

Principles, Teachings and Practices of the Group

This is a *Spiritual Evolution* group. It is mainly based on the teachings and practices of Dr Stylianos Atteshliis – also known as Daskalos – a Greek Cypriot mystic and founder of The Researchers of the Truth. These teachings and practices, although carrying a Christian flavour, are essentially perennial, mystical, approaches to the truth that stretch back to pre-Christian times and beliefs which form the core of all religions, philosophies and sciences, and which include, among others, Hindu, Buddhist, Greek, Hebrew, Persian, Egyptian as well as more modern approaches.

The meetings of the group consist of four elements:

- Meditation (exercises on the psychic centres, visualisations, feedback)
- Short talk (on the subject of meditation or some other relevant subject)
- Questions and answers (on the evening's subject or something relevant)
- Healing (mostly through visualisation, but also by other methods)

(This is not a Spiritualist group, and whatever 'psychic' development takes place it is in the process of *Spiritual Enhancement of Consciousness* with the express purpose of helping ourselves and the rest of humanity on the path of Spiritual Evolution.

There are no mediumistic trances in these meetings and no giving up of our hard-earned reason and logic. The process is Spiritual and Scientific).

No entrance fees or tickets are required for attendance, and neither is formal membership. However, once decided to join for the long haul, commitment to the principles of the group as well as regular attendance and continuous practice of the exercises are expected.

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Opening/Closing Invocation

Absolute, infinite Beingness, everlasting love and life,
manifesting yourself in yourself,
enlighten me as consciousness
to understand you as the Truth.

Make my footsteps upon life's path
as light as they can be.
Let me not raise dust in anger or greed and selfishness
that would blind my brothers and sisters and me.
Make my steps light upon life's path.
Make my heart a crystal-clear mirror
to reflect your unconditional love, my love,
and bring joy to my fellow humans.
Make me your channel and your vehicle,
my love.
Thank you.