



Happy New Year 2024 *Love Letters*



The season again is upon us! How quickly it seems to appear within its cyclic process. Consider this a good time to look at one's own cyclic process.

Has the reflection that is presented from my state expanded the world I perceive, or contracted it? Is there more capacity for me to love or less, to share or take? Do I offer good tidings to fellow travelers, or speak ill when no one is there to hear?

When we take a breath, the breath is Love. When we release the breath, one colors it with one's own state. The palette is ours; the canvas is ours. The opportunity is ours. The moment is Now, as it always will be.

The Peace we seek is the Love we are.

-Submitted by Corry Dodson



During this time of each year, it perhaps seems natural for those of us practicing race psyche rituals to ruminate over our perceptions of past events and to make resolutions for an improved future.

During the stillness of meditation, I am reminded that there is actually only Now. I am reminded that remaining in the present moment requires my full attention in order to be fully awake to witness each experience of life as it occurs. I am reminded that, for me, being present requires remaining evermore conscious, attentive, flexible, creative, spontaneous and appreciative so that each moment becomes a completely new, exciting and fulfilling learning experience. I am reminded of the joy within Stillness.

As I corral my wandering attention into the present moment, each Now moment becomes a meditation. There is therefore not much need to deliberate upon perceived past occurrences, and there is certainly faith and trust in a positive future. Above all, there is awareness and appreciation for Now.

May we share more cosmic moments in 2024.

-Submitted by Sharon Mason



Right before your eyes
A new beginning will appear.
Expect only grandeur
Fortune is smiling.
All you need to do
Is smile back.

-Excerpt from writings by Bonnie Blackwell



A Letter To Myself

Dear Charlotte,

Here are some things to remember as you navigate 2024.

There is only Perfect, Uncompromising Love, whatever it feels or looks like. Your job, if you will, is to see beyond the events and hold fast to the Love from which everything comes and returns.

Infuse everything you do with the essence of your “purpose.”

No one dies by mistake or too early. When we have completed our contract, reconciled some of our karma, and served our purpose, we are free to go home to Love, from which we came.

Without self-forgiveness there is no justice. Without justice, there is no peace.

Happiness is a habit of choice. Remembering pain, loss, betrayal, anger, brings them forward into the present moment where they are re-created and re-experienced. Remembering the wonder of love, simple joy, the sweet surprise of a rainbow, the quiet times with friends and family, brings them forward into the present moment where they are re-created and re-experienced.

Karma is judgment in the presence of an experience, event or situation. Self-righteous judgment (karma) is the hardest karma to reconcile. Karma has been reconciled when you are able to experience an experience, event, or situation without judgment of any kind.

Hold Firm the Light.

Everything outside of me is a mirror of something similar within me. When I react to an event, situation or person, the first thing to do is ask myself “how do I do that” or “how am I like that”. Second is Self-forgiveness, and the third is Gratitude-practice.

The practices of Self-forgiveness and Gratitude are two of the three pillars of 5th dimension consciousness. They provide the field that allows and encourages the 3rd pillar, Love, which has always been there, to flourish, unfold and blossom.

Move from Crusader Heart (principles at the cost of people) to Compassionate Heart (People before principles).

Be Kind. Kindness is a generosity of spirit.

Start and end each day with Gratitude-practice: Thank you for everything, I have no complaints whatsoever.

-Submitted by Charlotte Tinker



There will always be some ray of Light
Which brings Joy to the Heart
And Peace to the mind.

-Excerpt from the book *A Treatise on Faith*
by Vitvan



I want you to know one thing~
That in the Heart and thick of it,
Deep in the trenches of Experience
And Wonder and Ancestry
And the darkest dark and Brightest Light,
You are Wildly, Primally, Ravishingly Magical!

-Poem from the book *Edge of Wonder*
by Victoria Erickson



Build you a Temple in your consciousness upon the Rock of Faith,
And by your works make your life a monument of Beauty,
Whether the world know and enjoys it, or knows it not.

This, in effect, represents the eternal as well as the universal significance of Faith.

-Excerpt from the book *A Treatise on Faith*
by Vitvan



Dear Fellow Individualizing Persons,

Sending to each and every one a Ray of Light, a beam of Gratitude for holding steadfast in moments of perceived challenge, for endeavoring to touch the outermost field of one's Master-Self, and especially, for being Here Now.

As one perseveres to polarize and orient to the deepest within, we all receive the Grace of such Earnest Intention. Each ripple in the pond touches us... "while we are seemingly separated, one from another."

And so, Family of Light, grateful and boundless Love to you and yours.

Namaste

-Submitted by Laura Rankin



Let Each One Love Ones Destiny

Sortem Suam Quisque Amet



Here's a to a new 'year' of sharing consciously in this sense of adventure!

The Changing Attitudes Towards Everything Journal was conceived last spring in a moment of spontaneity, in a moment of change from 'old', static dependencies to 'new' creative endeavors. CATE was and is meant to symbolize the 'secret' ingredient in the psyche which brings peace and harmony to each one in this transitional phase between the old cycle and the new cycle, or to put it more specifically, between the Aristotelian cycle and the non-Aristotelian cycle.

The old, Aristotelian cycle has been characterized by giving value to static images in the psychic consciousness (in your mind and in mine) and then watching in amazement as the images move, much like the individual frames or pictures are made to 'move' in a so-called moving picture. As we in our culture, personally and collectively, give value (unconsciously for the most part) to this 'show', we become enamored with it to the point of becoming identified with it, to the point of arguing for our points of static view, our values. In other words, we react according to our psychic self-identities, according to our personalities, our characteristics.

If the teaching of the SNO is true to the nature of Cosmos, as so beautifully and comprehensively described by that master craftsman, Vitvan, then the Old Cycle was supported by a certain energy pattern in the overall race psyche. This state of racial (and individual) growth was represented in our racial psychic consciousness, the Aristotelian race psyche. As the Power to be Conscious 'in' us emerges or gives further impetus to consciousness of Self, the pattern of energies 'supporting' the representations in the race psyche changes, and the old abstractions (images, names, classifications, generalizations, etc.) are no longer appropriate or true to the nature of the process going on. To liberally quote the "Good Book", "old things will pass away and all things shall become new."

As the 'spirit' of the New Cycle gains in strength, we of the SNO can share consciously in the sense of adventure brought about through these changes. Our studies of and efforts to consciously abstract should prepare us for changing values, changing attitudes based on those values, changing responses based on those attitudes, expecting new and different reactions based on those responses, etc. etc. etc. Can we develop the attitude of looking upon these changing times as we would look upon a game and share the game together?

In our studies of the teaching of the SNO, and especially in our experience in trying to apply these teachings to ourselves, and in our efforts to teach them to other persons, we have been building up many similar referents, developing a 'spirit of sharing'. We now have the background qualities developed by this process so well developed that it is quite easy to recognize a sincere student of this teaching by his/her gunas, and chief among these is the 'spirit of sharing' - sharing whatever is needed - time, energies, joys and sorrows, intellectual delights of the gnostic studies, etc. For sharing is a form of giving and giving is the main function of Love, the binding force of your school and mine.

-Article written by John Gozzi
-Submitted by Kathi Wright



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our darkness, that most frightens us.

We ask, “Who am I to be brilliant, gorgeous, talented, fabulous?” Actually, who are you not to be? You are a child of God. You’re playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own Light shine, we unconsciously give another permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

- Excerpt from the book *A Return to Love*
by Marianne Williamson
-Submitted by John McKlosky



Perhaps the secret of spiritual integrity
Has to do with an act of acceptance;
A recognition that you are always already
Within the Divine Embrace.

-Excerpt from the book *The Invisible Embrace: Beauty*
by John O’Donohue



Resolve deep within you that your Faith this day shall be deeper, stronger and more abiding than ever before. Mean it so profoundly that you shall feel in your inmost consciousness the realization of its truth as a living reality.

Hold constantly in your consciousness the resolution that come what may, you will not permit the destructive influence of doubt or the gloomy suggestions of destructive pessimism to weaken or undermine your constructive Faith in the righteousness of God’s universal plan or in the ultimate goodness of humanity.

Absorb into your innermost being the great fact of nature, that where Faith abides, there is no room for failure, and the fertile soil of Truth yields only a harvest of abundant success.

Whatever the immediate trials and seeming failures of your life may be, keep forever in your mind the happy consciousness that the trials, temptations, hardships, sorrows and disappointments through which your pathway leads are but the recurrences of evanescent and fleeting shadows of your past, appearing again for corrective purposes, and of themselves have no substance you need to fear. Meet them serenely and without flinching and, one by one, learn the lesson that each has come to teach, then they will vanish as the mist and the fog vanish before the dispelling power of God’s beneficent sunlight.

-Excerpt from the book *A Treatise on Faith*
By Vitvan

