



A politician quietly steals money from his own people, and I pray. Hundreds of children die in a war - and I pray.

Entire forests are destroyed by fire, as I pray. The carbon dioxide, or smoke, spreads in the planet's atmosphere and I pray. Countless trivialities circulate on TV and in the social media, and I pray. I see people worship money and adore false power, and I pray.

A healthy child is born somewhere, and I pray. A number of children are safe and protected around the world, as I pray. Good will generates life. Husbands and wives love each other and care for their little sons and daughters, and I pray.

New trees are planted in every continent, as I pray. Honest statesmen think of the good of their nations, and I pray. The Jewish State, whose very existence sounds like insult to terrorists and anti-Semites, shines forth and grows with a firmly democratic light, and I pray.

Amidst the pains of birth, South, Central and North American nations awaken to a new level of perception, and I pray. European citizens adapt to change while going ahead with life, and I pray.

Corrupt politicians are put in jail, and I pray.

Asia has a wisdom that nothing can disturb. It permanently enlightens the world, and I pray. Slavic nations live up to their paradoxical vitality, their love of life and contrast - and I pray. Africa bleeds and suffers and learns, as I pray. We need no more Atlantean catastrophes, and I pray.

Pain and happiness surround me, and I pray, so that the souls can see the Law and live in harmony. And I say, as others do:

May goodness protect people from self-destruction. May the nations deserve leaders as honest and wise as possible.

May the learned and the ignorant acknowledge the fact that they are all brothers and sisters; and the poor and rich, and Eastern and Western, North or South.

May each intelligent being learn wisdom from animals, and trees and stars. May every one find inner peace, give it to others, share it with the living Nature, and become consciously One with it.

## NOTE:

[1] "The Key to Theosophy", H. P. Blavatsky, Section 5, Theosophy Company, Los Angeles, p. 68.

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**\* If prayer can be defined** as the practice of raising one's mind to the divine realm, then a prayer can be made in a second or two of time. The student of philosophy can pray while performing any honest task ascribed to him. Such a prayer, however, is no collection of words: it constitutes a state of mind, instead.

## Sowing Good Karma: **The Pioneers of the Future**



**T**here are not too many citizens nowadays who dream of a better society or are willing to help build a brotherly civilization.

These individuals are theosophists, in fact if not in appearance. Whatever their number, there is one thing that they must know: cultural and karmic revivals depend on a rebirth of Contemplative Life, in the arts, in music, literature, Philosophy and Psychology. Narrow minds make life difficult; broad horizons produce harmony.

Good-willing individuals have as their dharma and duty the need to renew the collective karma of which they are a part, by pointing to higher possibilities.

With facts and words, the pioneers of the future unmask false views and disrupt established forms of delusion.

They do so from an entirely new perspective, in which there is no place for hatred. For ill-will belongs to frustration, which provokes defeat, which results from ignorance. And renewal belongs to confidence in life, which provokes happiness, whose foundation is wisdom.

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See in our websites the article **“One for All, and All for One”**.

# Self-Esteem and Repentance



For centuries the idea of repentance has been distorted and misused. Many see it as a top-down imposition from some external god. Its practice often takes place as a form of self-punishment. Repentance acquired a tonality of masochism, so that millions now reject self-observation and self-criticism altogether, seeing them as negative attitudes towards oneself.

Repentance means a reconciliation with the truth of our mistakes and limitations and a healthy acceptance of reality. By repenting from wrong actions one can stop repeating the same old errors.

Repentance is therefore an act of self-esteem and self-respect. One has to know his inner value, in order to have the courage to identify his mistakes, to accept the pain of looking at them, and move on to heal oneself from their causes and their effects.

At the end of every cycle in life - a month, a week, a day, one year - we have renewed opportunities to follow an old Pythagorean practice: identifying mistakes and repenting from them; celebrating and confirming right actions, and deciding to do our best next time.

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See in our associated websites the articles **“The Art of Repenting”** and **“Learning From the Feeling of Remorse”**.

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# The Fire of Truthfulness



Language expresses Karma.

The burning frankness one finds in the writings and the lives of great sages is therefore no mere coincidence. The karmic field in which they live demands veracity. [1]

A sage is careful with what he says. He measures his every word. He is also sincere in ways that are not always comfortable. His words are fiery, which is one of the reasons for his being reserved and selective as to those he talks with.

While truthfulness enlightens and clarifies, it also burns any aspect of life that is not compatible with it. Each student of philosophy must examine himself and see how prepared he is to live in total truthfulness.

NOTE:

[1] As examples of this fact one has not only the “Mahatma Letters” and many a text by Helena Blavatsky, but several passages of Jesus Life according to the Christian gospels. See in our websites the article “Jesus Christ, the Warrior of Truth”.

## Observing the Law of Equilibrium

Pleasure is part of life, just as pain, and it requires a sense of detachment.

Exaggeration in the search for personal satisfaction produces large amounts of unnecessary suffering. An uncontrolled correlation between the two factors establishes the patterns of sadomasochism, which means having pleasure in the suffering of another being or getting too attached to one’s own pain and deriving undue joy from it.

Many have the habit of lamenting themselves, and some do this with evident self-satisfaction.



He who uses to glorify his own pain may feel intense pleasure upon seeing other people's defeat. This is easy to find among the fans of football (or soccer) clubs, as well as in political and electoral disputes. In every aspect of life, the search for vengeance is a privilege of the spiritually blind.

In a materialistic society, there are many forms of moral decay due to sickly exaggeration. The character of an individual is shown in the way he searches for happiness and finds satisfaction. All true and lasting well-being happens outside the territory of selfishness, and takes place in the lives of those who live with a sense of balance and moderation.

## The Science of Good Will



The ethics of vigilance takes care mainly of that which must be avoided in human action. The ethics of creativity deals with the actions that must be stimulated, because they renew life in healthy ways.

While the ethics of vigilance is of decisive importance, it is far from enough. We also need that kind of moral conscience that produces beautiful efforts, inspires the building of better relationships, and spreads a love of Life in its diversity and unity.

The ethics of vigilance is that which keeps our vital energies away from error and allows them to flow in creative, positive and luminous ways.

Human soul has grown and is moving away from ideologies in social life. Political parties, “spiritual” bureaucracies, ritualism, esoteric parrots, and left-wing or right-wing labels work no more.

Instead of propaganda, slogans and the hidden dictatorship of the search for money, a universal philosophy of love for life and ethics is needed that takes into consideration the material aspects of life, and places them into a larger context.

In the Middle East and around the world, each form of life deserves respect; this fact cancels the apparent legitimacy of weapons industries, and of the various forms of politics based on mind manipulation.

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## The Key to a Blessed Life



**W**e have much to learn from checking and observing our reactions to circumstances. An entire lifetime can be spent in automatic and semi-automatic attitudes regarding this or that outward event.

Short term facts have a hypnotizing effect upon a large part of human population. They are but excuses not to face serious issues.

The way to self-responsibility and bliss is available to all. It is perfectly possible to go beyond mere reactions to what others say or do, and the several levels of reality around us. Everyone can start living like adult souls do.

# The Art of Being Motionless

In order to have access to the best possible inspiration, the student of theosophy and philosophy must stop from time to time all activity and think on that which is the highest source of spiritual enlightenment for him.

It often seems of no consequence to think of the highest. It does not look like urgent. It does not provoke strong emotions. However, the practice is decisive regarding one's Karma. Its healing power is beyond description. Through it one can be noiselessly introduced to the spiritual world.

# The Secret of Self-Discipline

Self-discipline prepares one to look at reality with decreasing levels of distortion.

However, discipline is not the same on every level of consciousness. There should be a specific policy of self-control and self-education on the physical level, which presents its own difficulties.

A strategy is needed toward developing self-control on the emotional level; and another one in the mental and verbal realms, for each layer of life has its atmosphere and specific characteristics, and being strong in one level of action does not mean one is necessarily strong in the other ones.

A multi-layer self-education will prepare the theosophist to be simultaneously balanced in every front.

There is a larger meaning hidden in every circumstance we face, and often more than one. This is why the popular adage says that "there are no mere coincidences". All of life is in unity beneath the surface. Such interaction increases individual responsibility for each action or omission, and the need to be strong. Circumstances are great teachers.

We interpret life situations according to our purpose on the various levels of perception, including conscious, superconscious and subconscious aims.

Words and actions, for example, operate in relation to different areas of the brain. It is relatively easy to develop in the verbal areas of one's mind a set of beautiful concepts and ideas regarding wisdom. Those words and phrases are not necessarily connected with one's behaviour. Their effectiveness will depend on the depth of the thinking, on the concentration of one's soul on that level of perception, and one's ability to live in Unity.

There are always opportunities to awaken. However, the doors to learning tend to be considered unreal as long as they are seen from the point of view of attachment to ignorance.



## Efficiency in Daily Life

“First things first”, says the popular axiom. One must have one’s priorities clear.

That which belongs to the sky comes first, and last. Issues relating to one’s immortal soul flow above other considerations.

Theosophists have a world vision as good and universal as they can. On a secondary level, they do their best in being effective in the outward world.

Efficiency in daily life depends on a sort of thought-power whose substance is buddhimanasic, or centered on the spiritual soul. Such a strength is simultaneously contemplative and fiery. It is active, creative and often disrupts routine and comfort. It puts things in motion, and alters reality all the time if needed.

## A Grain of Sand by the Ocean



The possibly noble character of one’s actions is not on the surface.

Trying to improve one’s own character, strengthening the spiritual dimension of one’s marriage, raising children so that they can obtain self-knowledge, relating to elder people in correct ways and diligently fulfilling one’s daily tasks, are all examples of right action taking place on higher or invisible levels.

On the other hand, pious appearances grant one nothing. Studying theosophy with a subconscious sense of self-importance is a source of pain and frustration for oneself and others. Bliss is in the humble pursuit of universal goals, before which we remember we are like a grain of sand by the ocean.

## Commentary on a Sutra



The Yoga Sutras say:

“Yoga is the suppression of the transformations of the thinking principle”. [1]

This cannot be done from the outside or from the periphery of the mind. Attempts to totally control the mind from its external layers are at best neurotic. Effectiveness is attained when the ability to stop or move one’s mind at will is exerted from the very center of the thinking principle.

This depends on the purity of the heart.

A pure heart is that level of human heart-and-mind that is free from personal desire.

When the soul feels totally at home in the absence of lower-self desire or fear, and when it wishes but Goodness in itself, then Yoga happens; and it happens not as a goal being achieved by someone’s personality. It takes place as the cure of all suffering and as the stability that contains the best of every movement.

It is felt like the feeling of the old dog who comes back to be near his master: everything is OK for the mind that is next to its teacher or spiritual soul. Then it is not necessary to think, in order to know and understand all things.

### NOTE:

[1] Sutra 2 of Section One, in “The Yoga Sutras of Patanjali”. One of the best editions available has translation, Introduction, Appendix, and Notes based upon several authentic commentaries, by Manilal Nabhubhai Dvivedi. It was published by Tookárám Tátyá for the Bombay Theosophical Publication Fund, 1890, 107 pages.

# Thoughts Along the Road

## Observing the Sacredness of Daily Life



- \* **V**iolence begins in the minds, and so does peace. The source of harmony is not in the denial of conflict. It is rather in its understanding. When an individual sees the roots of conflict in the lower self, the struggle with other people becomes useless and is left aside as much as possible. True warriors know that a deep peace of mind is the first step to victory.
- \* Past and future are never separated from each other, but their union and symmetry are more beautiful to see by the end of the year. A farewell must be said to a whole set of karmic energies. There is a promise in the air about a new cycle to begin soon. Continuity and renewal ought to be combined in wise ways.
- \* Pain often results from an alternation between attachment and rejection. Endurable peace transcends the childish see-saw movement that oscillates from pleasure to suffering, from suffering to pleasure, and back to pain. Happiness is in understanding life and its foundation is the perception of unity between the various pairs of opposites.
- \* A fine line makes the difference between peace and stagnation. Tranquility often paves the way to routine. There is also a short distance between enthusiasm and imprudence. Courage may lead to unnecessary danger. It is up to us to see what action is right and wrong at every moment. Wide horizons, combined with a long-term view of things, entitle to attain discernment as long as we have generosity and do our best.
- \* Words don't replace facts. One cannot transmit to others except that which one lives in the first place. For this reason, before expecting to have any significant influence over the outside world one should effectively control himself. The attempt to attain happiness through external means and objects will be seen as pathetic if we consider that most mankind is a prisoner of such illusion and keeps attached to it one lifetime after the other. It takes a broad view of life to understand that the source of happiness is inner and universal, and not external or personal.

\* Joy is hidden in each dry winter leaf. It makes the autumn winds move, and looks at us from the stars we see at night. It can be found in springtime and summer, and every phase of the Moon. Harmony is the law of the universe and dismantles, not without pain, every form of rancor and bitterness. Happiness moves the solar system, while bliss sustains its foundations.

\* Every loss, physical or emotional, teaches us a lesson in detachment. And each acquisition or gain is a test through which the Law will verify whether we learned the lesson. Life is a combination of many different cycles: the friends of truth attain unconditional contentment by studying and understanding them. Small cycles are part of the larger ones, and large cycles are present in every second.

\* While the source of tranquility must be found within, the perception of inner peace harmonizes one's relation with the outward world. Nothing objective is ours in fact. Things and situations are given to us for some time, including those we apparently build ourselves. We'd better take good care of them while they are still available. Everything we learn is ours for good. We'd better confirm we did learn these lessons indeed.

\* Meaningless topics must be left to take care of themselves while we focus our action around issues that have permanent interest. A healthy indifference regarding the little ups and downs of the lower self is necessary if we are to be able to understand spiritual realities.

\* The quantity of work done by an individual is important, but most of its relevance results from the fact that quantity produces quality.

\* To work much is the first step; the second one consists in identifying the decisive points to work on, and the point of view from which to develop the effort.

\* The best results are not produced by ill-advised attempts. According to Eastern wisdom, a sage obtains his victory before starting the visible aspect of his work.

\* Peace and patience are the fruits of a long-term approach to facts, just as fear, personal ambition and anxiety result from short-term views of time. A society that seems to be largely governed by anxiety is blind to real facts, for real facts are slow and enduring, not immediate or impermanent. Every "Now" is part of Unlimited Time, and all eternities exist in the Now.

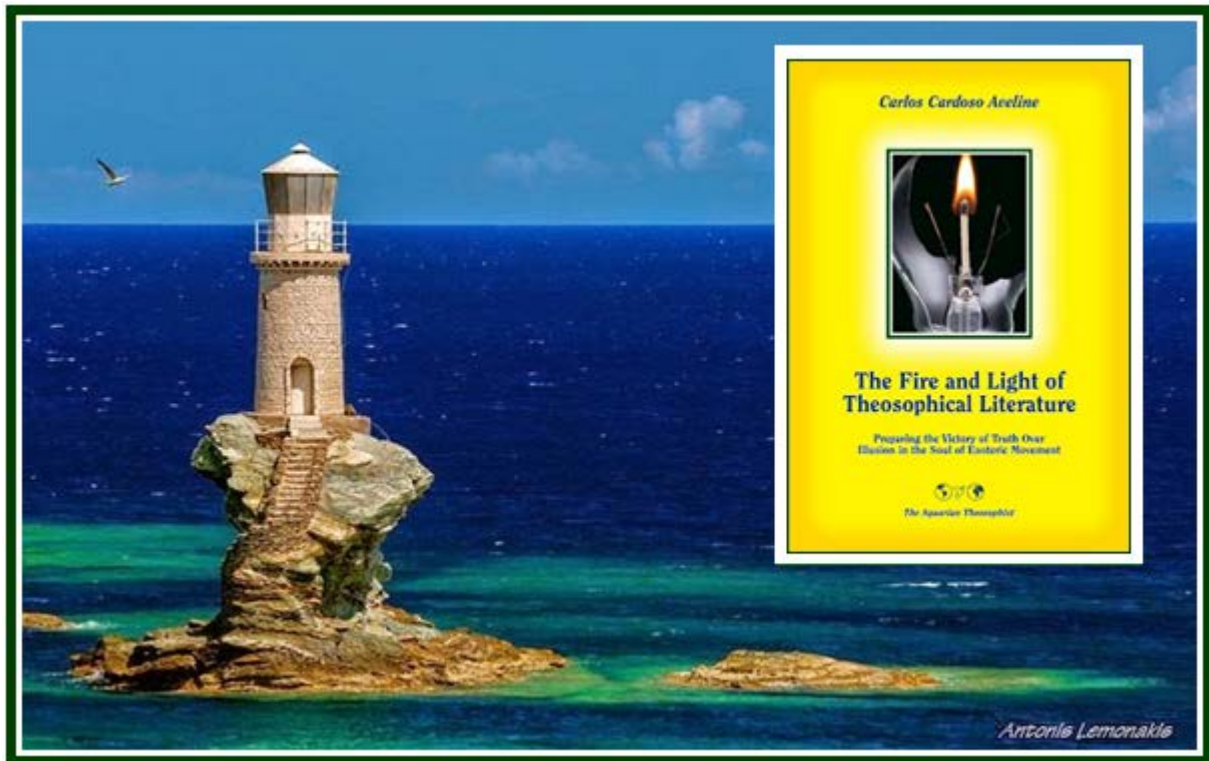
\* The final weeks and days of the year are an opportunity to revise and complete tasks, re-examine one's agenda and give up unnecessary actions. Inner peace is important. A 12-month cycle must end well, so that the next 12-month cycle can start well.

\* Simplicity is necessary to plan the finishing of an effort, and the beginning of another. By looking in advance to one's goals in the final days, we start preparing ourselves for the luminous year ahead. The main source of inner light is in everyone's soul.

\* Many want to see what's happening here and there. Others prefer taking measures for the right things to occur, and for the wrong ones not to take place. It is easy to wish this and that object, and to be governed by desire; but the "easy path" creates the worst sort of difficulty. It seems to be hard to tread the path of self-knowledge and self-control; yet such a hardship leads to inner bliss and to a lasting contentment.



# Contemplation of the Awakening



- \* **R**emember this is not your first incarnation, and slowly think of the suffering of mankind in the last few millennia. Calculate the present levels of pain in the different continents of our planet. Look at your own suffering: even hopes and aspirations are often forms of pain.
- \* Reflect upon the fact that it is possible to change afflictions into wisdom. Remember that no attachment to suffering is necessary.
- \* Calmly consider the task now waiting for human beings: to learn in one's own soul the art of living with impersonal altruism. This task slowly produces an enduring happiness to all.
- \* Visualize humans in every part of the world consciously learning lessons from the obstacles they face. See wisdom and solidarity permeating relations among all in each continent.
- \* Imagine humanity awakening now to the unlimited power of mutual help. Keep before your mind's eye, for an instant, the image of each city and rural community rising to the brotherly solution of its problems. See every place working as part of a global civilization based on the principles of self-responsibility and mutual help.
- \* See the radio, television, paper media and Internet websites actively promoting peaceful community goals, local and global. Take a calm look at the present civilization, as it builds solidarity mechanisms in the vast, inspiring world of your own creative mind.



\* Strengthen your personal commitment with this vision. Humanity is the Pascal's circle, whose center is in the heart of every citizen; and you are no exception.

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The above paragraphs are part of the book “**The Fire and Light of Theosophical Literature**”, by Carlos Cardoso Aveline, The Aquarian Theosophist, 2013, 255 pp., see Chapter 27.

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## On Christmas Eve And the New Year



Christmas and New Year's season may have a strong inner meaning for those who have eyes to see. The 12 months' round corresponds to a whole cycle in our existence. A page is turned in the book of life, and some people get tempted to make the time-honoured Pythagorean examination:

“What good have I done? What mistakes? Will I renew and keep my vows to act in the best way I can in the next year?”

Indeed, the end of any cycle and the beginning of a new one is always a good occasion to evaluate our progress in learning and to make new resolutions. H.P.B. wrote: “And let no one imagine that it is a mere fancy, the attaching of importance to the birth of the year.”

She added:

“The earth passes through its definite phases and man with it; and as a day can be coloured so can a year. The astral life of the earth is young and strong between Christmas and Easter. Those who form their wishes now [id est, in December-January] will have added strength to fulfil them consistently.” [1]

Our perception of time expands at every end of a cycle. It seems we get face to face with other similar moments, past and future. While you turn over a leaf in the book of your life, you get a sense of what were the previous pages, and you have a dialogue with the seeds of future. Christmas’ time leads you into a different dimension in time. In some cases a repetition of the same old celebrations around us cause a strange sense of déjà vu which expands our perception. It brings us recollections of the past and perhaps some feelings about times yet-to-be.

#### NOTE:

[1] H.P. Blavatsky, in the article “1888”, published in the pamphlet “Theosophical Objects, Program and Organization”, The Theosophy Company, Los Angeles, USA, 37 pp., see p. 9. The article “1888” was also published in the “Collected Writings”, H.P. Blavatsky, TPH, volume IX, pp. 3-5 (see p. 5).

*[The above paragraphs open the article “On Christmas Eve and the New Year”, which is available in our associated websites.]*

## Ignorance Dissolves Little by Little

The right kind of self-control takes place when there is harmony among the power of the will, the power of thought, the force of habit and the influence of circumstances.

Each one of these factors is a plurality in itself.

We have contrasting sorts of will, on various levels of consciousness. Thoughts are numerous and sometimes are not easily compatible among them. The force of habits points to different directions. Some circumstances change every moment, inviting the pilgrim to let his mind get dispersed, while other circumstances are more stable, and these will challenge him in different ways.

The inner and transcendent will of the soul aims at living that which is good, morally beautiful and true.

The will of the higher self observes desires, ideas, habits and circumstances from the point of view of its long term trajectory on the path of human progression and perfection.

The very act of observing all aspects of life produces harmony, although it may be uncomfortable. As we understand the contradictions, it gets easier to deal with them. The acceptance of paradox expands the degree of consistency. Little by little, ignorance dissolves.

# The New Texts In Our Websites



As part of the growth of the common work, the editors of our associated websites decided that the entire collection of items should undergo a revision and updating. As revision takes place, the whole collection is gradually transferred to new online structures, more resourceful and with wider options to the reader. The regular publication of new articles proceeds normally in various languages.

The following items were published in English language [1] between 23 November and 20 December:

(The more recent titles above)

1. **The HPB Defense Project - 2016** - *Carlos Cardoso Aveline*
2. **Corresponding With Radha, On Ethics** - *Carlos Cardoso Aveline*
3. **On Prayer** - *Damodar K. Mavalankar*
4. **Sacred Aspects of Serendipity** - *Carlos Cardoso Aveline*
5. **The Heroic Nature of H. P. Blavatsky** - *C. Jinarajadasa*
6. **Mystic Lore of Gems and Crystals** - *Theresa*
7. **In the Light of Karma** - *Luke Michael Ironside*
8. **The Aquarian Theosophist, November 2016**

NOTE:

[1] These are some of our associated websites: [www.TheosophyOnline.com](http://www.TheosophyOnline.com), [www.HelenaBlavatsky.org](http://www.HelenaBlavatsky.org), [www.CarlosCardosoAveline.com](http://www.CarlosCardosoAveline.com), [www.FilosofiaEsoterica.com](http://www.FilosofiaEsoterica.com), [www.TheAquarianTheosophist.com](http://www.TheAquarianTheosophist.com), [www.AmazoniaTeosofica.com.br](http://www.AmazoniaTeosofica.com.br) and [www.HelenaBlavatsky.net](http://www.HelenaBlavatsky.net).

