

Greetings ~

Once again, we return to the starting point, as we leave one year and welcome another. Filling our hearts with Joy and Love, Acceptance and Grace, in this time that we know so well. In this time of renewal.

Embrace the Joy of giving because it is our nature to give, to Love. And be open to receiving; to fill the cup with the same qualities that you share; this is also one's nature. The source of Self that fills the cup is endless.

Love to all
Corry



Good Greetings to you all,

Such unexpected series of events in this year 2020 seems to have jettisoned humanity back onto itself. A global self-discovery intensive! The plethora of emotional directions each of us has most likely traversed through is, well, in perfect order...albeit continuing to feel tricky. A somewhat disorienting shift into a Now orientation.

With Love and Promise, I offer a little more Vitvan.

Blessings
Laura R

"Look forward with hope, with the most intense expectancy, to the descent upon you of the Holy Radiance. When that ineffable blessing comes to you, as in its own good time it will come to all, you will know that you are chosen of God. When that time comes, live in the Light, becoming deaf, dumb and blind to all other things. Your consciousness of the Light will be all-sufficient for the *Light is God*, and in his essential nature every individual is a representative of it."

"Look into the heart of your being. The only question you need ask yourself is whether your secret desires and thoughts would bear the Light of the Spirit. Could you carry them on if the great Illumined One were standing at your side?"

-Bible Lessons-Fundamentals of the Wisdom Teachings



Human beings, vegetables or cosmic dust, we all dance to a mysterious tune, intoned in the distance by an invisible piper."

-Albert Einstein

-Submitted by John McKlosky

In this season we may find it impossible to feel “merry and bright”. Instead, let us feel hopeful that this difficult period the human race has gone through in 2020 is nearing an end. Perhaps this is what is needed to remove the remnants of the old cycle before the dawning of the New Age that Vitvan forecast was upon us.

Know yourself to be a part of this exciting time of transition and work and meditate to help bring forward that new cycle of Love and Security, in recognition that we are all one and part of the One.

May your meditations help you find a way to participate as a positive force in this Dawn of a New Day.

Marj Coffman



From me to me, the best gift ever! A roadmap that works!

Kathi Wright

"In our School of the Natural Order, a main premise respecting that which we designate Einsteinian or New Age Therapeutics, may be stated as follows: Only energy can affect energy; only force can affect force; a given energy-system, individualized or not, can only be affected by energy frequencies. And corollary to this premise: One's own functional development, state of awareness or state of consciousness, Will, semantic evaluations, etc. should be considered determinative as to what that effect will be."

-Healing Technic



The following poem, *Kindness*, by a friend of mine, Kimberly Jonas, felt right for this season and this past year for me. There were moments that seemed to last forever, that I was not thinking kind thoughts, or let me put it this way...I become lost in believing the thoughts in my 'head' are true, and it's so, so nice when I don't. I instantly feel that quality characterized as 'Kindness', I feel like myself again, when I listen to the Stillness!

Whatever the quality of the feelings, thoughts and desires in my state are, they are instantly projected up on the 'big screen' and that's how I perceive my world to be. That world is true to me when I believe the projection. The world 'out there' does not feel love or sadness for me, I do that! No one 'out there' made me love or hate, it is my choice, I make the choice unconsciously or consciously. I could choose it to look like 'Kindness' by expanding and letting go of beliefs and patterns that do not serve the common 'Good'.

I would like to acknowledge that there *seems* to be a long way to go before 'Kindness' describes the world I think I live in. Really, there isn't any 'time' in this Now that 'Kindness' exists in. 'Kindness' is not waiting in 'time'; it naturally occurs with awareness of 'no time'!

May you bring 'Kindness' to every breath you breathe!

Steve Anderegg

Kindness must be practiced, harvested from the center of the heart, a commitment to generosity of spirit even when we find ourselves ignited by the presence of difference, pieced by outright disagreement.

Kindness is not an act of self-sacrifice, of covering up the vast pain of our emotions, but rather a revelation, a showing of our full self with no undercurrent of malice or swift presentation of nicety so that we can get on with things.

Kindness does not require that we befriend all beings, that we marinate in puddles of discomfort or the crossfire of mis-matched tones.

However, it does ask us to remember that respect for the human heart is paramount, that kindness should be wielded in all situations, including those of discord and dissonance.

For kindness is designed to act as swift balm for wounds of separation, to dissipate the acidity of judgment, the black and white determinations of who is right and who is wrong.

Kindness is in fact a remedy, a certain bridge that closes the gap between differences, reminding us that we are not all that far apart when the kind heart is near.

-Kimberly Jonas



The Absolute, the Perfect, the Alone
Has called out of the Silence his mute Force
Where she lay in the featureless and formless hush
Guarding from Time by her immobile sleep
The ineffable puissance of his solitude.

The Absolute, the Perfect, the Alone
Has entered with his silence into space:
He has fashioned these countless persons of one self;
He lives in all, who lived in his Vast alone;
Space is himself and Time is only he.

The Absolute, the Perfect, the Immune,
One who is in us as our secret self,
Our mask of imperfection has assumed,
He has made this tenement of flesh his own,
His image in the human measure cast
That to his divine measure we might rise;
Then in a figure of divinity
The Maker shall recast us and impose
A plan of godhead on the mortal's mould
Lifting our finite minds to his infinite,
Touching the moment with eternity.

-Savitri-Sri Aurobindo
-Book 1 Canto 4

-Submitted by Laura R

The following poem, *Samadhi*, was written by Paramahansa Yogananda. Samadhi can be described as unity consciousness, union with the Divine, the 'deepest' form or 'state' of meditation, etc. To me, a supremely powerful poem to read after the practice of breath work and prior to meditation.

Blessings and Good Will among my fellow students, now and through the New Year.

Sincerely,
Bill LaShell

Vanished the veils of light and shade,
Lifted every vapor of sorrow,
Sailed away all dawns of fleeting joy,
Gone the dim sensory mirage.

Love, hate, health, disease, life, death:
Perished these false shadows on the screen of duality.

The storm of *maya* stilled
By magic wand of intuition deep.
But ever-present, all-flowing I, I, everywhere.

Planets, stars, stardust, earth,
Volcanic bursts of doomsday cataclysms,
Creation's molding furnace,
Glaciers of silent X-rays, burning electron floods,
Thoughts of all men, past, present, to come,
Every blade of grass, myself, mankind,
Each particle of universal dust,
Anger, greed, good, bad, salvation, lust,
I swallowed, transmuted all
Into a vast ocean of blood of my own one Being.

Smoldering joy, oft-puffed by meditation
Blinding my tearful eyes,
Burst into immortal flames of bliss,
Consumed my tears, my frame, my all.

Thou art I, I am Thou,
Knowing, Knower, Known, as One!

Tranquilled, unbroken thrill, eternally living, ever-new peace.
Enjoyable beyond imagination of expectancy, *samadhi* bliss!

-Paramahansa Yogananda

