of himself. He gives us warmth, he gives us life. One Sun, one Air, one Water, One Mother Earth.

The Maya Prophecy says: "Arise, all arise, not one nor two groups be left behind, together we will see once again the place from where we have come from."

Alejandro Cirilo Perez Oxlej "Wandering Wolf", Grand Elder of the National Council of Elders Mayas

True Magic in Tinkerbell and other Stories

From a Student

What makes a story one that lasts and has meaning for us. There is in a great story, fairy tale, epic journey, and fiction, something that resonates within us, something that reminds us of who we are and why we are here.

In fact, if a story or tale is missing that element, it soon falls from our awareness and we move on in our search. What is it that we are looking for in the story or tale? Do we always see it right away? Or is there just a vague stirring of familiarity towards the ideas presented in the story?

In our modern education we are told that we are evolutionary accidents or sinners of the day.

But in stories the greatness we feel in our heart belongs to us, is given life and visibility.

Most are aware of the Spirit that strives to be free from the forms that are imposed by nature and karma. We see in each generation of children a love for and identity with stories of our ability to use our greatness to overcome limitation. ***The Wizard of Oz, Star Wars, Harry Potter and others***, all give sustenance to the inner life of the child and remind us all of that inner life, we might have forgotten along the way.

"when I was a small child I was always supposin' I used to sit on the window seat and stare, stare, at the moon, and I was supposin' that, if I only stared long enough, I'd get there and know all about it."

In the story of the birth of Tinkerbell, it is the first laughter of a baby that brings the fairy into life. "Nature Unaided Fails" states the Secret Doctrine, and as the movie begins, it indicates where the aid might come from.

"Have you ever wondered, how does nature get its glow? Who gives it light and colour as the seasons come and

go? It is fairies, that prepare for the seasons!"

In "Once Around the Sun" by **ELSA-BRITA TITCHENELL** (available for downloading at <http://abacus-es.com/tic/orts/index.htm>) the young boy speaks after seeing and talking to the ocean:

"Me! Why I'm no good for anything," said Peter unhappily. "You are good for much more than these others."

Uncle Peppercorn was stern again. "Remember I said you can think?" "M-m-m - yes."

"Well, ALL this is a great big thought," said Uncle Peppercorn, waving his arm to the garden and the fields around. ***"It's a beautiful thought of a great and wonderful mind."***

"Oh , Gee! Do you think I can think . . ." "Now, wait a minute," said Uncle Peppercorn, "you're only just starting. But you can think fine and useful thoughts, and if, you remember not to think of yourself, some day you'll be a thinker of worlds like this too."

Every thought we think is a form of energy. Mr. Judge calls the brain a generator of force.

In the Eternal Verities for Children, put together by Robert Crosbie:

"What kind of stuff are fairies made of?... you see, that is the stuff that clothes our thoughts as they go out into the world.

"No sooner does a thought go from us than these **fiery** lives are drawn to it – they are what keep the thought alive. If it weren't for that... how could we expect from them any Karma, either good or bad. Perhaps you didn't know before, that it's really the thoughts of people that make the fairy forms!"

So, whether we are reading to children, watching a movie or a play with them, we must always be ready to see an old occult truth.

Even in such movies as the 'Ghostbusters', there is the truth, that the only way to get rid of the darkness is to think happy, loving, and friendly thoughts.

Grow your own wheatgrass!

<http://www.living-foods.com/articles/wheatgrassinformation.html>

Wheatgrass is one of the so-called green foods that are valued by health-conscious individuals as great natural source of nutrients. In Juice form it **contains 70% chlorophyll**, which is often referred to as the blood of plant life. It closely resembles the molecules of human red blood cells. **Chlorophyll has been shown to produce an unfavorable environment for bacterial growth in the body and so effective in increasing the body's resistance to illness.**

... Wheat grass is known as an alternative cancer therapy. Drinking of wheat grass juice helps your body to build red blood cells which carry oxygen to every cell. By increasing the oxygenation the body you can help offset smog and carbon monoxide and increase your endurance during physical exercise.

Wheat grass has been found to dissolve scars formed in the lungs and in addition helps wash drug deposits from the body, purifies the blood and organs and counteracts acids and toxins in the body. It helps to increase the enzyme level in our cells, aiding in the rejuvenation of the body and the metabolism of nutrients. These enzymes help to dissolve tumors.



This nutrient-rich grass contains 17 amino acids which are the building blocks of proteins. The body uses these amino acids for muscle tissue, repairing cells, and clotting the blood. Wheatgrass retains 92 of the 102 minerals found in the soil. These minerals include calcium, phosphorus, iron magnesium and potassium.

It is a rich natural source of vitamins A and C. Wheatgrass has more vitamin C than oranges and twice the vitamin A as carrots. It is exceptionally rich in vitamins E, K, and B-complex. It is also a natural source of laetrile (B-17). **Dr. Chiu Nan Lai of the University of Texas has found that wheatgrass produces an immunization effect against many dietary carcinogens.**

Wheatgrass in the balance

Commentary by a Student and user of wheatgrass

To deal with the issue of wheatgrass and cancer is a very delicate issue because of the vulnerability of people and their families when faced with cancer.

The problem as I understand it is that alternative practitioners believe that there are a number of causes of cancer (such as the alkaline level and amount of oxygen in the body) which can be helped by wheatgrass either as prevention and or as a treatment.

I'm open to believe it is true and my partner has taken that road... she is free from cancer now after surgery. So she uses it now for prevention which also requires life-style changes mainly with diet:

"The Wheatgrass Diet (of Ann Wigmore) excludes all meat, dairy products and cooked foods and emphasizes "live foods" such as uncooked sprouts, raw vegetables and fruits, nuts and seeds."

The alternative health care community believes that wheatgrass forms part of both prevention and cure, often with other complementary methods.

However the orthodox medical community does not recognise these alternative approaches except perhaps in a supporting role such as good diet and help for the mental state and relaxation of the patient. There don't appear to be any clinical trials recognised by orthodox medicine:

"Although there are individual reports that describe tumor shrinkage and extended survival among people with cancer who followed the wheatgrass diet, there are no clinical trials in the available scientific literature that support this..."

For myself I do not doubt it can help but the extent and in what precise circumstances I am unable to judge. Perhaps one should err on the side of caution with something like:

"Wheatgrass is considered as an alternative cancer therapy by the alternative health care community but to date this has not appear to have been verified by orthodox medicine."

CORRESPONDENCE

WQJ works published in Russian

Thursday, August 13, 2009

Dear friends, the following I received this morning from the publisher in Ukraine:

Здравствуйте, мнооуважаемая Лора!

Поздравляю Вас - книга готова!

Огромное Вам спасибо и всем, кто зримо и незримо участвовал в этом.

Сергей

This is a translation of the message:

"Good morning much-respected Laura! Congratulation! The book was published (ready, printed). Thank so much to you and all who visibly and invisibly participated in this work. Sergey"

Wednesday, August 19, 2009

Dear Editors,

The book title is **"W.Q.Judge. Articles. Commentaries"**. It contains translation of 52 Judges's articles from 2 volumes by The Theosophy Co. Publication, Los Angeles, 1980.

Commentaries section contains translation of the part of **"Point out the Way"**, answers on questions on The Ocean of Theosophy. I translated all material of Point out the Way but it was hard to include all of it in the same book.

It is 535 pages... the editor of the book is Elena Logaeva, from the theosophical publisher Sfera in Moscow. She is one of the editors and compilers of Blavatsky's articles of ten books series, and many more Blavatsky's publications in Russia. The first release is 500 copies. But the Ukrainian publisher in Donetsk is open to publish more copies. There is Judge's photo in the book. I will be glad to answer on any additional questions.

Thanks again for your interest. Sincerely

Laura L.

MSG and the Slow Poisoning of America

from "fali engineer" faliengineer@sbcglobal.net

To please forward to news agencies, government departments, friends, members of Congress.

MSG (a slow poison)

The food additive MSG (Mono-Sodium Glutamate) is a slow poison. MSG hides behind 25 or more names, such as Natural Flavoring. MSG is even in your favorite coffee from Tim Horton's and Starbucks coffee shops!

I wondered if there could be an actual chemical causing the massive obesity epidemic, and so did a friend of mine, John Erb. He was a research assistant at the University of Waterloo in Ontario, Canada, and spent years working for the government. He made an amazing discovery while going through scientific journals for a book he was writing called *The Slow Poisoning of America*.

In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies. No strain of rat or mice is naturally obese, so scientists have to create them. They make these creatures morbidly obese by injecting them with MSG when they are first born.

The MSG triples the amount of insulin the pancreas creates, causing rats (and perhaps humans) to become obese. They even have a name for the fat rodents they create: "MSG-Treated Rats."

When I heard this, I was shocked. I went into my kitchen and checked the cupboards and the refrigerator. MSG was in everything -- the Campbell's soups, the Hostess Doritos, the Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, and Kraft salad dressings, especially the "healthy low-fat" ones.

The items that didn't have MSG marked on the product label had something called **"Hydrolyzed Vegetable Protein,"** which is just another name for Monosodium Glutamate.

It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff. MSG is hidden under many different names in order to fool those who read the ingredient list, so that they don't catch on. (Other names for MSG are **"Accent," "Ajinomoto," "Natural Meat Tenderizer,"** etc.)

But it didn't stop there. When our family went out to eat, we started asking at the restaurants what menu items contained MSG. Many employees, even the managers, swore they didn't use MSG. But when we asked for the ingredient list, which they grudgingly provided, sure enough, MSG and Hydrolyzed Vegetable Protein were everywhere.

Burger King, McDonald's, Wendy's, Taco Bell, every restaurant -- even the sit-down eateries like TGIF, Chili's, Applebee's, and Denny's -- use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing and gravy. No wonder I loved to eat that coating on the skin -- their secret spice was MSG!

... MSG is added to food for the addictive effect it has on the human body.

Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG explains that the reason they add it to food is to make people eat more.

And we wonder why the nation is overweight! **MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added.**

Blowing the whistle on MSG is our responsibility, so get the word out.

(There is an informative video on the effects of MSG regarding concentration and control of emotions, esp. for on autistic and attention deficit children: http://www.youtube.com/watch?v=g-pnzj0c06Q&feature=player_embedded# Eds.)

The full article is at <http://www.rense.comz/general67/msg.htm>



Some simple advice on avoiding MSG is given in the link below.

Cut down on 'take aways' and processed food, and eat more fresh fruit and veg, some of it raw; it will also save much expense. Ed.

Click on picture or link below

<http://www.healthy-holistic-living.com/msg-side-effects.html>

The short video on MSG is also at bottom of that page.

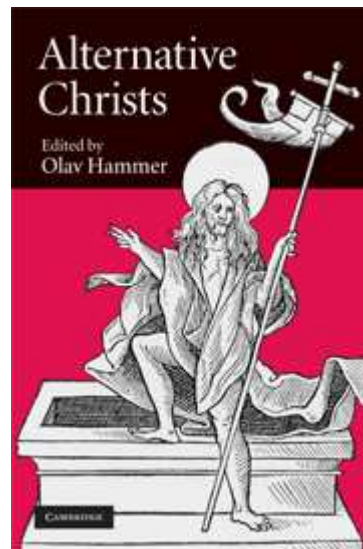
What to avoid: 10 foods to cut out:

<http://www.youtube.com/watch?v=CZIVpthaYEs&NR=1>

PUBLICATION REVIEWS

Alternative Christs

Few, if any, individuals have had such a profound influence on Western culture as Jesus, even though not a single detail of his life or teaching can be confirmed with certainty.



Edited by
Olav
Hammer

University of
Southern
Denmark

This lack of reliable biographical data has left his life open to broad interpretation. Jesus, gnostic and apocryphal sources insist, never truly died on the cross since he was a divine being, whose human frame was an illusion.

Muslim sources affirm that Jesus was a prophet of God and will return at the end of time. Jörg Lanz von Liebenfels formulated racial theories in which Jesus was a redeemer for Aryans only, while the Renaissance polymath Guillaume Postel was convinced that Christ had returned as a Venetian woman. This book explores these and other views without taking sides in any theological arguments and presents research on a variety of alternative Christologies.

Hardback (ISBN-13: 9780521889025). For further details click link. Curtsey of Cambridge U Press:

Published August 2009 £55.00

WISDOM IN ACTION

“sweeping away of the non-essentials shows the inner relinquishment”

We should remember that it is harder to make a beginning in a large city than in a small one; it takes harder and longer “shouting” to reach those scattered in a big population, but the results should be much greater in time.

Also—no matter who come—it is certain that each one will talk to others who never come, and will get what ever impression is made on the attendant. It is said that each person who hears will in time repeat something to one thousand others.

This by way of encouragement—not that you need it— but that it is well to bear in mind the wider range of action of all such work, and that we are not alone.

An iconoclast of any well-recognized system can obtain crowded houses; but a “builder” gets the few — a commentary on the human mind as at present constituted. It also reminds me of Mr. Judge’s saying, “Theosophy is for those who want it and for none others.”

One phrase in your pamphlet, “The Search For the Ultimate,” should give a key-note and encouragement. I quote from memory:

“There are those who may not have outwardly renounced, but they have inwardly relinquished, and would gladly welcome the time when the non-essentials are swept away that the essentials may obtain.”

The fact that they have that attitude which would welcome the sweeping away of the non-essentials shows the inner relinquishment.

As ever, R. C.

FROM THE FRIENDLY PHILOSOPHER BY R. CROSBIE

Next month:

“ passing through a portal ”

Announcement

Toronto, Canada, ULT group

A Weekly Study Class
Exploring the Human
Condition in the light of

THEOSOPHY

KARMA

The child is the father of the man, and none the less true is it:

My brothers! each man's life
The outcome of his former living is;
The bygone wrongs bring forth sorrows
and woes,
The bygone right breeds bliss.
This is the doctrine of Karma.

REINCARNATION

“As a man throweth away old garments and putteth on new, even so the dweller in the body, having quitted its old mortal frames, entereth into others which are new.”

- Bhagavad-Gita

What is the universe for?

and for what final purpose is man the immortal thinker here in evolution.....

Free and Open to All

**LOCKE LIBRARY - 3083 Yonge St. - Toronto
(Yonge & Lawrence)**

Saturdays 1 PM - 2 PM

**For more information
call Sam Elder (416) 444 -0417**