

The Theological Science Society, Int.

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This Being Our Monthly Visit & Chat for October 2021

My Dear Friend and Fellow Members,

Halloween is however a spiritual holiday. It represents the journey of the soul, individually and collectively. Many Halloween customs come from Celtic traditions with meanings going even further back to the early Christians and the ancients before them.

The ancient traditions celebrated 4 stages of growth or unfoldment of the human soul and linked these 4 festivals to the 4 seasons - Summer, Fall, Winter, and Spring, these representing the Solstice and Equinox. The Bible is a symbolic story of journey of the soul and journey begins with:

A thought in God's mind - Soul comes into embodiment It's fall
Awakening to It's Divine nature Resurrection and ascension completes cycle

Halloween, October 31 is between the Fall Equinox when the soul came from heaven to enter the earth plane (it's conception) and the Winter Solstice when it again awakens to its true nature.

When the soul is first born into physical experience it is not aware of its Divinity. This young soul ignorant of its true nature does not yet know it is an expression of Divine Mind; the Son (Light) of a Living God. Symbolically, ignorance or darkness is represented by black or dark. Halloween is celebrated at night in darkness. This is perfect time to depict the consciousness of the soul at this time of its unfoldment. The new soul is at this time only aware of 5 physical senses and uses them like an animal. In this period of soul unfoldment, people are jealous, greedy, hateful and revengeful. Not being aware that they can use their mind to bring them what they want in a peaceful harmonious way, they lie, cheat and steal. They are masking their true nature. All the temptations that the soul ever meets come from it's unenlightened nature.

The ancients celebrated the festival of Halloween by wearing frightening grotesque masks of animals and we celebrate with costumes symbolically meaning that there is potentially a divine being glaring our through the eyes and features of what seems to be an animal. It is the masquerade ball of the ego soul of man wearing the mask of personality. We are reminded to look beyond the outer to the divinity within.

Halloween would not be complete without a witch. The word comes from same root as German word Wissen means "to know". Here we have the wise one, a god in disguise. A deity masquerading in the dark as a god of ignorance. The Witch's hat is the same as a Wizards, the only difference being the addition of the brim. A witch's hat has a brim to keep the sunlight out of the eyes; the "Son light of

understanding." Her cape is black giving an aura of ignorance as she flies around in moonlight. And this is interesting too: Moon in Latin is luna comes lunatic. The Moon we know is not real light but a reflection of sun light. So anyone who flies around in the light of the moon symbolically instead of walking in the Light of the Christ (Son Light) is a lunatic.

A witch is female which would refer to the feeling nature. When the feeling nature is full of fear and anxiety it is operating in ignorance of love and peace of God or goodness. All Halloween symbols have a saving grace; an answer to the soul's ignorance or imprisonment is always there and the Witch flying around in the moonlight has hers too. She is riding on a broom.

What do we use broom's for? To clean up and clean out the dirt. The Witch has the tool she needs to make a clean sweep of her ignorance, even though she's got it in the palm of her hands, she still flying around like a nitwit. She is sitting on it. How often have we done the same thing? Our answer is always found right within the problem – it is right in front of us we only detach for a moment and look off center or out of focus to see our solution.

Ghosts & goblins rattling bones and black cats... Why the haunting fears.... the shudderings at the appearance of these frightening objects? What symbolism is here?

When the soul is unenlightened everything is terrifying. It is afraid of lack and afraid of loss.. It is afraid of sickness and of dying. Even more terrifying is the idea of a burning hell in after death. Those who continue to be part of our Fellowship have no doubt long gave up that idea.

The Jack O'lantern. Pumpkin is a vegetable or gourd and is a natural element in man. Color Orange is color of courage (cowardly lion) opposite of black or darkness. Orange is made of red and yellow. Yellow is enlightenment, and red for power and strength. Intelligence and power makes courage. The cutout features of eyes, nose and mouth represent human life and the human body. The lit candle inside symbolizes the Light of God that shines in the world. It is buried inside us, but does no good until we recognize it.

Apple bobbing. Apples floating in water are a symbol of the soul flung into the waters of incarnate life, but not sinking in its depths... Even though it is cast out of the awareness of its Divine perfection, it is never lost. Man does not want to spend life after life bobbing around in nature or earth consciousness, it wants to be saved and resurrected. Man can not redeem his apple or soul with his hands, because it is not physical power that saves the soul. It is the mouth; life and death are in the power of the tongue. Man speaks the word and it is done.

The day following Halloween (all hallowed eve) is All Saints Day. When the soul awakens to the full knowledge of who he is, a Saint. Then the nights of sinister and eerie ghostliness are over and the soul no longer has to masquerade as something less than it is, but will celebrate its new awareness of being the Saint that God created in the first place. In the spring, at the time of the Spring Equinox the Sun rises in the east (the East metaphysically means within) and the soul springs forth into its resurrection.

We all get a Halloween scare now and then. Most fears in life are pretend fears. Halloween is pretend fear. There are many Halloween experiences in our lives. Times we have gotten into situations where we would like to hide, in order TO NOT FACE OUR FEARS. Times we've gotten ourselves into a corner and not known how to get out. Times we've gotten into situations in our personal lives, our homes, our work, our business, our career, where it appears in our eyes, like a haunted house.

It is important that we all learn to control our thoughts and eliminate fear. I've been taught that fear means: False Evidence Appearing Real. There are many equally good acronyms with similar messages.

Our Lessons offer all the Knowledge we need to master our thinking and create a life that is Whole Perfect and Complete. Whatever we believe with all our heart (our feeling nature) and our mind (our consciousness) can not help but be expressed in our daily living. We also understand the harm fearful thoughts can be do to our psychic, emotional and physical body. Dr. Carruther's Letter this month covers just that topic.

There is as much – if not more – personal and global political, economic, and atmospheric unrest in the world at this time as there was in . It is important that we become vigilant in our thinking as all life and all experiences are created out of our thoughts. And I believe as some of the social media posts have recently pointed out that “All that is not of Love and Light is simply coming up to be healed.”

With great love and gratitude, I send my best and

highest thoughts of Love, Peace and Joy,

Rev. Anne B. Schmitt, Director

FROM THE STUDY OF

Hugh G. Carruthers

Prior Right Established, 1956, by
Hugh Greer Carruthers, Founder-
Director of The Theological Science
Society, Int. Extension Education
Division of The Hugh G. Carruthers
Foundation. Rabind Rama Bodhisat I-A,
11th, M.D. Ph.D

My Beloved Chela:

My thanks to you for having me in for this visit and “chat.” The changes in your life are induced by the psychic nature of the Real You, in your material (mortal) life and affairs; in other words, by the omni conscious mind element; and because of the omni conscious power of selection, organization and direction, cannot be automatically mechanical as is subjective, or subconscious activity.

The Soul - You, The Reality - in at-one-ment with Infinite Intelligence in part, or degree, within you - possesses the natural faculty of Memory because of Its potential omniscience (The Infinite Omnipresence Being All-knowing, All-understanding, and All-powerful); and therefore records all experiences It encounters in Its evolutional progress and organization of Itself on ever higher planes of Being. It carried memories of Its previous Being on lower planes into this earth-plane in It reincarnation; and It will carry the memories of Its experiences to the next plane of Being, because the memories are indelibly imprinted in the subconscious. Herein you will see the necessity for Personal Development while Here, to as high a degree of Knowledge and Understanding as may be possible. You, The Reality, cannot stand still in evolution. You must either progress or retrogress, and What You are to Be and Become in the higher planes ahead on the Cycles of the Rounds, will be commensurate with What You make yourself to be here now.

You are living a program, much like the school boy who began in the lowest grade and progressed gradually, with learning, to the higher grades. He who quits his schooling (or development) in a low grade, misses the formal education with could fit him for leadership of others, and the mental work, or service, which gives him responsibility for the welfare of those under his direction, and, of course, the higher rewards of great service.

He who persists in obtaining a formal education may not always be well educated, or learned. He may merely be graduated, which is why we see so many so-called college graduates floundering in life without the ability to attain to wealth, position, and enviable well-being. They are what is called educated, but they are NOT learned.

But he who will seek to learn as much as possible about the things of Life, the Arts and the Sciences, History, Geography, Economics, and Business and the professional interests in which he may be engaged - and then seek to KNOW THYSELF, will become unbeatable.

Let me go a step further and say - without fear of successful contradiction that even in the absence of a formal education, or scholastic learning, the individual who will devote a fair amount of leisure time each week, in attention to the pursuit of Knowledge and Understanding of The Self, the at-one-ment of All Life and Being, and the creative nature of Thought, will never be handicapped in progressive development, the attainment of the good things of Life and the enjoyment of Life Itself. The Knowledge of Self and spiritual Beings is the basis of All Knowledge. This is why many persons without any formal education have succeeded far beyond their formally learned fellows.

I have known men who could not write their own names - made an "X" for their signatures, which were written by witnesses - and several of them were wealthy men owners of good properties and very good businesses. I have often wondered just how much formal education means in the life and affairs of one who knows HOW to Think and Reason and Plan.

Herein you will note the hereditary function of memory, which is the directing force within living organism; for undoubtedly such individuals as those indicated, who did not, or could not, enjoy what is called formal education, had been either well educated, or highly capable, in a previous incarnation and the subconscious of all of them was possessed of intuitive Knowledge omni-consciously in this plane.

In some instances this hereditary principle manifests as fear - due, perhaps, to unnecessary worry, or doubt, or skepticism, and because of conscious contact with, and too much concern about, the objective world of conscious humanity, which is nearly always in error. Fear is an emotion and, consequently, is rarely amenable to Reason. One can fear his friends and members of his family, as well as enemies; or fear the Present and the Past as well as the Future. Therefore, if and when you become aware of conscious fear, you MUST eradicate it at once before allowing it to become an obsession.

Reason will not help you to overcome this sense of fear, because fear becomes a subconscious faculty, as a product of the emotions. There must, then, be another way to eradicate this mental error - and the correct way is to arouse the Solar Plexus into response and action. If you have practiced the deep breathing exercises explained in earlier Lessons, you can expand the abdomen to its limit; and that is the first step in practice.

As in all breathing exercise, assume a position which is relaxing and easy; then inhale as deeply as possible, through the Positive nostril; then still holding the breath for a second or two, try to draw in a little more air and carry it to the upper chest, by drawing in the abdomen. This effort will force the blood circulation into the head and face, flushing the face slightly. Hold this breath also, then, for a second or two, and then, still holding the breath, deflate the chest and expand the abdomen.

Do not exhale this breath at all, but, still holding it, alternately expand the abdomen (while deflating the chest) and the chest (while deflating the abdomen), rapidly from four to

seven times in alternate succession. Then exhale. The fear will have vanished from the consciousness.

If, however, the fear thought does not leave you immediately, repeat the process until it does. You will find that you will soon be feeling quite normal again. And there is a definite reason for it. This breathing exercise concentrated at the *pit* of the stomach, affects the great ganglion of the Sympathetic Nervous System lying exactly opposite, called the Solar Plexus, which largely governs the circulation of the blood.

In stimulating the Solar Plexus you release the nerve currents, and the renewed circulation re-establishes muscular control. The breathing through the Positive nostril creates positive electro-magnetic currents, which flow down the positive channel of the spine, while the breath entering through the Negative nostril sends negative electromagnetic currents down the negative side of the spine. These currents of electromagnetic force are transmitted by way of the nerve centers, or ganglia, of the Sympathetic Nervous System.

In a physical sense we literally *live and move and have our being* in the influences of the Solar System. The Sun not only gives off heat and light, but actinic rays which radiate to all living things. The Solar force, or energy, is a positive influence against the human physical system; and is often enervating to those who Breath-flow is incorrect. When the Breath-flow is allowed to continue for any length of time (corresponding to the Septimal Cycle - that is, for seven minutes, fourteen minutes, twenty-one minutes, twenty-eight minutes, seven hours, etc - as multiples of seven) through the Positive nostril during the daytime - sunrise to sunset - without an alternating flow through the Negative nostril, to offset the positive deteriorating influences of the Sun, the individual may become unduly fatigued, or even ill.

The same is true of the Lunar rays influence during the night time- sunset to sunrise in an opposite way. If the Breath-flow continues through the Negative nostril during the night and early morning- whether during sleep, or activity - the effect of the Luna negative influences are depleting to the body. All this is explained in your lessons on the subject of Correct Breathing earlier in this Course of Training.

This force, or energy, which radiates from the Sun and the Moon, enters the etheric spleen with every inhalation of the breath. As it enters the spleen, the Solar Plexus draws it to itself with every exhalation; and from the Solar Plexus it flows along the nerves to the Sacral Plexus which is situated at the extreme end of the spine, and to the Cardiac Plexus (the core of the brain). These are the three main centers of the body.

This Life energy is what the Oriental philosopher terms *Prana*, because It is the Breath - of-Life; and this Prana traverses the head from the Cardiac plexus. As It leaves the head, It passes through the psychic center, traversing the nerves of the face, the bronchial center, the front of the throat, the pulmonary center, the upper chest and the lungs to the lower lung nerve center which is just above the heart; then to the vital and generatic center which is located in the lower part of the body (torso) just below the stomach. So, it is that this vital force, or life energy, flows, or moves, or travels, along the whole circuit of the nerves of the physical being until gradually it works its way out through the pores of the skin.

It will be evident, therefore, why this exercise can and will eliminate fear in the conscious thought processes. But the best way to prove it true is to try it when and if an occasion arises. After all, no matter what others may say, the old adage, *the proof of the pudding is in the eating*, and you cannot KNOW something to be true until you have proved it true.

Another important fact you should know is that if you are tired and you wish to overcome the fatigue, you may try either of two methods which will prove equal to the occasion. Many persons make the mistake of eating when tired, in the false imagination that in so doing they awaken themselves. The businessman will often become fatigued about three to four o'clock in the afternoon - nearing the end of his busy day. Many men leave their offices to go down to the lobby of the office building where there is usually a coffee stand, and there they will have a cup of coffee and a doughnut, or a piece of pie, which is what they should not do.

Some physicians have been known to do the same. Many housewives will pause in the later afternoon to have a cup of tea and a snack. Of course, all these practices, while wrong, are better than stepping into a tavern, or a bar, to indulge in a cocktail, or highball and all these mistakes are conducive to obesity. There are two ways in which you can overcome fatigue sensibly. One way is to assume an erect, standing, posture, with your weight on both feet. Then inhale a deep breath through the Positive nostril (even though in the afternoon, when the Solar Ray is in effect), and while inhaling raise the body on tip toes, with the arms up and the hands stretched above the head - the fingers pointed and reaching upward.

Bring your hands together above the head, inhaling slowly, rhythmically, and exhaling violently through the open mouth, shaped as if saying "O." Repeat this exercise three to seven times. It will require but a little time, and you will feel more refreshed than if you had a nap; and in time you will overcome the tendency of becoming tired during the day. And, which is more, you will enjoy your evening meal more than if you had eaten some food or drink in the late afternoon.

NOTE: This method of exercise, however, is for normally healthy persons. Persons who have experienced cardiac irregularities; that is, anyone who may have experienced a heart attack such as a thrombosis, or an angina, or has suffered an attack of acute indigestion, SHOULD NOT INDULGE IN THIS EXERCISE. This also includes person who suffer of bronchial asthma, or any lung trouble.

There is another, perhaps more beneficial exercise, and certainly much easier, than the foregoing, for all sufferers of such ailments - and even very good for healthy individuals. It requires no exertion or exercise. When tired, and you wish to be alert and active, stand erect, or assume a comfortable sitting position, block the Negative nostril (refer to your Lesson on Correct Breathing) and begin to practice the Yogi Cleansing Breath, which is done as follows;

- (1) Inhale a complete, full, breath through the Positive nostril;
- (2) Retain the breath for a few seconds, or for about four to six heart beats;
- (3) Pucker the lips as if you intended to whistle, or sound "O" (without swelling the

checks); then exhale a little of the air through the opening of the lips, with considerable force - as if "blowing out."

Then pause for a moment, retaining the air you have not expelled, and then exhale a little more air; repeat until all the air you inhaled has been completely exhausted, or exhaled. Remember that considerable vigor, or force, should be used in exhaling the air through the opening of the lips each time. This is a favourite form of breathing exercise which the Yogis practice for cleansing and ventilating the lungs and toning the nervous system. They conclude many of their other breathing exercises with this breath. This exercise, while a short duration and somewhat quick to perform, also stimulates the cells of the body and gives a general tone to the respiratory organ, and is conducive to the general physical healthy conditions. It will also refresh the system, and is an excellent practice for singers, speakers, and others who use their voices while standing.

This breath will prove to be very refreshing when you are tired, and even when exhausted. A trial will convince you of its merits. It should be practiced until it can be performed naturally and easily.

The virtue of these exercises is in the intention; the intention governs the attention, and this, in turn, acts upon the imagination and since imagination is a form of thought, which is mind-in-motion, you will appreciate the fact that your thought becomes the fact, or condition, when applied as exercise.

All thought ideations interact upon one another until they come to a state of full development, or maturity, when they reproduce their kind in manifestation. This is the Law of Creation, proving that Thought is a form of creative energy.

These are indicated in the characteristics, mannerisms and Personality of the individual. If the physical body is large, the bones heavy, the finger nails and toe nails thick, the hairs coarse and the skin of a more rugged nature, we know that the physical predominates.

If the body is of slight build, the bones small, the finger and toe nails thin and pliable, the mental and spiritual characteristics prevail. Coarse hairs indicate materialistic tendencies. Fine, thin hairs are indicative of sensitive and discriminating mental qualities. Straight hairs indicate directness of character; curly hairs indicate changefulness and often uncertainty in thought.

Blue eyes usually indicate a rather happy, light, airy active disposition. Grey eyes usually identify one as cool, calculating and determined. Black eyes usually indicate a nervous, quick, venturesome nature; and brown eyes usually indicate sincerity, energy and an affectionate nature. The average person is, therefore, an almost complete example of his deepest emotional thoughts. The colour of your eyes, the texture of your skin, the quality of your hairs, and every line and curve of your body, are evidence of the character of the thought which you habitually and predominantly entertain or create in your mentations.

Then, too, the letters which you write carry not only the message which the words intended to convey, but they are charged with an energy corresponding to the nature of your thoughts when you wrote and they, therefore, often give the impression of a very different message than what you intended to convey.

Even the clothes which you wear eventually become charged with the mental atmosphere which surrounds you as your aura, so that the trained psychometrist has no difficulty in reading the character of anyone who has worn a garment for any length of time, or successively a number of times.

You will see, therefore, that if you will, you CAN change your entire character, develop and maintain a sense of *peace that passeth all understanding*, improve your health to a desirable condition, attract prosperity and well-being, and enjoy a full, free, rich life. It is all merely a matter of Knowing HOW and then Doing what is necessary.

Plant life depends almost entirely upon the air, or that Prana in the air, which it breathes to live and develop. So do insects, birds and animals, as do humans; therefore, if there IS a Life-giving, Life-sustaining principle in the air, or Prana, why not determine to make full and complete use of It for your Life and development?

I have often wondered why people will give attention to almost every other interest in life but the Self, Men will devote themselves, in what I call a slow form of suicide, to chasing a little white ball about acres of ground, striking the ball furiously with a golf club, wasting precious energy in what is perhaps a most violent form of useless exercise forcing muscles to resist, and the heart and arteries to violently repeated shocks, when they could gain so much more in practical exercise, healthful and invigorating pleasure, by tending and developing a beautiful garden, or raising vegetables for home consumption, especially after the 49th year of age, when all violent exercise should be avoided.

And the usual procedure after playing nine, or eighteen, or more holes of golf, is to retire to the 19th hole and drink liquor - forcing an otherwise good system to absorb what it does not require and cannot use. Other men will devote far too much time to work, in the blind belief that their business could not increase and develop without their personal supervision - when the fact is that they are employing and paying usually better qualified employees to increase and improve their business for them.

The average human is what might safely be called a *crazy* individual. I have known wonderfully fine and able men in the clergy who imagine that they must work and slave over a sermon which must be grammatically perfect, and evidence their own great education, when a simple, heart-to-heart talk with their congregation, on ordinary, everyday subjects of interest to most people, would be more helpful to their parishioners, as well as to themselves, and certainly more instructive.

Most people resort to budgeting their incomes for controlling expenses of living; but very few ever budget their Time, and *Time is the stuff that Life is made of*. If you devote time to working every day; or to keeping a home clean and liveable, why not devote a small fraction of

that time to your own Personal Development? Why not rise every morning from sleep with gratitude for another day and another opportunity to help your *Father* bring the kingdom of heaven on earth where you are?

It is a simple procedure when you make your first thought of the new day a silent, prayerful affirmation of your own well-being in His and Their care and guidance; *"I thank you, Father, that You have heard me and I KNOW that You hear me and care for me and mine ALWAYS, in all our Ways. I thank You for my mental ability to realize that I AM Whole, Perfect, Strong, Powerful, Loving, Harmonious, Happy, Wealthy and Prosperous (or Successful) in Your care and guidance."* The rest of the day will take care of itself IF you start it by affirming your own Good. This is the highest, most productive, most valuable form of prayer, because it is true prayer, free from negative asking, begging, pleading, supplicating, or even hoping. It is creative thinking in action.

Try it! Try to make it work in your everyday life and affairs, regardless of your religious convictions or affiliations. If your God *hears* you and your fellow men, in so many different languages, and understands them all, He will not have any difficulty in *hearing* your gratitude and praise to and of Him for His care and guidance of you. But YOU MUST DO IT. I wish I could do it for you; but I can't.

It is your own Thought which causes the desirable manifestations in your life and affairs; it is your own Correct Breathing that builds and maintains your physical body in such sweet serenity and enjoyable health; it is your own conscious awareness of your spiritual at-one-ment with and, therefore, desirable potential Sameness as, The Infinite Omnipresence; and it IS your conscious attitude which determines Who and What You ARE and What You are to Become, Here and Hereafter.

There is not the slightest evidence that any individual's life, affairs and condition has ever been dependent upon God. There is, however, every indication that the individual makes his life and affairs and conditions by his use and direction of the God Power Which is IN him, and available to him constantly - in the *kingdom of God and His righteousness*, which he should seek *first*, in Mind, of all other ideas of personal power.

Our blessed Fraternity and world-wide Mission is dependent, as you know, on the Good Will Offerings and Gifts of our Fellow Members, some of whom may have forgotten this, or may be delaying their Gift Offerings. I hope my Chelas will try to form the habit of sending Offerings monthly, because expenses are a monthly concern here at headquarters. I am grateful to all my Chelas who practice this evidence of their love and loyalty of and to me and our mission to so many who have been and are being, helped in so many ways.

My thanks to you for this visit and "chat" with you. It was nice being with you spiritually, and I am grateful for the visit and your attention. My good wishes and love are with you always and every day, during my Silence in communion with you and our Fraternity, I prayerfully affirm your well-being as I hold your File Card on my altar. I hope you join with me and all of your Brothers and Sisters at sunset, wherever you may be, daily, in silent prayerful

affirmation of your own, and the well-being of All Theological Scientists and humanity in general for the peace of the world and the progressive improvement of all peoples. God love you as I do!

Your servant and friend,
Dr. Hugh G. Carruthers, B