

*Introducing
The White Eagle Lodge*



THE WHITE EAGLE LODGE

wisdom for life

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Dear Enquirer,

Thank you for your interest in the work of the White Eagle Lodge. We hope you will enjoy reading this booklet.

Our wish is that the White Eagle teachings may touch the hearts of people worldwide and make a valuable contribution towards world peace and healing.

For much more information please look at our website: www.whiteagle.org. This also has a special area for members.

Jenny

Jenny Dent
Lodge Mother

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The White Eagle Teachings



The White Eagle teachings are a simple, heart-centred and profound spiritual philosophy which brings with it the light and radiance of the spiritual world. It provides very practical support in day-to-day living. Within this beautiful restatement of 'ancient wisdom' many find answers to some of the most difficult questions of human existence: What is the purpose of life? Why does suffering exist? Why does life seem so unfair? What happens after death? Are healing miracles possible?

Who is White Eagle?

White Eagle is the name given by the wise teacher and philosopher working from the inner world of spirit who guided the foundation of the White Eagle Lodge and continues to inspire its work of peace and healing worldwide. The name White Eagle is symbolic and means a 'spiritual teacher'.



In his service from the spiritual level, White Eagle used the help of Grace Cooke as his channel. For his work in the present day he came in the outward personality of a wise Native American chief, manifesting the deep simplicity and closeness to the life of nature this 'dress' from a particular earthly life provided. However, we do not see this beautiful teacher as limited to one 'dress' but as a wise bearer of light for the 21st century.

No spiritual teacher or truly illumined being ever makes claims for themselves—their hallmark is always simplicity and humility. White Eagle merely says he is spokesperson for a group known as the Star Brotherhood, and many of those who have followed his teaching and path of unfoldment recognise the presence of a master behind his words and behind his work.



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Who we are

The work of the White Eagle Lodge is based on gentle, yet profound universal spiritual truths. Through this teaching we are encouraged on a path of love, tolerance and service towards all life; towards the development of inner peace, and the awareness of our eternal, spiritual nature.

Using the loving wisdom of the White Eagle spiritual teachings, we offer:

- Soul healing
- Meditation
- Services of worship
- Retreats and courses on a variety of spiritual themes.
- The opportunity to be involved in healing for individuals, our planet and for animals, either with others or at home.
- A comprehensive range of literature in the form of books, courses and media—available from New Lands and online and covering a wide variety of themes in the 'Mind, Body, Spirit' genre.
- A Wisdom School for the New Age with opportunities to explore:
 - Creative Arts from a spiritual perspective
 - Esoteric Astrology
 - Healing
 - Meditation
 - Personal Growth through Spiritual Unfoldment
 - Spiritual Science
 - Ancient Wisdom

We have many Star Centres and groups in the UK and throughout the world, and temples in the UK, Australia and America.



History

The White Eagle Lodge commenced its work in 1936 and became a Registered Charity within the UK in 1953.

White Eagle gave teaching for over forty years through the mediumship of Grace Cooke.

The brother/sisterhood for whom he speaks continue to inspire the present Lodge leaders and all those in positions of responsibility, especially the worldwide leader of the work, who is the Lodge 'mother'.

Although we have a Lodge 'mother' and leaders of groups and of the work in various countries throughout the world, the Lodge is a family organisation which values discussion and consensus.

The White Eagle teachings cannot be limited to one spiritual tradition. They embrace many, just as White Eagle himself has had many lives in different cultures.

The White Eagle Lodge is symbolically a place of gathering together both physically and spiritually, which is what is meant by the use of the word 'lodge'.

It is also a Mystery (or Wisdom) School for the New Age, with an emphasis on bringing the 'infinite love of the spirit' right down into physical matter through healing, unfoldment, meditation, brother/sisterhood and understanding.



The White Eagle Teachings

The White Eagle teachings are universal, timeless and unconditionally loving. They are respectful of the path of each individual. In a consistent, comprehensive philosophy, the White Eagle teachings open the mind to the spiritual laws which govern all life, and with which we can learn to work.

The spiritual laws are:

- Reincarnation
- Cause and Effect
- Opportunity
- Correspondences
- Compensation (Equilibrium and Balance)

Over and above all these laws is the law of Love:

'A Master is one who has learnt the truth, through experience; he has learnt to put into practice the law which governs all life—the law of love. Love is the fulfilling of the law...There is only one way to receive love into human life, and that is—to give love forth.'

White Eagle

Through the literature, retreats, workshops, services, correspondence courses, taking part in the healing work, and meditation, people can learn about the teaching, its spiritual foundation and find help to live in harmony with the spirit and harmoniously in daily life.

Seeking to live in harmony with spiritual law is the foundation of the White Eagle Lodge and is contained in its Principles (see page 16).

White Eagle Publications

We look on the extensive and beautifully varied body of the White Eagle teachings as a treasure to be shared as effectively as possible with those who find inspiration in its simplicity.



The White Eagle publications include books of sayings such as the very widely known *'The Quiet Mind'* and *'White Eagle's Little Book of Healing Comfort'*; visionary books on changing consciousness such as *'The Light Bringer'*, *'Chakras, Auras, Subtle Bodies'* and *'Walking with the Angels'*; systematic expositions of traditional mystical teaching, as in *'The Living Word of St John'*; practitioners' handbooks on meditation such as *'The Still Voice'*, and a broad compass of spiritual teaching in the current *'Spiritual Unfoldment'* and *'White Eagle On...'* series.

We also have a significant number of our books in digital, downloadable forms. Whatever format is used the hallmark of the White Eagle teachings is a gentle voice speaking to 'the mind in the heart' rather than the outer mind and bringing a deep sense of safety and freedom to love.



About the Star

The six-pointed Star with the triangles seamlessly joined is a symbol for spiritual light—the force that brought life into being.

This light is referred to by White Eagle as the 'Christ Light'. The word 'Christ' is used not in an orthodox Christian sense, but as a universal manifestation of the perfect man/woman.

The Star is also a symbol, a reminder, of our true being as spirit. As spiritual beings, the Christ Light is within the heart chakra of everyone and is slowly, through many lifetimes, unveiled.

The power of the Christ Star sets up the highest vibration for good—for compassion, for tolerance and for healing.

Accompanied by positive thought, its vibration can transcend boundaries and transform all negativity. It stimulates the light in the heart, bringing comfort and unlocking the creative, healing power within.

We can use visualisation of the Star to invoke the power of the light to heal our world.

'The Star is the Creator's plan for the liberation of humanity. It is the symbol of creation; and in the very centre of the Star you will find eternity.'

White Eagle



Meditation

White Eagle offers a unique system of meditation which brings together the essence of mindfulness, stillness, and mantra, but employs the power of visualisation and the development of all the subtle senses.

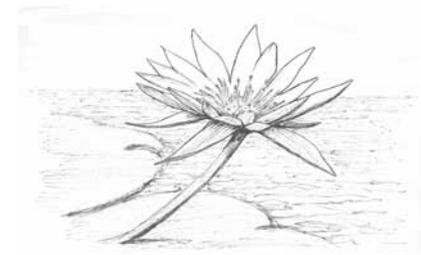
It is a very safe way to meditate. The approach is geared towards helping the individual to access their own intuition and those soul qualities which will enhance daily life.

Guided meditation sessions and classes are held regularly at New Lands, in London and in a number of Regional Centres and many are open to non-members.

The White Eagle Lodge also has its own School of Meditation, where Regional Centre Leaders are taught how to guide a meditation. Periodically, the School also runs a programme of training to enable experienced meditators to teach a structured course of meditation for beginners through to those more experienced.

White Eagle discusses the benefits of meditation in many of his books. A number of CDs are also available with guided meditations and relaxations which can also be used as a prelude to meditation.

For members, we offer a Meditation Handbook with three CDs, which provides support for the practice, along with detailed instruction, guided meditations and a wealth of White Eagle teaching on meditation for contemplation.



'In the method of meditation that we are unfolding we are imparting a way by which you can bring into operation the true spiritual life which is within.'

White Eagle



Healing

Spiritual healing is a completely non-intrusive way of giving gentle support by thought projection and/or by therapeutic touch. It is natural, has no recorded side-effects and aims to strengthen the recipient's own capacity for self-healing.



We work with the power of the spiritual light through a process of colour healing.

We do this in conjunction with the angels of healing.

This work was started in 1934 according to White Eagle's instruction, and has evolved through further teaching and in the light of experience.

We offer healing through therapeutic touch known as Contact Healing and by group prayer and thought projection, known as Distant or Absent Healing, not only for people but for animals, and the Earth itself. There are full training courses in Contact Healing.

You can both receive distant healing for yourself, someone you know, or an animal friend and through our website: www.whiteeagle.org find out how to become a distant healer.

We also offer the opportunity for young people to be involved in giving lone healing to animals, and receiving contact healing.



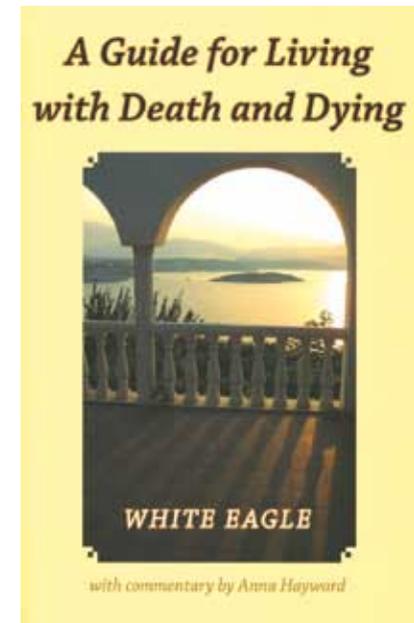
Overcoming Fear of Death

White Eagle indicated at the start of his work with Grace Cooke that part of his purpose and that of the Star Brotherhood was to help humanity overcome 'the mad fear of death'. He teaches that the ultimate cause of all suffering is fear and that perhaps the greatest fear is that of death.

By helping us to recognise that life not only continues after death, but in a world much finer and full of love than the physical world apparently is, he gives us the opportunity to overcome not only the fear of death but that of loneliness, sickness and rejection. He shows how to find comfort and upliftment in times of personal bereavement.

The White Eagle teachings also help us to discover how this world of spirit interpenetrates our physical world, so that all earthly life can be lived in awareness of the inner beauty and love in which we are all held. It is thus a 'religion of happiness'—a way of living joyfully in the 'now', more conscious of God's love and the perfect divine plan for all life.

In the White Eagle teachings there are numerous passages relating to death and dying and we also produce books and courses on this subject.



The Star Brotherhood

Some people believe that there is no need to join any particular group or brotherhood in order to 'send out the light' to the world. This is so, of course. Many people all over the world are working on their own and making a great contribution to the healing light which is pouring into the world.

However, we believe that the power and efficacy of a group working together in the same way, with a common, clearly defined purpose, is much greater than the sum of the individual parts.

The Star Brotherhood is the core of the White Eagle work. Those who have prepared through service in the healing work can choose to take a further step, which involves both dedication and a profound trust and understanding that through working with the Star at the inner level an energy and blessing can be invoked which truly can heal world conditions. Service in this way brings both a fuller realisation of who we really are—spirit—and also of love in action.

The compass of the Brotherhood work includes bringing into the light of the Star places of conflict and suffering, animals and the environment, and the consciousness of humanity as a whole.

'Words cannot convey to you the power and the love which is in the Star; it is a truth which you must find for yourself. The Star is not only a great cosmic power, it is also a tender, loving, guiding power, a protecting power in your own lives.'

White Eagle



Meditative Services of Worship

It has always been the aim of the White Eagle Lodge to offer as many open doors to experience the White Eagle teachings as possible. One of these doors is formed by the meditative services of worship that are part of the calendar of most Centres. These offer participants a gentle space in which to make their own inner connection, listen to the White Eagle teachings in a context where the listening is not just mental, and to join in communal service through radiating the healing light of the Star, which can be a moment of powerful energy. The meditative services of worship take a number of different forms according to local need.

Families, Children and Young People

In the understanding of the White Eagle Lodge, children have a natural connection with the higher world which can provide strength and support in all stages of growing up. The aim of activities for children and families is to create an environment where a loving, lighthearted spiritual awareness seems natural and can be related to all the myriad pressures and demands of growing up in the 21st century. Currently activities are mainly based at the New Lands Centre around the family services, and special weekends. We offer opportunities for children, young people, parents and the young at heart to meet together and to enjoy times of refreshment and spiritual nourishment through a variety of activities.

Our purpose is to support families and young people so that each individual can build a strong connection with their inner self.

The email address for our Families and Young People's work is **shiningstars@whiteagle.org**

The White Eagle Lodge reviews and updates its Child Protection and Safeguarding Policy annually. Key helpers have all received training in the implementation of the safeguarding policy and undergo DBS checks.

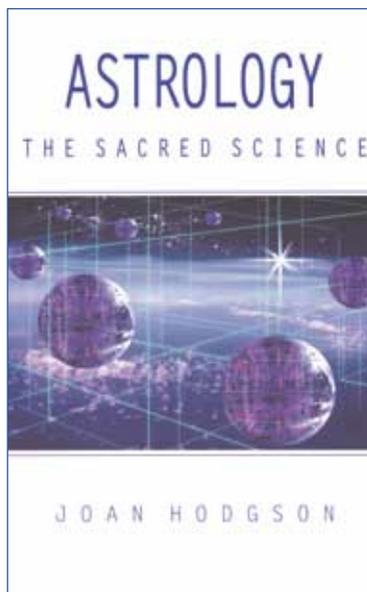


The White Eagle School of Astrology

The White Eagle School of Astrology (almost uniquely among those in the UK) treats astrology from a spiritual viewpoint. The history of astrology implies that although it should not be regarded in any way as a 'religion', as has sometimes been suggested, it was almost always used to serve a spiritual philosophy, although the nature of that philosophy varied according to the times and to geography.

Correctly used, astrology sheds light on the spiritual path that each one of us treads both individually and collectively, enhancing our understanding of life and the 'divine plan' behind it.

The School both teaches astrology and provides astrological services to the public such as written readings of horoscopes and face-to-face astrological consultations. Contact us at: astrology@whiteagle.org or visit the website: www.whiteagleastrology.org



How Can I Join In?

Anyone can join in the work of sending out the light. It costs nothing except a little of your time, and you will be working with many others throughout the world for the highest good of humanity. Instructions are given on our website, and in the leaflet with this brochure: '*There is Something you can do Now*'.

Becoming a Member

Being a member of the White Eagle Lodge opens up opportunities to join in with like-minded people from all walks of life, and expands opportunities for service and healing. You will also gain a deeper knowledge and understanding of White Eagle's teachings and the support it can give you and others.

Joining in can be in person or by linking in from a distance. Being a member is a way of saying 'I feel in harmony with White Eagle's work'.

Membership offers you:-

- Access to the Members' Area of our UK website: www.whiteagle.org
- We produce our full colour magazine Stella Polaris six times a year and this is posted to your home. This magazine has regular articles and always includes some of the White Eagle teachings along with astrology and Readers' Letters. The magazine is also available on CD which can be helpful for those who have little sight or who are registered blind.
- You can develop your own level of healing service by joining in the healing work in various ways – these include Earth Healing, Lone Healing, Animal Healing, Absent Healing and of course in time our Contact Healing and Brotherhood work.
- The opportunity for spiritual unfoldment either by attending events and



retreats at New Lands, Hampshire but also around the UK at any of our many regional centres. The events in our Events Brochure are available to all but some of our retreats and events are for members only – providing you with the tutorial support to expand your knowledge and understanding of the White Eagle work.

- Eligibility to follow a range of courses working at home at your own pace exploring a variety of spiritual themes and including the support of a course supervisor to help you along the way should you need it.
- The opportunity to receive a thought from White Eagle in your inbox each Monday morning.

A membership form is contained with this folder, or you can join online at www.whiteeagle.org/how-to-participate/becoming-a-member



The White Eagle Vision

The White Eagle teachings offer clarity of vision and a breadth of understanding of life as a whole. Through the teachings and through following the eternal spiritual principles White Eagle has outlined, we come to understand others and ourselves better. We have the opportunity to live harmoniously and to find a haven of inner peace in a troubled world.

'How can we measure the progress of a spiritual work such as this? Not by the numbers and publicity it attracts. Progress is measured by the effect on every individual life that the light of the Lodge reaches, here or on the other side of the world. All who come into the White Eagle Lodge to worship and to serve must grow in inward grace, or in inward power to affect the lives of others.'

'The purpose of our work here is that every soul who enters the Lodge, by which we mean every soul who takes part in this spiritual service, shall grow in spiritual power, which will radiate from him/her to give light and healing to the world. Remember, it is not what comes from the lips, but from the heart, which can inspire a life with love and joy and peace. The White Eagle work should be as leaven in the bread of life to the world.'

White Eagle



The Principles of the White Eagle Lodge

The White Eagle Lodge teaches:

- ★ That God, the Eternal Spirit, is both Father and Mother.
- ★ That the Son—the Cosmic Christ—is also the light which shines in the human heart. By reason of this divine Sonship, all are brothers and sisters in spirit, a brother-sisterhood which embraces all life, visible and invisible.
- ★ The expression of these principles in daily life, through service.
- ★ The awareness of the invisible world, which bridges separation and death and reveals the eternal unity of life.
- ★ That life is governed by five cosmic laws: Reincarnation, Cause and Effect, Opportunity, Correspondences and Compensation (Equilibrium and Balance).
- ★ That the ultimate goal of humankind is that the inner light should become so strong and radiant that even the cells of the physical body are transmuted into finer substances which can overcome mortality. This is known as the Christing of the human being or, in the words of the ancient Brotherhood, the blooming of the Rose upon the Cross of matter.



Main Centre:

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www.whiteagle.org

www.whiteaglepublishing.org

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Regional Centres and UK Groups:

Visit our website and find your
nearest Regional Centre:

www.whiteagle.org/where-we-are

Visit our international website page:

www.whiteagleinternational.org

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