



School for Esoteric Studies

eNews

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Member Contributions

We all have experienced painful crises either in this or in other incarnations. Such painful experiences do give us the opportunity to call up the will and seek help from higher Will.

The Hierarchy, which watches over us and helps us evolve, monitors the Will energy we receive. If we take responsibility for our evolution, higher power is welcome, but when we become crystallized, there needs to be a shattering.

As disciples in training we are not only learning about higher Will, but also the efficient application of that Will through the use of our will. Especially intense experiences can give us a deeper understanding of the work to be done: service.

Great anguish can come in many forms and all at once. These are perhaps events we wish had not happened, but they are powerful learning events. The ability to learn from trauma is also evidence of our progress along the Path, and the Will work does include rising to a higher plane and detaching from the pain on the lower plane.

In our effort to access Will power made available to us, we have to make ourselves ready by doing our part of the work. Our service is not only in manifested life but can increasingly expand out within the inner planes to all needy humanity. Praying, sending light and love to others is an example.

The presence of higher Will is directly sensed, but, if not, we can have faith that it is there always. As we deal with inner stress from a discipleship perspective, if we are open to be of aid to others, the power of higher Will can reinforce our will and service.

The Will limits itself as a means of facilitating the evolutionary process. We can compare this to an electrical current. If we did not have a way to modulate the incoming electricity, we would blow our circuits every time we opened the channel. Some units are built to receive a higher input of electricity and other units are not. The capacity of our channel is adjusted as we demonstrate greater capacity for work. There is a continuous need to work on a better reflection of higher Will in manifested work. Perseverance and overcoming obstacles are personal characteristics that need will energy, and one needs to build stronger personality qualities such as self-assurance and confidence and openness to love to give us courage.



As we look around there are many examples of birth and death, people, societies, civilizations, ideas, and practices. It is important to let go of what now does not suffice, leaving room for improvements. Being good and doing good might be considered a first step, service in the moral realm, which should be gradually replaced by a deeper intelligent and intuitive approach to service.

This can go against the social norms of being "nice". For example, forerunners lead the way and often pay a price for presenting new enlightenment. Esoteric schools should lead the way even though it is often a difficult task and, in the past, even dangerous. Service brings up sacrifice. We bring about change by planting the seeds of ideas that will hopefully find fertile ground in the mind of those who are impressed and will work out these ideas in the crucible of their own individual equipment and group. The disciples who are impressed by the Master and who impress others in return are those disciples who have reached the third initiation and can work telepathically without distortion. Our actions today can work backwards and forwards in a non-linear universe where time is an illusion.

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Image: Pamela Di



NGWS Around the World

The production of a truer beauty in the world and, therefore, a closer approximation in the world of created forms to the inner emerging truth. It might be said that divinity is veiled and hidden in the multiplicity of forms with their infinite detail, and that in the simplicity of forms which eventually will be seen, we shall arrive at a newer beauty, a greater sense of truth and at the revelation of Life's meaning and purpose in all that Life has accomplished from age to age. EP2:247

As evolution proceeds, [some] planets will not be veiled. Their influences will not be so remote. EA:509

The [CARMENES](#) project. A study, led by a consortium of Spanish and German institutions has just published data from about 20,000 observations taken between 2016 and 2020 for a sample of 362 nearby cool stars. The project, uses an optical and infrared spectrograph which aims to find Earth-like exoplanets located in the habitability zone of their star, that is, with the possibility of harboring liquid water on their surface.

Text drawn or/and adapted from the organizations' websites



Poem of the Quarter

At this time of the evening, From this point of the world
 I wish to thank the divine
 Labyrinth of causes and effects
 Grateful I am for the diversity of creatures that populate this singular Universe
 For love, which makes us see others the way the Divine sees them
 For bread and salt
 For the mystery of the Rose that gives of her splendid colors
 Without arrogance and blind to it
 For the art of friendship
 For the last day of Socrates
 For language, which can simulate wisdom
 Grateful I am for the courage and happiness of others
 For the homeland that is a Jasmine flower
 And for the splendor of the fire that no human can look at
 Without sensing incredible awe
 And for the sea, which is the closest and the sweetest
 Among all the Gods

...

And grateful I am for us
 For when we are burning and for when we are light
 For when we are happy and grateful
 And for the beauty of the words - the Abstract nature of God
 For reading, for writing
 That make us explore ourselves and the world
 For the quiet of my home
 For all children who are our immediate deities
 For the permanence of the Soul, because if the Soul stepped down the Earth would die
 For all my sisters
 For all those who are small, clear and free
 For the ancient art of theater, as it gathers the living ones
 And nurtures them
 For the intelligence of love
 For the wine and its color
 For idleness, because it expects nothing
 For the beauty of the Wisdom, Ageless and yet ever New
 I wish to honor the faces of the world
 Which are varied and all adorable
 Grateful I am for the Soul
 For our great Masters
 For those who have used lovingly reason over the centuries

...

For the love that makes you fearless
 For the contentment, the enthusiasm, the thrill
 For our dead ones, who make death an inhabited place

...

Gratitude I feel because on this Earth there is music
 Thankful I am for my right and left hands
 And their friendly agreement to work together
 For those who are indifferent to notoriety
 For dogs and cats: fraternal beings full of mystery
 For flowers and the secret victory they celebrate
 For silence and its many gifts
 For that Silence which is perhaps the greatest lesson
 For the Sun, our ancestor
 Thanks I give for the minutes before sleep
 For the endless gifts of Life
 For sleep and for death
 Those two hidden treasures
 And, finally, grateful I am for the great power of timeless love
 The love that moves the Sun and all stars,
 The love that moves it all

Mariangela Gualtieri

The Spiritual Value of Suffering

Donna M. Brown

As we look at the world around us we can see that the very fabric of life is riddled with distress and torment. Suffering is so indiscriminate and widespread that it leaves no nation, no race, or person of any station or age untouched.

Since many of us can neither understand nor cope with the depth of the problems that confront us, we are left feeling depressed and fearful, or resentful and angry, and can do little more than bemoan or even rage against what seems to us a most hopeless state. Our refusal to recognize that suffering is a fact of life and our inability to discover some deeper meaning in our suffering only act to enhance and further the seemingly endless cycle of suffering.

In view of the fact that human suffering is a universal phenomenon that we can ultimately neither deny nor avoid, it is in our best interests to come to some understanding of why we suffer and how we might eventually move beyond suffering. This means that we will need to search below the surface to the deeper, underlying causes of suffering. We will also need to look at some of the emotional and mental attitudes that contribute to suffering and, most importantly, to the spiritual value of suffering - at how suffering can be used to open our hearts and minds to greater awareness or consciousness. In understanding the inherent nature and purposes of suffering we will not only come to see it as the impetus toward growth and betterment, we will also learn to detach and eventually free ourselves from suffering.

One of the primary areas where suffering can teach us what to cultivate and what to avoid is in the area of thought. Most of us understand that an unwholesome action brings unwholesome or negative consequences. But we are only just beginning to seriously consider the creative or destructive role that thought plays in creating our experiences of life. Our thoughts can either exacerbate and perpetuate the cycle of suffering, or create peace of mind and a sense of confidence in our ability to respond to life's many challenges. These ideas are based on one of the fundamental principles of all spiritual work, the axiom that *energy follows thought*, that the thoughts we hold in our hearts and minds make us who we are. This idea, that "where consciousness goes so goes the molecule," is currently the subject of much scientific inquiry in the fields of mind-body medicine, biochemistry and quantum physics. Investigation in these and in other disciplines point to clear and convincing evidence that consciousness affects the outcome of events and circumstances. So not only does the quality of our thought create our worldview, it seems that it can actually affect or create our world.

In order for us to disentangle ourselves from the murky swamp of ignorance and despair caused by suffering we have to begin to take responsibility for much of our own suffering. We have to stop viewing ourselves as timid and frightened victims helplessly buffeted by the "slings and arrows of outrageous fortune." Instead we must recognize that we have creative power, that we are the primary architects of our own fate. This begins with the elimination of apprehension, worry and doubt and with the conscious effort on our part to replace our negative thoughts and attitudes toward life with a level of trust, confidence and optimism. It also involves facing the fact that life is fraught with endless challenge and difficulty. Therefore we need to let go of our disproportionate attachment to both happiness and suffering in order to discover the inner equilibrium that comes from being detached from a specific outcome.

One of the most valuable tools to help us find our inner balance and move beyond suffering is meditation. Through the meditative process we learn to rid ourselves of ignorance, attachment and selfish desire. We gain a level of mastery or self-control over the emotions and the mind as we become aware of inner and higher levels of consciousness and learn to function from there. Meditation enables us to contact our spiritual source, the Soul, the source of understanding, love and wisdom within and to express the courage, compassion and insight needed to handle life's countless and often stupendous problems.

Suffering is a spiritual necessity that "awakens the sleeping soul to exquisite life." It is one of the most effective and rapid means of bringing about understanding, humility and love.

[Read the whole article by clicking here](#)



Did you Know?

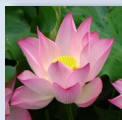


Image: Pamela Di

We know both from physics and metaphysics that we are energetic beings interconnected within a vast cosmic energy field. While much of our daily activity involves external group interactions, lasting change must involve change in that energetic field. The School is a conscious experiment in working together as a subjective group, connected through meditative initiatives that link members at all levels of spiritual development. See [Our School Group Project](#) for a more detailed discussion.

As we enter the three-month period of the Three Linked Festivals, it is worth bearing in mind our mandate to work subjectively to channel the extraordinary energies stepping down to Earth from Shamballa, focused via the Three Avatars, channeled by esoteric groups of disciples, aspirants and distributed by the New Group of World Servers. This period allows us to strengthen and extend our group service. Each year during the Festival period (commencing two days before the Full Moon of Easter and ending two days after the Festival of Goodwill) we hold our Subjective Group Conference in which, through united study and meditation, the group focuses its thinking on some aspect of the Plan in order to aid in its precipitation on Earth. In this way, we create a "magnetic aura" of brooding reflection and meditation on the theme during the whole period, with emphasis on three high points of intensive group invocation at each of the three full moons. Everyone is welcome to join in! For more information [click here](#):

Request an Entrance Questionnaire to the School on our [website](#). Once we review the extent and type of study, meditation, and service you have done thus far, we can determine where to place you in the School's program sequence. Students who have done advanced studies in the Ageless Wisdom are welcome to apply for our higher level coursework.



School for Esoteric Studies

Please send contributions and suggestions to: info@esotericstudies.net
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esotericstudies.net

The School for Esoteric Studies makes esoteric discipleship training available to spiritual seekers around the world. Consider donating to the School for Esoteric Studies.
Your contribution will help others tread the Path.

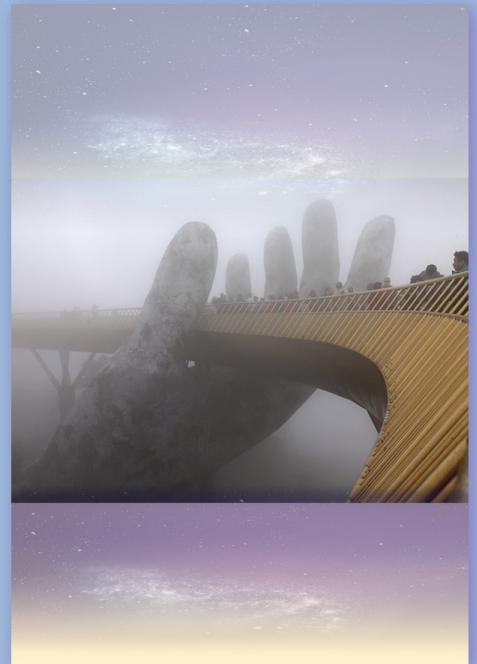


[Make A Donation](#)

Events & Community

School for Esoteric Studies
[2023 Subjective Group Conference:](#)
Consolidating the Group Antahkarana:
Group Work as the Way Forward for Humanity

Each year, during the period of the full moon festivals known as the Three Linked Festivals (the Easter Festival at the Aries full moon, the Wesak Festival at the Taurus full moon, the Festival of Goodwill at the Gemini full moon), our School holds its Subjective Group Conference. Beginning two days before the Easter Festival and ending two days after the Festival of Goodwill, all participants join in unified study and meditation focused on some aspect of the Plan in order to aid in its precipitation on Earth.



School Initiatives

New video on Right Speech

Our brand new, second short film on Spiritual Attributes is now available on YouTube.

