

# Hiram's Lighthouse



PROVIDING MASONIC *LIGHT* FROM TORONTO EAST DISTRICT

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***Nullius in verba***

**... by the Lighthouse Beam**

**Grand Lodge Website**

[www.grandlodge.on.ca](http://www.grandlodge.on.ca)

**Administration**

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Hiram's Lighthouse - February 1, 2020

**Grand Lodge Merit Award Winner for District Newsletter 2008**

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Brethren;

I hope everyone is doing well as we enter February and hopefully a continued short winter.

Coming up in February we have 3 Official Visits all within the first week

and that will be it for the month. Feb. 4<sup>th</sup>Canada Lodge (Whitby Temple), Feb. 5<sup>th</sup>Universe Lodge (York Temple) and Feb. 6<sup>th</sup>Alpha-Tuscan (T.E. Temple). I want to congratulate Acacia Lodge in winning the Travelling Cavell twice in January. However, I was somewhat disappointed last month with a very poor turn out by our District Masters. I am sure your Brethren will appreciate your visit and it is a good thing for the District.

Saturday morning classes have started, check the Trestle Board. These classes are of great help with the mechanics of the work on your degrees.

In January's message, I mentioned the importance of practicing the fundamental principles of Freemasonry, which are Brotherly Love, Relief and Truth. Let us examine the meaning to these words.

**Brotherly Love:** It refers to the type of bond that we may experience with a family member or close friend. It denotes more than just a superficial relationship, but rather one of deep compassion, affection and understanding. To have Brotherly Love for someone means that we truly care about and value that individual as we would a member of our own family.

**Relief:** Can be defined as a removal or lightening of something oppressive, painful, or distressing. It refers to our genuine care in our Brother's welfare. For to be able to lift a burden from a Brother's shoulders or have one lifted from our own, would indeed be a joyous thing and strengthen our bonds with each other.

**Truth:**It can be defined as sincerity in action, character, utterance and the fidelity of a standard. It is a reminder that our words, actions and character should be one of integrity. They should embody the highest standards of morality, accuracy and rightness.

These fundamental principals are not just words at the end of the Junior Wardens Lecture, they are principals that every Mason should try to live by. Brethren, in order for a Lodge to prosper and grow, harmony is essential, and it is up to each and everyone of us to make the effort. If you see a problem reach out and seek help, it is available. I look forward to greeting you all personally this month.

May the Great Architect of the Universe continue to protect and guide us in all our endeavours.

Fraternally,

**Events Calendar**

# Official Visits Feb 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4 Canada 532	5 Universe 705	6 Alpha-Tuscan 384	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

## EVENTS

### West Hill Oldies Dance

March 14<sup>th</sup>  
Social 530 Dinner 630  
St Dustan Anglican Church  
56 Lawson RD  
Scarborough

### OES 227 Irish Night

March 14<sup>th</sup>  
Social 530 Dinner 600  
St Timothy's Church  
97 Burcher Rd  
Ajax

[Click Here to Print Calendar](#)

**...Now here's a Lodge in**



**Freemasonry South Africa  
40 Fairydene Village,  
18 Stapleton Rd, Sarnia,  
3610 South Africa**



Ontario Chapter #227 OES invites you, your friends, your family  
and your Masonic connections to our

IRISH  NIGHT

serving traditional Irish fare

**March 14, 2020.**

Social - 5:30pm

Dinner - 6:00pm

**Tickets** (in advance only) - **\$20.00**

(Children under 12 - \$10.)

**(Masons, their family and friends - ONLY \$15.00!)**

**Bottle draw and prizes**



St. Timothy's Church

47 Burcher Rd., Ajax

Melanie has tickets  
ontario227oes@gmail.com







Please take the time to log in and review the new Grand Lodge website.

[www.grandlodge.on.ca](http://www.grandlodge.on.ca)

## Nature & Science

SCIENTIFIC  
AMERICAN®



# Think Different: How Perception Reveals Brain Differences

The ways in which brains differ from one another show up in the ways their owners perceive the world

**PERCEPTUAL PSYCHOLOGY** and the brain sciences emphasize the communality in the way that people experience reality. Leaving aside cases of brain damage or mental disease, we all see the sun rise in the east, enjoy the scent of a rose and experience a jolt of fear when we are woken up in the middle of the night by the sound of breaking glass...

Yet as we know from our own life, each one of us has his or her own preferences, likes and dislikes. Some people are acutely sensitive to flashing lights, some have perfect pitch, some cannot see in depth, some can introspect and analyze their own failures and triumphs, whereas others—remarkably frequently, public

figures such as politicians—lack this knack.

It is obvious that if the apparatus that senses the world differs between two individuals, then the conscious experience of the brains wired to these sensors cannot be the same either... But what about differences in the brain proper? Do they influence consciousness in measurable ways? To answer this question, scientists must plumb the minds of many individuals and relate them to measures of their brains. The widespread availability of fMRI scanners makes such a project feasible today.

Cognitive neuroscientist Geraint Rees, a professor at the Wellcome Trust Center for Neuroimaging at University College London—undoubtedly the world's leading fMRI center—published a trio of studies that relates differences in the way people experience things with differences in gross aspects of their cerebral neocortex, the highly convoluted part of the forebrain that crowns the brains of all mammals.

In one study 30 subjects looked at the Ponzo illusion while their brains were scanned. Whereas everybody who looks at the Ponzo perceives the upper bar as larger than the lower one, the magnitude of this effect differs substantially across individuals...

### **Clues from Illusions**

Bistable illusions are those delightful images that can be seen in one of two ways. Probably the best known is the Necker cube, or the “old woman, young girl illusion.” These two interpretations flip back and forth. The time it takes for the percept to flip differs consistently across individuals. One person might see the figure alternate every five seconds; another sees it flip every 10.

Rees and his group used a dynamic version of such bistable illusions: a cloud of moving dots perceived as a cylinder rotating either to the left or to the right. Here the scientists correlated the width of the cortical sheet—the thickness of its gray matter—with how long each stable percept lasts before it switches. Scanning the brains of 52 subjects—in a field dominated by studies that come to grand conclusions by querying a handful of brains—they found only a single region, the left and right superior parietal lobe (SPL), in which the thickness of the gray matter (and its density) significantly and consistently correlated negatively with the perceptual duration. In other words, the thicker the SPL cortex, the faster two interpretations switch back and forth. It is known from other imaging and clinical studies that the SPL in the back of the brain controls selective visual attention, but how the thickness and density of SPL gray matter should be important is anybody's guess.

Ask people what they believe to be the defining feature of consciousness, and most will point to self-awareness. To be capable of being aware of your hopes, to worry about your spouse's illness, to wonder why you feel despondent or why he provoked you is taken to be the pinnacle of sentience. Self-awareness is, by and large, absent in nonprimates. Although my dog—as with many and, perhaps, all animals—experiences the sights, sounds and, in particular, the smells of life, she doesn't worry why her tail isn't wagging as it used to or whether tomorrow's food will appear.

So can differences in this elusive higher-order aspect of consciousness be tied to differences in brain structures? Yes, as a just published third study by Rees and his colleagues concludes.

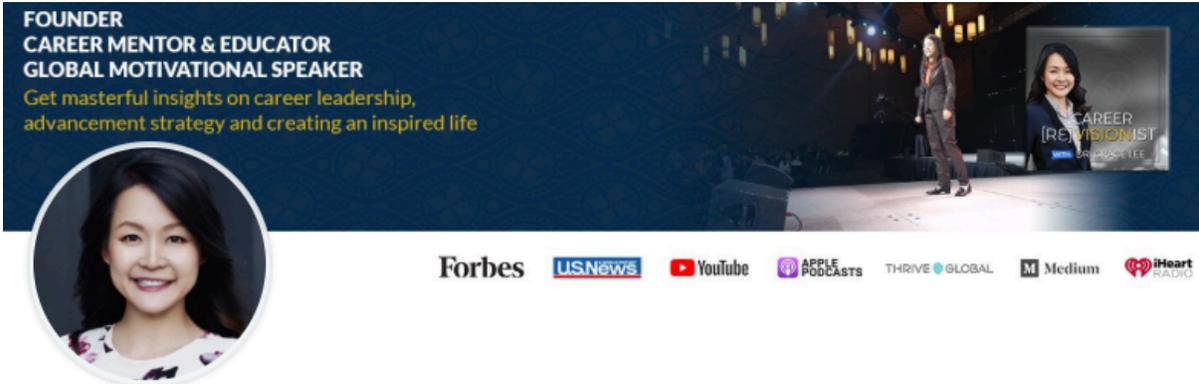
Thirty-two healthy volunteers carried out a difficult visual task in the scanner. They had to judge which one of a number of faint patches was a tad more salient than the other ones; this judgment was purposefully made demanding. Following each trial, subjects had to choose a number between one and six, indicating the confidence they had in their own judgment. A six indicated that they were very confident of their judgment, whereas a one implied a guess. That is, they were asked to introspect: Are you sure you just saw the bright patch here? Psychologists know this as meta-cognition: thinking about thinking.

Not surprisingly, subjects differed greatly in the accuracy of their judgments (independent of the level of their performance). Think of the game show *Who Wants to Be a Millionaire*, where contestants have to judge whether they want to use a lifeline before they know the answer, depending on their confidence.

Some people are astute, using the lifelines wisely; other people fritter them away. The cognitive scientists extracted a measure of variability of introspection and discovered that this measure correlated with variability in gray matter volume in the right anterior prefrontal cortex. The more neurons you have in this region in the front of the brain, the better your introspection. Not that your performance goes up, but the insight you have into your performance—whether you thought you did well or not—increased. Patients with lesions in these regions typically lose the ability to introspect. And this part of the neocortex has expanded more than any other region in primates. Again, the neuronal mechanisms underlying this correlation remain unknown for now.

Rees's studies establish that differences in the morphology, or shape, of our brains are mirrored in differences in the way we consciously experience and apprehend the world, including our own brains and bodies. In this way, neuroscience maps the physical structure of the material brain onto the inner geometry of phenomenal and ineffable experience.

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Dr. Grace Lee · 3rd [in](#)

Neuroscience Expert; Brain-Based Career & Life Coach;  
Speaker | Career Coaching & Strategy for Women and  
Organizations

## The Science Behind “Think and Grow Rich” And Why It Works

Dr Grace Lee

Have you ever wondered if Napoleon Hill was right? Can you really “[Think and Grow Rich](#)?”... ..Think of his work as a dissertation from a qualitative longitudinal research project. There’s a science to why it works.

### **Passionate pursuits lead to suffering.**

The book suggests that success starts with a burning desire. This burning desire relates to a definite purpose that is meaningful to you. It also becomes an obsession that your mind is already convinced will come to fruition.

When you pursue this meaningful purpose, two things happen in your brain. First, you experience a more basic, compelling emotion that initiates passion, which often feels like intense enthusiasm and pride. Passion is impulsive and instinctive, as it emerges from having an incomplete perception of the nature of reality. It can motivate you to survive past obstacles, but it isn't a reliable guidepost to great achievement or fulfillment.

The emotional area of your brain is responsible for your passion with such intensity. This includes your amygdala, basal ganglia, and brain stem, which are the primitive structures for impulsive and instinctive behaviors.

Passions can be the source of human suffering, because they're nothing more than impulses toward pleasure and instincts to avoid pain. Our best life requires rational control over passionate appetites.

Second, you experience knowledge of a definite purpose, which is a primary and essential function for your fulfillment. A definite purpose clarifies your direction and your deepest, most objective reason why you want to achieve your desires. This is your true north, your highest intrinsic value, and your resolve to be unstoppable.

Your brain's prefrontal cortex is responsible for your pursuit of definite purpose. It drives all the higher-order cognitive functions, including self-mastery. This allows you to control your emotional impulses created by passion.

It's no coincidence that the first principle in "Think and Grow Rich" is to have a burning desire backed by definite purpose, not passion. It activates the prefrontal cortex that initiates persistent and consistent action toward your goals.

## **Reality always mirrors imagination.**

The next few principles in "Think and Grow Rich" involve visualization and human imagination.

Your subconscious programming is responsible for everything you've created in your present and future life. The conscious mind won't behave in a manner that is inconsistent with how the subconscious mind operates.

All of our beliefs, values, goals, and dreams have been programmed in the subconscious mind since birth. Subconscious programming influences our life outcomes, even if we're not consciously aware of it.

Research shows that your brain responds the same way to real and imagined scenarios. This means you can influence your subconscious mind through your imagination, and hence how you react and respond to your reality. Your subconscious mind is powerfully responsible for producing the majority of your life experiences.

This is why Hill's next principles to success involve visualization and imagination. The habits formed from applying these principles will reprogram your subconscious mind so that it produces future life experiences that are aligned with your definite purpose.

## **The filter between your conscious and subconscious mind.**

People who reach success aren't trying to succeed any more than people who reach failure are trying to fail. They both happen automatically based on our subconscious programming.

The scientific evidence for this lies in the part of our brain called the Reticular Activating System. The RAS is responsible for allowing important information through to your brain while filtering out anything unnecessary.

Imagine you're in a busy coffee shop, having a conversation with a friend. There are multiple

conversations going on around you. But you can focus on the conversation with your friend only. This is because other conversations aren't valuable to you, and your RAS will filter them out.

The same goes for your conscious and subconscious mind. When you engage in visualization and imagination of your definite purpose, any "conversation" of failure will get filtered out. And only "conversations" of success will move from your conscious to your subconscious. This allows you to set an intention to achieve goals related to your definite purpose.

By pursuing meaningful purpose, visualizing, and reprogramming your subconscious mind to expect the success you desire, you can think and grow rich through your life's work.



## How expectation influences perception

Neuroscientists find brain activity patterns that encode our beliefs and affect how we interpret the world around us.

For decades, research has shown that our perception of the world is influenced by our expectations. These expectations, also called "prior beliefs," help us make sense of what we are perceiving in the present, based on similar past experiences. Consider, for instance, how a shadow on a patient's X-ray image, easily missed by a less experienced intern, jumps out at a seasoned physician. The physician's prior experience helps her arrive at the most probable interpretation of a weak signal.

The process of combining prior knowledge with uncertain evidence is known as Bayesian integration and is believed to widely impact our perceptions, thoughts, and actions. Now, MIT neuroscientists have discovered distinctive brain signals that encode these prior beliefs. They have also found how the brain uses these signals to make judicious decisions in the face of uncertainty.

### **Embedded knowledge**

Researchers believe that prior experiences change the strength of connections between neurons. The strength of these connections, also known as synapses, determines how neurons act upon one another and constrains the patterns of activity that a network of interconnected neurons can generate. The finding that prior experiences warp the patterns of neural activity provides a window onto how experience alters synaptic connections. "The brain seems to embed prior experiences into synaptic connections so that patterns of brain activity are appropriately biased," Jazayeri says...

The researchers now plan to study how the brain builds up and slowly fine-tunes the synaptic connections that encode prior beliefs as an animal is learning to perform the timing task.

The research was funded by the Center for Sensorimotor Neural Engineering, the Netherlands Scientific

Organization, the Marie Sklodowska Curie Reintegration Grant, the National Institutes of Health, the Sloan Foundation, the Klingenstein Foundation, the Simons Foundation, the McKnight Foundation, and the McGovern Institute.

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## Leadership Development



## Leadership Styles in the Canadian Nonprofit Sector

The *Canadian Fundraising Leadership Survey*, released this week, offers unique insight into how leadership style impacts fundraising in a Canadian context.

Written by Mikhael Bornstein, MA, CFRE, after being selected for funding by the AFP Foundation for Philanthropy

“I wanted to better understand leadership in our sector,” says Bornstein when asked about why he conducted the survey. “There seems to be a perception of leadership in the sector as being so-so. I had

never heard glowing reports about leadership. And when I asked colleagues about toxic leadership, no one said, 'I've never seen anything like that.' Most fundraisers I know have a story."

More than 13,000 Canadian fundraisers were invited to take part in an online survey which asked 101 questions about leadership and the attributes of each style of leadership; 248 people responded.

Respondents represented a wide variety of positions and experience within the fundraising profession:

- 62 percent of respondents worked for organizations that raised more than \$3 million per year.
- 41 percent worked for groups that raised more than \$10 million per year.
- 29 percent worked in senior positions, such as CEO, Chief Development Officer or Vice-president, Development.
- 42 percent were in mid-career positions, such as Director of Development, Associate Director or Program Manager.
- 5.6 percent of respondents were consultants.
- 47 percent of respondents had been in the profession for more than 15 years.

In assessing the attributes associated with each leadership style, two leadership styles were seen as "positive"— *transformational* and *authentic* leadership. *Passive-avoidant* and *toxic* leadership were considered to be "negative." *Transactional* leadership was seen as having both positive and negative dimensions to it.

Based on their responses and experiences with different attributes of leaderships, respondents reported the following:

- Between 51 percent and 63 percent of respondents are experiencing the attributes of *transformational* leadership, which focuses on emotions, values, ethics, standards, and long-term goals.
- Between 50 percent to 61 percent of respondents are experiencing attributes associated with *authentic* leadership, such as transparency, moral and ethical practice, balanced processing and self-awareness.
- Between 23 percent to 58 percent of respondents are experiencing the attributes of *transactional* leadership, where leaders provide rewards and punishments to employees who, in return, provide service and loyalty.
- Between 11 percent and 20 percent of respondents are experiencing attributes associated with *passive/avoidant* leaders who either fail to demonstrate any leadership behaviours or only demonstrate leadership when absolutely necessary.
- Between 10 percent and 30 percent of respondents are experiencing the attributes of *toxic* leadership, which is defined as ineffective leadership in that it actively harms both the followers of the leader and the group surrounding them.

Consistent with expectations, the study concludes that negative leadership styles were positively correlated with the likelihood that an employee was planning to leave their position, and that leaders who demonstrated higher levels of positive leadership were perceived by their employees as being more effective.

Based on the results, the study makes three recommendations:

1. Canadian fundraising leaders should be encouraged to—and rewarded to—avoid *passive/avoidant* leadership and actively engage in leadership activities.

2. Canadian fundraising leaders should be encouraged and trained to practice *authentic* and *transformational* leadership styles.
3. Canadian fundraising leaders should be encouraged and trained to avoid *toxic* leadership behaviours.

The study findings also highlight the need for more study, says Bornstein. “One area that really comes to mind is to look at whether growth in fundraising results is connected to positive leadership style and if stalled program growth is connected to negative leadership style. We have good tools to measure leadership style and also program growth.”

“Mikhael identifies a number of different leadership development opportunities in the report,” says Gormaly, “and there are many others that will help you develop your ability to motivate, serve, and empower those around you.” He suggests one takeaway from the report is that fundraisers should invest in their development as leaders.

“Leadership, workplace issues and toxic cultures have become significant issues for the fundraising profession and the sector in general,” said Lori Gusdorf, executive vice president of the AFP Foundation for Philanthropy – Canada. “To address many of these interrelated issues, the foundation has made leadership development one of its key priorities heading into the future. The foundation will be supporting a number of programs and research that help Canadian fundraisers develop the skills they need to be able to lead up, down and across in their organizations and create workplace cultures that nurture collaboration, inclusion and philanthropy.”

The *Canadian Fundraising Leadership Survey* is just one of several key education and research programs the AFP Foundation for Philanthropy— Canada has funded to support the mission, goals and strategic priorities of AFP in Canada. The foundation has also published the ground-breaking *What Canadian Donors Want* surveys, and the fifth iteration in that series will be launched in 2020. The foundation also provides grants to AFP members and chapters, as well as researchers, to support initiatives related to enhancing ethical practices, building satisfying fundraising careers and strengthen the nonprofit sector.

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**Nullius in verba**



## FIVE MASONIC THOUGHTS

by Brother William A. Carpenter, R. W. G. M.

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**“You can either be a host to God or a hostage to your ego. It’s your call.”**

**-Wayne Dyer**

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**... by the Lighthouse Beam**





# What reality are you creating for yourself?

ISAAC LIDSKY | TED

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## Administration

**NOTICE:** Hiram's Lighthouse is currently looking to expand its Editorial Board, should you or someone you know be a good candidate, please contact the editor at [hiramslighthouse@gmail.com](mailto:hiramslighthouse@gmail.com) with a brief bio.

**Photo Credit:** <https://ahavart.com/products/cheetah-stare-down>

### **ADMINISTRATION:**

Hiram's Lighthouse is your newsletter. It is published on the last day of every month. If Hiram's Lighthouse does not have the content you would prefer, it is because the editor does not have that content available. If you want something more, please submit it. Please feel free to offer suggestions, submissions for ... by the Lighthouse Beam, book and film reviews, and topics of Masonic interest.

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[hramslighthouse@gmail.com](mailto:hramslighthouse@gmail.com) with all the information and we'll run it every month until the function is past.

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Editor's Desk

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