



Kilwinning 565 News

From The Chair



A Grand Time Coming

Greetings from the East, Brethren,

With warm temperatures and summer approaching, we at Kilwinning 565 can breath easy (well.. those without allergies). We have had a good start to what promises to be a great and fun filled year.

Our last Regular meeting proved to be a terrific evening with the initiation of our newest member. Welcome Bro. Connell O'Leary! The timing seemed to be perfect for us. Our official visitors from Kilwinning Lodge #64, from London ON, included M.W. Bro. Garry Dowling, the Past Grand Master. Kilwinning Lodge #64 and Kilwinning Lodge #565 have had a long standing reciprocal visit calendar, and I know that we at Kilwinning Lodge #565 are very much looking forward to joining W. Bro Kris Boyle and the Brethren of Kilwinning Lodge #64 in

London on June 19. Also in attendance at our last meeting was our current DDGM R.W. Bro. James G. Lawson, who introduced Bro. Connell O'Leary to us, and who wanted to be present at his Initiation.

The Grand Lodge Convocation this year is shaping up to be a fabulous time. As you may be aware, Kilwinning Lodge #565 and all the lodges of the West Toronto Masonic Temple have pooled resources to secure the Prime Minister suite at the Royal York Hotel for a giant hospitality suite. Planning is already under way and anyone who wants to be involved in the fun and festive planning should let us know by contacting Bro. Phil Horrigan.

The Agenda for the Grand Lodge convocation and the nominations for Grand Lodge positions will be distributed by our Brother Secretary

(Continued on page 2)

Inside this issue:	
From The Chair	1
A new twist on proving the paranormal	2
Yogic Practices for Spiritual Growth	4
Links	4
Chef's Corner	8
Upcoming Events	9

Special points of interest:

- *What's been happening*
- *News and reviews*
- *Wisdom*
- *Recipe*
- *What's coming up?*
- *Opportunity for further light*

shortly. For those who have not attended before, there are interesting stalls, including Masonic books, and Masonic regalia and jewelry, etc.

Please watch for upcoming events and communications. See the newsletter for some of these.

Have a safe and exciting Spring.

Sincerely and Fraternally,
W. Bro. Marc Decorte
Worshipful Master

Article

A New Twist on Proving Paranormal Phenomena Through Physics

By W. Bro. Robert V Lund

About two years ago, I wrote an article for the Canadian Theosophical Association magazine, *The Light Bearer*, called "Everything Is Connected" which posed that we, and everything in the Universe, are connected by the energy that pervades the universe. I suggested that paranormal phenomena, such as Telepathy, Psychometry, Clairvoyance, human energy fields, etc., would soon be a proven fact through a greater understanding of quantum physics. Recently this article also appeared in the Grand Lodge Committee for Masonic Education newsletter.

I recently read an article by Brendan B Murphy in the March/April 2015 edition of *Atlantis Rising* magazine entitled "Physics With A Twist - understanding Torsion and the Mystery of Consciousness" which is a summary of his book "The Grand Illusion: A Synthesis of Science and Spirituality-Book One".

Russian scientists have written thousands of papers on the subject of torsion field mechanics and recently, award winning physicist Nassim Hamein has, along with his colleague E.A. Rauscher, reworked Einstein's field equations with the inclusion of torque and Coriolis effects. Torsion fields are generated by spin or angular momentum; any object or particle that spins produces torsion waves and possesses its own unique torsion field. According to some, torsion waves are the missing link in the search for a final "theory of everything (TOE)," a unified field theory, or GUT (grand unified theory).

Dr. Kozyrev discovered that human thoughts and feelings generate torsion waves. This discovery can lead to a "physical" understanding of consciousness, and a much more complete model of reality. Kozyrev was able to measure physical effects caused by sudden psychological

changes, proving that consciousness is related to vibrations within a fluid-like "etheric" medium, which is also referred to as timespace. "In his ingenious experiments Kozyrev detected minute changes in systems that mimicked psychokinesis using an unknown form of hard-to-detect energy—time itself, he believed— which he pointed out united all existence in a unified field, connecting all things in real-time (thus facilitating nonlocality or "action at a distance)". "Kozyrev believed that our thoughts could change the density of time. He believed that in mastering the ability to make time dense at will, we would be able to make telepathy occur at will. Under his conception, all psi phenomena would be stripped of their paranormal trappings and accepted into the world of natural phenomena".

M.S. Benford, in his book *Spin Doctors: A New Paradigm Theorizing the Mechanism of Bioenergy Healing*, states that one object's torsion field can be changed by the influence or application of an external torsion field, meaning that "torsion fields of certain spatial configuration can be 'recorded' on any object". This, of course, provides the evidence for the parapsychological phenomenon of Psychometry (or Vibroturgy) by which one can receive messages in an object by touching it (for which hard, scientific evidence exists).

There is so much more in this article but space does not permit them to be related here. These items, such as water memory, energy or life-force fields, plant sensitivity, pyramid shape effects, exceeding the speed of light, and more, I will cover in another article after I have read Murphy's book.

At least, this is evidence that I was on the right track.

Programs

The Royal Arch District 8 Principals Association Presents:

ROYAL ARCH NIGHT

Friday, June 5th | 7:30pm | West Toronto Masonic Temple

Hosted by King Hiram Lodge No. 566



Did you know?

- Royal Arch Masonry is open to all Master Masons in good standing
- A Chapter of Royal Arch Masons meets at the West Toronto Masonic Temple
- The degrees of Royal Arch Masonry contain the narrative of the recovery of the Lost Word of the Third Degree
- Being a Royal Arch Mason is a pre-requisite of joining the Knights Templar

The Royal Arch Night will include:

- A degree conferred by a degree team of Royal Arch Masons
- Presentations on Royal Arch Masonry and its relation to Craft Masonry
- A display of Royal Arch regalia
- Royal Arch Masons available to answer questions and share their experiences of about Royal Arch Masonry
- A presentation on the Order of the Knights Templar

For additional details and to R.S.V.P., please contact:

W. Bro. Adam Meldrum | meldrum.adam@gmail.com | 416-888-5790



Ancient Wisdom

Yogic Practices to Ensure Spiritual Growth

By W. Bro. Rob Lund

When most people think of Yoga, they think of people trying to put themselves into unnatural and seemingly impossible positions. This is just one small part of Yogic practices. The word “Yoga” literally means “union”, and refers to union of the individual soul with that of the over-soul and hence union with all. The word has also come to mean the path that leads to that union.

“All objects exist for the Self - not for its exploitation or enjoyment - but to give experience so that it may attain liberation. The process goes on naturally but can be quickened, and that which will take hundreds of lives may be compressed into a few.”

This is the purpose of the spiritual path, and yogic practices are meant to lead one on that path.

Patanjali, in the work *Yoga Sutras*, compiled sometime between 400 BC and 400 CE, defines eight components of Yogic practice that need to be known but, more importantly, must be practiced. These are: self-restraint (Yama); fixed observances (Niyama); posture (Asana); regulation of breath; abstraction; concentration; contemplation; and trance.

This article will deal only with the first two (Yama and Niyama), which defines a code of

morality. This is a transcendental morality based on the higher laws of life. This ethical code is meant to eliminate the mental and emotional disturbances that are typical in the life of ordinary human beings.

Yama (self-restraint) defines five *don't's* and Niyama defines five *do's* of spiritual practice.

YAMA (the don'ts)

Abstaining from violence (*Ahimsa*)

This encompasses an attitude, and behaviour, towards all living things, based on a recognition of the underlying unity and connection of all life.

It requires one to keep a strict watch, and regulation, of one's mind, emotions, words, and actions. Keeping watch will reveal cruelties and injustices involved in our thoughts, words, and actions.

The negative ideal of *harmlessness* will eventually transform into the positive life of love and compassion for all living creatures. The desire to *not* cause pain will evolve into determination.

Ask yourself daily whether your behaviour (by thought, word and deed) is likely to cause, or has caused, pain to others (whether physical,

(Continued on page 5)

Links

- Lodge Website: kilwinning565.com

This site has back issues of the newsletter, and many articles.

- District Website: www.torontowestdistrict.com

- Educational articles can also be found on the District web site.
- Grand Lodge: www.grandlodge.on.ca

mental, or emotional).

Follow this by asking yourself if you have missed an opportunity of showing kindness, or being helpful.

Truth (*Satya*)

This refers not only to abstention from *untruthfulness*, but also from exaggeration, equivocation, and pretense. Again, it applies to thoughts, words, and actions.

Untruth in thought is more difficult to detect (we often lie to ourselves). Superstition is part of this.

Untruthfulness creates unnecessary complications in life, and is a source of mental disturbance.

By practicing truthfulness, the subtler forms of untruthfulness begin to be revealed.

Abstain from stealing (*Asteya*)

This is not only about money or goods but also about not taking credit for things you have not done, or privileges not earned.

In eliminating the cruder forms of theft, the subtler forms of dishonesty begin to reveal themselves.

The desire to possess what others have, must be eliminated.

Develop an attitude of pleasure seeing others

enjoy *their* possessions, avoiding any sense of jealousy.

Avoid craving sensual pleasure (*Brahmacharya*)

Sense-life has become so much a part of modern life that indulgence almost seems normal. For the spiritual aspirant, this has the danger of causing emotional and mental disturbances (think of scenes from some TV programs or movies that cause undesirable thoughts). Obviously one cannot avoid feelings of pleasure, and the aim is not to blunt the senses. In fact, one should become *more* sensitive. The aim is to avoid the desire for *repetition* of the experience.

Strict control over thoughts and desires is necessary. It helps if one develops interests in higher pursuits in order to provide less time for the mind to wander into sense pursuits.

Avoid acquisitiveness (*Aparigraha*)

This is about curbing the tendency to accumulate, and be greedy. *Continuing* to amass wealth is childish vanity.

It is not the quantity of things, but the attitude towards them that matters.

Avoid a sense of attachment to things.

(Continued on page 6)

Words of Wisdom

“Let us learn to let go, to not allow ourselves to be overwhelmed by the circumstances and conditions of this world. Let us constantly remember that at the heart of ourselves, as at the hearts of all human beings, there forever stands a silent and watchful guardian: the Master within.”

Christian Bernard

Imperator, Ancient Mystical Order of the Rose Cross

NIYAMA

Purity (*Saucha*)

Purification consists of systematically replacing the coarser in oneself by the more refined, both physical and mental. Purity is the state that our gross and subtle vehicles (body and mind) need to be in order to be suitable as instruments for the Divine Life. It is the elimination of all elements that obstruct the goal of unity with all.

Physical purification is accomplished simply by supplying the body with the right food and drink. Purity of the food is also important.

Purification of the subtler vehicle is brought about by excluding undesirable thoughts and emotions, and replacing them, constantly, by higher thoughts and emotions, which induces higher and subtler vibratory tendencies. Meditation, mantras, and prayers make the vehicle vibrate at higher frequency rates. This also causes an influx of spiritual forces to be brought down from the planes above.

Contentment (*Samtosa*)

This is to keep the mind calm, satisfied and undisturbed whatever the outside circumstances.

This is a positive state, not condoning laziness, lack of initiative, or resignation. It is *not* desiring power, position, praise, etc.

It also incorporates *tolerance* - accepting people as they are and not forcing them to follow our own course.

Endurance is also to be developed - the strength to serenely bear all shocks, storms, or adverse circumstances.

Austerity and Self-discipline (*Tapas*)

This is about exertion, and the physical body

corresponding to the *will*.

The aim is to provide less attention to the body's wants - living a simple life, free of ostentation, luxury, and unnecessary clutterings.

Self-study (*Svadhya*)

This is the serious study of sacred texts, works on Man, God, the Universe, scientific thinking tending to support ancient truths.

One must understand what is read, and how it affects our lives. It also requires meditating over certain points, as true knowledge comes from within.

This should also include study of the self.

Self-surrender (*Isvarapranidhana*)

This is commonly rendered as resignation to God. Understanding that all suffering is due to ignorance.

One is to try to become an instrument of the divine, cooperating in the working of the Divine Plan.

To conclude, these practices aim to transmute the lower nature to serve as a suitable vehicle of the divine Life. They help in fulfilling our purpose here on earth.

What has been described above is merely a summary of the practices. To learn more, in more depth, further study of Kriya Yoga is required. However, the basic principles, as presented here, will provide a jumpstart on the road to a spiritual life.

References

Yogic Practice: Yama and Niyama by S.S. Varma
The Theosophical Publishing House, Adyar, India

Reflections

The Newsletter of the Committee on Masonic Education is published quarterly. Its goal is to make available articles and presentations written for Masons of Ontario.

The cost of a yearly subscription is only \$ 18.00 for the 2014 Masonic Year and can be ordered by writing to "Masonic Education Newsletter", c/o the Subscription Manager for the Reflections Newsletter: R.W. Bro. Lindsay Reiach, 41 Dunrobin Drive, Caledonia, Ontario, N3W 2N. Lreiachz@shaw.ca. 905 765 8341. Your cheque should be made out to "Masonic Education Newsletter". Please indicate your Lodge's name and number, your District's name, your name and the mailing address where you would like to receive this publication.

Reflections is always seeking articles about Freemasonry written by Freemasons. Please submit them to its Editor, Bro. Andrew Douris, F.C.F., e-mail: deon-fortuna@hotmail.com. Articles are often approximately 1,200 words in length. Articles of special merit might be printed in sections over several issues while short articles provide an excellent resource for a brief Masonic Education moment in Open Lodge. Please adhere to the following deadlines for submissions: Fall issue = August 1, Winter issue = November 1, Spring issue = February 1, Summer issue = May 1.

College of Freemasonry

The Grand Lodge Committee on Masonic Education offers interesting Correspondence Courses on Masonic Education throughout this Jurisdiction which is comprised of nineteen different modules. Any Master Mason may take any module individually for \$10.00 each or they may wish to complete a course of study for a set fee. If a Brother takes an individual module today, and decides to complete a course of study later in time, he will be accredited with the module he has completed prior. In other words, he does not have to pay for or rewrite what he has already completed in the past. There are three courses of study offered by the College of Freemasonry:

1. "The Masonic Arts and Sciences" course (eighteen modules).

2. The "Past Master's course" (eleven modules)
3. The "Worshipful Master course" (eight modules). Any Brother looking to run for the DDGM of their District or Grand Registrar, the course required by the Book of Constitution, Section 50(b), is the "Past Master's Course". This course is also great for those looking to be a District Secretary.

For those who wish to pay by cheque, please send it to W. Bro. George Warner, 4010 Chadburn Crescent, Mississauga, ON, L5L 3X2. For those who wish to pay via credit card, just fill in the application form and send it to masonic.college@gmail.com, and the Brother will be emailed payment instructions through Paypal (an account is not necessary). If any Brother has any questions, they may email R.W. Bro. Rick Cadotte, FCF, Principal, College of Freemasonry, masonic.college@gmail.com.

You may also get information by going to the Grand Lodge Website, sign in, click "Membership", then "College of Freemasonry". There are many electronic books and other resources there.

Heritage Lodge

Heritage Lodge No. 730 G.R.C. was formed to provide an intellectual environment for the pursuit of Masonic knowledge and also to provide a means for receiving and recording historical artefacts to ensure the preservation of our Masonic Heritage without encroaching on the normal functions of Constituent Lodges.

Heritage Lodge accepts, by affiliation in the usual manner, all Masons of like-mind, desirous of working together to fulfil the aims and objectives established by the membership.

The Lodge Secretary is R.W. Bro. Kenneth E. Campbell, e-mail: heritagelod730@xplornet.com. The fee for Affiliation is \$ 55.00 and the annual dues are also \$ 55.00. R.W. Bro. Robert C. McBride is the Heritage Lodge Regional Liaison Chairman for the Ontario, Peterborough and Victoria Districts. He can be reached by sending an e-mail to ddgm2007@nexicom.net.

More South African Vegetables dishes

Recipes from W. Bro. Rob Lund

Sousboontjies

Don't try to pronounce it, it's an Afrikaans word, but it literally means beans in sauce. However, it's actually a sweet and sour dish, and can be enjoyed hot or cold.

Ingredients:

- 1 cup dried sugar beans (any white or pink beans will do).
- water
- 1 tablespoon sugar
- 1 tablespoon vinegar
- ½ teaspoon salt
- white pepper to taste

Method:

1. Sort through the beans to remove any discoloured or damaged beans.
2. Rinse the beans and soak overnight in water.
3. Drain the beans and rinse well.
4. Cover beans with water in a saucepan and simmer slowly until the beans are soft. This will take at least 2 hours, but might take longer.
5. Add more boiling water if necessary to keep the beans moist.
6. To thicken the sauce, mash some of the cooked beans and stir in. The sauce should not be runny.
7. Add vinegar, sugar and salt and simmer for another 10 minutes.
8. It can be served warm, cold, or bottled for future use.

Cauliflower baked in egg

A nice way to serve cauliflower. It goes well with meat dishes.

Ingredients:

- 1/2 head cauliflower, stalk and stems removed, cut into florets
- 5 large eggs, lightly beaten
- 1 cup milk
- 1/4 cup sharp cheddar cheese, grated
- 1/4 cup swiss cheese, grated
- Nutmeg or Ground nutmeg

Method:

1. Preheat oven to 350° and lightly grease a 8" x 8" baking dish with butter or non-stick spray.
2. Place cauliflower florets in a large saucepan 1-2-inches full of water and cover. Steam over medium heat until tender. 8-10 minutes.
3. Drain cauliflower and transfer to baking dish.
4. Whisk eggs and milk together in a large bowl and add Swiss cheese, salt and pepper (preferably white pepper).
5. Pour egg mixture over the cauliflower and top with remaining cheese.
6. Sprinkle with fresh grated nutmeg, or ground nutmeg.
7. Place in oven and bake for 30-40 minutes, or until cheese is melted and bubbly and top is golden brown. Egg mixture should not be too dry.

If there is anyone who would like to share a recipe they love, please do so by sending it to Phil at philandsteph@rogers.com

Upcoming Events

Enjoy a variety of interesting and inspiring speakers
in the midst of Masonic fellowship and learning!

"Ensuring the Timeless Vitality of Freemasonry in Ontario"

ONTARIO MASONIC EDUCATION CONFERENCE



Saturday, May 30th, 2015

Registration 8 AM | Start 9 AM | Wrap-up 4 PM

Catered Hot Lunch at Noon

Barrie Masonic Temple, Red Room

99 Morrow Road, Barrie, Ontario

[CLICK HERE FOR MORE INFO](#)

June 2015

Tuesday, June 2 7:30pm
Installation at South Gate Lodge 674

Thursday, June 4 7:30pm
Installation at Unity Lodge 710

Friday, June 5 7:30pm
Royal Arch Night

Tuesday, June 9 7:30pm
Installation at River Park Lodge 356

Wednesday, June 10 7:30pm
Installation at West Gate Lodge 734

Wednesday, June 10 7:30pm
Runymede Lodge - Military Degree Team

Friday, June 26 7:30pm
Installation at Ibrox Lodge 740

July 2015

Tuesday July 14 Masonic Seminars - royal York Hotel
1:30pm to 2:20pm
BC Room: The Masonic Chip Foundation Seminar
Quebec Room: Cornerstone Project seminar
Alberta Room: Finance Advisory
2:30pm to 3:20pm
BC Room: Leadership Development Seminar
Quebec Room: Condition of Masonry seminar
Alberta Room: Finance Advisory contd.
3:30pm to 4:20pm
BC Room: Preparing for District Secretary Seminar
Quebec Room: Condition of Masonry seminar
Alberta Room: College of Freemasonry

Wednesday July 15 8:45am
Grand Lodge Convocation - Royal York hotel

6:30pm
Grand Master's Banquet