



# Australian T.O.S. Links

August 2011

Altruistic service is the purpose and aspiration of the TOS. The founder of the TOS, Annie Besant, promoted the idea that we evolve through service.

She saw the path of purification through service as being a way of accelerating one's evolution. Inner transformation and service go hand-in-hand.

When we have begun to lose our sense of separateness from others and our inner selves recognise that all life is part of this One Great Life, our service begins to flow as a natural outpouring of our natures in joyful, free-will action that does not seek rewards.

As Joy Mills describes it in "From Inner to Outer Transformation", 'It is the doing of the right thing at the right time, with a purity of action which flows naturally from a heart filled with love.'

So how do we reach this stage of altruistic service? Firstly, we must use every opportunity in our daily lives to serve joyfully. We do not need to go out each day to look specifically for opportunities to serve. Rather, each day brings its own possibilities in our daily tasks and interactions. We grow as we learn to do the tasks of daily life with joy and a sense of reaching out to people.

We consciously practise letting go of the rewards or results of service. We practise mindfulness and observe and reflect on our actions and attitudes. We practise techniques to develop our compassion and loving kindness to all life and to expand our consciousness.

## Widening the circle of love

*Adapted from a technique for intensifying unbiased love, in 'Widening the circle of love', by His Holiness the Dalai Lama.*

1. Starting with your best friend, think:

*This person (name) wants happiness. May he/she be imbued with happiness and all its causes.*

Visualise your friend enfolded in vibrant, harmonious and loving energy.

2. Extend the same wish to more and more friends until the call for happiness and for its causes is equally strong for all of them.

## Focusing on selfless service to all life

### What's in this newsletter

- Widening the circle of love
- TS in Australia Convention 2012
- Generous donation from Maple-Brown Abbott
- Update on our national projects
- What's new on our Australian TOS web-site
- National TOS contact details
- International TOS news
- Help end live animal export from Australia
- Fundraising ideas that work

*This person wants happiness. May he/she be imbued with happiness and all its causes.*

Visualise this person enfolded in vibrant, harmonious and loving energy.

3. Imagining a person you feel neutral about in front of you, think from the depths of your being:

*This person wants happiness. May he/she be imbued with happiness and all its causes.*

Visualise this person enfolded in vibrant, harmonious and loving energy.

4. Continue the same meditation with respect to more and more neutral persons until the call for happiness and its causes is equally strong for friends and neutral

persons.

*This person wants happiness. May he/she be imbued with happiness and all its causes.*

Visualise this person enfolded in vibrant, harmonious and loving energy.

5. Imagining the least of those you dislike in front of you, contemplate:

*This person wants happiness. May he/she be imbued with happiness and all its causes.*

Reflect on this person's needs until you experience the same heartfelt longing for happiness and all its causes for this person who has perhaps harmed you or your friends – until it is as strong as it is for friends and neutral persons. This takes time.

Visualise this person enfolded in vibrant, harmonious and loving energy.

6. Continue the same practice with respect to another person who has harmed or irritated and upset you.

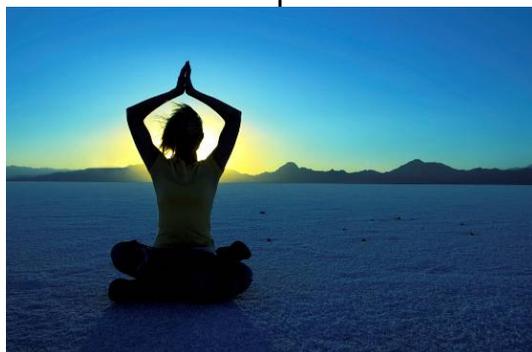
*This person wants happiness. May he/she be imbued with happiness and all its causes.*

Visualise this person enfolded in vibrant, harmonious and loving energy.

When your feeling is strong and

sincere, then consider another person about whom you feel and think negatively, and then another, gradually widening the circle of your love.

The effect is profound. This generation of love and compassion for others changes you.



## TS in Australia Convention 2012

Because of the Queensland floods in January of this year, the next TS in Australia convention is coming back to Brisbane. It will be held from 21 to 25 January 2012 at St. John's College, Brisbane. The topic has not yet been announced but the theme is the third object of the TS: 'To investigate the unexplained laws of nature and the powers latent in the human being.'

We hold our TOS in Australia AGM in association with the convention. This provides an opportunity to meet other TOS workers, share service ideas and contribute to national planning. I'm looking forward to chatting with all of you who can get to this gathering in Brisbane.

## Generous donation from Maple-Brown Abbott

Once again, Maple-Brown Abbott Limited has generously supported the work of the TOS. This company is the investment manager for the Theosophical Society in Australia. We are very grateful that they have been able to make a donation to the International TOS work this year. Their donation of \$5 000 has been distributed for the following work in 2011:

- \$2 400 for the TOS in Pakistan's Educational Sponsorship Program to cover the 16 scholarships they support each year
- \$1000 to the Golden Link College (The Kern Foundation in the USA is matching all donations dollar for dollar.)
- \$800 for the SEE Vision Project coordinated by the TOS in Chennai, India
- \$800 for the Heart Babies Project through the TOS in Tanzania.

These amounts have been transferred to the recipient international groups with the donations from Australian TOS groups and individuals.



*Last March's graduating high school class during the ceremonies held in the new Kern Hall at the Golden Link College. There were 30 students. Every one of them delivered their own speech before the audience. Some unabashedly shed tears while speaking, especially when expressing their gratitude.*

## Update on our national projects

Many, many thanks for your fundraising efforts and personal donations to our three major national projects in 2011.

### **Pakistan's literacy home-schools**

These schools are known as Qandeel home schools, symbolising the light of learning spreading out from a lantern. Fareeda Amir, the National Director of the TOS

Pakistan, tells us that although Karachi has terrible violence, the dedicated teachers continue to conduct classes and the TOS office staff visit the schools when it is safe.



We have transferred \$4400 to the Pakistan TOS account to continue Australia's support of four literacy home-schools.

The TOS in Pakistan also continues to coordinate scholarships for needy children's education, from primary school to college. The annual cost to sponsor a child is A\$150. The sponsored children work very hard and many have now completed college. If you or your group are interested in sponsoring a child's education or would like more information, please contact me. We have recently transferred \$2250 to the Pakistan TOS account to pay for 15 scholarships in addition to the 16 scholarships supported by Maple-Brown Abbott.

### **The SEE Project**

We are holding funds donated for the SEE vision project and will pay the Udhi Eye Hospital as soon as we receive their account for supplying spectacles and performing cataract operations following the current sessions of vision checks arranged by the Chennai TOS. Mr CVK Maithreya, President of the Chennai TOS, tells us that this project has helped approximately 11,000 people since its inception and that they very much appreciate the support of other TOS groups.

### **The Heart Babies Project**

On your behalf we have transferred \$1136 to the TOS in Tanzania for this project. The National Coordinator of the TOS in Tanzania, Deepa Kapur, reports that the project continues to meet a great need in their community. Groups of 20 to 30 children and babies travel together to India for heart surgery. The TOS provides the small essentials required by the children and their carers during their travel.



## **International emergencies**

The TOS International Secretary sought advice from the TS in Tokyo following the tsunami at the beginning of the year and was advised that no financial support was needed through the TS or TOS.

Several weeks ago, the International TOS Secretary notified me about a famine relief project being organised by the TOS in Kenya with the approval of the TS General Secretary, Navin Shah. The project provides food for six months for five refugee families from Somalia at a cost of 500 euros. When the TOS in Australia Management Committee met at the beginning of August, it decided to support this project by immediately donating A\$800 to feed a group of five families. The project is also receiving donations from the TOS in New Zealand, France, England and Italy, so 30 families will now be supported between us.

If your TOS group would like to contribute to providing food for another five refugee families, please send your donation to our National Treasurer (see details later in this newsletter). We hope that we might be able to sponsor another group of families later in the year.

## **Other donations**

In addition to these national projects we have transferred your donations to the Educational Sponsorship Program in Pakistan, to the Animal Hospital on the Adyar Estate, to the Assam TOS in India for their mobility aids program and to the Golden Link College in the Philippines.

## **Booklet provided to TOS groups**

Six copies of *Helping the Dying*, by Nelda Samarel, published by the International TOS have been mailed to each TOS group in Australia. Groups may like to keep one copy for lending and give the other copies to interested members. Additional copies can be obtained by writing to me at the address listed later in this newsletter.

Two copies of the booklet have been donated to the libraries of all TS Lodges, Branches and certified groups.

The booklet discusses how to meet the dying person's physical, emotional, mental and spiritual needs through all phases of the dying process, offering not only an understanding of the experiences of the dying, but also practical suggestions to assist them through their final transition.

## **What's new on our Australian TOS web-site**

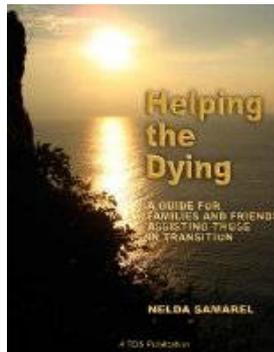
Our national TOS website address is:

<http://australia.theoservice.org> You'll find information to support the campaign to end live animal export from Australia. We also have information about the famine relief project in Kenya, the full article on fundraising ideas and new quotations.

## **National TOS contact details in 2011**

### **Contact for donations**

Ms Janice Scarabottolo  
National TOS Treasurer  
PO Box 7418  
FISHER ACT 2611



Please send donations to the National Projects and other activities of international TOS groups to the National Treasurer. By amalgamating our donations into one or two electronic funds transfers a year to each international project, we can save several hundred dollars annually. Each individual or group donor is recognised in the email we send to the international project group confirming the funds transfer. Please make cheques out to the *Theosophical Order of Service in Australia*.

## **Contact for newsletter and materials**

Ms Carolyn Harrod  
26 Lytham Street  
INDOOROPILLY QLD 4068  
tos.australia@gmail.com

**You are invited to send news items, photographs, ideas and comments that might be of interest to fellow TOS members. I would welcome your contributions to our national newsletter. The third edition in 2011 is published in December.**

## **International TOS news**

There's lots of interesting material with a 'green' theme in the August issue of the **International electronic newsletter**, *in-touch.online*, as well as a feature on the International Secretary of the TOS in action and news of TOS activities. If you didn't receive a copy you can access it on the international website.

Check out the website's August update at:

<http://international.theoservice.org>

The new **Featured Article** is by Joy Mills. In it she asks, "How can we combine the neutrality of the Theosophical Society with the need to respond to burning issues?" She challenges us to put Theosophy into action. *"The vigour and vitality of the Society arise out of the lives of its members; its impact upon the world, its transformative power, its regenerative force, are all dependent upon what we, its members, bring to this movement and upon the manner in which we act out daily the implications of the principles to which we have given an inner allegiance... [We should] so act that all will know that for us, as for the Adept Brothers, the term 'Universal Brotherhood' is no idle phrase."*

You'll notice a new item in the *About TOS* menu on the website: **From the archives**. In this web update there is a leaflet on Animal Welfare, originally published by the London Theosophical Order of Service in 1966.

There are also additions to the TOS photo gallery and the Inspiration section.

## **Help end live animal export from Australia**

You may have seen the Four Corners program on the horrendous treatment that Australian cattle endure in Indonesia. The evidence gathered by investigators from Animals Australia and the RSPCA showed cattle subjected to torture such as eye gouging, kicking, tail twisting, leg breaking, and arduous and prolonged killings with little skill and blunt knives.

As a result of an immediate and overwhelming public outcry, the Australian Government placed a ban on live animal export to Indonesia. However, due to pressure from the live animal export industry, the government lifted the suspension of live animal trade to Indonesia in July, without any guarantee that animals will be treated

with respect and care and that they will at least be stunned before slaughter. Given that this trade has been going on for more than eighteen years and that the cattle and meat industry report that they have been working with Indonesian slaughterhouses during this time to improve animal welfare conditions, it is difficult to believe that animal welfare standards will now be enforced.



Animal welfare groups within Australia as well as several independent Members of Parliament and the Australian Green Party are advocating for a total ban on live animal exports from Australia. This includes sending animals to the Middle East where slaughtering practices are as horrific as those in Indonesia.

Over the past three decades, more than 160 million animals have been sent from Australia to a grim fate in the live export trade. If you would like to support the campaign to end live animal export from Australia, please write to the Prime Minister, Julia Gillard and the Minister for Agriculture, Fisheries and Forestry, Senator Joe Ludwig, c/- Parliament House, Canberra, ACT 2600. There is an email letter on the campaign website: <http://www.banliveexport.com/>

If you would like to write to your local MP and perhaps have a meeting with them about ending this shocking treatment of animals, you'll find a helpful toolkit on the campaign website. Animals Australia and the RSPCA are calling on the two major parties to allow a conscience vote on the legislation to ban live exports.

### **Fundraising ideas that work**

Most Australian TOS groups face the challenge of raising money to support their chosen service projects. The International TOS has recently produced a collection of fundraising ideas that work. They have been gathered from TOS groups around the world, including Australia.

Two of the ideas are included below and the full document can be accessed from the Australian and the International TOS websites. A copy has also been emailed to all local groups.

#### **Collect a jar of coins**

The favourite fundraiser of one TOS group is their "five cent jar". All you'll need for this idea is a large glass jar which you could decorate with stickers. Then decide what coins you'll collect. The TOS group that contributed this idea chose to collect the smallest coin in their country's currency, but these small donations add up to a very useful amount over a year.

Display the jar prominently on the TOS table at all TOS meetings and TS public meetings, study groups, yoga and meditation groups with a sign inviting donations.

Bank the donated coins frequently as the jar becomes half full. After each banking, report on how that donation will be used. For example, this TOS group recently reported that the 5c pieces banked had been enough to restore sight to two people in India through the SEE project. Providing this information has a real impact on people's willingness to save and contribute coins.

It is also worthwhile to ask members who attend other groups or who work in an office or school to encourage colleagues to save coins and donate them every so often.

You'll be delighted with the success of this very simple, effortless and worthwhile fundraising strategy.



*Joyce Tozer, of the Sunshine Coast TOS Group with the jar for collecting 5c coins*

#### **Hold a rolling raffle**

For a variation on a raffle, you might hold a rolling raffle. This is particularly popular when used at a fundraising event and guests will often buy five or more tickets in the raffle.

You need to have at least ten different donated items to make a rolling raffle exciting. Package the prizes in decorative bags of different sizes or wrap them artistically and display them on a table.

As you draw out a ticket and read the name, the winner comes to the table and chooses a mystery prize. Another ticket is then drawn, and that winner chooses a prize.

This process continues until all the prizes on the table have been won.

#### **A thought to share**

*Only as we go out in love which seeks to help and serve, do we transcend ourselves and develop that consciousness which embodies the awareness of our essential unity with others.*

N. Sri Ram



I look forward to hearing from you.

*Yours in service*

**Carolyn**