Introducing
The White Eagle Lodge
The White Eagle Teaching

The White Eagle teaching is 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’, who guides us from separation back to Oneness. 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.
**What is The White Eagle Lodge?**

In the name ‘The White Eagle Lodge’ the word ‘Lodge’ signifies simply ‘a place of spiritual refreshment’.

A lodge is also a gentle home of the spirit where it is easier for us to touch spiritual reality.

The White Eagle Lodge as an organization was founded in February 1936 in order to make the inspiration of White Eagle’s teaching, and its path of unfoldment available to all who felt drawn to it. The Lodge’s founders were Grace and Ivan Cooke, and the organization was subsequently constituted as a Charitable Religious Trust and latterly as a Company Limited by Guarantee. From small beginnings the White Eagle Lodge has spread worldwide, but still remains a friendly ‘home of the spirit’ where people can meet to share the beauty of White Eagle’s teaching and work together for individual and world peace and healing. We believe The White Eagle Lodge as an organization is making a valuable contribution as a modern-day spiritual charity with a universal approach.

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**Highlights of History**

From the beginnings in London in 1936, and a change to more gracious premises in 1941, the scope of the work expanded. In 1945 Grace Cooke was guided to find a new country centre. This centre, New Lands, a 28-acre property in Liss, Hampshire has been visited by many thousands of people since that time. It is now both the ‘Mother Lodge’ and administrative centre for the White Eagle work worldwide.

In 1966 the guidance came to build a Temple for White Eagle’s work on the hilltop across the gardens from the New Lands house, which still forms the home for our retreats and courses. This, the first White Eagle Temple, was opened on 9th June 1974 and became the spiritual centre for the work. Further unfoldment came in September 1990, with the building and opening of a ‘sister’ Temple in Maleny, Australia, and then in October 1992 with the third of our triangle of Temples opened in Montgomery, Texas. During this time and subsequently, many other beautiful Star Centres have formed, especially in Europe, and many smaller groups within the UK and other countries. These now form part of our family of groups worldwide.

The whole of the White Eagle work has been founded on the spirit of a family. Begun by Grace and Ivan Cooke and their family it has grown into a ‘family’ or open fraternity of many people all over the world whose hearts have been touched by the teaching and the work. Members are warmly welcomed into the spiritual ‘family’ of White Eagle, and love, brotherhood and service are keynotes.
More about White Eagle's Teaching

White Eagle's teaching is a restatement of the 'ancient wisdom' which is the root of many of the world's religions, but he emphasizes the fluid nature of truth and the need to keep an open mind. He describes truth as a tree, whose branches are the great spiritual traditions—and most of us, he says, grasp hold of a single twig and believe this is the whole and only truth.

God is within all life, and we each have that spirit (the Christ Spirit) within us. We are all on a path of spiritual unfoldment, although we may not realize it, and this continues throughout many, varied lives, as well as in the real world of spirit which is our true home. He says:

‘First of all, we would like to make it clear that the spirit world, the world of spiritual life is not geographically far away from you. It is within you, it is within your own consciousness. We come to you to expand your consciousness to that world of light which is interpenetrating your physical world. A time will come when every soul will be aware of its higher life and of its true self. Then it will be able to see the two selves in contrast—the limited earthly self and the higher, heavenly and eternal self. As development proceeds the higher self becomes stronger and more in evidence in everyday life. Then problems and difficulties no longer overwhelm; they keep their rightful place. The aspirant develops vision, not only of God and of heavenly things, but also of earthly things. He or she sees things in their true perspective.’

Above all White Eagle's teaching is a teaching of love, love in all its most beautiful and creative forms.

‘Spiritual truth, and indeed all truth, must be acceptable to both the heart and to the mind. Some people think that love is purely an emotion, and that therefore the voice of love cannot satisfy their reason; but love in its divine sense completely satisfies. And when fully developed, it can raise you from the valley to the heights, giving you a range of vision which is only possible from the apex of the mountain.’ White Eagle

White Eagle Publications

We look on the extensive and beautifully varied body of White Eagle's teaching 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 White Eagle's teaching 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 central symbol of his teaching which White Eagle has given is that of the six-pointed star. The six-pointed star, with the triangles seamlessly joined, sets up the highest vibration for good, for compassion, for tolerance and for healing. White Eagle calls it the Christ star. The star is also a symbol, a reminder of our true being as spirit. When focusing on that star through the power of divine love we can direct that healing to where there is need.

‘By the creation and projection of the thought-form of the perfect six-pointed Star you are stimulating the light of Christ which rests within every living soul, and can be called upon.

If there were sufficient people in the world who could unite in groups and work together to project the light into the world, there would be no need for protestation: the light would enter and permeate the hearts of all people, and where there was any apparent evil or darkness there would come goodness and light. This is the way to combat what you call evil.

The goal of your work, the goal of your life, is the Star, to reach the Star, to reach that state of perfect life, the perfectly balanced triangles, man/woman made perfect. Remember that you ARE the Star when you are perfectly balanced. The Star is the symbol of the Christ man/woman—man/woman made perfect on earth, completely illumined by the light and love of Father/Mother God.

Make it a daily habit to concentrate on the Star. Carry it with you in your life. The Star is a creator of miracles’.

White Eagle

Meditation

The purpose of the White Eagle way of meditation is to help people grow in their awareness of God—both God the Great Spirit and Creator of all life, and the God within—the light of Christ in the heart of all men and women. This growing awareness of God helps the aspirant attune to, and bring into practical manifestation in his or her life, all the divine qualities which are inherent in the true spiritual self.

Communion through meditation is achieved first by helping the mind to become silent and entering a place where the feelings can become still. An image of light or love lifts the aspirant’s consciousness to a place of peace and acceptance.

The White Eagle way of meditation draws from both Eastern and Western traditions and adds a third ‘thread’ through the use of visualisation and the development of the inner senses, leading students towards a growing awareness of the inner world of spirit, contact with loved ones there, and their own teacher or spirit guide. Meditation also develops the inner wisdom, intuition, and these finer senses, through contact with divine love and peace.

At our main Centres meditation classes are available for all levels of experience, and there is also a Meditation Handbook for members.

Many of our Centres also hold regular open meditations, including a meditation for world peace, tolerance and understanding between all people.
Healing

The practice of spiritual healing flows naturally from White Eagle's teaching, and is central to our work. It is a path of unfoldment for those who involve themselves in this work, and a service, in a loving, caring spirit which we offer freely to the general public.

For those who feel drawn to take part in the healing work, a first step is the quiet act of radiating the healing light for a few minutes each day—our favoured time is 12 noon. After this is the opportunity to take part in the White Eagle absent (distant) healing work. This can be done either by joining an Absent Healing group—formed by six sitters meeting weekly—or by becoming a lone Absent Healer—working from home, but forming a network of light and healing with others. The path of unfoldment is unselfconscious since it is through service. Through regular commitment, there comes an understanding of the dynamics of the spiritual group work, attunement to the very real co-operation of angels of healing; experience of unconditional love and the subtle blessing and effectiveness of spiritual colours used in the healing work.

Experience in the Absent Healing forms a foundation for specific training in the White Eagle Contact Healing work. Healers follow a Code of Conduct, are insured, and in due course are registered in compliance with national standards. Taking part in the healing work requires a grounded spirituality—the ability to hold a deep, still connection with the Source of healing while being practical, empathetic and building trust with patients.

The service offered to the public through the White Eagle healing work is of long standing—the very first absent healing groups were formed under White Eagle's guidance in 1936. A growing point is our absent healing work with animals; an animal absent healing group focuses both on individual animals for whom healing has been requested and the wider needs of animals globally. Our underlying aim is to help heal and indeed to remove the abuse of animals deeply ingrained in almost all cultures. Alongside this, we also hold regular Earth healing services, and the opportunity to become an Earth healer.

Contact healing, like absent healing, is offered free of charge within the White Eagle tradition. It is characteristically available in the context of a simple meditative service for healing at a White Eagle Lodge or Group, but treatment is also offered one to one in other contexts. From the patients’ perspective, healing is a natural, heart-centred way of receiving therapeutic support—and the healer works in a way that is unobtrusive on any belief system the patient may hold.

For those working within White Eagle's teaching, the figure of the master Jesus embraces all the healing work. White Eagle's teaching on healing includes moments of radiant, profound beauty where he builds a meditative communion and connection with 'the Great Healer'. All outward training in healing is secondary to the inward path of allowing this connection with the Source.

The practice of the White Eagle healing continues to develop in fresh ways.
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 recognize 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. White Eagle’s teaching also helps 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. Thus White Eagle’s teaching offers 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. The love inherent in White Eagle’s teaching is in itself (as one reviewer of his books suggested) an indication of the source of his message.


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 White Eagle’s work. Those who have prepared through service in the healing work, in the way described, 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 realization 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.
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 teaching 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 White Eagle’s teaching 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.

The White Eagle School of Astrology

The study of Astrology has always been a part of mystery school training and it is a subject which has great bearing on and is mentioned often in White Eagle’s teaching. The White Eagle School of Astrology was founded by Joan Hodgson (Grace Cooke’s elder daughter). It is one of the leading schools of esoteric astrology and is highly respected. It offers full training up to diploma standard. Training is given through postal courses, residential retreats and conferences. In addition, personal help is given through astrological consultations and individually prepared horoscopes. If you would like further information about any of the above, please write to Simon Bentley at the address on the back of this booklet, or e-mail him at: astrology@whiteagle.org or visit the website: www.whiteagleastrology.org

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, with family services, special weekends and a popular annual family camp, but we connect with families anywhere through a special email address: shiningstars@whiteagle.org. We try to make children and families feel particularly honoured friends!
How Can I Join In?

Anyone can join in White Eagle’s wider healing work by using the symbol of the star as described in our leaflet ‘There Is Something You Can Do Now’, and on our website: www.thestarlink.net. Any phrase or sentence in White Eagle’s teaching which becomes real to you is also making a connection which can help you in your daily life and relationships with others. If you want to make a personal link with White Eagle’s work you may wish to enquire about local activities and also consider becoming a member.

Member, Friend

Membership of the White Eagle Lodge is open to everyone. Becoming a member is a way of saying ‘I feel in harmony with White Eagle’s work. I would like to join in spiritual service in whatever way feels right to me’. Members in the Lodge form an open community of spirit on the inner planes which strengthens our ability to give service, and can be very nurturing. We support members in many different ways, through the White Eagle magazine, ‘Stella Polaris’ (free to members) and correspondence courses.

The structure of Regional Centres in the UK is designed to give the opportunity to join in at least occasional activities wherever in the country you live.

Membership also opens up opportunities for unfoldment and spiritual service. There are a range of retreats, courses and classes at New Lands and other centres, open to members and all listed in an annual Events Brochure. In this way membership opens up a vista of possibilities for fuller involvement, and further opportunities to help others through healing service, but only if you wish to do this.

White Eagle’s Vision

White Eagle’s teaching offers clarity of vision and a breadth of understanding of life as a whole. Through his teaching and through following the eternal spiritual principles he 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.
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Please ask for contact details.

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