

Liwanag - Tanglaw

International

Wisdom of Love

Whether we know it or not, we are philosophizing much of the time. Whenever we stand up for something right, protest about our unhappiness, or make sacrifices for the greater good, we are turning into action thoughts that form our philosophies.

Philosophy is part of our daily lives. And throughout history, some philosophies more than others influenced humankind. The book, "A Brief History of Thought" (2003) by Luc Ferry, traces this evolution. In writing the book, however, the author seems to come full circle to what ancient mystics have said all along—that love should be at the core of our thoughts and actions.

The Stoics of Ancient Greece looked up at the heavens and saw order. The stars, the sun, the moon, and the planets followed regular

movements across the sky. The Universe—or cosmos as they called it—was therefore harmonious. Harmony meant reason and reason meant divine. The Stoics concluded that we are part of the divine, are subject to its laws, and should not fear death because our bodies merge back into the cosmos after we die. We should instead always strive to live in the present because there was no reality other than



Path to Bukal in Sabang
Photo by Bro. Allan Crisostomo

the here and now.

Buddhist thought agrees. The past is gone, the future is not yet, and the present is continually receding. We should always be joyful, accept things as they are, and love everyone as if they are the most important people in our lives. Only living in the present can bring happiness that is real.

Attachment to another person or to our material possessions, however, could lead to passionate love. Both Buddhist and Stoic thoughts tell us to observe some degree of detachment from all that is perishable because we will eventually leave them behind.

Christianity extended this concept by introducing a new doctrine of love—God's love. Love as God does—do good to others and love our neighbors as well as our enemies—that we may be saved.

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**East Coast
Next Sesyon:**

June 16 – Saturday

Pag-gunita at pag-alaala sa pag-alis sa laman ng KGG na Gran Superma, Dr. Rosa Pena Tongko. Gaganapin ito sa tahanan ng mga kapatid na Bro. Eddie at Sis. Lota Cantada, sa:

3117 Bangor Drive,
Chesapeake, VA 23321
Tel. (757) 483-2103

West Coast:

Maaring tumawag kina:

- Bro. Louie & family:
(619) 264-4251
- Sis. Fia Zabat Swartz:
(619) 656-3138
- Sis. Amor & Bro. Salvador Pia:
(619) *82-656-0325,
or Fax (619) 421-5240.

Our Attitude May Still Be

Our Best Defense Against Cancer

Over the decades major breakthroughs have been made toward the cure or prevention of cancer. Once lethal forms like prostate, colon, and even leukemia are now curable or preventable.

The difficulty in finding a one-all cure for cancer is that cancer, in a nutshell, is life itself. It is Nature's programming of how life gets under-

way on the cellular level. Along with functions like self-repair, allowing nutrients in and excrement out, and timed cell death, the cells in our body are also programmed to divide and multiply. Cancer, simply put, happens when a cell's division and multiplication goes haywire and runs on overdrive.

In the DNA strand inside

each cell are genes called "proto-oncogenes" whose function is to regulate cell division. This is done by "turning on" and "turning off" cell division at regular intervals. When a cell's proto-oncogene is compromised by cell mutation, it may become permanently turned on. The

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A Moment of Silence**Bro. Magelfio Pantig**

Bro. Magelfio “Gely” Pantig passed away on January 15, 2012. He was born in Caloocan on February 21, 1939. He was married to Sis. Solfia Canares. He was 72.

Bro. Gely was an active member of our church, His was the voice often heard during afternoon programs at Templo Sol. His deep voice was a source of calm and stability for the listener.

His eldest daughter, Sis. Vi Pantig Carpio, recalls, “When we were young, Tatay took me, my brother, and my sister to Templo Sol on Sundays. We sat and listened to the sermon. When we came home, Tatay often asked me to write down questions I had about the sermon. He would then try his best to answer and explain them to me.

“Tatay’s faith in our church was strong. Years ago he told me that when he dies he wishes to be reincarnated into the same religion. I think that is a wish many of us share.”

Bro. Gely Pantig is survived by his wife, Sis. Solfia Canares Pantig, and three children, Sis. Vi Carpio, Bro. Mideo, and Sis. Segeldea.

Sis. Angelina Escover

Sis. Angelina Escover passed away peacefully on March 30, 2012 at her home in Chesapeake, Virginia. She was the mother of Sis. Carlota Cantada, Sis. Soly, Bro. Dado, and Bro. Bai Escover. Sis. Angelina hailed from Cavite and lived in Virginia for many years. She lovingly and faithfully attended our sesyons on the east coast. She was 79.

She was called Mommy by family and Nanay by most of our members. She always looked much younger than her age. She was



*Bukal in Sabang, Dasmariñas, Cavite.
Photo by Bro. Allan Crisostomo*

beautiful, vibrant, and well-dressed in white during our sesyons. She greeted everyone with a smile and happy stories.

Bro. Videlfin Viola

Bro. Videlfin “Del” Viola passed away on January 14, 2012. He was born on November 28, 1941 and grew up in Tonsuya, Malabon where he lived many years of his life. He stayed in Novaliches approximately five years before his passing. He was married to Sis. Andreлина B. Viola.

Bro. Del graduated with a Civil Engineer degree at F.E.U. and worked as a Civil Engineer until retirement.

Although an engineer, Bro. Del is perhaps best remembered as an artist. His daughter, Sis. Dinadelle, recalls, “Tatay was truly an artist. In his younger years, he loved to dance and won first place in a dance contest. He loved music and was a member of a singing group in his church. He was also part of a band where he played drums. As an artist, he also drew really well.”

Bro. Del will always be remembered for his jolly demeanor especially when around Ang Tanglaw. He is survived by his wife, Sis. Dina, and his children, Bro. Eldin, Sis. Dinadelle, Bro. Solfiel, and Bro. Vidal.

Congratulations...

...to **Sis. Divina C. Roman** on her graduation from Abraham Clark High School in Roselle, New Jersey. She is valedictorian of her high school class.

“Divine”, as her parents call her, is the daughter of Bro. Luzminio and Sis. Dena Roman.

Wisdom of Love

The Spiritualist doctrine further asserts that affections for our parents, brothers, and sisters continue on in the spiritual world because love endures, only the physical body is destroyed.

When science later discovered that there was no harmony in the Universe as the Stoics believed—“no harmony” in the sense that instead of the fixed and orderly movements of stars and planets, all matter from atoms to galaxies are in constant collision with one another under the competing influences of the forces of Nature—our kindness remained essential for another kind of harmony, ours. Focusing on the individual rather than the spiritual, the Humanist philosophy that emerged from scientific thought urges us to act with benevolence toward others and constrain our desire to harm them.

Traditionally, philosophy tries to find answers to the difficult questions of wisdom, knowledge, existence, and morality. This may be why some find it intimidating. Author Luc Ferry sees it differently. He came up with a philosophy he calls “wisdom of love” where one should hope a little less—hope being an inability to

achieve—and love a little more. We may not be able to stop hoping—for no matter how strongly we adhere to our principles and act upon them we will find ourselves hoping that our loved ones not suffer, our children live better lives, or the sick get well—but we could always strive to love a little more. In his and all philosophies then, relationship with our fellow humans or the consideration of others—love by another name—is an underlying theme. For one’s conviction to be deemed a philosophy it must first and foremost be founded on love.

If we invest a moment in the faith that love holds the answer and follow through on its demands, we may begin to see things falling into place—things that hold us down, things that confuse us, and things that stop us cold—and our paths opening toward greater spiritual freedom. Our moment’s investment may then become a lifetime’s because once the love we give is returned, we may wish to continue on and never look back.

Reference:

- Ferry, Luc. A brief history of thought: a philosophical guide to living. New York: Harper Perennial, 2011. Print.

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Celebrating the 88th Anniversary of

Templo Sol

By Sis. Grace Santos

As we celebrate Templo Sol's 88th anniversary, we'd like to share what we have learned about her, this beloved structure which had been a huge part of our early years. Other members might recall things differently. This is what we remember.

Our Gran Superma, Dr. Rosa Pena Tongko, started work on the temple in 1922. With Gran Superma's vision, and help of our members, the structure was completed on the 4th of May, 1924.

We see sitting at the main entrance of the temple is the Sphinx, which is a symbol of the nature and content of our teachings. The head and bust of a woman signifies holiness, intelligence and divine love. The wings speak for freedom. The lion's body stands for courage, strength and power.

As we enter the temple, we see the

painting of Goddess Isis ahead, symbol of Mother Nature, centered at the back of the "plataporma" or stage. The water flowing from her head stands for life. She has four arms, each holding symbols of the four elements of nature - the flame (fire), a cup (water), ring (air or wind), and flower (earth or soil). The painting also shows the duality of nature- order on her left and turmoil on her right. We see examples of how life is on each side- too many to include here. One example is the peaceful water on one side, and the turbulent water on the other side. We also see the cow, which stands for humility and obedience, and on the other side a fierce tiger which stands for arrogance and conceit. It is noteworthy that in order to

drink from the water of life which flows beneath them, the tiger has to do what the cow does- he has to bow his head.

Above Mother Nature is The Sun, symbol of God. The sun's rays are widespread, a symbol of blessings given to all creatures on earth without exception. A triangle is seen in the center between mother nature and the Sun. We were told by the elders that the triangle was not in the original painting, and was not painted by human hands. It appeared spontane-



Inside and above in the surrounding walls of Templo Sol are The Twelve Laws of Nature. Photo by Sis. Gwen V. Ciego

ously, and the wood stain deepened over time.

Above the plataporma can be seen the words, "Con Dios por la Sabiduria, Justicia y Poder" or "With God is wisdom, righteousness and power", and also the words, "Hacia Dios por la Ciencia y el Amor" or "Toward God through knowledge and love."



Plataporma and painting of Mother Nature. Photo by Sis. Gwen V. Ciego

Ley de Adoracion	Law of Worship
Ley de Amor	Law of Love
Ley de Caridad	Law of Charity
Ley de Destruccion	Law of Destruction
Ley de Conservacion	Law of Preservation
Ley de Igualdad	Law of Equality
Ley de Justicia	Law of Righteousness
Ley de Libertad	Law of Freedom
Ley de Progreso	Law of Progress
Ley de Reproduccion	Law of Reproduction
Ley de Sociedad	Law of Association
Ley de Trabajo	Law of Labor

The Laws of Nature.

My Fair Lady ... A Dream

by Bro. Jose Y. Batao

A blinding flash so magical
Right before me by itself formed;
And with a quick wink of an eye
A young lady swiftly came forth.

With elfin grace she danced all night
Then she buzzed off early morning;
And up she went just like a kite
Speeding up to the welkin.

As dusk again began to fall
With the sun's gold strands all gone;
My Fair Lady would come once more
Debouching quickly from the sky.

With nary a wisp of a smile
I came fawning with love profound;
With magic of her redolence
In her fecundity I'd bask.

When darkness fell, with languid self
I maundered in great excitement;
Wallowed till morn in wondrous sight
Of my Fair Lady ever dulcet.

Alas! Sun shone, on my face cast
Its hottest shaft that woke me up;
It was a dream that all went pfft
My Fair Lady's gone like a puff!

And so will all your dreams and mine
If suddenly we lose our vim;
Our failure will come well nigh
If goals become a vanished dream.



Park beside Sis. Dulcinea Batao's home in Jersey City, NJ.

Our Best Defense...

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proto-oncogene then becomes an “oncogene” and multiplies itself uncontrollably with each copy containing the permanently turned-on oncogene. An exponential growth of cells follows. The growth turns into solid waste and cancer forms. By its size alone it wreaks havoc to nearby organs which are then prevented from doing their tasks. Leukemia, for example, is a liquid form of cancer that essentially crowds out normal blood cells.

To rid the body of cancer, surgery is performed. The visible mass is cut away. For any cancerous cells left in the body that cannot be seen, radiation, ultra sound beams, and chemotherapy are used.

Chemotherapy's objective is simple: find all those fast-growing cells and kill them. The downside is, hair and white blood cells involve fast-growing cells so they, too, get destroyed.

After chemotherapy is complete which may consist of several sessions, not even the doctor knows if all cancer cells are gone. A period lasting five years is often allowed to pass before declaring a patient cancer-free.

What causes mutations that turn proto-oncogenes into oncogenes and thereby produce cancer? There is no single answer. X-ray and carcinogens like tobacco and asbestos are well-known culprits. But there is no comprehensive list of what carcinogens are out there. Chemicals by their nature involve interactions on the molecular level and so are always suspect. Unless time-tested to be safe (like drugs that undergo extensive testing), chemicals can potentially become agents that induce unexpected mutations. Without intending to spread fear, this is perhaps one reason why it is believed best to stay “organic” in foods that we eat.

These are some of the external factors that cause cancer. Sis. Grace Z. Santos, MD, however, tells us that “it is not just the exter-

nal environment we should be concerned about but the internal environment as well. The human body is comprised of a perfect fit of buttons. In an ideal world, or perfect body, there is a smooth flow from one button to the other, from the start to the end, even to its branches. Somehow, something yet undefined—inflammation, oxidative stress and others—resets the button, and it changes the pathway to the ‘uncommon’ pathway. This creates a chaotic or erratic flow of elements one manifestation of which is the proliferation of abnormal cells—cancer.”

Sis. Grace advises us to “live healthy, free yourself of conflicts, be peaceful (as we all know, depression, anxiety, stress can cause oxidative stress and inflammation up to the cellular level) and you can decrease the risk of diseases that commonly plague man including cancer.”

Additionally, exercise daily—it cannot be emphasized enough. It has been shown that elderly people who workout (not just exercise) decrease their time of frailty, disability, and morbidity and so do less complaining when the time comes that their bodies begin their final stages.

Cancer involves struggles. But it can be beat. Hopefully, knowing the “enemy” will help reduce our fears. Understanding what our bodies go through can only help in acquiring the proper attitudes of prevention, cure, and possibly acceptance—but not resignation—of the physical hurdles we have yet to face.

(With contributions by Bro. Jun Nibungco, MD)

References:

Mukherjee, Siddhartha. The emperor of all maladies: a biography of cancer. New York: Scribner, 2010. Print.

Nuland, Sherwin B. The art of aging: a doctor's prescription for well-being. New York: Random House, 2007. Print.

Coming Sesyons

Agosto 18–Sabado

Gaganapin ito sa tahanan ng mga kapatid na Bro. Billy at Sis. Vi Carpio sa 5 Fortune Road East, Middletown, NY 10941. Tel. (845) 692-4561

Oktober 13 – Sabado

Gaganapin ito sa tahanan ng mga kapatid na Bro. Angel at Sis. Grace Santos, sa 390 Chestwick Drive, Martinsburg, WV 25403. Tel. (304) 267-7248

The Newsletter is hungry for your contributions!

Essays, poems, announcements (birth, death, wedding, education, etc.), and photos of your garden are welcome.

Please send them to:

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- Sis. Fiely Novilla
fielynovilla@gmail.com
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