

THE WHITE EAGLE LODGE
STAR CENTRE FOR CANADA Vol. 39 Easter 2021



DRUMBEAT



As in nature, so in humanity

Sue's Letter

Greetings to our White Eagle Family

And Friends,

The cover photo was taken by Kathy Parsons. She sent this photo to the Tuesday zoom group in celebration of spring and of how our beautiful six-pointed star not only resides in ourselves but also in nature. Thank you, Kathy.



As we come into our spring season, we feel a fresh vibration of life, both with our physical and spiritual senses. We look forward to the longer days of sunlight that will encourage nature to be reborn with new life. There is this wonderful sense of movement around the cycle of physical life and around the spiral of spiritual unfoldment.

The pandemic continues with its daily challenges. Now that a year has passed since, we can look back and realize all that we have gone through. I'm sure we can be proud of ourselves for facing particular lessons with hope, courage and faith. White Eagle says, "Whatever problem you now face, face it in the light of Christ, and do not allow thoughts of fear or mis-understanding to cramp and blind you. Look into the face of the master, the gentle wise elder brother, and strive daily to live, in thought, in company with him. And you will find that conditions will be made clear for you, the path before you will be straightened out. Strive to live above the materiality of the world." *The Way of the Sun*

The sense of gratitude is felt worldwide as we try to adopt a positive attitude. Everyone is grateful for their cherished relationships with loved ones, the unceasing work of our front line workers and the thoughtfulness of others that we encounter daily. We are birthing the Golden Age that is promised by the White Eagle teachings. We have longed for this age and we are sowing the seeds as we speak. The angels work closely with us as we send out the light to each and every soul and to all of the creatures here on Mother Earth. This is the age of John the Divine and our soul work to create a new heaven and a new earth has begun. We are guided to work with purpose and love. "The essential lesson, we repeat, that life has to teach humanity is to face itself. It is one thing to read and to listen to words and to have all knowledge, but you cannot have the power of Christ without the password, which is love ... love. In other words, you cannot have the power without being love." *The Light Bringer*

One of the highlights of the new year was Amanda Gorman reciting her magnificent poem, *'The Hill We Climb'* during the inauguration of Joe Biden. Here is a quote from the end of the poem, "The new dawn blooms as we free it, for there is always light, if only we're brave enough to see it, if only we're brave enough to be it." Is this not brotherhood in action? Her words of hope, peace and wisdom honour humanity.

We had a wonderful Christmas service on zoom. The physical contact was sadly missed without our Christmas dinner but we could still share our vibrations of love and joy with each other. In March we held a social meeting to chat and catch up with everyone. It is so nice that all of Canada can come together, especially with our friends in western Canada, Ann, Anne and Harry, Janet, Harry and Lesley. We will have another social hour before our summer break. Helen and I have our Board meeting coming up near the end of March and it will be held on zoom once again.

Many of you know that St John's Retreat Center was badly damaged due to the very cold temperatures resulting in burst water pipes. Thankfully it was contained to 3 of the bedrooms but the whole wing of the building will undergo renovation. We continue to hold this project within the Christ Star.

May this season of spring and Easter be filled with the pure love and wisdom of the Christ Light and let us share this with the world.

With Love from the
Star Centre for Canada

Sue, Leader for the Star Centre for Canada



A note about gender in the White Eagle books:

The term *'brotherhood'* is intended to have the same dual reference: 'brother-sisterhood' but is too clumsy for the general flow.

The term *'brother man'* is also intended to have the same dual reference.

The term *'Brethren'* is used and is intended as a non-gender-specific term for companions in spirit.

THE UNCONQUERABLE CHRIST

A Sunday Address given Easter Sunday 1941

General Notes: White Eagle gave the address its title, and explains it at the outset. A strong sub-theme is the role of women in the New Age. In this talk White Eagle refers to the Second World War, maybe for the first time, as an initiation for all humanity, though earlier addresses have implied it. There is some implication that the war is only truly over when there is a 'true, noble, spiritual victory.' It is timely for today's world.

This is the Easter festival, one of the oldest and perhaps the most beautiful of the whole year; and while usually associated with the Christian Church, the festival is as old as the world, and holds a much deeper meaning than is recognised by orthodoxy. We would tell you that all the festivals of the sun's solstices are kept in the spirit world in a most powerful form. The earth and earth's humanity, and the spirit within the earth and within humanity, receives a special baptism on these occasions by the Son of Life, the Cosmic Christ.

As already said, the Cosmic Christ is the Son of the Father-Mother God, the third aspect of the Trinity, and in the world manifests as the unconquerable and unquenchable spirit of humanity. Therefore, this talk we would call: 'The Unconquerable Christ.'

The word 'unconquerable' may suggest some form of material conquest or victory of material force, of opposing armies and the battle and defeat. We use the word 'unconquerable' in the sense that the spirit, the eternal fire or life-force in all life on earth, is unquenchable. You may demolish buildings, you may apparently destroy the beauties of nature, burn, ravish and kill; armies can overrun the crops and make desolate the face of the earth, the high powers can even cause the sinking of continents, the complete clearance of races from the face of the earth; but in a short while, after the cataclysms have passed, life again springs up from mother earth. When any movement which at its heart the eternal spring of truth, the eternal life-force of the unconquerable Christ, is persecuted and overthrown, it will rise again and give forth greater things. In nature one could almost say that each winter season is an initiation, a preparation for the recreation of life, of the food upon which mankind depends for his physical sustenance.

In the midst of a physical conflict humanity is passing through a major initiation. We would draw your attention to the spiritual evolution behind the war. Many lose sight of spiritual values at the present time and think

only about putting every ounce of energy into the war effort. But that which humankind needs today above all is a spiritual effort. We do not belittle the sacrifices of humanity, but we remember that there are varying degrees of life, of the quality of humanity's consciousness. When you analyse your present world with truth and sincerity, you must accept the fact that what is taking place today is a spiritual war; it is an uprising in the hearts of humankind, a cry for liberation from material bondage. In all humanity, in all nations – whether misguided in ideals or whether misled by their leaders – the urge is for liberation from bondage. This urge is like the green shoot of spring uprising through the dark soil of materialism. Humanity would find liberation and seek the Sun of Life – the Sun being the Christ, the Lord of all humanity and the Lord of your own being.

We would urge all men and particularly all women to give first thought to spiritual values in their daily contacts with their fellow companions: to seek always the way of the gentle, the unconquerable Christ, and to lay aside or to turn their backs on the king of darkness. By this we mean reject all thought and speech which is demoralizing and weak, fearful and hurtful, and which robs a fellow man of aspiration to noble ends. Truth, justice, goodwill amongst humanity is the hallmark of the Spirit of Christ; and men and women little realize how they fail when they adopt a defeatist attitude, for by doing so they ally themselves with the master of darkness. We know well there are two opposing poles in every human being, the positive and negative, and the latter would pull humanity to earth and keep their eyes glued to the gutter, so that they forget the shining angel by their side. The holy angels, God's messengers, have always watched over humanity from the beginning. In prehistoric days, angels walked and talked with and taught humanity. But as humanity became more immersed, as humanity grew more earth-like, the angels withdrew out of sight of humanity. But they are still with humanity and will take every opportunity to assist humanity to rise again.

Think then, of the hosts of the invisible, and of those advanced beings of earth's humanity, teachers and prophets who have gone on to within the veil, but are not outside the influence of the earth.

The spirit of Christ was known thousands upon thousands of years ago. Our own memory is only as a flash compared to the ages of the past, but we remember the coming of Christ to earth; we remember the resurrection of the sun after the darkness of winter. The festival of Eastertide is not a Christian festival only. The spirit unconquerable of the Son of God has ever lived on earth and within earth's humanity, and will so live and rise again in resurrection in spite of all the efforts of the power of darkness.

The present war is actually warfare between selfishness, materialism, greed, fear, defeatism on the one hand; and on the other the oncoming spirit of goodwill, brotherhood, construction, progress and spiritual emancipation. Spiritual effort and service is vitally needed; the need is greater even than for material service; for you can give every case and attention to material progress and domination, and lose utterly the power of Christ, the living spirit.

We do not deny that any material service to his brother rendered in love is as much service of Christ, a service given forth from the spirit centre and on the inner planes of thought. But men and women who would truly serve humanity must draw upon the reservoir of the eternal spirit of Christ if such service is to be of value. There is no question about the outcome of such a conflict as the present, but of the length of time that victory – *we are speaking of a true, noble spiritual victory* – will take to come. Had humanity opened wide the heart to this spiritual inspiration long before, this material or physical conflict would not have been – at least, not in the present form. Humanity has now the opportunity to adopt the spirit of goodwill and brotherhood, even towards those who are in the clutches of the Master of Destruction. The only power that will conquer is the power of love, or Christ. This does not mean mere sentiment but rather a spirit of understanding and goodwill, a pure desire to assist humanity on to a nobler plane of life, both material and spiritual. There will be no room in the new age for selfishness and greed, for arrogance and pride, but only for co-operation, kindness, goodwill, of comfort for the sorrowful, healing for the sick given freely from the spirit of Christ within the healer. There will be no room for slums and inequalities – all these things will be swept away, to leave instead a community of brethren contributing to the common good of all.

The words of Christ are so simple; and yet for two thousand years humanity has toyed with them. Have they not read from the gospels, Sunday by Sunday, “*love one another?*” – but the words have been laid aside when it comes to the practical issues of life. They will, however, have to be practiced in the very near future, for then, and only then, will peace be restored. And by peace we do not mean a passive sentiment, but a dynamic force of goodwill, ever striving, ever working for the good of all, a peace which springs from the eternal wells of truth and love.

In closing we draw attention to the fact that it was the woman who went first to the tomb of Jesus; to the Woman that the angel spoke, saying “*Why seek ye the living amongst the dead?*” The gospels record something supposed to have taken place at the beginning of the Piscean age, two thousand years ago. Now we are advancing across the threshold of the Aquarian Age in which the Women will carry the Christ’s message to His Disciples. Woman (or the spirit of wisdom) will bear the message of the arisen Christ,

the unconquerable Christ in life, into the world of humankind. Therefore, we appeal to the spirit of women in all humanity to rise up and become bearers of the Light and truth to the world. Christ is risen! His spirit is not dead; and we follow the unconquerable spirit of Christ, Who taught us to love and to Whom all humanity look for love. The Women will be, when they choose to be, messengers to the world of truth that Christ lives and is unconquerable: and tell humanity that if they wish to progress and to find happiness and achievement and fulfilment on earth, they must follow the Christ.

This is the message which we from the Spirit leave with you on this Easter day. Let it not linger briefly in your minds but be an inspiration to be up and serving from now on! You do not need to be set in high places to be of the greatest service to humanity, for a woman in her home can be the brightest light in the world, and as such can draw humanity to the Light by her influence and sincerity and truth.

A blessing: Peace we leave with you on this Easter Day, and light ... radiant, all enfolding ... the Light of the spirit of Eastertide, of the Unconquerable Christ in humanity. Amen.



Women in the World

Turn your thoughts to the Mother God, the expression of all that is compassionate, warm, kindly, loving and understanding. She gently administers correction if need be, but with deep love... and so we come to your fears. O my children, remember that there is a loving protective Power, and the child of God has to learn to trust that Power of love. The Mother knows her child and the Mother can apply an antidote to suffering. We give the impression that karma is not so much a punishment meted out to humanity, but an opportunity given to human kind to learn truth.... karma, gives the opportunity to experience God.

White Eagle on Divine Mother, the Feminine & the Mysteries

Being Holy

Lesley Tarrant Belcourt

I recently heard a Gospel song entitled *I Want to Be Holy*. That refrain is heard throughout the song. It brought to mind my early literature studies that introduced me to Old English, Anglo-Saxon and Norse poetry and narratives. I discovered then the words for health, wholeness, healing, holy all had the same roots: Old English (*hælp/haelan*)—whole/sound/well/healed-- Anglo-Saxon—(*hal*) whole and (*halig*) healthy and Old Norse (*heill*) (*heilige*) healthy/ holy. Greetings like *Wes Hal*—"may you be in good health" integrated whole and holy.

Of course, we know that Jesus spent time healing, making people whole. That is essentially what our White Eagle work focuses on. We tune into the Light which is Love. We send out Light to individuals, to the world because Light is the Power which can make all things whole. It is simple, yet has enormous depth. The beauty in it does not require intellectual study, just a simple open heart filled with love.

Before I read any White Eagle books I realised that Love is the basis for everything. It was evident from the moment I stepped through the doors of the London Lodge in December 1968 as a guest of a friend. I still feel the loving embrace of Minesta, the comforting way she held my hand, looked into my eyes and spoke meaningful words just for me. People milled around her--this was after the Christmas service--yet she concentrated on me as if we were alone. Even more memorable is the Love that came from that warm touch and smile. Yet I was not alone in receiving this gift. Love radiated throughout the building, because love increases, propagates, expands.

"The Holy Spirit is a holy, healthy spirit—of all goodness, beauty and truth. He who is truly holy is natural and rich in human sympathies and understanding and lives in brotherhood with the rest of mankind."
Angelus May 1947 pp111-112

Of course, I soon learned that Healing and Love go together. By February 1969 I was teaching in a remote community in Northern Alberta close to the North West Territory border and receiving teachings from White Eagle Publishing.

In the quiet Dene Tha community on the Hay river, I observed and lived with a small close-knit people practicing their beliefs in ways similar to the teachings I was reading. Theirs was indeed a religion of happiness, a sharing community, where visiting and helping one another was central.

I share a short poem I wrote at that time when I experienced my first religious ceremony.

*Crossing the Hay
mukluks firm on ice on snow
distant heart-beating drums
announce
The Tea Dance*

*circle of fire
logs crackling
sparks leaping
shadows flickering
on young and old*

*jack pine red-glowing
holy smoke ascending
celebrating faith
loving Earth,
the Creator has made*

*religion of happiness
dizzying laughter
children snow rolling
bannock-feasting
on jam on sage tea
old feet shuffling
young feet dancing round and around*



*asking thanking Creator
for successful hunting
good weather
easy birth
peaceful death*

Cont'd next page

and another later as Spring Break-up occurred in May. The Peace and Hay
are names of rivers

The Peace went out last week they say
The Hay moved on Friday
we hear it first
that thunderous rushing sound

in February it was frozen over
as we walked under
dancing Northern Lights
to the Tea Dance
birch spruce pine willow poplar
fire burning in the middle
smaller fires around the circle
drummers chanting
songs echoing under the brightest moon

now we watch and wait
patient as always
knowing
in sunnier May we can leave the flat
splash through muddied melting snow
towards the bridge
looking for signs of spring

water running down banks
making its own waterfall
in the river below
pussy willows, catkins, bull-rushes
dark winged birds with snowy tips
beaver under piled logs

now at break up
the ice road thick in places shatters
disappears under the bridge
no crossing by foot or boat
crashing water and ice mingle
the bridge sways
threatening to sweep us away

WHY WE RETURN

by White Eagle

We feel that we would like to touch a level, perhaps of reminiscence. Some years ago, some of my beloved earth children appealed to me, asking 'Why, White Eagle, do you come back? Why do you return, when you could be away in the heaven world?'

It is not because we choose the earthly vibration in preference to the heavenly – no indeed. It is difficult to explain that we do love to come back, but it is the path we chose many centuries ago. In much the same way as you today would enter the teaching profession, or the musical, or medical, or any other calling, so we chose to come back to earth to help keep the contact between the ancient days and their wisdom, and present day humanity. Do you realise how important is this personal contact with the world? Many do not; they erroneously think that humanity should pursue the path unaided, except by the reason, intellect and intuition which God has given us; that we are all sufficient, and what happened thousands of years ago is no concern of humanity today. But how mistaken is this idea! The personal contact between spirit and humankind is all-important in aiding humanity to evolve. God made humanity in His own image, the image of the divine Son, the divine personality. The contact which we bring, we are told by those of greater wisdom than ourselves, is vital because without it the masses cannot know spiritual communion.

Stella Polaris: April-May 2015



The Medicine Wheel that Leslie G. created for the 2020 Winter Solstice that was used for the Tuesday Zoom group.

EASTER GREETINGS FROM BEAUTIFUL BRITISH COLUMBIA



Well, here we are doing the Easter Drumbeat already although here in B.C. at the moment of writing we are in winter mode after having a mild season so far.

We are all keeping on keeping on in this time of unusual experiences and opportunities for growth as White Eagle says. Although our group is unable to meet in our physical sanctuary we are all very busy meeting and doing White Eagle's work on Zoom. We are busier and more involved now than ever before thanks to the technology that allows us to meet and share the work with fellow Light Workers in the Americas, Britain and Ireland. It is a truly fulfilling experience.

In these times which are difficult for so many we try to think of simple ways which will help us in healing the mental and emotional stresses; things that people can do for themselves to help ease the stresses being experienced. One of the most powerful I find is the healing energy of music, which is something we can do so easily for ourselves and share with others. White Eagle has much to say about this beautiful way of healing and the use that these energies can play in steering us through times of change. Indeed, the energies of different kinds of music play an important part in both breaking down the old and building up and harmonising new situations.

White Eagle says, "Now there is nothing like harmonious music for creating harmony in humanity's soul. In the New Age, sound and music are going to play a very large part. Sound and music provoke feeling; through feeling and imagination you develop gifts of the spirit yet feeling and imagination are the very qualities which so many human people lack. This is why beautiful music is a necessity in this work - it can contribute to the awakening and development of humanity's feeling for God, his feelings of Christ's presence. The Christ qualities in the human soul are awakened when it hears beautiful sound. Moreover, as the sound is sent forth from the instrument you should be able to see very beautiful colours emerging. As you listen to the beautiful music you may begin to practise seeing how the colours are created from the sound of beautiful and harmonious music, strong and powerful when the music is strong and powerful; soft and gentle when the music is quiet. You may even see the vibrations from sounds building a heavenly temple here in this place."

Excerpt from Stella Polaris Oct/Nov 1963

What a wonderful thought, that when we see someone cast down and unhappy, hurt by some harsh situation in life, they can be helped by playing some lovely music which not only helps the person concerned but spreads out into the collective consciousness and raises the energy vibration of the whole world at the same time. Think of all the wonderful orchestras and choirs and how much healing they must send out into the world every time they perform. What a joyful thought. The amazing energy and beauty of Handel's Messiah is of course so much associated with Easter. Listen with joy and allow your heart centre to open and heal and be healed. Let the Light shine.

Have a very Happy and blessed Easter, from all of your W.E family in B.C.

Ann Force, Leader of the B.C. Daughter Lodge.



*“Conversation was never begun at once,
nor in a hurried manner.*

No one was quick with a question, no matter how important, and no one was pressed for an answer. A pause giving time for thought was the truly courteous way of beginning and conducting a conversation.

*Silence was meaningful with Lokota, and his granting a space of silence to the speech-maker and his own moment of silence to the speech-maker and his own moment of silence before talking was done in the practice of true politeness and regard for the rule that,
“thought comes before speech.”*

*Luther Standing Bear (1868-1939), Oglala Sioux Chief
from NATIVE AMERICAN WISDOM*

ST JOHN – II

T049 The Inner Teachings 9th June 1937 Pembroke Hall, London

We speak again tonight of the disciple of Jesus Christ – John the Beloved, John the Divine. The inner secret of his individuality is not known to many on earth. By exercise of intellect alone humanity must ever fail to read the eternal verities. In our last talk on this subject we outlined the mystical interpretation of the mission of he who was called John. You will remember that we likened St John to the soul, Jesus Christ to the spirit. Bear this in mind as we continue our talk. You must respond to the light of your heart and see the vision glorious for yourselves.

To onlookers it would appear that John was necessary to the work of the Master, since John was one of the three called upon when the Master exercised the divine power in any unusual degree. Reading between the lines of the gospel it becomes apparent that John was essential to the work of the Master – even more so than the remaining two. Was John not seated by the side of Jesus in that upper room which was prepared for the Holy Communion of Spirit – seated by the side of the Master; more over is it not said that he laid his head upon the Master's breast? Has this any significance to you? And at the crucifixion did not the dying Jesus give his mother into the care of John? What can be the interpretation of this supreme commission? And lastly, why was John called 'the beloved' of the Master?

The lapse of two thousand years reveals two souls of great purity and beauty who brought to the world the Light of the ages. It reveals a close and deep affinity. Bear this in mind. Let us consider Jesus of Nazareth, the great Initiate, as the chosen vehicle for the Light of the Sun, predestined to shine forth amid darkened humanity. Let us accept that Jesus the Master and John the Beloved bore close relationship one to another – so close! What then was John to the Master?

Here is another significant point. Did not Jesus state that he was aware of his great mission, even before the beginning of this world? This indicates that he had lived elsewhere, on another planet – the bright and morning star. What and where is this planet? Men call it Venus, the planet of harmony, beauty, love, where souls passed beyond stress dwell in completion – dual souls, in that sublime condition of perfected marriage. Jesus, a spirit, an individual being, came forth from the bright and morning star. Jesus, who personifies to most of us that innermost of the heart of humankind wherein abides God, and John, who might embody, did we but understand,

that soul of humanity which loveth the light. Did these two come to earth knowing the purity and the glory of that complete union of soul?

John revealed to those with understanding to receive the truth, that he taught humanity concerning the power of the soul. He was a herald of the Aquarian Age, the age when humanity will arise in spiritual light, when humankind will learn to use the full power of the soul, each and all the vehicles comprising the temple of the spirit. We shall see, as we proceed in weeks to come, how the divine revelation of St John contains a perfect outline of universal evolution from the beginning to the end. St John is he who is yet to come – in fuller manifestation – to the children of earth. He came then in lesser degree with his beloved, known to humankind as Jesus of Nazareth, but he will return, this time in all his glory.

These two, Jesus and John, show forth the mystical marriage. In the mystical marriage between soul and spirit, in these indeed will be seen the perfect, perfected union which all humankind may hope aeons hence to know and experience.

A close relationship exists between the planet Venus and this earth. Some may doubt this. Some doubt the possibility of life existing on any other planet. Well, you may say at home on your return ‘I saw upon the altar in the little chapel tonight a symbol of the White Brotherhood, a six-pointed star.’ You see it now, good, but then we know as surely as you see the star, that we have witnessed the dawn break upon the planet Venus, and we know that you, that every human soul, will know in time the wonder of that life. Have you not dreamt of love made perfect, of souls blended as one in perfect love? There they find fulfilment, each in the other. At will they may withdraw and go their separate ways; at will they may become absorbed and merge one into the other, both being aspects of the perfect man/woman, as conceived by the Father and held in his mind always.

Jesus elected to take up his cross during the Piscean Age. John brings his cup to drink it to the dregs during the Aquarian Age. In that great span humanity is gathered into the fold, into the heavenly kingdom – the perfect whole, gathered in – and will dwell on that bright and morning star. How many interpretations has that star, each meant to awaken humanity to its truth and reality? Has it not been used throughout the ages as the symbol upon which the candidate, having passed through his third degree, opens his eyes, as after the darkness of death? Has this no significance? Following the death of all that is gross – that which decays in the grave – the spirit, the soul, is raised up by the touch of the Master – and behold! Before the eyes of the

awakened one shines the bright and morning star. Now not only flames the light within humanity's own breast, but above shines the star of life, humanity's own future life. In heaven, if you like, but where else is heaven save on that rare and glorious planet, born from the Sun?

Benediction:

John, soul of humanity, we love you. May we follow where you have led. May we have deeper understanding of your real nature. May we see beyond the veil to that which awaits each and all, the perfect union of soul and spirit in the One who is their beloved. Amen.



You are Light!

See through the happenings on your earth,
and see beyond them the release of light and
love and truth in the heart of man and woman.

You may be anxious about humanity, about
your own country, about the planet and about
all the conditions and the threatening happenings
in the world; yet we tell you that good is increasing
all the time. You may not like the old order
passing, but we impress this upon you all, regarding
suffering: never cross your bridge before you come
to it, and if and when you come to it you will
be carried across it with great power and love.
You will live to see some wonderful revelations
and progress on earth, and they are

coming very rapidly. *Earth Healer, page 22*



HEALING KRISHNA

Om Jai Shree Sham Hare, Lord Shree Krishna Mantra
A mantra for good health



THE HEALING POOL

Beloved brethren, we would first remind you of the words of our Master. Where two or three are gathered in my name, there am I in their midst. As we attune our hearts in love and devotion to the Christ we can be quite sure that we shall meet His presence at the Christ-level of consciousness. You are gathered in a material temple of service and of healing but you are also in a spiritual temple of light. Try if you can to forget the former and think only of the latter. For the light is the life of God, and as it pours into your waiting consciousness so it will cleanse and purify every atom of your bodies on the three levels of consciousness—the physical, the soul and the spirit.

White Eagle Healing Newsletter

The Gentle Brother



We would speak of the value of the circle. It is the symbol of life, the symbol of the cosmos, the symbol of the beginning and the end. It is a demonstration that there is no end, for the end is the beginning. The sun is round; the earth is round; the moon is round; all the planets are round; the trunk of a tree is round. We Indians learned to worship in the circle and respect the meaning of the circle. A circle gives the feeling of enfoldment. Love is round, because love enfolds you. Remember when you are sitting in your groups for meditation, or healing, or brotherhood, that you are sitting in a circle, and you will feel this linking with the Great Brotherhood at a higher level of consciousness.

We take you back to the time when many of you here were with us in a civilization which has now disappeared from the earthly plane. We want to take you back and stimulate your memory of our circle; for we were all sitting in a circle in what you would call the lotus position, and the stars were shining above us, the moon was rising, there was a general hush of human life, and we listened to the song of the angels, the angelic company. Can you feel it? Can you feel the rhythm, the music? Can you feel the presence of the animal brethren, all those gentle, loving, friendly creatures, the bigger animals taking care of the young ones? Let us hold communion with the nature spirits, with the angels, and with the little furry beasts, and the flowers, and the tiny birds Feel the harmony, the beauty, of this life. All is harmony, precision, exactness It is a pity humanity has lost this consciousness of the invisible life, the heavenly life, the God life. They are working too hard with their earthly minds. If only we could convince them that by putting into operation the universal law of love, of brotherhood, all their difficulties would be solved! But we must all be tolerant and not expect too much, for humanity who would love his brother man must not expect too much of him.

Remember that most ancient symbols, the dot within the circle. You have to learn to go deep within yourself to that point within the circle, the centre; and if you act from that centre you will never go wrong, because it is the centre of the universe, the centre of your own universe. If you are true to that centre and the compass swings round it, it draws a perfect circle, and within this circle no true mason can ever err. It does not matter what the market-place is saying; truth lies in that centre in yourself; all happiness, all good health, all peace of mind comes to you from that centre, the dot within the circle. Your spirit tells you, my dear brethren, what is the true, the loving action. Be true to the voice of your spirit.

Banana Banana Banana Bread

Ingredients:

2 cups flour

1 teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup butter

$\frac{3}{4}$ cup brown sugar

2 eggs, beaten

2 cups, (I use 3 bananas), mashed ripe bananas

Optional: chocolate chips (I use dark chocolate), cranberries/raisins, nuts, check the amount, nuts, check the amount, more if only using 1 ingredient, less if adding multiple ingredients.

Directions:

Preheat to 350 degrees & lightly grease a 9x5 loaf pan.

In a large bowl, combine the flour, baking powder & salt.

In a separate bowl, cream together butter and brown sugar.

Stir in mashed bananas and eggs. Stir until well blended.

Stir banana mixture into the flour mixture, (if adding chocolate chips,

raisins/cranberries or nuts do so now).

Mix until blended, pour into a lightly greased loaf pan.

Bake for 60-65 min.

Check at 55min. Insert a toothpick and done when the toothpick comes out clean. Once loaf is cooled in pan (10 min) turn out onto a wire rack. ENJOY!

Submitted by Patty Hoffman

ST. JOHN'S RETREAT CENTER

ONLINE RETREATS 2021

WHITE EAGLE'S WISDOM on the ANIMAL KINGDOM

ANIMALS as our TEACHERS

Led by Denise Badmington

Wednesday April 21st, 28th, May 5th, 2021

Time: CST 12pm—2:30pm

PST 10am -12:30pm

MST 11am—1:30pm

EST 1pm—3:30pm

Plan to log-on to Zoom 10 min prior to start of course

Cost \$225.00 at Registration

* * *

INGRESS CHARTS A Zoom Workshop

By Simon Bentley

March 20th, 10:00am-1:00pm GMT

Time: CST 5am—8am

PST 3am—6am

MST 4am—7am

EST 6am—9am

Plan to log-on to Zoom 10 min prior to start of course

Cost: Free

REQUIREMENTS:

Zoom account not required if strictly joining class as a participant

An email invitation will be sent before the class starts

For more 2021 Retreat listings, information & Reservations go to:
retreats@whiteaglelodge.org



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