



Murdo MacDonald-Bayne

The Higher Power

You Can Use:

With Commentary

The Master's Course of Instruction Text Book

**THE HIGHER
POWER YOU
CAN USE**
with commentary

By
MURDO MACDONALD-BAYNE
M.C., Ph.D., D.D.

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PUBLISHERS PREFACE

This new revised and expanded 2006 edition is different from all previous editions of “*The Higher Power You Can Use*” due to the addition of the “*Commentary*” by Murdo MacDonald-Bayne to his above titled book.

A mimeograph book version, published by Murdo MacDonald-Bayne himself, of “*The Higher Power You Can Use*,” (it was known in those days as “The Masters’ Course”), was available at his World Tour lectures from 1938.

The L. N. Fowler first hardback edition of “*The Higher Power You Can Use*” has no date, but it is presumed to be published after WW2 about 1945. The *Commentary Notes*, are taken from a series of lectures he gave in Johannesburg between 1945-6.

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THE HIGHER POWER YOU CAN USE

INTRODUCTION

I feel it a great honour to be the bearer of this message to the world; but I do not claim any special privilege, nor do I claim any spiritual quality that makes me any different from my fellow men.

For many years I have been an earnest worker and a student of the Inner Teachings, healing the sick and teaching what I knew of the truth all over the world, and I have met with a very large measure of success. For this I alone was not wholly responsible—as I now know—having been spiritually helped and guided throughout all these years of probation.

It was not until one night when a mysterious Visitor appeared to me that I knew what my real mission was. He spoke these words: “I have been with you a long time but you knew it not. But now the time has come for me to make myself known to you. I will guide you to the Himalayas in Tibet, where you shall receive instructions for your real mission. Many are called but few are chosen; are you prepared to leave all and follow me? Fear not, for the world will rejoice—the Message you will bear will take away the confusion from the minds of the people; and those who will hear you are my people. I will be by your side and your strength shall not fail, for whom God has chosen He shall sustain.” Then he took his departure as silently as he had come.

From that time on I was directed step by step to the great Himalayas in Tibet; and there in the hidden recesses of the majestic snow-clad mountains, where the atmosphere is so clear and the vibrations so pure that heaven opens on to the earth, in that glorious state where heaven and earth are as one, I was instructed what to do and where to go. During my sojourn there I witnessed spiritual manifestations so wonderful that words utterly fail to describe them. Later I will present to the world, in book form,* details of these happenings—what I saw and heard, also my travels and experiences, with pictures of the way to the most inaccessible parts of the Great Tibetan Himalayas. I shall also reveal the joys and ecstasy of meeting daily with the Masters, whose love, sympathy and simplicity is the secret of their Mighty

Power. For Love is God and God is Love. “For He so loved the world that He sent His only begotten Son that they who harken unto Him will find eternal immortality.” When the Soul is ready the Master appears, and those who are ready will hear and know the Master’s voice proclaiming all nations one nation, all peoples one people, all life one life; one Tree with many branches, but the same Life in all: One in all and all in One.

I, myself, make no claim; I am just a voice in the wilderness calling to the sons and daughters of God to harken unto the Truth. For this I was told I was born.

Love and Peace be with you.

M. MACDONALD-BAYNE.

* “Beyond the Himalayas” and it’s sequel “The Yoga of the Christ”

The Masters' Course
on
The Higher Power You Can Use

by
MURDO MACDONALD-BAYNE, M.C., Ph.D., D.D.

LESSON 1

This Course is written for the express purpose of leading you along the path of the Masters; freeing you from limitation and imitation in the world of forms, creeds, dogmas, ideas, theories, concepts, etc., that limit and confuse the mind, thereby distorting the Truth. You cannot discern or understand unless the mind is free and unlimited, for it is the Natural Intelligence that opens the way to the understanding of life. You cannot perceive the Truth because it is beyond your perception; what you perceive is only in your imagination, an idea, a sensation, an image; whereas Truth is none of these. But through the super-technique, as explained in this Course, there comes a supreme understanding. Then there is no more rushing here and there; there is no anxiety in case you cannot find the way; there is no more strife, striving to be something that you imagine you should be to ensure eternal life and all that goes with it; no more trying to force your mind to comprehend something that it cannot comprehend because it is beyond mind. You cannot search out something that is ever present: that is like trying to find yourself beside yourself; it is like running after your own shadow. The Inner Teachings of the Master Christ will be revealed: "I am the Way, the Truth and the Light."

The Power of the Truth can only be established when we free our minds from all concepts and, preconceived ideas. The Truth will then set us free, and, although we live in the world of phenomena and shadows, we are not bound by it. "I am not of this world," the Master said.

Ideas conceived in the Divine Mind come forth into expression in Form, and Form may be transformed through a change of consciousness in regard to it. This is the Law revealed by the Master.

The “I am” is the door through which the Consciousness, Intelligence and Substance of the Great “I AM,” which is God, comes forth into expression in Form through the individual. This “I AM” Being is Consciousness, Intelligence and Substance, and is given form through Consciousness. Consciousness is the Father, Intelligence is the Mother, and the Substance is the vehicle of expression, and the Divine expression is the Child—the Three in One. Consciousness is the Will which makes the mould and the Life Intelligence and Substance fill the mould. Consciousness directs, Intelligence fulfils the direction in the Substance, and Form comes forth; the Divine Perfect Image is expressed without effort. The Master said: “According to your faith so be it unto you.” This faith is in the Consciousness, in the Perfect Divine Image; fully comprehend this and you will know the Christ Power. All things are possible to them that believe. You must grasp this fundamental principle, then these lessons will give you the understanding and use of the Christ Power, or the Power of the Masters.

You must separate yourself from all your external faculties, from your mind, from your body, because they are but instruments that you use. The Consciousness must analyse everything external to itself. When you say “I am,” realize that it is the Real. The “I am” enables you to move, think, act; and you are using your instruments as a means of expression.

The Substance of the Great “I AM” is the perfect Substance out of which all things are made, brought forth by Consciousness and Intelligence in the Substance. This perfect Substance is the foundation of and supports all forms. In the Consciousness the Divine Idea exists; the Intelligence completes the Idea in detail, and the Idea is expressed in the Substance in all planes of manifestation, including the spiritual, mental, astral and physical planes, each being but a modification of the one above it. Substance having no power of its own, changes, fulfilling the expression of the Intelligence directed by the Consciousness. God is all there is—Consciousness, Intelligence and Substance. God is expressing Himself through the particular centre of Consciousness that you are. Everything is

given form by consciousness—your consciousness is the Consciousness of God. It is the realization of this that enables you to say “I and the Father are one.”

Perfection is Reality: imperfection is not real. Reality always exists, and always has existed; please recognize this truth. Gaze upon it, and bring it forth. As your Divine Consciousness brings forth form in Substance so is the Intelligence within the Substance. There is only one God, and God is not divisible. There is one basic Substance and that Substance is indivisible. All things are created out of the Perfect Substance; therefore this Substance underlies all things.

I want you to grasp this Truth: all is Spirit. Out of Him Who is Spirit all things have been made. Spirit in its essence is perfect; the substance out of which your bodies and everything has been created is a perfect Substance, with perfect Intelligence. This Intelligence acts automatically and has the power of expression. The Consciousness is in this Great Intelligence and is the Will which causes Form to come forth. Consciousness, Intelligence, Substance are three in one; and out of the Three in One all things are created. Life is the combined action of Consciousness and Intelligence in Substance, and its motion is Love.

You may ask how does all the imperfection come about. Well, this Consciousness, this Intelligence, this Substance— Divine Mind—is that out of which all things have been created. All things are Mind; everything you see, however large or small, has come from the one Source. There is no other source it could come from.

The basic Substance in its essence is perfect and is the only reality of substance. This is the secret, and the Masters grasp the truth in its entirety. They act from Life; their words are Life, because they touch the Life that creates everything. Form of itself has no power of its own, neither does it claim any power of its own.

In the Infinite Consciousness of God is held the Perfect Image, therefore the Perfect Image is always in existence. The “I AM” in you is the point through which you contact this Divine Consciousness, and this Consciousness becomes, as it were, apparently an individual consciousness to each and every one, but it is not a separate consciousness.

When you think separation, and have accepted it, then you have separated yourself mentally from the one great Infinite Consciousness, but it is a false conception. The great Master said: "I and the Father are One." He not only said it, He knew it; it was not a platitude; to Him it was an actual reality. When you recognize this mighty truth, the realization of it gives you control, and everything obeys you. The elements respond to your call, and form according to the image held with this understanding. When this state of consciousness is held, the idea or image held in the consciousness is produced by the Intelligence, and the work is done without effort, the Intelligence always fulfilling the direction of the Consciousness. We make a success of our life when we know this law and apply it with faith. We make a failure of our life when we do not know this law and let in fear and doubt which cause a vacillating action of the Intelligence—the Mother. But when in Divine meditation with a faithful consciousness, this Mother—Intelligence—does the work perfectly and changes the whole nature automatically.

Why is it possible for one person to do what another person cannot do? Because the one realizes and recognizes it possible and the other does not. When you realize that there is only one Consciousness, one Intelligence, one Substance (God Infinite), and that you are an expression of God Infinite, you can say: "I and the Father are one"—in body, in mind, in spirit. But when you accept separation, you usurp the authority of the great "I AM"—God. When you usurp that authority you begin thinking imperfectly, and, by that same "I AM" within you, you bring forth that which is not perfect. How is it possible to bring forth that which is perfect? Allow God, with His Perfect Intelligence, to work through you. The simplicity of it is so great that it overwhelms us. Aspiration is the method you must use to begin with, then you become filled with Divine Love, Wisdom and Power which act together in perfect harmony, and growth becomes as natural as that of the flowers.

In cases of healing, different people require different methods. One requires mud, one requires water, and another only the spoken word, according to their unfoldment. I have healed people without saying a single word to them. I have affirmed all is Spirit. "God is perfect, therefore allow God who is perfect to be made manifest now"—and the person has become

perfectly well. The perfect expression of God within dispersed that which was false. The Real always exists. The false is only a concept, an idea, while the Truth is none of these. *It is* and that which *is*, is perfect.

Christ knew the secret of healing intensely; also He knew that if two agree upon the same thing, so it is unto them that believe. That is why He asked: “Do you believe?” Yes, well according to your belief so shall it be unto you. Why? Because the Consciousness, Intelligence and Substance of God is perfect and is your foundation. When you recognize this truth you dismiss everything else; all negative thoughts, all inferior and imperfect conditions are lies and have no existence in Reality.

God is immovable, unlimited, unchangeable. The “I AM” within you never changes, it is always the same, but the external form changes because it is relative. Yet the Substance which; is the basis of the form is a Perfect Substance. Relative things are not realities. Therefore I want you to recognize that Reality exists everywhere, and is the basis and the essence of everything. If the external form seems to you imperfect, the Substance and basis of it all is perfect. You have heard of miracles, yet they are nothing more than the perfect action of a Perfect Law that exists eternally and is omnipresent: present everywhere always.

To realize that the Perfect *is*, enables it to manifest. Allow the “God Intelligence” to manifest through your mind, through your body, through your affairs. That does not mean that you are not to do anything; it means that you begin to think and act with God until such time as your thoughts and works become God’s, until such time as you do not utter a word that is not of God. Remain silent under all circumstances unless you can give Divine counsel is the ruling of the Masters.

By your own consciousness, by your spoken word, you have created form. And you speak words so lightly! You allow your imagination to run rampant, you create with your own consciousness forms that are imperfect. Realize that there is a perfect consciousness within you and a perfect substance in use. It does not require to be made perfect; the Perfect cannot be made more Perfect. “Then be ye perfect as your Father in Heaven is perfect.” What you “gaze” upon, you bring forth. When you realize your oneness with the Father you are one with Him, unlimited and free, and there is no power external to yourself greater than the Power within you.

Spiritualize your mind and body with this Supreme Consciousness, allow it to permeate your mind and body as it was with the Master Jesus. Many people wonder why His physical body disappeared—His Body was raised to such a rate of vibration that when the Consciousness holding it together left it, the atoms were not attracted by the vibrations of the earth, but were absorbed into a higher state; they did not belong to the earth because He raised them beyond the vibration of the earth. The same law applied to Moses and Elijah. The same law exists today. God the Manifestor and His Manifestation are one, always have been and always will be. It is of this you must be conscious.

If you take a piece of earth substance up into the atmosphere and drop it, it will fall to the ground. It falls to the ground because here you have a small piece of “matter” that is vibrating at the same rate of vibration as a larger piece of: “matter” which is attracting it. They fly together because of the law of attraction. The inherent attraction is the vibration in the material, and that attraction is in the ether. Vibration is energy, and it is this energy or vibration that attracts. According to the rate of vibration, so is the attraction. When you have raised the vibration of a piece of matter to the vibration of its atomic rate, it would pass into atmosphere because of this law of attraction. The invisible Substance is the Perfect Substance out of which all is created. Christ raised His body to that rate. Hence Christ’s body is our body, His Spirit our spirit, and His Life our life: which is all God’s—all in all. Christ manifested His God Power as we can do if we believe as He did.

This is the law—this is how the body of the Master disappeared; and when He met His disciples afterwards, He did not meet them in the physical garment but in the resurrection body. He passed through the doors and appeared to them. As He raised His physical body to its atomic state, so He could attract by the power of His will atoms of ether, reduce the vibration, and the physical appeared. Matter is ether modified.

There is soon coming a period when certain laws will be in operation which will supersede the existing laws. Although these laws have always existed, man has not raised his consciousness sufficiently to contact them.

When Christ went up the Mount, Moses and Elijah visited Him and told Him what was forthcoming. Similar things happen today, and during my visit to the Himalayas I spoke to many of the Great Intelligences,

because there the opportunities and facilities exist. Even in the West I have had wonderful experiences.

Since my sojourn with the Masters of the East I am convinced more than ever of the truth of Christ's teachings. But how few can read them with understanding, even those who profess Him.

There is the invisible influence with you always, directing you. You will find that you will get a better understanding by trusting it. The world may be affected by wars, storms and earthquakes, but that is not to say it will not end in good. Some people say that civilization shall be destroyed. That is not so. A civilization shall arise and the Truth will be made known to mankind. The physical form of many may be destroyed, but not the consciousness, nor the substance, nor the resurrection body, for they will be intact. This is what the Master showed. The "you"—the real You—is the eternal Reality, the Manifestor in the Manifestation.

Just as the resurrection body was visible to the disciples, so shall the resurrection body be visible to the forthcoming civilization. And the so-called dead, who are living, will mingle with the so-called living, who are dead. Why are they dead? They are dead to the truth that life exists eternally, that consciousness exists forever—they are dead to themselves. But it is a false concept, and has no foundation in truth. "I am the Father of Abraham, Isaac and Jacob. I am the Father of the Living, not the Dead." Jesus made this so plain to His disciples; and it is the same today as it was yesterday, and will be the same tomorrow.

As the evolutionary process of the great human family progresses, so the various senses that are at present dormant will come to life. When this body is more spiritualized the "I AM," which is the Consciousness in the Substance, will bring them forth, for they are already there. *Spirit is all.* Then you will see the so-called dead.

Some scientists would like you to believe that the universe is running down like a clock: who wound it up? They have started at the wrong end. Perpetual motion has always existed.

God is perpetual motion.

Has everything a beginning? Everything relative has a beginning, but the Reality never had a beginning. A relative thing has a beginning and will have an ending, but how could God have a beginning? How could the

Infinite have a beginning? If the Infinite had a beginning, there would have to be a greater Infinite to have created it, and so back and back, ad infinitum. Then God would be relative, and your existence in God would be relative. But your existence in God is not relative; it is eternal. Your existence on this plane is relative. All relative things are changeable phenomena; Divine Consciousness is the only eternal reality. It is necessary then that we should realize and recognize it in this life.

The human brain cannot comprehend the immensity of the Infinite, and never will, because if the human brain could comprehend the Infinite, the Infinite would become human, and therefore would be relative. The “truth” that you can perceive is only in your imagination, an idea, a sensation, whereas Truth is none of these things. It is useless trying to force your mind to comprehend something that is beyond it. *Life is*. It does not have to be—IT IS. *You are it*, yet you cannot comprehend it with your mind, but only know that you are. Live in faith, believing, knowing. Let wisdom and love guide you; listen deeper in your soul, and wait, not anxiously but with faith.

You have the power of reason, but your reasoning power is unable to grasp the whole truth. Yet the Truth does not run contrary to your reason, but goes beyond it. All great men and women recognize this fact. They see things beyond their reason. Whenever you limit Truth, you limit yourself. Great men and women see no limit. These things do not go contrary to your reason; then do not limit them by your reason.

Trying to find your real Self outside yourself is like trying to catch your own shadow. Be still, know your real Self to be yourself, and you will find that Self.

You cannot define Reality; there is nothing in or out of mind to compare it with. It is beyond all things seen or heard. Let your self-consciousness be expansive; be aware of it as the whole, and the “I” loses itself—the “I” no longer arises. Then the true Intelligence transforms the nature and a spiritual world is seen before your eyes. The King and his Kingdom become one, doubt and fear disappear. The nature is transformed without effort. Yet there must be continued effort to be expansive. Freed from limitation and illusion, a constant awareness must be held lest limitation enter in. When this complete living is established you will move with faith. Love, wisdom and power are expressed as one and are as natural

as the breath of life. You are “King Life,” free. How glorious is the freedom of Life—Truth.

Most people try to comprehend the Truth with a background of ideas caught up from Christianity with its changing interpretations. When one theory is worn out a new one is created. One time it is hell and brimstone and the devil, and later this is modified and then cast aside altogether and something else takes its place—and so on, from one thing to another. Or the background is Hinduism or Buddhism with their many gods and demi-gods and incantations; or Theosophy, where the intellect is filled with so many ideas that the mind becomes confused. In trying to comprehend the Truth with this background, the reaction generally creates a conflict in the mind because of preconceived ideas; people try to make Truth conform to these ideas, and they judge everything on what they already believe to be true. These beliefs are only ideas—images in the mind—and must remain as such, but Truth is none of these. It is beyond mind; greater than all creation; yet you are one with it.

The majority pattern their lives after what they have heard or read or believed, and say: “This is the Truth.” Others do the same, and say: “No, this is the Truth.” Now where can there be truth where there is confusion of thought? The whole thing is wrapped up in ideas and theories, and none of them is the Truth. Truth is Life—are you trying to find it in some system, philosophy or creed? If so, your conception of Truth is but a continual movement from one illusion to another illusion in the world of form and phenomena. Even a sinner and a saint are but illusions, the one only higher than the other in the world of illusion.

Your cravings lead you from one illusion to another. You want to be something that will ensure your place in the eternal, so the craving leads you from one teacher to another teacher, or from one system to another system, and what you find is only form and phenomena, or the action of life—not life itself. This goes on, and at each stage a pause is made; there is a feeling of satisfaction, you think you have found the Truth, but only for a moment does this state exist. Shortly the hunt begins again with renewed effort along the path of illusion. Again I say, if you try to find the Truth in the world of form and phenomena you will fail. Know that you are the Truth. It is freedom from all illusion you are really seeking. Know the

world of illusion for what it is; do not be deceived by it, thinking it is Reality itself. It is but the form expressed in Substance.

When Jesus was teaching His disciples of the Father, Philip asked, “Master, show us the Father.” The Master replied, “Philip, have I been with you this long while and you know not what I say to you? When you have seen Me, you have seen the Father. I and the Father are one”—meaning the life and expression in form, not the form itself. The cause being not seen is not recognized, yet it is the Reality. On another occasion He said, “What is it you have come out to see, a man?”—meaning, cannot you see behind the form and there find Reality? The outer man is nothing, it is the power behind him that is real—“I of myself am nothing, it is the Spirit of the Father within me that doeth the work.”

Oh, my beloved one, know the life to be yourself. In this is the ecstasy of the eternal immortality. This everlasting Reality can only be understood in the fullness of the Present, not in some distant future which is but a passing fantasy. Reality cannot be imagined or fancied; that which can be explained is not Truth. The joy and freedom of Truth is spontaneous, it comes naturally, without effort, without introspection. It is the ever new joy, being perfect joy itself. It is sweet and silent in the completeness of your daily living. Living, acting spontaneously, is as natural as the breath of life. To understand this completeness there must be non-attachment to ideas, beliefs, the past or future, for when you pattern your life on these there is fear and conflict, which destroy true understanding, and you are held within the walls of a prison you yourself create.

In the world of illusion, which includes creeds, dogmas, etc., you become irresponsible—on the one hand you give up yourself to authority, you lose your individuality, you allow others to do your thinking for you spiritually; and on the other hand you become like a wild beast fighting for your welfare and existence. To know Reality you must be entirely free in mind and heart from all authority, limitation and imitation, from all cravings both spiritual and material. You must strip yourself naked spiritually, mentally and materially—empty your mind and heart. If you look into them you will find inherited theories of right and wrong. What is spiritual and what is not spiritual? The heart may be so filled with religion that there is no room for love, and the mind so filled with theories that there is no room

for Truth. *Truth is*. It does not have to be. What is necessary is an effort to keep the mind and heart free so that Truth and Love can manifest. They do when we free ourselves from concepts, theories, cravings, imitation and limitation. The Truth—Life—is free and natural, and manifests itself without our personal effort.

Consciousness and Intelligence co-ordinating are one in the Life which organizes the Substance; and according to the image held in the Consciousness so is the form created. Life itself being perfect in itself is expressing itself. When we realize our oneness with the Father—Consciousness, Intelligence and Substance—the Manifestor and the Manifestation become one. One is real while the other is relative and changeable; but every change is dominated by a Perfect Love. The Perfect will be established by its own power when we allow Love to dominate every act, word and thought, with our minds free for the complete expansion of ourselves in God. How inadequate are words in expressing the eternal reality of glorious Life. Live it fully and freely—then you will know it.



THIS MAJESTIC SCENE I GAZED UPON DURING DAILY MEDITATION IN TIBET (MT. KANJENCHUNGA)

LESSON 2

Spirit is all, and form is constantly being expressed from spirit. That which is brought forth from spirit is spirit. Man does not walk by sight, but walks by faith—if you do not believe you can walk, you will not walk. The realization of this should bring home to you the truth of “Unless you believe”—that one great fundamental principle. The conscious reality in the Infinite Mind of God is *Man*—You, the son of man, the son of God. God is the Consciousness within you. God is the one Consciousness permeating the whole of humanity, and *you* are the eternal concept held in the Infinite Mind. It is the realization of this Consciousness in each individual that must be established.

As the consciousness in each individual being is a concept in the Infinite Mind, and is held in that Mind, it is therefore the Perfect Idea. We have been perfectly conceived and are always held in the Perfect Mind of God as perfect beings.

When certain people pass beyond the physical plane, and enter into the next plane of consciousness, they may still suffer from the conditions under which they laboured while in the physical body. But that is not a reality, it is only a concept that is held in the mind. When the healing power of the truth of their true existence becomes known, the false concept disappears, and the resurrection body which took on the pattern they held in their mind now takes on its perfect form. The idea of age belongs to the physical plane, but when the being gets an understanding of eternal youth and the consciousness of God within—then the resurrection body returns to a perfectly formed, youthful body grown to maturity. Even the loss of a limb or other member has no permanent effect on the resurrection body. We are

born again when we realize and recognize that we are one with the Father and that He has already conceived us.

We must not bring forth untrue expressions. This is what the majority of people are doing every day by their thoughts, words and actions—even a word that is unkind is an untrue expression. Do you know what a word really means? Do you know that sound has colour and form; that every form has a colour and sound; that every audible sound has an invisible colour, every visible colour an inaudible sound? Even our thoughts have form, colour and sound.

You have formed the outer expression, but the inner also exists. Realize what your thoughts, words and actions mean. When you understand the power of expression and know the Truth, your knowledge adds power to your word and thought. The “I AM” creates in the invisible world by the voice and by the thoughts; even in the silence we create sound, form and colour.

When we bring forth untrue expressions the Being of the form is perfect—God—Consciousness, Intelligence and Substance—it is not the Being that you have to change, but the form that the Being has assumed. For Consciousness creates form, and you have assumed a particular form which is untrue. Christ revealed this law so many times in His Ministry of Healing and Teaching by removing false beliefs held in the consciousness of man.

Still mind, be still; let God within you speak: *I am that I am.*

Still the mind, and allow the perfect concept to be brought forth by God within. Still the personal mind. I AM—GOD. Be still, I am God within. You then blend the greater with the smaller, and the outer becomes inner, and the inner becomes outer—both blended together. God is all there is—visible and invisible; and we are one with Him. It is our belief in separation from Him that causes sin, poverty, sickness and death. Realize that heaven is a perfect state of consciousness, and that hell is the reverse. “Be ye perfect as your Father in heaven is perfect.” Therefore hell does not exist in reality, it only exists as a false concept in the mind of man, and you have it here if you accept it. God created all, filling the world with light. “Let there be light” is the spoken word of Life, because Divine Consciousness exists in life and can express itself in any degree.

You can never comprehend your own consciousness because as soon as you try to grasp it, it recedes further away from you, and what you are seeing is something external to yourself, and so it is to eternity. So it is with the highest—even the greatest archangels and artificers in the universe. God controls them through Consciousness; their consciousness is the moulding force to things external to themselves, yet while endeavouring to fathom their consciousness, it further recedes; and so it is with you. But by constant contemplation and aspiration you find peace, bliss and ever new joy in that consciousness. When you completely realize this consciousness you are free, no longer controlled by external relative things or affected by them. This is the realization of the Truth—the true ecstasy of life.

Some have said, “God created His Universe so that He could learn more and gain more power.” How can the Infinite learn more when He is omniscient? He does not need any more power because He is omnipotent. His Intelligence is the intelligence in all things. The “why” of God we cannot question, that is beyond our comprehension, but the “how” of God we can grasp by understanding. The universe is unbounded, universes within an unbounded Universe.

There is no space or time. Time! A million years is but the twinkling of an eye. How can there be time in eternity?

We see the light of a star, we measure the distance. We find that the star is a hundred million light-years distant from the earth. What Does this mean? It means this—that the light you see, travelling at the rate of 186,000 miles per second, left that star one hundred million years ago, and yet it is the twinkling of an eye. But that light could not reach us unless there were something to convey it. (Sound and light are conveyed in a similar manner.) You could not hear a sound unless there were something to convey it.

What is it that conveys this light and sound? It is ether. Ether fills all space, therefore it is ether that conveys light. The earth is modified ether. Ether is the basis of all matter and the substance in which all forms are built. So in this apparent space-distance (one hundred million light-years) we have the same substance that conveys light, and is the basis of all matter as we know it, and this is nothing more than modified ether as proved by modern science. What we see, hear and feel is but action and reaction in the

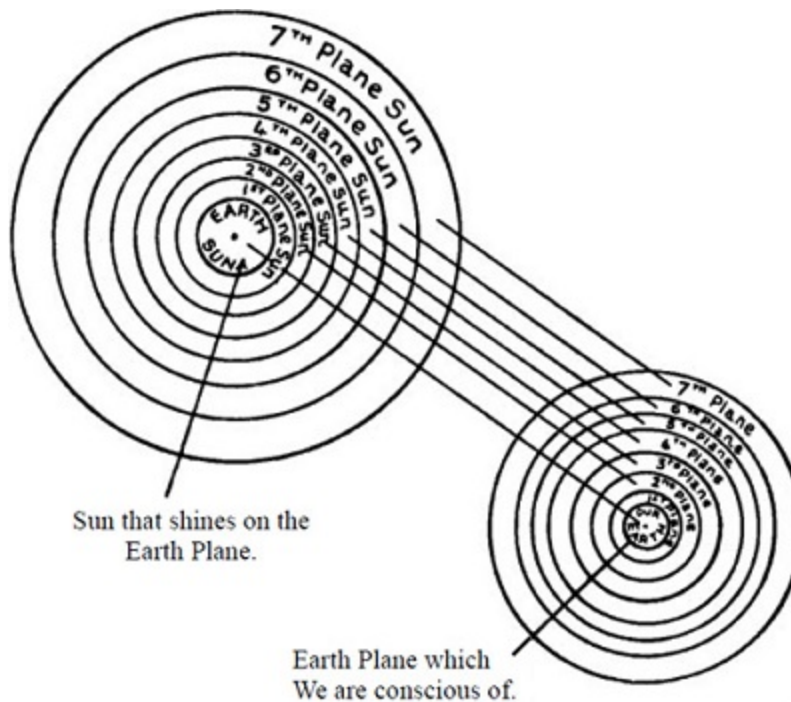
world of expression. We find ourselves reacting to the action of life, yet this is not Life itself.

Therefore, in reality there is no space or separation. If there were space between us and that star, and in that space no ether, “nothing,” then the light would not reach us. Realize that “nothing” exists nowhere, and “everything” exists everywhere—therefore “nothing” does not exist in reality, it is only a mental concept.

I want you to realize what a “mental concept” really means. It is an idea or image which you have produced in your mind. It may be true, and yet it may not be true. When we begin to analyse our concepts, we find that many have crystallized and set, because we believe them to be true, and then we find ourselves supporting our ideas and concepts by argument, sometimes of a violent nature. The concept or idea we are supporting may have no foundation in truth whatsoever, and when fresh knowledge is brought to bear upon it, it may change. But thousands have lost their lives, many murdered or slain in cold blood, because of crystallized concepts held immovable in the minds of many people. The secret of growth and understanding is to have a flexible mind, so that we can receive new knowledge and discard old worn-out concepts that are hindering the progress of humanity.

In our present plane of consciousness, we react to our immediate surroundings through our physical senses.

I will endeavour to show you the different planes—the smallness of the earth plane on which we are functioning, and the immensity of the outer planes. I hope the following diagram will give you the meaning I wish to convey.



The greater planes interpenetrate the smaller and support them while they extend beyond them.

The higher planes interpenetrate the lower, yet extend further beyond, so you see the plane known as the earth plane is the smallest and vibrates at the lowest rate, although made out of the same substance. You have within you the elements of all the planes, and as each state of consciousness is entered, you get a greater understanding of the universe. It is possible to go even beyond this planet as our consciousness expands. Consciousness always recedes, yet we become personally conscious of more of the wonderful universe of God, which becomes external to our consciousness as we progress. This will explain how even the greatest find that consciousness always recedes while they gain more and more Love, Wisdom and Power through understanding. Again I say: Blessed is he who hath neither seen nor heard, yet knoweth himself to be the Truth.

We migrate from the earth plane to the greater earth or ethereal planes—from the lower to the higher. These are perhaps all invisible to you at present. The sun that you see is that portion of it that vibrates to the earth plane. You are conscious on this plane, the other planes are not visible to you yet. The light that exists upon this earth does not exist upon the higher planes; there is a greater sun, a much more powerful sun with a greater

radiance which extends beyond our sun. It tells you in the Bible that the sun does not shine by day nor the moon by night, but a sun that always shines. These vibrations are too high for you to see on the physical plane. Light vibrations of the physical plane are from 450 trillion to 750 trillion vibrations per second, or 34 to 64 waves to the inch. Beyond these there exist vibrations into eternity which are invisible to us.

I want you to keep in mind the Perfect Substance out of which all things have been created, and which exists everywhere. For in it physical consciousness is the smallest part of all, the material plane is the minutest plane. Yet all other planes interpenetrate it and extend beyond it.

If I gather around me some primitive savages and endeavour to explain to them about wireless and telegraphy, they would not understand me, because they have no knowledge of these modern conveniences. If I endeavour to explain existence on the other planes of consciousness to those who do not understand, a somewhat similar state would exist. If you could visit those planes consciously, you would comprehend the truth, that there is only one substance and that in these planes similar conditions exist, yet greater—becoming more perfect as your consciousness unfolds.

No matter what substance you see or feel, it has a perfect basis, and out of this one substance all has been made.

As your consciousness expands to the higher planes, you know more, you understand more; you see this particular plane of material substance, which is the grossest and lowest manifestation of the consciousness, as a shadow—you can penetrate it, it is like a cloud of mist. It is no longer real to you now.

Your consciousness penetrates all the planes, but you are unaware of it, yet it is possible to become conscious of it. This is the progress of mankind. This is the difference between real knowing and intellectual knowing. Let the Divine Impersonal Consciousness permeate your personal consciousness and limitations disappear.

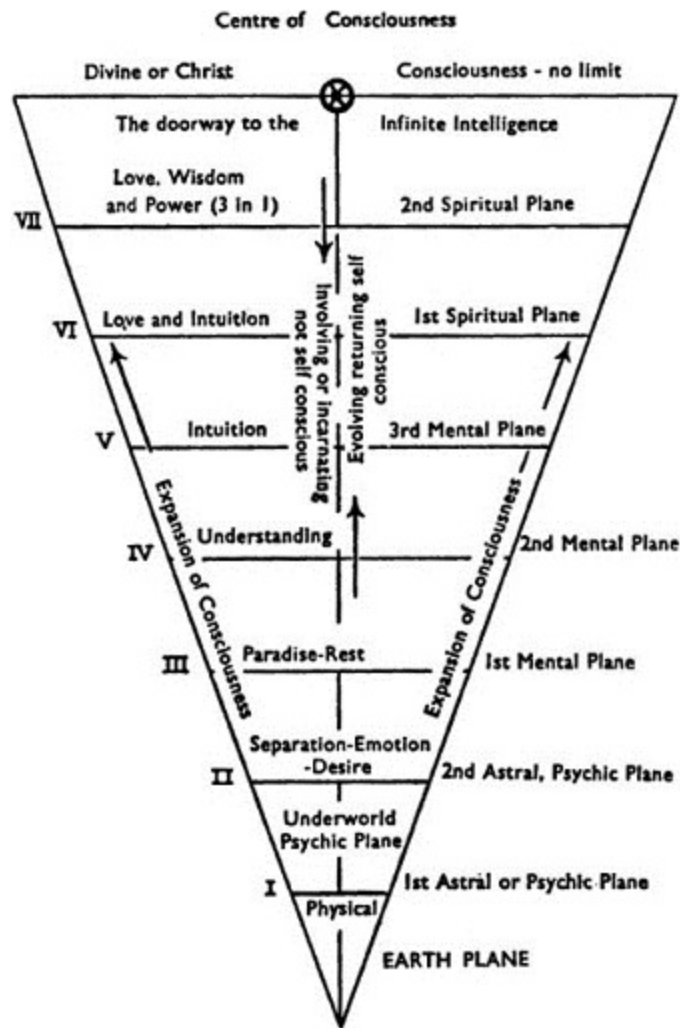
Love and Peace be with you.

LESSON 3

Now we come to the particular planes of consciousness. We see how the consciousness recedes, and at the same time that it recedes it expands; yet it is the same always. What we are aware of is the action and reaction of life in all its expressions. This must be kept in mind when studying this lesson.

Where does your consciousness come from? Your consciousness comes from God.

Life organizes the substance from which all things are created, and God's Consciousness is the ruling factor—the Will which creates the mould in which all forms are held. Therefore you are held in His Mind, and His Consciousness is in you. You are held in the Divine Mind—the Perfect Substance and Intelligence—in which is the highest of all planes of consciousness, although you now are personally functioning in this particular plane of consciousness, the earth plane or material plane. Everything you see, hear and feel are just vibrations corresponding to this plane. Beyond that you do not perceive because your senses are not attuned to the higher rates of vibration. Therefore the light that you see is the lesser light which vibrates from 450 trillion to 750 trillion vibrations per second. The sounds you hear vibrate from 30 thousand to 32 thousand vibrations per second. Consequently your present conscious reactions are very limited. Yet every reaction makes a definite impression on your mind, which interpenetrates all the planes of manifestation. All your experiences are registered in your mind. Your brain is just the instrument, your mind interpenetrates your brain. You have within all the different planes of consciousness, although you are not aware of them; your mind penetrates them all and records all the reactions. Yet your consciousness goes beyond all creation into the realm of Truth.



The first and second planes are known as the psychic planes or astral world. You will not stay long in these planes because they are nearest the earth and belong to those people who are known as earthy people, who live materialistic lives and are weighed down by these vibrations. They have no knowledge of the Truth and, until they do, their consciousness does not expand.

Number 1 plane is the underworld of the psychic plane. Those who sojourn here are those from the underworld of the earth plane. How do they overcome these conditions? The only way is by the purifying fire. What is the purifying fire? It is remorse! Burning remorse that exists in the mind of the individual with the desire to do better. Then the consciousness is able to expand to Number 2 plane. They are now conscious of greater reactions.

They are not dead as they thought they were, for they are consciously reacting to something, as you do now—a knowing of being alive. But this is not life—these are only reactions to certain stimuli. The expected oblivion has not yet arrived and never will, for the consciousness is in life and always recedes.

Some are conscious that a change has taken place, some think they are dreaming, and others act as if they still existed on the earth plane. They are still trapped because they do not know nor understand. Their consciousness does not expand, and so they are held in the prison they have already created for themselves. The longer the time wasted upon the earth in materialistic ideas of a low nature, the longer the time they must spend on those unpleasant planes; this gives them time for reflection. “There is weeping and wailing and gnashing of teeth.” It is a matter of development, a matter of expansion of consciousness; and it is this I want you to recognize now—you must grasp the truth, otherwise your consciousness cannot expand beyond limitation, imitation, creeds, dogmas, even philosophies. “The truth shall set you free.” Living every moment of life fully, spontaneously—that is the freedom of Truth.

In Number 2 plane we find people leading a similar life to that they led on earth. In this plane all the different dogmas and creeds exist; there they still find separation, because their consciousness has not yet expanded to the Fatherhood of God and the Brotherhood of Man.

You will pass through these two planes because you have grasped what Truth is and lived it. “This day you shall be with Me in Paradise.” We find some of the bishops, parsons, priests, etc., on the second plane—they think they have found their heaven, because dogma and creed (which are separation) are the height of their ambition; consequently they are narrow and have no expansion of consciousness. But this is not the case with all; many are truly great souls. Although they keep within the bounds of the church, their knowledge goes beyond it; yet still they are bound. Even if the chain is golden, it binds just the same.

Those living in the planes beyond (planes of consciousness, not places) wear clothes and do things similar to yourselves. The clothes you wear are but a modified form of the one substance. All forms are brought forth by consciousness, and therefore consciousness creates form on all planes, out

of the one substance. Teachers come from the higher planes to the lower planes to teach. The desire to advance, to expand their consciousness is created in the minds of those on lower planes, so that they are gradually lifted into a higher realm of consciousness and gain a greater number of reactions. Their consciousness becomes more expansive. So they reach the first mental plane, or Plane Number 3.

The first mental plane of consciousness is known as Paradise.

The two thieves on the Cross were of different types. One was a thief because he stole a loaf of bread to feed his children, and the other a thief—robber—murderer, who would kill for the sake of what he could get. You are not known by your outer garments, but by your inner garments: vibrations are emanating from you all the time. A beautiful rose colour, tinged in blue and gold, was seen emanating from one man, and from the other a murky dark red with dark green and black circles. One rose to Paradise, because he vibrated the colour of Paradise, while the other would remain in Hades until such time as he purified himself. Therefore the Master knew when He said: “You will be in Paradise with Me this very day.”



THE AUTHOR IN THE HEART OF TIBET

There are many today who have suffered for breaking the laws made by man and his organizations to maintain their selfish interests intact; and yet they are glorified in the sight of God.

It is in this plane of consciousness where you glimpse that One is All and All is One. There are no denominations, creeds nor dogmas there. It is the beginning of the understanding of the one Fatherhood and the one Brotherhood. You find all the different nationalities living as brothers, and colour is no bar. They know and understand that there is but one Life, one God, one Father and all are His Children. It is a matter of consciousness that counts now, not a matter of skin or clothes or social standing. All this must be left behind. You must cast these things aside as you would a worn-out suit of clothes. It is expansion of consciousness that is now desired.

A larger number of conscious reactions are obtained as the expansion of consciousness becomes greater. You now begin to learn to use your true God Power. There are schools and colleges in these higher planes of consciousness greater than our schools and colleges. You wonder at this? Have you not the same substance to use as they have? Just the same substance, only different in degree. Whatever comes from Spirit is Spirit—whether in a modified form or of a higher vibration; the only difference is in the vibration.

This earth plane could be a most wonderful place to live in if all truly accepted the one basic Reality of the Fatherhood of God and the Brotherhood of Man, and understood that there is no separation, that one cannot live unto oneself, and that each and everyone is responsible to the other. And those who have passed beyond this plane of consciousness could mingle with you, and you could see them and talk to them. Then you would realize that death has no sting, but is the entrance to a greater life. This would be heaven upon earth, and it eventually will be; it is the ideal state for man on this plane. The psychic world would disappear, and our migration would be to the first mental plane.

How is it possible to bring this about? Our consciousness must be raised so that the senses which we have at present shall be superseded by our higher senses. These we have already, but not realizing nor recognizing them, we do not use them. The laws of life which exist to us at present will be superseded by similar, yet higher, laws.

In the Fourth Plane you begin to realize and recognize more of the Truth. You begin to use the power of God within you, and you become a joyful worker in God's universe, knowing that separation is not a reality, but only a mental concept in man's mind, and has no foundation in Truth. Truth is perfection, because perfection is the foundation of God's Universe and is the natural state of mankind.

The Fifth Plane is a further extension into a greater state of consciousness. All the reactions you had in the previous planes are still existent in your mind, because your mind interpenetrates all these planes. You are still experiencing through your senses—similar senses to the old—but greatly superseding them. The expansion of your consciousness is now greater, and your emotions become less modified, greater. You do not become emotional in a physical sense, but your soul rejoices as the gloriousness of God is revealed to you. God has glorified you by His Consciousness, His Knowledge, His Wisdom and Love, and this is your emotion—the wonder and the grandeur of expansion in Him. It is a similar universe, but magnificently greater and more perfect. Most people have no comprehension of these beautiful and most glorious experiences. Could I describe them to you? No; they are indescribable. If the streets were paved with gold, and all the buildings were jewelled, and every window shone like a star, and every person an angel—yes, it is even more glorious than that.

The temples of the Fifth Plane are temples of meditation, and as you meditate there appears a greater glory from a higher state of consciousness; a light surrounds you, and in that light a higher form of consciousness, of peace, of harmony, of love appears and you are able to get expression through it. You are seeing an expansion of yourself through a greater and lovelier One. You now seem to think and act as one. After your meditation is over the higher One disappears, but has left you with a better understanding of the higher consciousness, and your one endeavour is to reach it, and tell the glory to others. *And this is the glory of God that is within you.*

As you progress further into the higher state (your consciousness now in the Sixth Plane), you are able to understand more of God, more of His Glory, more of His Universe—your consciousness becomes more expansive. Most glorious of all temples are here and you have the

opportunity of further meditation and further experiences. “I see,” the soul says, “*I see*,” and reaches the glory of the consciousness of the Christ which permeates the whole of humanity, because Christ is God’s and God’s is Christ’s. You are joint heirs in God’s Perfect Universe. God the Manifestor and His Manifestation are one. Yet God is greater than His Manifestation: the One is eternal while the other is transient. The outer changes while the inner remains the same always, and it is the same on all planes. *You* are still *You*.

These outer garments and the body of flesh pass away, they are only a means to an end; instruments through which we express ourselves. The Consciousness of God is being expressed from within and form is transformed through consciousness. In a previous lesson you were told that the Physical Body of the Master was dispersed into the ether. Why did it disperse? Because the atomic weight of the body was raised above the rate of the earth’s vibrations, and in the darkness of the tomb the dematerialization of the body took place; but the resurrection body still remained intact. The physical body dispersed into the ether, into the Body of all Bodies—the Great Body. So shall the resurrection body also disperse into the more purified plane of substance. And just as the resurrection body disperses into its plane of substance, so will your mind, in which you hold all your experiences, dissolve into its plane of substance, for you no longer need them. And then you will know all, because you will become one with the Divine, not separate, but of the same Consciousness, of the same Love, Wisdom and Power. You will be able to say “I see” in reality. From Perfection you have come—to Perfection you shall return.

Peace be with you.

LESSON 4

For an understanding of the control of form and phenomena through action and reaction, I must now explain to you about concentration and breathing. Perfect concentration and attention gives you control of all action and reaction, and one way of obtaining this is by breathing through certain centres in your spine, which should be developed in the proper order. These centres represent the various planets, or rather the various vibrations that emanate from the planets.

To be perfectly developed, harmony must be established, and no one centre should be developed more than another. Every planetary vibration is represented in your being, and has a definite expression through you. Every planetary vibration is harmonious. It is only when you allow inharmony to exist that you deflect the harmonious vibrations.

Out of the Logos (the complete sun forming the seven sun planes) comes forth all the elements and vibrations expressed through the different planets, and you are affected by them through the centres in your spine. The different vibrations act on the interpenetrating bodies where they have their root vibration, and permeate each of these bodies which interpenetrate and support the physical one. The Divine Consciousness is the controlling power, and harmonizes and controls all the vibrations through the Mother—the Divine Intelligence.

The most important centre is situated in the dome of the head. The next in importance is situated in the forehead, the next in the back of the head, and so on down the spine. These centres must be carefully developed in rotation, commencing at the bottom of the spine and working upwards to the top of the head.

Each centre represents a different vibration, and each has its own colour as represented in the spectrum, commencing with red at the bottom

of the spine and ending with white at the top of the head, where all the colours merge into one. The seven colours in rotation are red, orange, yellow, green, blue, mauve, white. They represent the Seven Centres, representing the Seven Bodies, which represent the Seven Planes of Consciousness. Even the highest Plane of Substance you have within you, although at present you are not aware of it. Through these centres you have an affinity to every part of the Universe, including the Supreme Consciousness of God—*OM*—through Christ the Lord within.

Ether, Air, Fire, Water and Earth make up the five elements; and the Father and Mother, which are the Positive and Negative interpenetrating them all, make up the seven principles underlying all matter.

In each planet the vibration of one of the elements predominates and the individual is affected according to the position the planets are in. These vibrations merge, pass and oppose each other as the planets move around the sun; and as the earth comes in contact with the different combinations, so are we affected according to the predominating element in us. But there need not be any inharmonious condition. It is when we are out of harmony that we fail to control these vibrations. They must be harmonized and balanced within us by our own spiritual power. Thus we control the forces of the universe within our own body. Don't you see that harmonizing these vibrations within yourself gives you control of the elements?

All vibrations are held in the one Spirit Substance. All vibrations have colours, and just as elements can be held in one solution, so all colours are held in the one colour, white.

In the atmosphere all colours exist. Things vibrating at different rates reflect their corresponding colours. One of the elements predominates in each of the different planets and reflects its colour through it; and each centre in the spine attracts the element corresponding to it in vibration and colour.

In commencing the development of these centres you must start with the lowest at the bottom of the spine, No. 1—red. The next is No. 2—orange, in the small of the back, opposite the navel. No. 3—Yellow, in the solar plexus, where there are two masses of nerve plexi in each side of the spine, is situated about the middle of the back. The next centre, No. 4—green, is between the shoulders, in line with the heart; and the next, No. 5—

blue, is behind the throat (base of the skull). No. 6—mauve, is in the forehead between the eyes, and No. 7—white, is at the dome of the head, where all must be raised and controlled by the consciousness. This centre links with the Universal Consciousness above the dome of the head. It is most necessary to develop the centres in this order, for when once you commence to raise the vibration of each centre, you must send it up the spine to the next centre. These exercises also develop your power of concentration. The best time to develop these centres is at sunrise, sunset, midday and midnight. At sunrise commence with the left nostril, at sunset commence with the right nostril; midday and midnight either nostril. As the sun rises it spreads the positive rays over the earth. This is the positive period of the day, and is neutralized by noon. By breathing first through the left nostril, any inharmonious positive vibrations are eliminated, because if any positive electronic disturbance is set up by the positive rays of the sun, it is neutralized by the negative, the Ida, in the left nostril. At sunset, when the negative rays represented by the moon are spread over the earth, any disturbance in the negative electronic vibrations is neutralized by the positive, the Pingala, in the right nostril. The negative rays are neutralized by midnight, and at sunrise the positive rays are completely in action again.

These exercises must be preceded by breaths that cleanse the nervous system, and before commencing you should communicate with me if you have not been instructed in the classes. The cleansing breath is done by inhaling and exhaling alternately through each nostril very slowly, with little or no pause between each breath.

The developing breathing exercises are done as follows: Breathe in through the left nostril, counting four heart beats, and at the same time follow down the left side of the spine to the lowest centre. Concentrate on this centre while holding the breath, counting sixteen heart beats. Then exhale through the right nostril, counting eight, concentrating on the centre. Inhale through the right nostril counting four, the same time following down the right side of the spine. Concentrate again on the same centre, holding the breath for sixteen heart beats. Now the positive and negative forces are balanced in this centre. Exhale through the left nostril, counting eight, concentrating on sending this balanced force up the centre of the spine, to the next centre. This is called a complete breath. This method

enables the balanced force to proceed upwards. Continue as before with the left nostril, taking a complete breath through each centre, moving upwards till the balanced force reaches the seventh centre, in the dome of the head. Now inhale through the left nostril, for four heart beats, carrying the breath down the left side of the spine to the lowest centre. While holding the breath for sixteen heart beats, raise this force up the spine, from centre to centre—counting one at the lowest centre, raising it to the second centre on two, the third centre on three, and so on. At seven the force reaches the dome of the head. Hold it there till you have counted sixteen. Exhale through the right nostril for eight heart beats, concentrating on this centre. Do a similar breath, inhaling through the right nostril, and moving upwards from centre to centre as before, concentrating on the dome of the head again until the sixteen heart beats are complete. Now all the forces are neutralized and balanced, and are under the control and command of your will. You now exhale through the left nostril, counting eight, at the same time opening up the Thousand Petalled Lotus in the dome of the head to meet the Christ Principle or Divine Intelligence which is situated in the centre above your head. Breathe naturally now, and inhale, counting seven, concentrating on absorbing the Christ Power or Mother Principle through the Thousand Petalled Lotus. Holding the breath for seven heart beats, you should be fully conscious of the Divine Life pouring into you, realizing and recognizing your oneness with it—Father—Mother—Child. Then exhale, counting seven, and feel the Mother or Christ Principle charging your whole being. Do this breath three times, when you will be filled with tremendous power.

The spine must be held erect while doing this exercise; a special posture is necessary, and those desiring to develop themselves must first learn to control their thoughts. Sit quietly in a straight-back chair, and watch your thoughts carefully. Check all negative or destructive thoughts. Concentrate on *OM*. In this state, with your buttocks firm and your spine straight, you may commence, but do not do more than one complete set of breaths to begin with. Later you may do two or more.

When you can control these forces, you can control the elements as well. You have the Power within you to accomplish what you will. These balanced forces pass up the centre of the spine through what is called the Sushumna which terminates in the dome of the head, where all power is

concentrated under the conscious will. This centre in the dome of the head is known as the Thousand Petalled Lotus which opens to the rays of the Infinite Intelligence.

Behind the right nostril is the Pingala, which picks up the positive electronic force and carries it down the right side of the spine. Behind the left nostril is the Ida, which carries the negative electronic force down the left side of the spine. These forces are balanced in the particular centre being developed and proceed up the Sushumna. These nerves are not visible, nor are they known to the anatomist, yet without them you could not live in the body. It is important that you should never allow this balanced force to go downwards, but always raise it upwards.

Some people unknowingly develop the “kundalini,” and not knowing how to control the released energies, find themselves in difficulties. Tremendous energies are released through these centres and they must be raised up and spiritualized.

Your power of concentration now becomes a power indeed, with all this energy under your will. This is the great secret of the Masters. If you wish, you may commence using this Power constructively in your work, etc. I use it mostly in teaching and healing, and dispersing inharmonious conditions. You have no idea of the power that is within you until you unfold it. This is the power the Masters use; these mysteries were guarded secrets, and were only revealed to the few.

If you practise every morning at sunrise, and every evening at sunset, I will guarantee that in one year, provided you work properly and have the right thoughts in your mind, you will be able to do many things that at present you could not believe possible. By this method you may be able to visit the higher planes. It is the secret of gaining knowledge while still living in the physical body. This instruction is generally given under the personal supervision of a Master, being a quicker way to get results.

By deep spiritual contemplation, opening up to the Infinite Intelligence—the Mother or Christ Consciousness above the head—the same results can be obtained, and it is sometimes much the better way for the majority of people. Meditation and Divine Reasoning fortify Faith, which is the key to all things. Supreme understanding of the Truth comes when we absolutely realize and recognize our oneness with the Father; then the Mother does the

work unhindered, and the nature is transformed without effort; yet an effort to sustain this state is necessary in the world of form and limitation.

I want to impress upon you to be guarded against giving this knowledge out indiscriminately, as it could be the means of doing much harm by destructive action. The same power can be used for evil ends.

When working without a master, you must remember never to hold an evil nor a depressed thought, as you are liable to set these vibrations in motion and injure yourself and others. You must hold Peace, Harmony and Love in your mind. It is spiritual development that you must seek, not control of the forces, other-wise you will be chained to them and release becomes more difficult. The path of the great Masters is detachment from all phenomena and desire; only by so doing can absolute control of all phenomena and desire be obtained. This is hard for those in the West to do, because their development is through expression. Nevertheless, we must detach ourselves from the external world and see it for what it is—not a reality in itself, nor having any power of its own—see it as a means to an end, to be controlled and used as a good sculptor would use his tools to fashion his work to completeness. The tool has no real value except in the hands of the experienced craftsman.

These two prayers you should repeat earnestly, the first one before you commence each practice, and the second one after you have completed it. (It takes only a few minutes, but these few minutes make all the difference between success and failure.)

“Loving Father, This is Thy Holy Temple. Make it a perfect dwelling-place from which radiates Thy Love, Wisdom and Power to all Thy children. Glorify me with Thy Great Healing Power, Thy Inspired Wisdom and Divine Love, that I may glorify Thee. Open my eyes and my ears, that I may see and hear, and my mind that I may receive, so that I may become a better and more perfect instrument for Thy great and glorious work. Thy Will be done on earth as it is in Heaven.”

After you have finished, you will say this:

“Thou Great Loving Essence of all goodness, whose child I am, strengthen me in knowledge and show me more clearly the way. I love Thee for Thy tenderness to me. I trust Thee utterly, and feel Thee near me always. I am safe in Thy Hands, and know Thou shalt guide me aright.”

Then picture the Christ just above your head, and endeavour to draw the Christ into you to purify your whole being.

Do not say these prayers parrot fashion, make every word live in you. You will then learn what your words really do. You must learn not to express a word lightly, because whenever you express a word you express a form. You must not misuse your power, for the reaction will be greater than before you gained this power and understanding. What you hold fast in this plane is also held in the plane above.

If you progress diligently, it will not be long before real expansion of consciousness begins. It will no longer be an intellectual understanding, but a knowing in reality. Remember it is spiritual development and release from the world of phenomena that you are seeking, not the control of the forces. This control comes as a natural sequence when you find your true Consciousness. When you actually know where your Consciousness is, all is possible to you. It is not an intellectual knowing, but a knowing in reality, where all the phenomenal world is objectified to you, even the spiritual world of phenomena. But all this is only a means to an end, not the end itself. To know that *you are* now—God made manifest—to believe with a faith that cannot be moved by doubt, anxiety or circumstances, and to act in accordance with your belief, is to live abundantly; because faith without works is dead, and work without faith has no life.






When this faith is firmly established deep in your Soul, then the Light that lighteth the Soul, yea, even the World, will shine in you; a peace shall come, a knowing that all is well. God is omnipotence, omniscience, omnipresence, and Love is the only emotion. God is Love, and moves by Love alone. “I and the Father are one,” the Master says; you also must proclaim it.

Peace be with you.

LESSON 5

The Universe moves rhythmically under the direction of the Infinite Intelligence. We see the Law in action, and when we act with the Law we become the Law and are not affected by it. "I and the Father are one." The elements respond and the word becomes form.

The following diagram shows the elements and what they represent:

The Five Elements:	Their Colour:	Represents:	Represented by:
1. Akashla—ether	White and violet	Space	Hearing 
2. Vayhu—air	Blue and green	Locomotion	Touch 
3. Tajas—fire	Red and orange	Expansion	Sight 
4. Apas—water	White and green	Contraction	Taste 
5. Prithivi—earth	Yellow	Cohesion	Smell 

The blue sky, you will note, is the colour of the element Vayhu—Air, and it is the colour of this element that you see. All elements exist in everything, but in every different thing a different element predominates; and the various combinations produce the many shades and colours in the different substances.

These symbols represent certain qualities and quantities. Einstein with his mathematical universe is only repeating in a different way what the

ancients knew and understood through their symbols and numbers. You can now understand how everything you see and touch is temporary, disappears, and changes into something else.

Not only do these elements exist in the sun but also in the various planets given birth by the sun. Everything has a positive and a negative aspect. No matter how small the division of substance, you cannot separate the positive and the negative. The atom and the electron have a positive and negative aspect, and their interaction gives motion and manifestation.

The positive and the negative represent the Father-Mother-God in all things, and with them all things are created. Ether is the bowl in which the elements mingle together to form their different combinations.

Let us now look at the planets from a point of view of vibration. Take Mars for instance. Mars has all the elements, but the element of expansion—Tajas or Fire—predominates. Mars sets up this vibration among the other elements when it is in a certain position at a certain time. It is this vibration of expansion in the etheric structure of matter that causes earthquakes and the different expansion troubles. These vibrations expand the ether, and when the element Tajas—expansion (Mars) is in conjunction, opposes, or squares the element of Prithivi—cohesion (Saturn), it is easily understood what happens.

Vayhu—Air (locomotion)—is represented by Mercury, whose symbol is wings—the most ancient symbol of motion. It is our fastest moving planet, being nearest the sun.

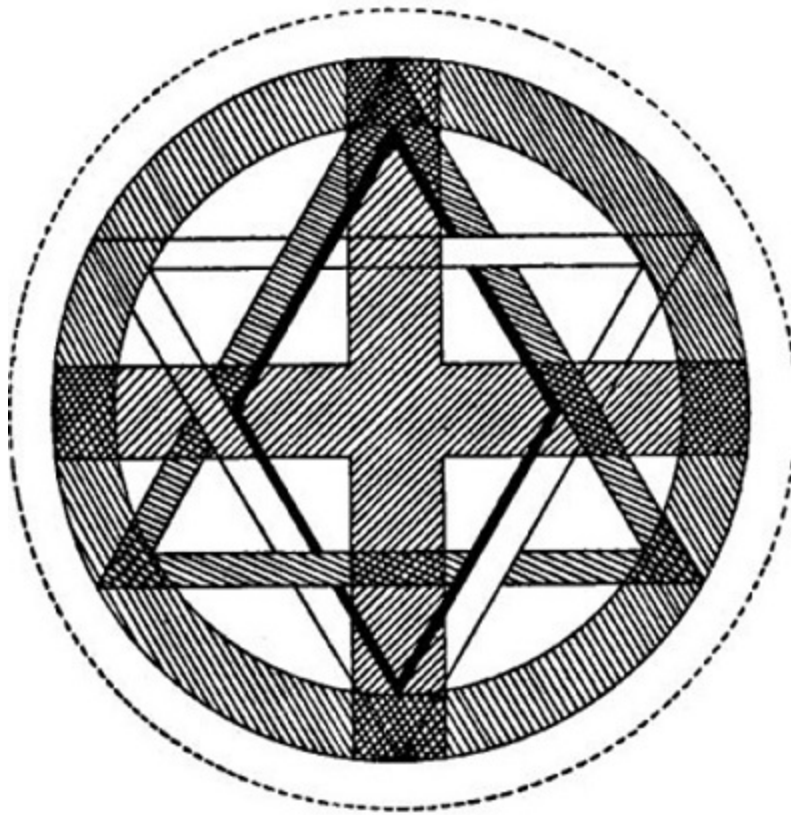
Tajas and Vayhu in conjunction, squaring or opposing, cause lightning, storms, etc.—expansion in the air. Elements forming a sextile, semi-square and trine also have their effect in different ways. It is easy to understand the causes and effects when we understand the elements.

The Moon controls water and the tides. In it predominates that particular element which affects our earth, and in fact every human being, enormously—the element of Apas—Water (contraction). Neptune also possesses this element, but its nature is more ethereal and dominates the invisible aspect.

The five elements make up every organ and part your body. They are held to their particular task by the Father-Mother principle which unites

them in their action and reaction; this is automatic in nature but can be deflected by inharmonious vibrations set up by ourselves.

The foregoing symbol (below) shows all the elements in one. The dotted circle represents the Ether, the bowl in which they are all mixed. The circle represents the motion in the ether—Air; the triangles—expansion—Fire; the half-moon—contraction—Water; and the diamond—cohesion—Earth. The cross represents the Positive and Negative in and through all of them.



Ancient Lore Twenty-five thousand years ago in the ancient Gobi Desert a great civilization existed. They were so far advanced in their knowledge that they were able to commune with those on the very highest planes of consciousness. They had no churches, but they had temples. These temples were not places of worship but temples of wisdom, where counsel was taken and where communion with the highest Intelligences was obtained. Everyone worked in perfect harmony because the Truth was known to them, and all contributed to the whole. There was no poverty or

unhappiness. Everything was as perfect so far as we can imagine could be upon the material plane. After a time dissension set in, and certain groups were formed. Thus began separation and inharmony. This separation was the beginning of the downfall of that civilization, and gradually, as they separated into groups, kings and armies flourished, until discord extended right through the whole people. It is said they were in advance of our civilization in knowledge by at least two hundred years. They had methods of driving machinery and methods of lighting that are not yet known to us today.

They also had means of locomotion far in advance of our methods; they were able to use the natural forces; but as separation set in this information and knowledge faded away. The central council dispersed, and communion with the higher planes was then impossible. This was the downfall of that civilization. (The Masters of the East still hold many of their secrets.) If it were not for selfishness, think of what would be ours today. Yet separation at least has enabled us to understand imperfection, has enabled us to understand the falseness of separation and what it brings in its train—wars, pestilence, disease. It brings all the inharmonious conditions that exist among mankind today.

The elements are harmonious, but we can destroy this harmony by our inharmonious conditions, thoughts and emotions. We create a distortion in the elements and upset the perfect balance. Thus civilization brings upon itself troubles and difficulties. God has never brought destruction upon anyone. It is our work to harmonize the elements by keeping harmony within ourselves. We are becoming tired of separation, of those conditions we have created by our own inharmonious vibrations. Deep down we are beginning to feel the pinch.

They say that certain dictators are now under the vibration of Mars, under the vibration of expansion, and are dominated by the element Tajas, being born when these vibrations were dominant. Although they have all the other elements within them, the element of Fire—expansion—is predominant, and immediately Mars comes into a certain position it sets in operation these particular vibrations. Dictators could be really great men if they would but harness these vibrations and direct them into their proper constructive channels.

How can one control the elements? I have already given you the secret: by harmonizing the various elements in your own being through the form of breathing I have explained in a previous lesson; or by keeping your mind and body in perfect harmony, by not allowing even an inharmonious thought to exist, by aspiring to the Highest Spiritual Source, so that Love, Wisdom and Power develop in their proper proportion to guide one's own destiny and the destiny of others.

LESSON 6

It is excellent to have an ideal and live it. When you hold to your ideal you grow into that ideal until it becomes manifest; but when ideals are limited or outgrown they become a hindrance and prevent growth. Have an ideal, but know the processes that will enable you to reach the very highest of your ideals.

The most necessary ideal is the ideal of a Perfect Substance and Intelligence, the ideal of a Perfect Consciousness, the ideal of a Perfect Universe, the ideal of a Perfect Life. Keep this deep in your soul always, because it is your foundation; then any other ideal that you may have will not be limited, nor a hindrance to you, but will be an ideal within an ideal as it were, and supported by it.

Before you can have activity in the physical plane you must have activity in the super-physical planes. Before that activity becomes a material fact it must first be a mental fact. Everything exists in the super-physical before it manifests itself in the physical.

There are different theories on evolution, some of them purely material and incomplete; therefore we cannot rely on them. The highest teaching comes from the spiritual world. It is divinely interpreted and is not merely man's imaginings perceived through his physical senses.

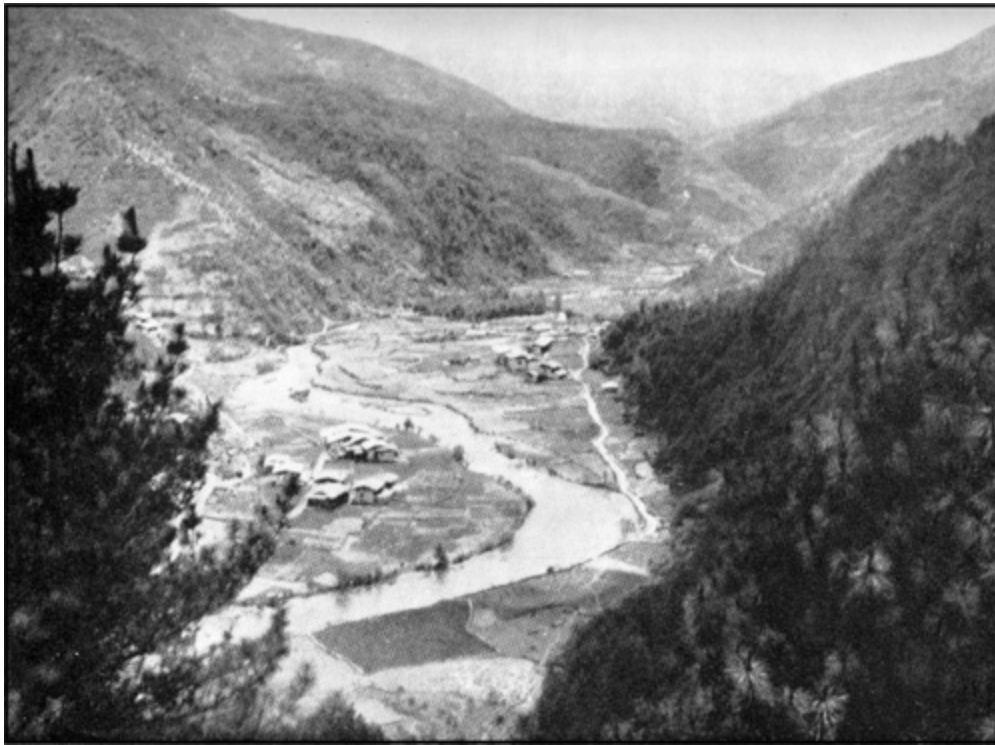
God created everything. Of Him all things are made. God held in His Infinite Mind a Being—Lord of the Earth—in which His Consciousness manifested. This Being ordained certain working qualities and limits to three Artificer Principles. So the Artificer Principle of the mineral world was created, and under it and through it all mineral activity took place; but its work was limited to this sphere. So also was created a higher Artificer

Principle through which all vegetation was created; and another still higher through which all animals were created; yet these also were limited. The Substance in its essence was now conditioned through these Artificer Principles. This now prepared the plane into which the Divine Children would be born: these Beings came forth from the Logos, having the Consciousness of the Infinite within them. Thus God breathes into man the Breath of His Life and he becomes a living soul; not limited, but with Divine Consciousness and Free Will to choose.

The mineral cannot raise itself up but must be raised by the vegetable; likewise the vegetable must be raised by the animal; and the animal-conditioned substance is spiritualized by the Divine Inhabitants. Thus the Substance returns to its original state of perfection, free of all conditions.

Your work is threefold: you raise the conditioned Substance; you gain your experience by doing so; and you gain your self-consciousness by the reaction to these experiences in the world of matter. This self-consciousness must be expansive, merging into the whole from which it arose; the personal becomes the Impersonal—I and the Father become one consciously.

You are born of the Father-Mother-God—Spirit, incarnated in the physical garment which has in it all the animal instincts, and the power to propagate, to bring forth spirits in the same garb. You are created in God's Own Image. You are held in His Consciousness; and it is the Consciousness of God that is in you. You could not talk of the God Power unless it were in you. The animal is not conscious of this God Power because it is limited. But you are not limited. You are a spirit clothed in a body and your work now is to obtain knowledge of the laws by reacting to them and so gain experience and self-consciousness. When you violate the laws you bring forth imperfection, but this gives you a knowledge and understanding of the opposite—perfection.



ONE OF THE MANY BEAUTIFUL VALLEYS IN TIBET

You are conscious of yourself—self-conscious—because you are reacting to things external to yourself. They exist to you and are held as concepts in your mind, and this gives you a feeling of separation. Without a feeling of separation you could have no knowledge of unity, and without knowing imperfection you could have no knowledge of perfection. But the Perfection of Reality cannot be perceived by man's mind, for when you perceive something you have perceived what it is. You cannot perceive the Reality because it is beyond your perception. What we perceive in our imagination is not Perfection of Reality, only an idea of it; but to know that *It is* is self-satisfying and complete. It is—*I am that I am*. “I and the Father are one.”

When you take in food you raise it in vibration—it is spiritualized by contact with your spiritual power and passes into the atmosphere through your aura. It is the same substance that was taken from the ground, only you have raised its vibration and dispersed it into the atmosphere. Just as you take the substance of this particular plane into yourself and raise it, so do those living in the invisible planes take this raised substance and raise it to a

higher state, and as it is absorbed in the progressive planes it is raised higher and higher, until it passes back into the Perfect Substance from which it came.

You will progress from this state of consciousness to a higher and higher state, until you eventually reach the highest vibration of substance—consciousness in God, where separation does not exist. From Perfection you have come, and to Perfection you will return.

Keep the ideal in your mind always of the Perfect Consciousness—Perfect Intelligence—Perfect Substance and Perfect Life, and, although you may be in material conditions at the present time, you will understand the process that will enable you to co-operate with God working in His Vineyard of human souls, pruning and guiding the branches so that the Eternal Life in the Vine shall bring forth the Perfect Fruit. For in Him we live and move and have our being.

Peace be with you.

LESSON 7

The power to heal can only be obtained by learning to trace things from their source. Supremacy over disease is obtained by the degree of understanding that it does not come from God. God created all out of the one Perfect Substance, and we are the Perfect Consciousness of God within that Perfect Substance. Therefore we have power to eliminate all that is imperfect.

The substance out of which your body has been created is a perfect substance. Everything you see, all substance you are aware of, is only the same substance in a modified form, just another aspect of the same thing. So therefore everything has a perfect foundation, and perfection is your natural state; and because it is your natural state it is the only reality. This is one of the main facts to remember in healing. All inharmony and imperfection must pass away. But harmony and perfection, which are the basis of everything, can never pass away because they are *real* and have their foundation in the Perfect Substance out of which all things are made.

If you place yourself in a state of harmony by realizing your oneness with God, healing is the natural sequence. When you are in a state of inharmony you deflect the harmonious vibrations, and the result, of course, you are aware of. These vibrations are received internally, and are expressed externally through the outer garment. When the perfect image God created is held in your consciousness, the form changes accordingly.

The super-physical structure is always affected before the physical structure. The change begins within and moves outwardly, and when all inharmony and limitation are eliminated from the consciousness, the Perfect manifests without effort, and is your natural state.

Your mind and brain interpenetrate one another and act together, and they have the quality of receiving and recording any object that the eye conveys to them. Are you going to accept everything you see as a reality, or are you going to look upon it as something temporary, as a false concept that has no existence in reality?

If you accept a thing as a reality, then it will be registered in your mind as such because you believe it to be so, but if you, while you see it, deny the fact that it is a reality, you immediately have the opportunity of realizing the Perfect State, which is often the opposite of what you see. When you have received a picture and fixed it, as you do with a film, the picture is again projected. The vibrations of what you have fixed in your mind continue to express themselves outwardly. It may be a false concept, for you may have received and registered a false condition which is reflected in your own outer structure because you allowed it to manifest; but that is not to say that God created it. The Perfect Mind does not hold any imperfect things: It holds no imperfection whatsoever. Do you realize that? How could the Perfect hold any imperfection? If the Perfect realized any imperfection It would be imperfect.

Your mind and brain have the capacity of reproducing the vibrations received and projecting them out again, and you see the picture the eye has conveyed. You have received it; you are now expressing it through the inner vision. The picture is in your mind. You are reproducing the same picture through your mind and brain, and, according to the intensity of the emotion attached to it, so does it manifest. If you hold off the unreal, the real reproduces itself by its own God-given power. The Divine Intelligence manifests the Perfect Image.

It is so important in this life that you do not accept everything you see as an actual reality. Although the outer body may be affected through inharmonious vibrations in the atomic structure, there is no definite or permanent effect upon the resurrection body. If you realize the Divine, Perfect Image within strongly enough, you will manifest it on all planes. Most people are always visualizing the imperfect things and expressing them through their inner vision. What else can they expect but that their outer form be affected by these expressions and imaginings? Don't you know that matter is modified ether? And that ether responds and forms

according to the image in your mind? Realize the Truth, and the false will disappear.

We must recognize the subtleness of the Power within us; it brings forth what we often do not want but always what we think deeply. Our safety lies in holding ourselves up to the Divine Light.

The power of the spirit harmonizes all the vibrations and reproduces the perfect, so that we can project out again, this time through the inner vision, the perfect picture held by the Divine Consciousness.

The camera receives and records on the film the vibrations of the object that you photograph. You must fix the impression on the film to make it permanent. Movements and colours of objects we photograph are projected, by first fixing then projecting. It is the same with you in thought, word, and act. Each selective set of brain cells records, fixes, and projects the corresponding vibrations.

Realize this mighty truth: that everything is in vibration, and, according to the vibration you receive and fix, so will you project.

We should constantly recognize this power we have of projecting that which we hold in our mind. A picture! Yes, and we can absolutely project that picture. The Masters are able to hold a picture in their mind, and, by the power of concentration, they can actually reproduce it so that all can see it visibly. We have this power within ourselves, if we could but realize it is possible.

Endeavour every day of your life to reproduce that which is already perfect within you. Refuse to see any imperfect condition. Refuse to receive any imperfect vibrations. Every time these vibrations come to you, refuse to accept them, then the real Self will out-picture in your mind the picture of itself. It will not be long before you will control all inharmonious vibrations, transmuting them and reproducing that which is already perfect. This is the highest form of healing. You have the power to change the elements, to change the vibrations in matter. You have dominion over matter when you are able to unfold the Perfect Idea. Do you think you could do it? Persevere.

By the power of your own consciousness you create that which you hold before it; every thought tends to out-picture itself. The subconscious will create the mould for whatever is held in your imagination, and the

image you hold comes forth. People speak of the ills the flesh is heir to, but should rather speak of the ills fancy breeds.

In treating by suggestion it is wrong to make the patient repeat: “My sore foot” (or whatever trouble) “is getting better and better.” Many people get worse. They get the reverse of what they desire because the image of the trouble predominates. When Coué* found this out, he invented the formula: “Day by day, in every respect, I am getting better and better.” His patients had to say it twenty times without thinking of anything else, while in a relaxed condition. He found this method gave good results.

The reason, of course, is that they did not hold the image of their condition, and by creating a word expression, “Day by day, in every respect, I am getting better and better,” it took their mind away from their trouble, lifted them out of the inharmonious vibration, and allowed nature to do her work unhindered. Nature always asserts herself when given the chance to do so

Coué was the father of suggestion and one of the most successful men of his time. All kinds of people from all over the world went to him. Coué arranged them in groups; he put new patients into old groups. He took the old patients first, placed them in the suggestible state, spoke to them, and then took the new ones afterwards. Most humans are influenced by suggestion— some more easily than others; and one will follow another.

Diseases of all kinds were cured by Coué. I am convinced, however, that he did not do it all by suggestion. Coué was a natural healer, and he had a mighty host of invisible beings who helped him in his work. These invisible helpers worked upon the groups as they sat in this relaxed and receptive state. Although you see the outside workings, you do not see the inside. Coué was an agent of the great invisible spiritual world like most of the other great healers. Nevertheless, suggestion has a wonderful power, and it is necessary that every person who is learning how to heal should thoroughly understand it.

It is not the suggestion but the auto-suggestion that acts. *The spirit that is in the individual does the work.* Your suggestion should be to affirm and suggest that which is perfect, to blot out the inharmonious vibrations. By holding off the false condition you allow that which is real to be made manifest. It is education that is required. Cures will follow. I have found

that the majority of people who have taken my classes have been healed because they have received the necessary understanding. A change of consciousness takes place, and naturally cures follow. For it is the transformation of the idea into action that counts, not only the accepting of it.

I have found in my work that sometimes a patient will go into the suggestive state very easily and may accept what has been said to him, yet no results are obtained—the idea has not been transformed within himself. Why? Because in the subconsciousness there are strong opposing ideas that are preventing the idea you have given him being transferred into action. What is your cure for this? You have to educate him until such time as a re-arrangement of the subconsciousness has taken place and the opposing forces are eliminated.

How do you educate him? along the lines of Truth. This is the difference between those who use only analysis and suggestion and those who know the truth of Reality as well. I have known many practising suggestive therapeutics who could not understand how they failed to cure in some cases, while other similar cases were easily cured; yet it is simple to those who understand the great Divine Laws. Suggestion in itself is not always a cure, although it is a great aid and help to the cure.

Many who practise hypnotism, mesmerism and psychoanalysis think they are qualified because they have degrees. As a matter of fact, I have found that many who practise along these lines do not live a sufficiently spiritual life and have no understanding of the great spiritual laws. Therefore they are not really qualified to do the work of healing because of the invisible influence they may create. Only those with a thorough understanding of spiritual, mental, and natural laws are capable of using this wonderful science.

* [Émile Coué](#) (1857-1926), French psychotherapist, the originator of ‘auto-suggestion’

LESSON 8

While dealing with the subject of healing we must include emotion as having strong positive and negative effects. Emotion is often the main cause of spontaneous suggestion. When we are in a state of emotion the subconsciousness is wide open. Very often we are not aware of the ideas we place there while fear, anger, hate or jealousy is in operation; but they have a definite invisible influence upon us afterwards.

What kind of emotion should we encourage? The emotion of love and the emotions that will bring about health and strength. This prevents the negative side of emotion arising. "Love your God with all your strength, with all your mind, and love your neighbour as yourself." The Master knew it when He said these words; they have a deeper significance than is seen on the surface.

Emotion is often the main cause of spontaneous suggestion. The emotion of fear always surrounds the idea of trouble, disease or accident. This emotion is a destructive reaction to a stimulus; and the ideas that then enter through your mind have a permanent invisible influence until you know the Truth and manifest it. Hate, anger and jealousy are sometimes even more destructive than fear.

Do our opinions have a suggestive influence upon us? You often ask each other: "What is your opinion?" Opinions are often erroneous because of wrong suggestion. Many people read without using their reason, and they accept without question and base their opinions upon what they have accepted. That which they have accepted may have no foundation in truth. When you see, hear or read anything, you should not let it into your mind until you have applied the law of truth to it; then you know that your opinions are right.

Opinions have an invisible influence; you may call it suggestion. You are being suggested to every moment of your life, through hearing, reading, seeing, speaking, etc.

With regard to opinions, reflective consideration should be negative, a sort of door-keeper to ward off those which are ready-made and which might take root in the mind. Keeping judgment on the alert prevents collective emotions, crowd thoughts, natural passions and revolutionary influences affecting the individual. Ready-made opinions are manufactured by dictators and politicians who are masters of the art; and the unthinking general public swallow these mental pills which take root in their minds. It is the fixing of the picture on the mind that counts, because it is then reflected outwards and soon becomes fixed on the whole nation. Thus nations and sections are turned into gigantic lunatic asylums. It is spiritual knowledge that will save the world; and service and creative work are the only means to this end.

Those who do not understand spiritual worth are not capable of holding any public or important position in the life of the community. If this were the standing rule (and it should be) throughout the whole world, in governments and organizations; strife, war, poverty, sickness and misery would soon disappear.

Constructive suggestion is necessary in this life and should be practised regularly to counteract any adverse suggestion. It has a definite invisible influence. It brings your soul into active co-operation, and the work is done without effort. Involuntary effort causes no fatigue, whilst voluntary effort does. This seems to point to the fact that involuntary effort is the work of the soul, which should be open to the Divine Light.

Perhaps you do not like the particular task you are doing. This has a definite reaction upon you. Allow your soul to manifest in your work. Let every conscious act be tinged with an involuntary effort, so that the Divine Light will be made manifest through everything you do.

The great secret of success and happiness is to work with a keen interest; endeavouring to do perfect work, even under adverse circumstances. *Be happy in your doing* is the motto.



“I AM” THE LIGHT THAT LIGHTETH THE SOUL, YEA EVEN THE WORLD

Let us now see the action ideas have upon us. An idea accepted by the mind causes certain cells in the brain to become active. Acceptance is the first process, and activity and transformation is the second. The mind controls the brain. The brain is the instrument through which physical contact is made; and through the cells of the brain a definite effect is created upon the corresponding parts of the body, thus causing action there according to the intensity of the active idea or thought in the mind. The mind substance interpenetrates the brain substance, and, by the process of ideas, impulses are created in the cell structure of the brain by your mind, activated by the idea, and a certain amount of energy is released in a particular area of your body through the nervous system. Mind interpenetrates matter and controls it. The cell structure (matter) is mind in

a negative phase, while the mental principle acting through the brain is of a positive phase, and changes the tissue structure of the former. It is the Life that is the active principle, not the brain, nor the nervous system, as they have no power of their own, being only instruments which should convey the life energy without interruption to every part of the body.

In healing, your mind should be clear in regard to what is taking place. *Hold the Perfect Ideal, because it is the beginning and the end.* Nevertheless you should see the process that takes place. If you can visualize the Perfect Foundation and see the process and method of change taking place, then your battle is more than half over. Knowledge is faith fortified.

The superconscious and the subconscious are familiar with all the details of our physical and mental organism, and it is by this means that the realizing of the proposed end is attained. It is only through the proper understanding of Universal Science, which includes natural laws, mental science and spiritual realities allied together in one harmonious whole, that the student gets a complete view of the structure of man and the universe from all aspects.

God's Laws are Perfect Laws. When you violate them you suffer. You have not injured the Law: you have injured yourself.

It is my endeavour to make you mentally conscious of spiritual realities, with a complete knowledge of physical, mental, and spiritual laws.

Harmony is the foundation of your being, and perfect relaxation enables this harmonious condition to be made manifest. When in this state is the time to repeat your mantram. The saying that Coué invented was: "Day by day, in every respect, I am getting better and better." Under strict analysis this is not correct, because the *I am* and the *me* are different.

The I AM—GOD is the inner Self which is perfect and cannot be made more perfect, but the *me* is the personal or the outer self, which is affected by our actions and thoughts. Therefore I have altered the saying to: "Day by day, in every way, God is making me better and better." This does not conflict with the truth. By this method we open ourselves to the inflow of the great Life Principle, the Intelligence. We are benefited, cured of our troubles. If we fear it or do not trust it, we shut the door and we suffer. We must let go of our adverse thoughts, or we prevent the Divine Principle

from working through us; for it is the uninterrupted flow of Life within which changes the tissue structure to a healthy condition and eliminates disease.

The Divine Image held in the Consciousness is outpictured by the Intelligence in the Substance. Now let us understand this thoroughly.

Divine Mind has three aspects:

1. Divine Consciousness—the director.
2. Divine Intelligence—fulfilling the direction of the Consciousness.
3. Divine Substance—in which the form takes place on all planes—spiritual, mental and physical.

With these three—Consciousness, Intelligence, and Substance—“all is made that is made in heaven and on earth.” Therefore “I and the Father are one.”

The Substance of itself having no power of its own, is moulded into the form expressed.

In the Divine Consciousness is the image or the blue print held by the Divine Architect, and the Intelligence proceeds to out-picture the plan. Consciousness and Intelligence co-ordinating together is the Life Energy that organizes the atoms, cells and organs into the complete body, and, when given the material, it keeps the body in repair according to the plan, doing it without effort on our part. The only effort we must make is to ward off adverse vibrations, thoughts and emotions that interfere with the Divine operation. In this higher knowledge we do not repeat hundreds of mantrims that cloud our minds, as they generally bring up their opposites. For when we say: “I am well,” etc. etc. there is something that also says: “You are not well.” It is far better to say: Health, Life, Strength, Love, Wisdom, etc., without saying I am this or that; and by thinking yourself into these characteristics you become them without the opposite rising to deny the fact. In reality, of course, we are perfect, but most of us are lost in the world of form and illusion and have lost sight of the reality. We find our way back again much easier when we create no opposition.

This was brought home to me very vividly when I visited a dying man. He was trying to hold on to this world by repeating mantrims; and what

little strength he had was being used up with this futile effort. I asked him: "What are you trying to do?" He said: "I want to live." I replied: "Well, stop saying these mantrims and breathe easily and deeply. Breath is life." And as he started to breathe he lost his fear, and he breathed himself back to life again. Had he kept on with his mantrims he would have surely passed on to the next plane.

I had another very vivid experience with mantrims, when a lady well advanced in New Thought became very ill. She said, "I have said everything I can remember. What more can I say? I am getting weaker and weaker." I said, "Be still and let God do the work. He brought you into this world and knows how to keep you here. If you want to remain here, ask Him, then be content in faith and breathe deeply. Mantrims cannot save you; only life can, and life responds to faith in life." She also got out of her death-bed; in a few days she was perfectly well. There are many more similar cases, but space prohibits the details. These are not miracles, but the response to the law of life. "Oh, Life, glorious Life, how I love you." That is the song to sing. Sing it joyfully and you will be well. "I am the Life: the Father and I are one."

The action of life is a chemical reaction in substance, which blends atoms of matter, molecules and cells, and manifests itself in the form of a body. A continual animation of a numberless number of reactions is kept up. This is not life itself, but one of its actions. It is only when we unlock the mysteries and power which are stored up in the Mental Kingdom of God that we find the glorious Principle of Life itself. Yet although we may enter the light, we cannot touch the Flame.

We must remember that every mental state has a corresponding physical state. Change of mind means change of body. Sorrow causes tears. Fear causes the body to tremble. Elevate your mind to a state of hope by spiritual understanding. Hope leads to faith, and faith to expectancy. Christ said, "Whatsoever ye desire when ye pray, believe ye have received and ye shall have it." This is Faith objectified, for Faith is continuous constructive thought. We will learn that Heaven is in the mind, for thoughts make us miserable or happy. The Kingdom of Heaven is within; the Divine Flame is the all-embracing Power, and Faith brings this power into action.

The Master said: “According to your faith, so be it unto you”—“Thy faith hath made thee whole.” If there is no faith, there is less chance of a cure. When healing, have faith; know that God’s power is within both yourself and the sufferer. Have confidence that healing will be accomplished. Strong belief has a powerful influence; make the sufferer believe he will be cured, and he will be cured. Paul said: “Faith is the substance of things hoped for, the evidence of things not seen.”

Mind is the only substance underlying all things. Things are thoughts objectified, and Faith, which is constructive thought, is the means by which they are materialized. Faith is “the evidence of things not seen.” Faith will produce that which at the moment is not visible—not objectified.

Suggestion proves that thoughts can be objectified on the body. Doctors, teachers and parents should understand the power of suggestion; as sometimes an unkind or thoughtless word to a child will hamper its whole life, or a wrong suggestion may hinder the recovery of a patient.

When one knows the law of auto-suggestion, one can protect oneself, while those who do not know the law fall prey to the dangers around them.

You ask what is a thought? A thought is really an image projected from the mind into the surrounding ether. Your thoughts or images become clothed with a dense form of ether vapour attracted by the vibration set in motion. This ether vapour is condensed by the cell vibration, and objectifies the mental picture. Thus a seeming reality is created. These thought forms vibrate in the interpenetrating etheric substances and become discernible in the physical plane.

Science has proved that the photographic plate is sensitive to the vibration of a concentrated thought emitted from a strong active mind; a decided vapour effect is discernible when the plate is developed. These mental vibrations must have a similar action to light upon the photographic plate. Those acquainted with psychic photography will better understand this fact. Just as photographs can be projected through “space” by electric impulses in the ether (television), so vibrations are conveyed by thought impulses.

Electricity is a form of energy, transformed from the basic Principle of Energy; and the energy transmitting thought is derived from the same basic Principle. Therefore an analogous action seems to be underlying both.

The embryonic child, like the photographic plate, is sensitive to the vibrations of the mother's mind; the thoughts of the mother are imprinted on the child. This proves that thoughts which are held persistently or are violently spontaneous become visible.

As we progress towards the unbounded reality of existence, we recognize that nature's majestic handiwork is only the outward manifestation of something infinitely greater; something that overwhelms and transcends our finite conception. Yet within each one of us is the spiritual essence—a latent power with unlimited possibilities—made in God's own image. We have not yet unwrapped the material cloak that hides this perfect creation; yet although we live in this world of form and shadows, we have our unfolding glimpses of *Reality*—man in God's likeness.

The Creative Will underlies all life's manifestations, including the mineral and vegetable kingdoms, and it acts independently of brains. It controls all life and body functions in animal and man. This mighty force is directed by our Divine Consciousness. The force called Mental Power is the principle of the Creative Will directed by a faithful Consciousness. Herein lies the secret and the mystery of Mental Power and the key to Mental Healing.

This universal power can be used by man. Learn to understand and acquire its laws—Divine Imagination, Faith and Action are the keys. If you can grasp this mighty secret, you will be able to use your mind with a power and understanding never experienced before.

Those who have passed into the higher states of consciousness are aware of, and use, this mighty power. You can co-operate with them in helping humanity. Know that the power of the universe is awaiting our intelligent use under the control of the Will of the All—God. When we feel the unity of this Life, the Soul awakens. The animal and the child instinctively feel this unity, but the advanced soul possesses the feeling of unity coupled with intelligent comprehension and unfolding spiritual power. He has found what he lost, plus the accumulated interest of the ages, with the understanding of the Fatherhood of God and the Brotherhood of Man.

As you progress along the path be not hindered by words, actions, thoughts or deeds of others. Realize that the Perfect *is*—I am that I am—

and cannot be made more perfect; but the outer you should respond to the inner. “Be ye perfect as your Father in Heaven is perfect.”

The “I AM” within each is the Christ of God manifesting in humanity, and when this is realized fully by all, the Fatherhood of God and the Brotherhood of Man will be established upon earth. Then, and then only, will we have supreme happiness. This rests with man, not with God. God has already established this for man, and man has only to accept it by acting according to the Law of God.

These words and sayings will affect each and every one of you according to your enlightenment. The “I AM” within is your teacher, and will present to your personal consciousness the message for the moment. Read again and again and you will get further instruction. “Ask and it shall be given you. Seek and ye shall find. Knock and it shall be opened unto you.”

How true these words are; and how few understand them. Keep on knocking by Divine Aspiration until you find your true Consciousness, and the Divine Mother principle will transform the nature. The phenomenal world may become objectified to you, but still proceed, you are only part of the way; not until you can embrace the whole with the nature transformed will you be released from the world of phenomena. Aspiration, Inspiration, Assimilation, Expression—this is the natural course taken by those who tread the path. Detach yourself from every earthly desire, but live as he who lives for desire alone. In this way you will be led by the Divine Intelligence and you will not be affected by the results of your actions.

Apply these precepts in your daily life:

- (1) Right understanding, view or knowledge.
- (2) Right aspiration, motive or mental attitude.
- (3) Right speech or expression of one’s thoughts.
- (4) Right action or conduct.
- (5) Right pursuits, including right means of livelihood.
- (6) Right mindfulness or effort.
- (7) Right concentration or control of mind.

(8) Right ecstasy or spiritual contemplation, and union with the Ultimate Reality.

May the Divine Light pierce your personal consciousness, and may you trace the Light to its source; and there you will find your true Self truly to be one with the Father of all.

This is my earnest prayer for you.

Peace be with you.

LESSON 9

*This final summary must be studied
deeply for perfect understanding of the use of
the Higher Power*

It is essential to concentrate on Spiritual Truths if we are to grasp fundamentals, otherwise we find ourselves floundering in dogma, creeds and even in philosophy. Know that these, including philosophy, are only a means to an end, and not the end itself. We can read anything we like, but must guard against making it a crystallized foundation. The only true foundation is that *we are*, we do not have to be, *we are*. We do not have to be created, we are one with the Creator. The Reality is not only within us, it is present everywhere, and is perfect now. The Truth must be established in you, but this cannot happen until you have eliminated all crystallized concepts from your mind.

You look on matter and you say that it must be real because you can see, touch and feel it. It is real to your senses, but that is all. It is not a reality in itself, nor has it any power of its own, nor does it claim any power of its own. You do not see, hear or feel anything with your senses that has any power of its own. All you see is the manifestation of phenomena; the cause is not seen, only the effect; and when you realize this truth, you will also realize that the power of recognition is within yourself, as well as the cause. *Truth is*, and does not have to be created. *Substance is*, and always has been. What you see is the manifestation of form in substance. Substance has no power of its own. Mind has no power of its own, nor does mind claim any power for itself, because it cannot. The perfect activity is expressed by Consciousness and Intelligence. Consciousness and

Intelligence existed long before you came into this plane at all. You do not create Consciousness nor Intelligence, but Consciousness and Intelligence created your body out of Substance. The Substance of itself is perfect in itself, but Substance responds according to the thought emanating. This Substance is called Mind; it has no power of its own, but is given power by Consciousness and Intelligence. Consciousness and Intelligence is your real Self, unlimited and eternal.

The Intelligence is automatic and is co-partner with Consciousness. This Intelligence and Consciousness, which are one—which are the positive and negative, Father-Mother Principle—create perfect action; and you *are* because the Father and Mother *is*.

Your Consciousness enables you to speak, breathe, walk, talk, etc., and the Intelligence fulfils the act. The Consciousness directs the motion, and the Intelligence completes it. You see the manifestation of Nature, you do not see Nature herself; you do not see Intelligence, but you see the action of Intelligence—or the energy resulting from the action, which is the form in Substance. The Substance is, and always will be, perfect in itself, although the form might not be perfect. “According to your faith so be it unto you.” “Be ye perfect as your Father in Heaven is perfect.” This really means that in the Divine Consciousness—the Perfect Image exists. If you have perfect faith, the Perfect Intelligence will express the Perfect Image in the Perfect Substance by its own perfect action. This is the true Law of Life as taught by Jesus Himself.

It is not the Substance you have to change, nor the Consciousness, nor the Intelligence, but the form that you created in the Substance. Do you understand? This is very deep, but very simple. When you understand this you will never again be lost in dogma, creed nor philosophy. It does not matter one iota whether they are true or not true. The essential thing is this, GOD IS AND I AM—YOU ARE. Through faith and belief we transcend our experiences and the experiences of others, and enter into the realm of Divine Action, where all is possible.

Divine Reason is better than sight—is better than hearing. The deaf, the dumb and the blind have the power to think and reason, and their thoughts are often finer than many who see and hear, because they are not so much affected through the senses. Divine Reason enables us to comprehend the

Truth which cannot be seen nor heard. Divine Reason is intuitive and belongs to the highest realm of consciousness; it supersedes all the senses, here as in the higher spiritual states. It is God's instrument for making us aware of Himself in us.

Spring blew trumpets of colour,
Her green ran in my brain;
I saw a blind man groping,
Tap—tap, with his cane.
I pitied him his blindness,
But can I boast I see?
Perhaps there walks a Spirit
Close by who pities me.
A Spirit who sees me tapping
The fine sensed cane of my mind
Amidst such unseen glories;
I may be worse than blind.

The beauties beyond the physical senses are beyond comparison. If you cannot see them nor hear them, you can picture them in your mind. “Imaging”—imagination—is the instrument of the Soul. People have in their ignorance denounced imagination; but there is nothing finer than picturing the creative power in action, for imaging is responsible for the whole active Universe being in existence; yet “Truth” is beyond it.

There is nothing greater than Truth; nothing can destroy Truth; no philosophy, dogma nor creed can limit Truth. Perhaps through dogma, philosophy or creeds you have reached this stage; but they were only stepping-stones—or perhaps they were limitations because you thought them the final word. Perhaps you studied occultism and you thought this was the true law; and you thought this was the only way to go. You perhaps have studied Eastern Philosophy, Yoga, etc. They have been stepping-stones, but now we have the Truth. The Truth is Infinity, and there is nothing greater. There is nothing but Infinity; what man sees as evil is in his mind or in the mind of others. There is only one Substance, one Consciousness, one Intelligence, and *that is all there is*; all forms are

created out of these “Three in One” and are expressions—all united, all in one, and one in all. Therefore, who are you? Who am I? I am THAT I AM, I am the Consciousness, the Intelligence, the Substance. I am *that* I am. I cannot be anything else; it is impossible for me to be *more* or *less*. If I try to be, I am imaging, creating concepts in my mind; what I believe seems true to me, but it may be false. The Infinite Being is all there is, is present everywhere, is all Power there is, all Intelligence there is, all Substance there is. Then I and the Father must be one—*are one*. It is a self-evident truth; it speaks for itself and no one can deny it—but science is not sure.

Dogmatists quarrel over their beliefs. Many have murdered each other because of them, and yet they do not know whether they are true or not. Why? Because it is with phenomena they are dealing and not Reality. But with Truth you do not have to wonder; you know, because you *are* the Truth. Your divine reason proves it to you; although you do not know what it is, *you know it is*. By eliminating then from our minds the concepts that bind us, we are freed. Limited concepts are created by science, dogmas and creeds, etc., because they deal with phenomena, forms and expressions and not with the Real; we must see beyond form into Reality. We must be free of fixed ideas and concepts to receive that which is Truth. You cannot fill the vessel until you have emptied it; therefore you have to empty your mind before you can fill it full with Truth.

You do not have to worry about getting there by this route or that route; you are already there but do not know it. No longer will you have to believe that which is false to receive the Truth. You are filled with the Truth when you know it. No one can create the Truth. IT IS. *Only false concepts we create*. The Truth is beyond our imagination, therefore what we have in our imagination is an idea—a sensation; the Truth is none of these. IT IS. *You are the Truth*. “I am the Truth,” the Master said.

You can only understand life when you realize that *God is*; that you are the sons and daughters of God; that you are born of the Spirit. There is only one Intelligence, which is the Perfect Activity and is the Mother; and one consciousness, which is the Will and is the Father; and the expression is the child. Father, Mother and Child— therefore Consciousness, Intelligence and form in Substance are three in one.

Intelligence can become active anywhere where Consciousness is. Consciousness may be in what is called its unconscious state, as we see in the plant and in the mineral; yet Consciousness is directing the intelligent action. In man the Consciousness is conscious, subconscious and super-conscious. The Intelligence is automatic and responds to all phases of Consciousness. We know that we know. But because of our reaction to stimuli received through the senses and our lack of understanding, we flounder in phenomena. A fish swimming in water does not know it is in water, it just swims around—and that is what a lot of people are doing, just swimming around. But when we grasp the truth we know there is one perfect substance, invisible to the physical eye, but nevertheless the only substance, and the basis of form and phenomena. The matter we see is nothing more than a modified form of that invisible substance— real in the world of manifestation, but not a permanent reality.

If you were out of your present state of vibration, this physical matter would not hinder you; you would not even know it was there unless you reduced your consciousness to its rate of vibration.

You can reduce or raise your consciousness simply by a true natural desire to do so, with faith and understanding, and the law responds. Just as you raise your consciousness beyond the physical senses, so you lower it in the same way. You can raise or reduce your consciousness as you desire, and you become one with that plane of consciousness.

But in the process of finding out these things you begin to see that our physical senses are but a modification of our spiritual senses. We supersede and transcend our physical consciousness as our consciousness expands and rises nearer to its true source. Even the spiritual world of form is but phenomena in a higher degree. The same law exists eternally. You become the law when you conform to the law.

People who condemn anything they cannot understand profess their gross ignorance. Some think they know everything, and that there is nothing more to know. You may be sure they know nothing. Know the Truth, and it shall set your mind free to expand. There is so much to unfold that time fades into insignificance.

God is all there is and is perfect. God cannot divide Himself; there is nothing to divide Him with. There is nothing greater than God, nor more

powerful, because He is omnipotent—all-powerful— omnipotence—all power. He is alone omniscient—all-knowing— omniscience—all knowledge. He is not only omnipresent—present everywhere—but omnipresence—all there is present anywhere at any time. If all power and all intelligence are everywhere, then God is everywhere—so where is God not? Can you get beside it? Can you get beyond it? What most people need is Divine reasoning. While they seek here, there and everywhere, all the time it is within, nearer than hands or feet, nearer than the nearest—it is thy True Self. Everything must be expressed from the individual self. These words of mine have only the power of bringing forth what you already know, but were not conscious of.

Life cannot be destroyed; nothing can destroy life because there is nothing powerful enough to destroy it. If a beetle crossed the floor and I stepped on it, I have destroyed the mechanism, but not the Intelligence that animated it. The Life or Intelligence is not affected.

When we come to the realization that matter is porous and not solid; that this material substance that we see and feel is actually porous and has no solidity; that the Perfect Substance supports it and holds it, and is the framework in which it is built; that material substance is but an expression in the Perfect Substance and of it, being the Perfect Substance modified—then we will better understand that Life is the organizer of form in Substance, organizing the form according to the image held by the Consciousness.

Mind of itself has no power, therefore mind has no power over you. Although you create images in your mind and then fear them, it is like fearing your own shadow. Neither has matter any power of its own; it is but mind modified. When you understand this you will get behind form to that which *is*. You then become one with the Creator; not creating imperfection, but manifesting that which is already perfect within you. The Impersonal becomes the personal, and we see the Spiritual World before us. The *I am* of the ego disappears, and the *I am that I am* appears. When you say knowingly—*I am that I am*, all things will respond; the elements will obey you; anything will be possible to you. The world will be negative to you, and you will be positive to everything in it. The Master said, “All power has been given unto me in heaven and on earth.’

It is said that we know the Perfect by the imperfect; but the Perfect cannot be known by man's mind, it is only an idea of the Perfect. The Perfect *is*—although we cannot perceive it, for it is beyond our perception, beyond comparison; *yet it is*—and manifests when we realize the Truth.

So wonderful is Truth that the human brain cannot fully comprehend it. Yet Truth does not go contrary to our reason, but goes beyond our reason—beyond our comprehension—into a realm which has not yet been explored. So do not limit yourself by your reason; do not limit yourself by your lack of comprehension. To become conscious of the unfathomable is the essential thing in our lives, no matter which way we do it; whether through exercises, through meditation, or through Divine Reasoning—they are only a means to an end; or through philosophies, dogmas or creeds, which have their limitations—these also are but stepping-stones which lead you to something beyond.

I do not deny you any religion, dogma or creed, nor do I deny you any philosophy, or series of exercises. I do not deny you anything, but do not flounder in them. Do not flounder in the power you get from psychic exercises or experiences. If you seek health for health alone, if you seek material gain and that alone, if you seek any one thing for that thing alone, it shall elude you; but seek the Truth and you will find everything. When you have Perfect Faith and belief in God and yourself, then you receive fully; you become one with the Divine Love, Wisdom and Power. It is the most wonderful and most glorious of all teachings. It is the unwritten word of the Masters.

You may have practised exercises, studied philosophies, etc., and no doubt you have gained by them; but when you say *I am that I am, I am All there is, my Father and I are one*—you will find that the Divine Intelligence will lead you, it always has and always will. Do not seek for yourself alone, but that others shall also find the way; for he who seeks for himself alone is selfish and limited.

“He who seeks to save his Soul alone
May find the Path but will not reach the Goal;
But he who works in Love may wander far,
Yet God will bring him where the Blessed are.”

You can now understand the Master's words: "If ye believe in Me ye shall have eternal life." Through the Christ Principle, through the Christ in you, is the door into Infinite Eternal Love. Let LOVE then be the dominant factor in your life. A Love beyond the love of the physical; a Love beyond that of your family circle; a Love beyond the nationalism which seems to be dominant in some nations; a Love so deep that nothing can sever it, because there is nothing that can sever it. It is Divine Love. *Therefore it is Perfect, and when we receive it and accept it, it is ours, and we become Love itself.* This is the ever new joy that repeats itself with every beat of the heart.

When everyone accepts this all-embracing Love, all our apparent troubles, which are experiences in this physical world, shall be completely annihilated, for we shall no longer need them; we will have found *It*. That which is Perfect hath come, and hath superseded all that is imperfect. Man does not yet fully understand Divine Love; he has not quite grasped it.

Make this our aim: that all shall know the Truth; and that all shall love as He Who loved so deeply that at the last moment of His crucifixion He said, "Forgive them, for they know not what they do." Could you say that? Think!

The Mother has a love for her child so deep in her heart that she will give her own life that her child may be saved. It is not only in the human that we find this characteristic but also in all animals.

The greatest manifestation of Love is love for LOVE itself; and this is expressed through the Mother Principle. Let the Mother which is perfect rise in us. ARISE IN US NOW DIVINE EMOTION OF LOVE— THE ONLY TRUE EMOTION. All negative emotions are false and destroy our health and happiness. Let the perfectness of the image held in the Infinite Consciousness, the Perfect Intelligence, the Perfect Activity, the Perfect Emotion, be our conscious Reality, for it is our Divine Birthright. By understanding we transcend philosophies, dogmas and creeds, and instead of travelling over the winding stairway, we just enter in and there we are. If we have not reached the truth of the Perfect Image in experience, we must have faith and believe—"Seek and ye shall find; ask and ye shall receive; knock and it shall be opened unto you." The desire will eventually be fulfilled, and with it all your needs, for the Lord knoweth what you are in need of before you ask.

That which is in the Infinite Mind is perfect and shall reveal Itself; *and It shall be revealed in you*. Just as I bring this to you, it was brought to me. It was unfolded so beautifully to me in the solitude of the great Himalayas.

Why seek Me here; why seek Me there, when I am everywhere? Therefore I say: Have peace in your mind, peace in your soul; let that peace that passes all understanding abide with you, knowing the great truth *that you are*. You do not have to be: you *are*, because God is; and there is only God and nothing else, and God is perfect. All other things are nothing at all; they are only manifestation of phenomena and have no reality. This is the secret written in the ancient scrolls. *All is which is, is That which is; and That which is, is Perfect*.

The great prophets and masters of the past received the Truth from a Higher Spiritual Source, and handed it down through the ages. Jesus revealed it in His private talks with His disciples—you do not have His every word in print, nor is the Truth held between the covers of any book. The words of Jesus are as fresh this moment as when He uttered them; and he who has ears may hear, and he who has eyes may see; but blessed is he who has not yet heard nor seen yet believeth with *strong faith*. “Faith is the substance of things hoped for, the evidence of things unseen.”

The Truth *is*. YOU ARE; I in you and you in me, and we in them; all is God, all in one—only a different expression of the same thing, form in the same Substance, created by the same Consciousness and Intelligence. I and the Father are one, nothing else matters now; nothing else should matter for you when you get this firmly rooted in your mind; all your troubles pass away, even your health problems, your financial difficulties, your home problems; all that worries you completely dissolve into nothingness, where it belongs.

LESSON 10

Cultivate Inspiration in this life. It is of the utmost importance. It is the Master Key and opens all doors. It is the pathway of all true knowledge; all great men and women use it. It is used by the scientist, the philosopher, the inventor, the mystic, the healer, the teacher, the organizer, the preacher. Christ himself used it to its full degree. It is the gateway to the unexplored regions of the Universe beyond the experience of mankind. It is the avenue through which that which is not yet known to man will come. Try to find inspiration in everything you do.

There are several forms of Inspiration, and we will examine them briefly. You can be inspired by persons on the physical plane—by their courage, actions and words, and you can receive their inspired thoughts.

Then there is Inspiration from those who have passed from the physical plane and who attach themselves to an individual—a suitable subject through whom they can give their message, while the two minds work in harmony. In some cases the physical instrument only is controlled, the brain being used instead of the mind of the subject. This is not inspiration in the true sense, of the word, but a form of control.

There is a form of Inspiration where the person's mind is elevated to the spiritual thought world; and many thoughts not yet made conscious on the physical plane find a channel through which they can be expressed.

There is what we call Group Inspiration, where group of Holy Spirits or Masters meet together for disseminating the Higher Truths of the spiritual world for the elevation of Man. Sometimes the combined spiritual group is expressed through the individual; sometimes an intermediate is used in the spiritual realm through whom the inspiration is converged or modified, and this is known as spiritual telepathic communication.

There is also the Inspiration from the Higher Beings in the Sun, and beyond the Sun, which enters the soul with the cosmic ray. But the complete and perfect Inspiration comes from the Infinite Spirit Itself within man. This is the highest form and the most sought after by all Adepts and Masters. *It is the Christ.* "I and the Father are one."

These particular forms of Inspiration are, as it were, stages or steps, until such time as you as an individual pass beyond the capacity of those who are inspiring you—until such time as you get beyond the capacity of all individualized intelligence, into the infinite expression that comes from one's self in one's self.

The Spirit is in everyone—each individual is the expression of the same Spirit. We are not only united in the physical plane: we are united in the mental and spiritual planes as well. In all realms of the Universe we have our affinity, and our roots are eternally held in the Almighty God—Om.

The greatest of all Inspiration comes direct from God. When you desire Inspiration, desire the highest. When you desire the highest, no matter through which channel it comes or what particular form or individual used, there is an eternal unity at the root. No matter what method you use, ask direct from God the Father, and you will find Inspiration, *the source being eternal and ever present.*

There is no limitation this way, but there is when you ask it through a particular source. For instance, when you say: "Tom Jones is my guide and no one else inspires me," you are limiting your inspiration, and it is not worth a great deal. Many today are floundering in Spiritualism, with the result that this great religious movement is limited by its own adherents. But when you ask for the highest Inspiration you get it, and the channel you get it through will be the right channel.

Never ask for anything from anyone but God, for He is the only One who can supply you. If I ask you or anyone else, I cannot be sure, just as you cannot be sure if you depend upon other people for your needs. You must not put your dependence upon any individual, no matter who he or she may be, not even the highest in your land for they have no power unless God gives it to them. But if you ask in the right way, knowing who is the owner of all things, then, by asking and believing, you will have it—knowing that now it is being manifested. This Law is as accurate as the law of mathematics and as easy to use; the key is in this lesson. “If ye believe ye have received, so shall ye have.”

I am not denying the fact that there are Helpers: I know there are, and many are known to those being helped; but I want to show you the Law. Even the Helpers are subject to it on all planes.

Do not then repeat the asking; it is like saying: “Father, you haven’t given me what I asked for; why don’t you give me the things I want?” You asked for them once, and because you ask again you renew the process, and there is nothing done. That is not the way. If you knew you already had them you would not ask for them again, would you? Learn this Law. It is important. If doubt enters you cancel the order automatically, or at least delay the manifestation. When you know the Law you constantly give thanks for what is being done. Believe then that you have it, and you shall have it.

When you create in your mind an image of any particular thing that you desire, you have the image of yourself having; you also have the image of yourself not having—the image of yourself lacking and the image of yourself possessing. The two images are opposing each other. The image that is dominant is the image that is manifested; that which is the deepest is dominant. You do not get what you want, but what you think deeply—believing is receiving. The Intelligence and Substance seeks to fulfil the image held by the Consciousness.

I want to show you the processes of your mind that you may see the movement in it so clearly that you will fulfil the Law and receive from your Father all you need and more. By the process of following this perfect Law the Law is fulfilled, because the Law fulfils itself. The trouble with most

people is that they do not know the fundamental principles accurately enough to use them intelligently and wisely.

Now let us examine this Law of Manifestation. On one side is the image of yourself in possession, opposing that is the image of yourself not possessing—having and not having. These two images oppose each other; what is the result? Which is the more dominant? Which one is the deeper? When you know the truth, that there is only fulfilment, then you have what you want. But if you do not know the truth, and the opposing image of yourself lacking becomes dominant, then you do not have it because you must fulfil the Law. If the image is a vacillating one—now I have it, now I don't have it, and so on—then it is only by sheer luck (if luck exists anywhere, I doubt it) that you have anything at all, because you have violated the Law of Receiving.

There is also the Law of Giving, and one must be as ready to give as to receive, then the Law is complete. Detachment is the secret here. To be truly unselfish one must by a mental process detach one's self from all things external. This is accomplished by spiritual understanding and discipline. Then there is no anxiety or fear attached to the opposing image of non-possession.

We have another image to consider—health; opposing it is sickness; which is dominant? Health or sickness—which is the deeper in your mind? It is generally sickness! It is a wonder you ever get well at all! You should know that health is your foundation and your natural state. Have faith, and with health dominant in your mind you will have health. That is how some “miracles” take place. The person is so elevated for the moment that all inharmony disappears and health is established.

Failure opposes success in most people's minds; according to the power of the particular image, so shall it dominate your life.

Are you trying to make your success depend upon aid from other individuals? If you do, then you will probably fail. Many people are waiting for the other fellow to carry their load, waiting for the other person to give them a lift, but they find that, instead of getting a lift, they get the opposite, and this is generally what they deserve when they look to others for their success. Through God, and God alone, you should seek your health, your success, your happiness; then it will be true health, success and happiness.

You must follow the Divine Ideas, no matter where they take you, no matter what you do or how you do it; it is part and parcel of a plan that is guided by Divine Intelligence which knows and sees further than you do, which leads you to the fulfilment of your needs—sometimes through ways you do not want to go. This is why many people fail; they turn back at the first obstacle.

So we see two opposing thoughts or images in our minds, the negative and the positive; but do not be alarmed if you find the negative often rising to the surface. Make it the foundation upon which you build the positive; say: “I know that Intelligence is perfect, that God is perfect, and that there is no other Power. There is no other Power but mine, and I can prevent any unwise thought from manifesting in my life. Everything good shall manifest in my life—all my needs are fulfilled, for I and the Father are one.”

If you have violated the natural laws, admit the fact; and once you admit the fact and accept the admittance of the fact, and act with the Law, you begin to get well and your needs are fulfilled. Be content with your troubles or conditions in the meantime, knowing perfectly well that they are going to disappear; and as surely as the sun rises in the morning, they will. “According to your faith, so be it unto you.” The Intelligence will guide you and show you what to do and where to go, and you will find God there waiting for you, in the physical garb if necessary; the Divine Intelligence arranges all.

You will find this an exact truth. The most extraordinary thing is that, although it is actually true, yet most people disbelieve it. These laws we must understand and follow; as long as we are ignorant of them or refuse to accept them we shall suffer. As long as we are ignorant of the Truth we are not free. We are *free* when we know the Truth. “The Truth shall set you free!” There is only the Manifestor and the Manifestation—that which is dominant is produced. Believe in the Good for It is the only Permanent Reality.

We should have a knowledge and understanding of the Real, then the unreal cannot dominate us in any way whatsoever. When we hold a false concept in our mind and believe it to be true, then the false appears to us as true. The image is created in our mind; the concept is crystallized and is the

blue print, and the structure is then built externally; but it is not a Truth; we created it, and the only power it has is the power we give it.

People who imagine themselves well educated are generally ignorant of true facts. I have found gross ignorance where profound intellectual nonsense was in evidence. Many are floundering in phenomena and do not know the Truth, not even about themselves.

Man is the greatest, the most interesting and the most necessary study in the world. Once we begin to understand ourselves, our burdens and fears disappear. Our gross desires no longer crave for expression.

My final advice to you is to eat God's Divine Ideas of fruits and vegetables as near their natural state as possible. Keep your imagination clear and clean, positively filled with Divine Thoughts. Let the emotion of Love dominate all your thoughts and actions. Unify these three planes (1) Divine eating and Divine drinking; (2) Divine thinking, and (3) Divine feeling. Then Harmony shall reign supreme.

Your prayers should now be in the affirmative, claiming what you say to be true, a fact, an actual reality. This prayer fulfils your every need:

“Loving Father, this is Thy Holy Temple, Thy perfect dwelling-place from which radiates Thy Love, Wisdom and Power to all Thy children. I am filled with Thy mighty Healing Power, Thy Inspired Wisdom and Divine Love, and I am glorified in Thee. My eyes and ears are open whereby I see and hear, and my mind receives Thy Eternal Truths, for Thou hast proclaimed me Thy perfect instrument for Thy great and glorious work, that Thy Will, which is done in Heaven, shall also be done on Earth.

“Amen.”

May the Divine Blessing of Truth abide in you now and for evermore.

“I and the Father are one”—one Life, one God, one People, one Family, living in Love and Peace.

Live in the realization and recognition of your oneness with Me, and as ye know Me as I am so shall ye be.

Meditate upon this daily till the burning Sun of the Eternal Reality bursts forth in your soul to consume you in the Allness of Its Immortal Love, Wisdom and Power.

Love and Peace be with you.

M. MACDONALD-BAYNE.

COMMENTARY NOTES
To The Master's Course of Instruction
“The Higher Power You Can Use”
by
DR. MURDO MacDONALD-BAYNE

INTRODUCTION

The first thing a Master will say to you will be, “My son, be of clean heart before thou takest the first step.” Then part the mental from the spiritual.

The Masters to a great extent scorn the mental which they consider the grosser or coarser part. The Spiritual is the Real which they aim at and that is what we are going to do, to realize the Spiritual.

There are, however, times when we will have to take the mind into consideration because it is necessary that the student should also know about the mind, otherwise he will not be able to protect himself in this world of operations where so much negative mental activity is taking place.

The next step is to discern the real from the false. That is most essential; it is a very important part of the Master’s instructions—when to discern the real from the false, the ever-fleeting from the everlasting; that is, the ever-changeable condition in this world from the everlasting eternal spirit in man.

It is not that which is within you that I want you to concentrate so much upon, and I want to make this plain at the beginning.

When you ask anybody about that which is within them they will say, “God is within me.” Then you will say, “Where is this God within you?” and they will say, “Well, He is here, He is there, I feel Him here, I feel Him there.” Then when you pursue it a little bit further you will find it is just an image of God they have in their mind; but God is not an image in mind. God is real.

Those who make an image of God are no further forward than those who know nothing at all about God, in fact they are very much confused. It

is the awareness, the awareness that you ARE; it must be awareness of the Individualised Infinite Spirit of which I am and you are.

We must become aware of this in our lessons through the Master's Course—not an image of it in your mind, but a knowing that you are.

Then the next step: you must learn above all to separate head-learning from soul-wisdom, also the eye from the heart doctrine. I hope that is plain. Yea, ignorance is like unto a closed and airless vessel, the Soul the bird shut up within, but even ignorance is better than head-learning with no soul-wisdom to illuminate and guide it. Consequently, we are in a state of chaos. The seed of wisdom cannot sprout and form in an airless space. To reap experience the mind needs depth and breadth, and points to draw it towards the Christ-Soul. This is God individualised in Man and the only Reality.

The mind is the slayer of the Real. The mind covers up the real with its images and ideas which are untrue, and the mind accepts these ideas and crystallizes them and thus the Truth is no longer recognisable to those who have crystallized ideas in their minds or try to make Truth conform to those ideas. Truth conforms to no ideas.

Truth is free, unfettered and free, whether differentiated or undifferentiated. As it was in the beginning so it is now, and it shall be always—deathless and birthless, spaceless and timeless.

Before the Soul can see, harmony within must be attained and harmony will be attained within each and everyone of you. It is essential that we have this harmony, and as we progress through the course you will find harmony is the essentiality of our lives, actualising it, externalising it in our everyday life.

The fleshy eye must be rendered blind to all illusion. The eyes we see through, our senses, gaze upon illusion continuously. We are not seeing reality. We are seeing phenomena created by our thoughts. It is the Real which we must gaze upon and bring forth into our own lives and direct the minds of others towards it.

You have a great responsibility. Help nature and work with her and nature will reward thee as one of her creators and will do homage unto thee and she will open wide before thee the portals of her secret chambers, lay bare before thy gaze treasures in the very depths of her pure and virgin bosom. Unsullied by the hand of matter, she shows her treasures only to the

eye of the Spirit, the eye which never closes, the eye for which there is no veil in all her kingdoms.

The eye that never closes is the Spirit, the Spiritual eye, that tremendous, wonderful Power, which will come to you as you become more and more of your oneness, your actual oneness with this Divine Spirit.

The pupil must regain that child's state he has lost where the first sound can fall upon his ear. Therefore you must regain your child's state of mind before the first sound of this Truth can fall upon your ear; that means, to rid yourself of all preconceived ideas. This you must do now, before you can grasp these lessons which I will give you. Let us be like little children, our minds free and open to see this mighty Truth.

I feel it a great honour to be the bearer of this message to the world; but I do not claim any special privilege, nor do I claim any spiritual quality that makes me any different from my fellow men.

Therefore I do not want you to look upon me as anyone different from yourselves. I am one with you. I am here to do this work and you are also here, not by chance, for "Many are called but few are chosen." You are the chosen few—I want you to realize this. When the Soul is ready the Master appears.

For many years I have been an earnest worker and a student of the Inner Teachings, healing the sick and teaching what I knew of the Truth all over the world, and I have met with a very large measure of success. For this alone I was not wholly responsible—as I now know— having been spiritually helped and guided throughout all these years of probation.

I have learned as I passed through the various trials and tribulations that my failures and my successes are all stepping-stones and experiences. This class of students must look upon pleasure and pain as one and the same thing—these are experi-ences—they are all the same to the student who understands the Truth. I know for myself I was spiritually guided and helped through all these years of probation.

It was not until one night when a mysterious visitor appeared to me that I knew what my real mission was. He spoke these words:

“I have been with you a long time but you knew it not. But now the time has come for me to make myself known to you. I will guide you to the Himalayas in Tibet where you shall receive instructions for your real mission. Many are called but few are chosen; are you prepared to leave all and follow me? Fear not for the world will rejoice—the Message you will bear will take away the confusion from the minds of the people; and those who will hear you are my people. I will be by your side and your strength shall not fail, for whom God has chosen He shall sustain.” He then took his departure as silently as he had come.

Under the instruction and guidance of this wonderful Being I have recently written another book called “I Am the Life” which you will hear about in due course. From that time my steps were guided and before I left Australia I was told “You shall go now to South Africa.” I said, “I would like to go home to England.” He said, “You shall go to South Africa. South Africa needs you there. There is a lot of work to be done; the harvest is ready.” So here I am. I have come here with the understanding that this teaching will bear good fruit. I make no claim; I am just a voice in the wilderness calling to the sons and daughters of God to hearken to the Truth. For this I was told I was born.

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LECTURE 1

This Course is written for the express purpose of leading you along the path of the Masters; freeing you from limitation and imitation in the world of forms, creeds, dogmas, ideas, theories, concepts, etc., that limit and confuse the mind, thereby distorting the Truth. You cannot discern or understand unless the mind is free and unlimited, for it is the Natural Intelligence that opens the way to the understanding of life. You cannot perceive the Truth because it is beyond your perception; what you perceive is only in your imagination, an idea, a sensation, an image; whereas the Truth is none of these. But through the super-technique, as explained in this Course, there comes a supreme understanding. Then there is no more rushing here and there; there is no anxiety in case you cannot find the way; there is no more strife, striving to be something that you imagine you should be to ensure eternal life and all that goes with it; no more trying to force your mind to comprehend something that it cannot comprehend because it is beyond mind. You cannot search out something that is ever present: that is like trying to find yourself beside yourself; it is like running after your own shadow. The Inner Teachings of the Master Christ will be revealed: “I am the Way, the Truth and the Light.”

Concepts are the most difficult to overcome. Even a concept of ourselves, no matter how great that concept may be, is a limitation. Let us get this straight otherwise you will not receive the benefit of the teachings of the Masters.

A concept of yourself no matter how great it may be is a limitation. Therefore we want no concepts of ourselves. Why, our minds must be entirely and completely free. What the Masters mean by that is this: you cannot conceive how mighty you are. You cannot conceive the Infinite Spirit in a concept. When you make a concept of yourself you have created an image or an idea of yourself, as it were, in the mind, and it must remain

such, and as that concept grows and solidifies there is no longer any progress because what you think you are.

Therefore we want no concepts of ourselves. We want the freedom of knowing that I AM. Nothing else than knowing that *I AM!*

Perhaps you have said “I am” very often, not perceiving its majesty, its mightiness, its tremendous force and power. When you realise that I AM is the name of God: (Exodus) “I AM is My name through all time. Go and tell my people that I AM has sent Me.” I AM the Life. Can you make a concept of that? No! There can be no concept of that. There is only knowing, that *I AM*, always have been and always will be, the completeness of the Divine Spirit in man. I alone live in man, I created man and I live in man. I AM Life. There is no concept, but a knowing, an awareness.

Now there is no more rushing here and there to find the Truth, many craving for this and craving for that. You rush here, you rush there and you find nothing after all. That is not the Truth.

There shall be no anxiety in case you cannot find the way. There is no striving to be something that you imagine you should be to ensure your eternal life with all that goes with it, but you want a special place in Heaven. It is unworthy of the great Soul. He does not look for that, neither does he crave for anything. He only knows that he is and in that very power of his knowing is the secret of his strength.

The difference between an ordinary man and a God-man is that the God-man knows he IS while the other does not know.

The Power of the Truth can only be established when we free our minds from all concepts and preconceived ideas. The Truth will then set us free, and, although we live in the world of phenomena and shadows, we are not bound by it. “I am not of this world,” the Master said.

Do you believe then that you are born of the flesh? If you do then you are already dead. If you believe that you are born of the Spirit you already *now* have Eternal Life; you have passed across from death to life. Do you not see that you cannot make Truth conform to any idea, any creed, any dogma, any system or philosophy! Can you not understand that you cannot make Truth conform to anything! That has been your trouble all along.

Ideas conceived in the Divine Mind come forth into expression in Form, and Form may be transformed through a change of consciousness in regard to it. This is the Law revealed by the Master.

Let us see now the true meaning of this. Ideas conceived in the Divine Mind come forth into expression in Form and Form may be transformed through a change of consciousness in regard to it.

Consciousness, as we will see, as we progress, is the director of all things. Whatever the Consciousness is aware of the Active Principle or the intelligence tends to outpicture what the consciousness directs. A change of consciousness in regard to anything changes that thing. It is the Law.

Now, let us see then in your own lives. Negative conditions bind and hold you by your giving them a power of their own although they have no power at all. When you know that your own consciousness is the director of every external thing that happens in your life no matter what you think—it may be right or it may be wrong—it will manifest. What you think subjectively is outpictured objectively.

The Infinite Divine expression is complete in itself. There is no flaw. We will see shortly how the essence of Substance in itself is perfect, how consciousness itself is the director, how the Intelligence, the perfect activity, is the expressor of what the Consciousness directs in that perfect Substance. These three are One; *Consciousness*, the director; *Intelligence*, the Active Principle of Life; *Substance*, the Perfect Essence of God—and *these equal the Divine Mind*.

We shall bring it down now to finite mind and see exactly where this consciousness comes in. A thought must have a beginning. It does not enter your mind except you create it. Whenever you begin to think, it is you who thinks, the consciousness, you, the actual reality in yourself, you, not something within you but YOU, ACTUALLY YOU. You think. YOU are the conscious being, the conscious entity. You create an idea in your mind. Your consciousness is in that idea you have created. As you give power to the idea, the idea expands accordingly to your consciousness and is that idea, and as you think about it and it expands more and more until it takes on form.

In your own being it will take on form. When this form has been created you wonder how this form has come about, but do you not realise that you yourself are the creator thereof?

Your consciousness is the individualised Consciousness of God and the only creative Power there is.

When it begins to manifest in your own mind, creating images and externalising these images, the consciousness is still within them and is the only reality they have.

There is nothing else real except consciousness that created them. Immediately you have a change of consciousness in regard to them it changes the forms.

The same law and quality is the same in the Divine Mind, but is vastly different in degree; it is the same action, the same motive action. The Divine Mind being perfect in itself, God Almighty, there is no flaw or reaction.

This is beyond the comprehension of human beings, and even beyond the comprehension of the Archangels in Heaven, who are aware of their own consciousness yet they cannot analyse that consciousness because it recedes into eternity.

The Divine Mind creating by its own Consciousness, expresses the image of man and there the Divine dwells in man and is the only reality in man. The Consciousness of God directs the Intelligence, the Active Principle, outpicturing the Divine Image in the Substance and Form comes forth. I AM the Life! I AM the Life!

The “I am” is the door through which the Consciousness, Intelligence and Substance of the Great “I AM,” which is God, comes forth into expression in Form through the individual. This “I AM” Being is Consciousness, Intelligence and Substance, and is given form through Consciousness. Consciousness is the Father, Intelligence is the Mother, and the Substance is the vehicle of expression, and the Divine expression is the child—the Three in One. Consciousness is the Will that makes the mould and the Life Intelligence and Substance fill the mould. Consciousness directs, Intelligence fulfils the direction in the Substance, and Form comes forth; the Divine Perfect Image is expressed without effort.

You do not have to make an effort to express the Divine in you. You have only to allow the Divine to express Himself in you. As I said, the fleshy eyes must be rendered blind to all illusion. The only effort we must make is to prevent the creation of false images in our minds. An image that you create has no more power than the power you give it. But you believe it has power. You actually believe in it and it is your belief that fools you or your disbelief that fools you because of the ignorance of the Individualisation of Spirit.

What is necessary is to break down every image, every concept and smash them all completely to allow the Divine to manifest. You will find how all these troubles in your lives, these various conflicts, and this confusion will disappear. You will find, also, healing.

As we get more and more understanding the power will be stimulated; each and everyone of you will develop one-pointed concentration, a concentration upon life, one-pointedly regarding life, “one-pointed concentration” as the Masters call it. It means that concentration so deep that life itself is concentrating and life becomes aware of itself.

So we see the Intelligence fulfils the direction in the Substance and Form comes forth. The Master said, “According to your faith so be it unto you.” This faith is in the Consciousness, it is a form of awareness.

Faith and awareness quite easily can be compared one with the other, but I can assure you there is a vast difference.

Awareness is the knowing of something, actually KNOWING it to be now. Actually NOW! Actually in operation. Faith is a belief in something. You can have faith in a bottle of medicine and you think a bottle of medicine has cured you; you are entirely wrong. It was the faith you had in that bottle of medicine that cured you. Consequently, you are putting faith in something outside yourself which is entirely wrong, according to the Master.

No matter how your healing comes about, it must come from within yourself. In healing it is co-operation that counts. You are co-operating with the Divine Spirit, “When two agree upon the same thing so it is unto them,” the Master said.

We transcend faith into a greater field of action when we become aware, and instead of having a blind faith we are now on another

dimension, looking down, actually knowing process and understanding. Therefore your faith is fortified by your complete awareness.

The Master said: “According to your faith so be it unto you.” This faith is in the Consciousness in the Perfect Divine Image; fully comprehend this and you will know the Christ Power. All things are possible to them that believe. You must grasp this fundamental principle, then these lessons will give you the understanding and use of the Christ Power, or the Power of the Masters.

You must separate yourself from all your external faculties, from your mind, from your body, because they are but instruments that you use. The Consciousness must analyse everything external to itself. When you say “I am,” realize that it is the Real. The “I am” enables you to move, think, act; and you are using your instruments as a means of expression.

The first thing you have to do is to sit down and separate the real from the false. One has to separate the real from the false by analysing the body, the mind, the images. If you can analyse something, is that you? You can analyse the trouble around you; you can analyse internal trouble if you like; you can analyse your images and ideas too. But can you call them you? The fact is this that immediately you begin to analyse the “not I” things, there comes a knowledge of reality, an awareness. Then you will be able to discern your thinking, the process of your thinking, not analysing the images and the conflicts of the past or looking into the future. The actual awareness is now.

So we see, you must separate the things external to yourselves. Separate your body, your mind from your real self, YOU. That which you are analysing cannot be you, can it? It is proof of the fact that it has no power of its own, is it not?

Do you not see, the Consciousness is always analysing something external to itself, but it can never analyse itself. It can never know what It is, but only know that It is. So, do not waste your time trying to find out what it is, only know *THAT IT IS*, and this is the secret.

The more you know that It is, the more will it grow in strength and power. Then you will know “I AM.” Immediately you analyse anything

external to yourself, even all the forces of the Universe and all in the Universe, even the elements that make up the Universe, you will know they have no power of their own except the power that you give them. You are Spirit individualised. The Eternal Spirit of God is in you, the actual you. Then you will find power and majesty in your Oneness with God.

The Consciousness must analyse everything external to itself. When you say "I AM." realise that it is real. The "I AM" enables you to move, think, act and you are using your instruments as a means of expression.

The Substance of the Great "I AM" is the Perfect Substance out of which all things are made, the Substance of the Great "I AM," the Substance of God.

The Great "I AM" is individualised in you and that enables you to say "I AM." Out of that Substance and in that Substance all things are created and that Substance is perfect in itself. How can any form created in it and out of it have any flaw in it except the individual give it power, who does not understand the Truth?

I know it is hard for you to grasp this great truth; I know it is difficult, for the simple reason that you are reacting every day of your life to unreal things, to phenomena, to falseness. But the fleshy eye must be closed to those illusions.

Remember this, that as it grows greater and greater in you and through you, so your awareness grows, and it is your awareness that counts. Nothing else counts. It is not an image of this thing in your mind; It creates the images. It is the awareness.

I want to reveal the Truth to you in its entirety. I am going to give you all I have. I want you to accept it, then I want you also to give. Reveal the Truth, but beware that you do not cast your pearls before swine, lest they turn and rend you. Never talk about it when you feel that there is inharmony.

People will ask you to help them. Always be ready with this Truth quickly. Pay no attention to what you will say, know that at that very moment it will be given you what to say. When you are aware you are one with God, you are the channel. He is the power, the great "I AM" and He reveals Himself in the "I am," you, which you know.

Consciousness, Intelligence and Substance—the Trinity of God. Consciousness! The Divine Consciousness! Awareness! Whatever God is aware of so the Intelligence, that Active Principle of Life outpictures. What is in the beginning is in the end and is now. That is why the beginning and the end are one and expressed in the now which is Eternity.

Your perfection exists now, held always in the Divine Image; but you create an image in your own mind which is very often false.

You do not have to create and re-create the Divine Image when it is already created. All that you have to know is that It is, and it comes forth of its own free will. The Perfect Substance is the foundation of all, supporting all forms.

If, in the Consciousness, the Divine Idea exists, Intelligence completes the idea in detail and the idea is expressed in Substance, in all planes of manifestation, including the Spiritual, Mental, Astral and Physical planes, each being but a modification of the one above.

Substance having no power of its own, changes fulfilling the expression of the Intelligence directed by the Consciousness. God is all there is—Consciousness, Intelligence and substance. God is all there is. There is nothing else but God. He alone exists. Be aware of it!

The Substance of the Great “I AM” is the perfect Substance out of which all things are made, brought forth by Consciousness and Intelligence in the Substance. This perfect Substance is the foundation of and supports all forms. In the Consciousness the Divine Idea exists; the Intelligence completes the Idea in detail, and the Idea is expressed in the Substance in all planes of manifestation, including the spiritual, mental, astral and physical planes, each being but a modification of the one above it. Substance having no power of its own, changes, fulfilling the expression of the Intelligence directed by the Consciousness. God is all there is—Consciousness, Intelligence and Substance. God is expressing Himself through the particular centre of Consciousness that you are. Everything is given form by Consciousness—your consciousness is the Consciousness of God. It is the realization of this that enables you to say “I and the Father are one.”

The Master said, “Truly, truly I tell you no one can see God’s Realm unless he is born from above.” Nicodemus said to him: “How can a man be born when he is old? Can he enter his mother’s womb over again and be born?” Jesus replied, “Truly, truly I tell you, unless one is born of water and the Spirit, he cannot enter God’s Realm.” The Kingdom of KNOWING, the Kingdom of TRUTH!

Water is the symbol for the psychic substance, the perfect Substance out of which all things have been created. The Spirit is the Eternal Reality, the Consciousness, the Father-Mother-God. Unless you are born of the Spirit, recognising that you are one with the Spirit, in the Perfect Substance you can never enter the Kingdom of God because you are living in a world of illusion created by your own image, images that have no power of their own except the power you give them. And that power you give them can be extraordinary because it is all the power you have, and according to the intensity of the emotions put behind that image, so does it manifest in your experience, in your circumstances and in your body. Then you become afraid of your own creation, when the vicious circle is created by your ignorance of the Truth.

Perfection is Reality: imperfection is not real. Reality always exist, and always has existed; please recognize this truth. Gaze upon it, and bring it forth. As your Divine Consciousness brings forth form in Substance so is the Intelligence within the Substance. There is only one God, and God is not divisible. There is one basic Substance and that Substance is indivisible.

You cannot divide Substance. You think you do. You have a body and I have a body and so you think substance is divided, because your body is separate, but that is an illusion. It does not exist in Reality. Etheric substance interpenetrates all bodies supports all bodies. There is no division in Substance. All substance you see here can be dissolved back again to its atomic state by adding energy to it.

First of all, solid substance would soon disappear when energy is added to it, each atom itself moving according to its own vibration; the central atom gathering around itself according to the ratio of that central atom, according to the Divine Plane creating Form. Form is created in the

Spiritual state first in that one Substance that is indivisible and is expressed outwardly into the physical state, and there is no division in Substance.

All things are created out of the Perfect Substance; therefore this Substance underlies all things.

I want you to grasp this Truth: all is Spirit. Out of Him Who is Spirit all things have been made. Spirit in its essence is perfect; the substance out of which your bodies and everything has been created is a perfect Substance, with perfect Intelligence. The Intelligence acts automatically and has the power of expression: The Consciousness is in this Great Intelligence and is the Will which causes Form to come forth. Consciousness, Intelligence, Substance are three in one; and out of the Three in One all things are created. Life is the combined action of Consciousness and Intelligence in Substance, and its motion is Love. (This is the Divine Law.)

The Trinity of the Divine Law is: First of all, the Infinite lays the perfect foundation. That perfect foundation must be Love because it is the most supreme and perfect emotion. When one knows Divine Love all negative conditions pass away. That is the one fundamental principle or law of the Universe that cannot be broken with impunity. It exists as a Divine Principle, the Immutable Law. It is unchangeable. God lays that foundation for the perfectness of His Universe and nothing can change it and nothing can move it.

Then there is the second phase of the Intelligence as Active Principle, where man sees and becomes aware or he feels himself separate, is aware of some sort of separation and he feels himself a different entity from another individual, begins to act on his own.

In fact, the consciousness in man is the Divine Consciousness. It is you. Immediately you use that Consciousness the Intelligence begins to respond and forms accordingly what you direct by your own consciousness. This is the second Law, that the Intelligence will fulfil what you direct, but *you are responsible!*

That is the Law of Cause and Effect and you are living now in that Law of Cause and Effect. There is always a reaction to your conscious creations.

Do you know why? Because they do not fulfil the first Divine Law of Love. That is why.

The Divine Law of Love has no reaction. As a man lives he sows and he reaps, and he reaps as he sows. That is the Law of Cause and Effect. That is the Tree of Knowledge of Good and Evil; the other is the Tree of Life, the Tree of Love. Man's salvation is to take hold of that Tree of Life, that in him will be a spring of living water rising up to Eternal Life.

The third Law is this co-operation; co-operation with God. Acting as Christ would act, is the example to man towards man and for man. In His footsteps ye shall follow, if ye want to be free. Therefore we act according to that Divine Law and there is no reaction. It is complete in itself.

Oh, how true is the Truth! How mighty is this Truth! How simple is this Truth! But we do complicate it. We build creeds around it. We build images to worship it. We make a religion of it. One section has this Idea and another section has that Idea about it, and so forth, when the one fundamental truth about it is that that one Law of God is the only Law which will lead him to perfect expression—that Law that existed in the beginning, that is immutable and cannot be broken with impunity.

I want you to grasp this Truth—all Spirit out of whom Spiritual things have been made: Spirit in its essence is perfect; Substance out of which our bodies and everything has been created is a Perfect Substance with perfect Intelligence; Intelligence acts automatically and has power of expression.

You may ask how does all the imperfection come about. Well, this Consciousness, this Intelligence, this Substance—Divine Mind—is that out of which all things have been created. All things are Mind; everything you see, however large or small, has come from one Source. There is no other source it could come from.

Yet people say that mind is all power, when it has no power at all. That is why the Masters say the gross and coarse psychic path is of the mind, the true perfect path is of the Spirit.

I want you to think for yourselves, to use your own thinking powers. Reason does not go beyond Reality. Reality goes beyond reason, but reason does not run contrary to Reality.

The basic Substance in its essence is perfect and is the only reality of substance. This is the secret, and the Masters grasp the truth in its, entirety. They act from Life; their words are Life, because they touch the Life that creates everything. Form of itself has no power of its own neither does it claim any power of its own.

In the Infinite Consciousness of God is held the Perfect Image, therefore the Perfect Image is always in existence from Eternity to Eternity.

“Where wast thou when I laid the foundation of the World?” “I was with thee when thou laidst the foundation of the world.” This is the wisdom of the God-man. It is not a conception of mind, but an awareness of Life Eternal: “Before Abraham I AM.”

I can assure you this awareness will come to you and will stand by you for all time. This consciousness which is the Divine Consciousness becomes, as it were, an individual consciousness to each and everyone; it is not a separate consciousness.

The Consciousness of God and the Life of God is indivisible. The Consciousness is one consciousness individualising itself in the many, and that is why the Master said, “I and the Father are One.” You in me and we in them and all in One.

This recognition is the true recognition of the Oneness with the Father, an awareness that nothing can move. Neither was the ordeal of the Cross sufficient to move it from the Master Consciousness so strong was the awareness that Life was Eternal. He said, “Before Abraham I Am.” The birthless and deathless! And after the ordeal of the Cross he proved also that Life, the same Life, existed after so-called death, as it was before Abraham I AM.

I know this very truly because of my own experience. I have experienced this so-called death. In fact, there is not a night but I experience it before I sleep. I have practised what is known as astral projection. It becomes an amazing method of leaving the body as the Masters leave the body continually every night or at any time and do not return sometimes for weeks and months, remaining in the astral plane, working in this invisible plane. There is not a night passes but I am doing something in the astral plane, healing someone or helping someone.

In the Infinite Consciousness of God is held the Perfect Image, therefore the Perfect Image is always in existence. The “I AM” in you is the point through which you contact this Divine Consciousness, and this Consciousness becomes, as it were, apparently an individual consciousness to each and every one, but it is not a separate consciousness.

When you think separation, and have accepted it, then you have separated yourself mentally from the one great Infinite Consciousness, but it is a false conception.

It is no reality. It is not a truth of its own.

The great Master said: “I and the Father are One.” He not only said it, He knew it; it was not a platitude; to Him it was an actual reality.

Examine your sayings and see if they are superficial, and if you find they are, there is no depth to them. You say them in parrot fashion, that is why they do not live.

When you recognize this mighty truth, the realization of it gives you control, and everything obeys you, The elements respond to your call, and form according to the image held with this understanding.

I know this to be true. On several occasions it has been done. Examine your mind, examine your faith! Do you believe it? No, of course, if you do not believe it so it will not be to you, because of the creative power.

1. *Creative Power*— that is your Consciousness. First cause; the Reality in God, Reality in man. The Consciousness of God individualised in man becomes one with the Creative Power. Whatever you do with this Creative Power so it must be unto You. That is the only Creative Power there is, unlimited in its nature.

2. *Thoughts, Images* —you create a thought and you live in the thought you create. You live in the image you create. You do not know that you have created it. You have tremendous power yet you know it not.

3. *Manifestation of Belief*—Now, creative power, creates secondary cause and effect—you are living in these two but you are not really living at all. You are living in your images and the manifestation of your images. As your images manifest you set up a tremendous emotion of fear which has no more power than you give it because you believe in the illusion you create. There is no limitation to your thinking, there is no limitation to the creative power in you. Whatever you think, so it must be unto you. And this is the Law of your being.

How tremendous it is! I AM the Life. Try and grasp the meaning—*I AM the Life*. I AM the Creative Power. What I think must manifest. My thoughts may be double—now I have it, now I do not have it.

James said, “He need not think that he will get anything from the Lord, the double-minded creature that he is.” And the Lord is within you, He is your only Reality.

If you think one moment that you will not have it, another moment that you will have it, whatever you create with the Creative Power so it is unto you. Whatever image is dominant so it will live in you and manifest.

The only thing is that you have never really grasped it before. It has never been a Reality in your life. No. You have just lived in the thoughts you created, that is why the mind is the slayer of the soul.

The mind is the slayer of the Real. You do not get what you want, you get what you think deeply, your deepest thought must manifest, because of the Law. When you recognise this mighty Truth the realisation of it gives you control.

When this state of consciousness is held, the idea or image held in consciousness is produced by the Intelligence, and the work is done without effort, the Intelligence always fulfilling the direction of the Consciousness. We make a success of our life when we know this law and apply it with faith. We make a failure of our life when we do not know this law and let in fear and doubt which cause a vacillating action of the Intelligence—the Mother. But when in Divine meditation with a faithful consciousness, this Mother—Intelligence—does the work perfectly and changes the whole nature automatically.

Oh, but what a TRUTH! How glorious is that TRUTH! How it frees you from all these concepts, those ideas, those images! I AM THE LIFE.

Why is it possible for one person to do what another person cannot do? Because the one realizes and recognizes it possible and the other does not. When you realize there is only one Consciousness, one Intelligence, one Substance (God Infinite), and that you are an expression of God Infinite, you can say: “I and the Father are one.”— in body, in mind, in spirit. But when you accept separation, you usurp the authority of the great “I AM”— God. When you usurp that authority you begin thinking imperfectly, and by that same “I AM” within you, you bring forth that which is not perfect. How is it possible to bring forth that which is perfect? Allow God, with His Perfect Intelligence, to work through you. The simplicity of it is so great that it overwhelms us. Aspiration is the method you must use to begin with, then you become filled with Divine Love, Wisdom and Power which act together in perfect harmony, and growth becomes as natural as that of the flowers.

LECTURE 2

It is through our association with others that we find ourselves. In our association with others we get the experience which is so essential in this life in order to understand Reality. When we understand our thought-processes and the things that are not Real, we have a better understanding of Reality—that which IS Real.

Believe thou not that living on roots and plants, and having thy thirst assuaged with snow from the great range will lead thee to the final goal of liberation. The final goal of liberation is to be aware of one's Divinity.

To reach that state which is required for the awareness of one's own Divinity, we must see that Divinity in each and every individual. It is not a selfish desire but a generous impulse to do good to others. In our associations with other people we must see this Divinity also and appeal to it.

Inharmony that we see in the environment of the individual is caused by that inharmony which is within the individual. Do you think that you can have harmony outside with inharmony inside? It is an impossibility.

To understand liberation we must be aware of our own Reality, with our fleshy eyes blind to illusion, this external existence of ours which is but the effect of cause created by man himself. Think not that breaking bone and rending flesh and muscle unite you with that Higher Self.

The Krishna-Yogi, when he saw the other Yogis performing abnormal feats such as muscle control, driving knives into the body yet causing no blood to flow, said, "Think not that that will unite thee to thy Silent self, and think not that when the sins of thy gross form are conquered, O Victor of the shadows (that is one who has conquered the shadows, who has overcome all the negative thoughts within him) that thy duty is accomplished by Nature and by man. You have just begun!"

The Master, after his seclusion and entrance to Nirvana (the Supreme of state of awareness) found it necessary to return to the world to show mankind the way.

Religion promises compensation for giving up greed, but this does not free us from greed. Our minds become the battleground of opposing forces. We hope, by cultivating an opposite, to overcome all opposites. We think we have achieved our objective and find out to our bitter disgust that we have not freed ourselves. To cultivate its opposite does not bring freedom from greed nor does it transcend that opposite.

Thought can only free itself from an opposite when it is not caught up in it and is capable of understanding what IS, without the reaction of the opposite.

To cultivate the opposite of envy does not free thought from envy. If we do not react in opposition to it we are capable of understanding the process of envy, and then there is mastery or freedom from thought.

You may have in the past tried by various mental means to change from one to the other, from envy to the opposite of envy. Did that relieve you from envy? You think by becoming religious you are going to free yourself from these things. You only raise them to a higher level and they seem finer yet more insidious in their form, and more difficulty to eliminate.

It is not by transferring to the opposite that you overcome the opposite, but by discerning your own thought-processes, becoming aware of them and the cause behind them. That is the only way that you can transcend conditions.

In cases of healing, different people require different methods. One requires mud, one requires water, and another only the spoken word, according to their unfoldment. I have healed people without saying a single word to them. I have affirmed all is Spirit. “God is perfect, therefore allow God who is perfect to be made manifest now”—and the person has become perfectly well. The perfect expression of God within dispersed that which was false. The Real always exists. The false is only a concept, an idea, while the Truth is none of these. *It is* and that which *is*, is perfect.

I have had many experiences in large audiences and in the classes too, where I found people had been healed of various troubles and diseases. It has been brought to my notice within the last few days, since the public lectures, that so many people have received healing of various complaints.

Some complaints have existed for years and have disappeared completely. I want you to realize the great fact that within ourselves is the power to heal. Healing is possible to all who can comprehend this wonderful Truth.

Christ knew the secret of healing intensely; also He knew that if two agree upon the same thing, so it is unto them that believe. That is why He asked: “Do you believe?” Yes, well according to your belief so it shall be unto you. Why? Because the Consciousness, Intelligence and Substance of God is perfect and is your foundation. When you recognize this truth you dismiss everything else; all negative thoughts, all inferior and imperfect conditions are lies and have no existence in Reality.

I want you to see this Truth clearly. You must actually think about it and see the meaning of it, because the Consciousness, Intelligence and Substance of God is Perfect and is your foundation. The Consciousness of God is your consciousness or awareness which you think with.

As I said before, many people will say “That which is within me” but pursue that a little bit further and you will find they know nothing at all about it. It is but an image in their minds of that which is within them. They are not aware that they themselves are actually conscious entities; but they make an image of it in their minds and say “That which is within me.” Now, we must get rid of that image. “Thou shalt not have any image before me.”

The Intelligence is the Active Principle of Life, that Active Principle of Life that is continually expressing itself outwardly and, when allowed to do so, expresses itself perfectly. But what do we do? We divert it by our fears, our emotions, our hates, our envies, our jealousies, all these are destructive to the human being. We create inharmony within ourselves which is externalised in our circumstances and environment.

The Substance of God is perfect Substance out of which all things have been created. Nothing comes into manifestation except by means of that one Substance which is the foundation of all things, and that Substance is the Perfect Substance of God.

When you recognise this Truth you dismiss everything else. There is a complete cleansing of the mind which enables the individual to overcome conditions brought about by ignorance of his own Reality.

The Creative Power in man is identical with the Creative Power of God. As man thinketh so shall it be unto him. When you recognise this Truth it frees you from fear and limitation. This Truth dismisses all negative thoughts, all fear of imperfect conditions. Those negative thoughts are lies and have no existence in Reality. They are lies, actually falsehoods, actually illusions created in the mind. They have no existence in Reality.

God is immovable, unlimited, unchangeable. The “I AM” within you never changes, it is always the same, but the external form changes because it is relative. Yet the Substance which is the basis of the form is a Perfect Substance. Relative things are not realities. Therefore I want you to recognize that Reality exists everywhere, and is the basis and essence of everything. If the external form seems to you imperfect, the Substance and basis of all is perfect. You have heard of miracles, yet they are nothing more than the perfect action of a Perfect Law that exists eternally and is omnipresent; present everywhere always.

There is no time when it is not present, there is no place where it is not present. It is present everywhere always.

To realize that the Perfect *is*, enables it to manifest. Allow the “God Intelligence” to manifest through your mind, through your body, through your affairs. That does not mean that you are not to do anything; it means that you begin to think and act with God until such time as your thoughts and works become God’s, until such time as you do not utter a word that is not of God. Remain silent under all circumstances unless you can give Divine counsel is the ruling of the Masters.

As the Krishna-Yogi tells all the other Yogis who aim at control over all the forces of Nature, it does not give them final liberation. You must see and feel this liberation, you must feel the intensity of the Divine Spirit in yourselves; you must feel the Divine intensified action of the Divine Spirit being your active self. Become aware of it, knowing that God alone IS—“I and the Father are ONE.” The intensified feeling of this Conscious

Awareness is a thrilling experience. And that is the feeling I want you to get.

We can raise world-thought to a higher level. Not only can we banish within ourselves conditions but we can become as the Master did, banishing that which is in others by the Power of the Word.

And what is the Power of the Word? “And the Word was with God, and the Word was God, and the Word was made flesh.” That is the Word. The Word was with God, the Word was God and the Word is God and the Word is made flesh. I am the Word! *I AM* is the *WORD*. “I AM shall be My Name for all time. Go and tell my people that I AM has sent you.”

“I AM” in God is identical in man. But man does not know it, therefore he has to come to the Fountain before he can drink. And the “I AM” expresses itself in Perfection when the individual realizes perfection and recognises it as the Infinite Expression in himself and through himself and as the very foundation of his being.

The Consciousness of God is the one Consciousness in all humanity, each and everyone of us is an individualisation of that Infinite Consciousness. It is therefore perfectly clear that my consciousness and your consciousness have the same source.

The Divine Consciousness is our foundation and is perfect. When your consciousness, this silent self, becomes aware of itself then it begins to externalise itself because there is no other Substance except the Substance of God: there is no other Intelligence except the Active Principle of Life which manifests the Divine Image, which is man.

By your own consciousness, by your spoken word, you have created form. And you speak words so lightly! You allow your imagination to run rampant, you create with your own consciousness forms that are imperfect. Realize that there is a perfect consciousness within you and a perfect substance in use. It does not require to be made perfect; the Perfect cannot be made more Perfect. “Then be ye perfect as your Father in Heaven is perfect.” What you “gaze” upon, you bring forth. When you realize your oneness with the Father you are one with him, unlimited and free, and there is no power external to yourself greater than the Power within you.

The Creative Power—the First Cause—creates. This Creative Power thinks. You cannot think a thought except by the Creative Power in you which is your real self. Thoughts do not rise in your mind automatically. You create thoughts. And according to the intensity of the Power behind your thoughts so shall they manifest.

The Creative Power is the Awareness. According to your belief in thoughts so shall thoughts manifest. According to the depth of your thoughts so shall they manifest.

It is the Creative Power that thinks. Thought is the mode of action, the process of creation. You see the manifestation of thought, Cause—Effect. These are one. You cannot separate one from the other. You live in Secondary causes and react to the manifestation.

As you live in your thoughts so do you manifest your thoughts. This is the way most people live—this is the Tree of Knowledge of Good and Evil. “Thou shalt not eat of the fruits thereof lest ye die in your sin.” Sin means the transgression of the Law of your own creative being and not understanding that the Creative Force itself is the cause of all manifestation.

We live in the effects of secondary causes, eating of the fruits of our secondary causes, reacting to them every day, and that is why there is chaos in our lives. It is the fruit of the Tree of Good and Evil and you are eating of the fruit thereof.

And what is the cure? Man’s salvation is to take hold of the Tree of Life and that to him would be a spring of living water rising up to Eternal Life. The secret is to KNOW ONESELF!

Spiritualise your mind and body with the Supreme Consciousness, allow it to permeate your mind and body as it was with the Master Jesus. Many people wonder why His physical body disappeared—His Body was raised to such a rate of vibration that when the Consciousness holding it together left it, the atoms were not attracted by the vibrations of the earth, but were absorbed into a higher state; they did not belong to the earth because He raised them beyond the vibration of the earth. The same law applied to Moses and Elijah. The same law exists today. God the Manifestor and His Manifestation are one, always have been and always will be. It is of this you must be conscious.

Conscious Awareness. Do you not see what I am driving at? I am striving to bring this Creative Power right out into your personal life. I want to bring it out in such a way that it will manifest in your everyday existence.

When the Infinite created the Universe He laid down the fundamental principle which became Law. This Law that enabled everything to become perfect was the Law of Love, the Law of Perfect Harmony. It makes no difference what you call it. Perfect Love and Perfect Harmony are one and the same thing. That is an Immutable Law and cannot be broken with impunity by any individual.

The second portion of the Law is: The Intelligence or the Active Principle by which God creates the Universe is responsive to man's own consciousness. Intelligence responds to man's consciousness, and he sows and he reaps mostly unaware of the fact. That is the second phase of the Law. You see that man reaps what he sows. The Law of Cause and Effect is one—not two, Cause invisible—Effect visible.

And the third phase of the Law is when man co-operates with God he becomes the son of God, the perfect expression of the Divine Principle. He becomes the Law! The Law responds because he is the Law and acts with the Law. It is so essential that you grasp this. The Master directed us to love God and love man, this was the essence of the Law of Living.

If you take a piece of earth substance up into the atmosphere and drop it, it will fall to the ground. It falls to the ground because here you have a small piece of “matter” that is vibrating at the same rate of vibration as a larger piece of “matter” which is attracting it. They fly together because of the law of attraction. The inherent attraction is the vibration in the material, and that attraction is in the ether. Vibration is energy, and it is this energy or vibration that attracts. According to the rate of vibration, so is the attraction. When you have raised the vibration of a piece of matter to the vibration of its atomic rate, it would pass into atmosphere because of this law of attraction. The invisible Substance is the Perfect Substance out of which all is created. Christ raised His body to that rate. Hence Christ's body is our body, His Spirit our spirit, and His Life our life: which is all God's

—all in all. Christ manifested His God Power as we can do if we believe as He did.

Some will say, “Impossible!” Some will say, “Christ is different altogether. It is not possible for us to do what Christ did.” Christ did not come to proclaim his own Divinity. He came to proclaim the Divinity of humanity, to show the way for all men and women so that the children of God could rise to the stature of the Son of God, manifesting the Father degree. “These things I do, greater things shall ye do if ye believe.” “I have not come to destroy the Law of the Prophets, but to fulfil the Law.”

When asked which is the greatest of all the commandments the Master replied, “Hear, O Israel, the Lord thy God is one Lord. And thou shalt love the Lord thy God with all thy heart, and with all thy soul, with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself.” When you have fulfilled that Law you have fulfilled all the other laws. “The Lord thy God is one Lord.” Not two—three—four, but ONE!

What good deed did you stone me for? And the Jews replied, “We do not stone you for any good deed, we stone you, because you blaspheme, you call yourself the Son of God.” And Jesus said, “Does it not say in your Scriptures that ye are Sons of God?”

This is the Law—this is how the body of the Master disappeared; and when He met His disciples afterwards, He did not meet them in the physical garment but in the resurrection body. He passed through the doors and appeared to them. As He raised His physical body to its atomic state, so He could attract by the power of His will atoms of ether, reduce the vibration, and the physical appeared. Matter is ether modified.

I wish I could convey to you the importance of this Truth. I want you actually to become aware that there is no flaw in the Infinite Creation; that matter is but ether modified.

There is soon coming a period when certain laws will be in operation which will supersede the existing laws. Although these laws have always existed, man has not raised his consciousness sufficiently to contact them.

When Christ went up the Mount, Moses and Elijah visited Him and told Him what was forthcoming. Similar things happen today, and during my visit to the Himalayas I spoke to many of the Great Intelligences, because there the opportunities and facilities exist. Even in the West I have had wonderful experiences.

As the Master told his own disciples, “There are things now I cannot tell you.” There are things also now that I cannot tell you because you could not wholly accept them as true, therefore they are best left unsaid.

When you get an awareness of your own Divinity and understand the process and action of the Universe, and the process of creation then you will be better able to grasp the significance of those things.

Since my sojourn with the Masters of the East I am convinced more than ever of the truth of Christ’s teachings. But how few can read them with understanding, even those who profess Him.

As Paul says, “Even those asleep in Christ must awaken.” And look how many are asleep in Christ today; good-living people, good religious-living people who live their limited religious life, unaware of the mighty power within. They are truly asleep.

There is the invisible influence with you always directing you. You will find that you will get a better understanding by trusting it. The world may be affected by wars, storms and earthquakes, but that is not to say it will not end in good. Some people say that civilization shall be destroyed. That is not so. A civilization shall arise and the Truth will be known to mankind. The physical form of many may be destroyed, but not the consciousness, nor the substance, nor the resurrection body, for they will be intact. This is what the Master showed. The “you”—the real You—is the eternal Reality, the Manifestor in the manifestation.

I do not think there is anyone of you in this class who has not had an invisible influence, otherwise you would not be here. You are sufficiently advanced to have around you a helpful and guiding influence. It may be one who loves you very much and is able to get in contact with your mental vibration, or it may be a higher spiritual entity who can get in touch with

your spiritual vibration. Anyhow there is one plain truth, you are not here by chance.

Just as the resurrection body was visible to the disciples, so shall the resurrection body be visible to the forthcoming civilization. And the so-called dead, who are living, will mingle with the so-called living, who are dead. Why are they dead? They are dead to the truth that life exists eternally, that consciousness exists forever—they are dead to themselves. But it is a false concept, and has no foundation in truth. “I am the Father of Abraham, Isaac, and Jacob. I am the Father of the Living, not the Dead.” Jesus made this so plain to His disciples; and it is the same today as it was yesterday, and will be the same tomorrow.

As the evolutionary process of the great human family progresses, so the various senses that are at present dormant will come to life. When this body is more spiritualised the “I AM,” which is the Consciousness in the Substance, will bring them forth, for they are already here. *Spirit is all*. Then you will see the so-called dead.

There is no death. Birth and Death as far as the individual is concerned are but incidents in the Eternal existence.

Some scientists would like you to believe that the universe is running down like a clock: who wound it up? They have started at the wrong end. Perpetual motion has always existed.

God is perpetual motion.

Has everything a beginning? Everything relative has a beginning, but the Reality never had a beginning. A relative thing has a beginning and will have an ending, but how could God have a beginning? How could the Infinite have a beginning? If the Infinite had a beginning, there would have to be a greater Infinite to have created it, and so back and back, ad infinitum. Then God would be relative, and your existence in God would be relative. But your existence in God is not relative; it is eternal. Your existence on this plane is relative. All relative things are changeable phenomena;

Divine Consciousness is the only eternal reality. It is necessary then that we should realize it in this life.

That is your purpose. As the Master said, “If the Devotee has not fulfilled his purpose, he has lived in vain.” How many people are living in vain today? But YOU are not going to live in vain. You are going to become aware of that Divinity which is you, here in this physical plane. You! You are going to become aware of yourself as Reality, as the actual Divine Individualisation of the Infinite Spirit in man.

I have listened to the Lamas expounding the wheel of Life. I saw that many of them did not understand the completeness of the wheel of life; that it showed the hub to which man is born. The wheel has twelve spokes, twelve sections in which man lives. The Spiritual section is at the top; that one place at the top by which man can escape through the door of Truth.

On one segment two potters working side by side means that man is double-minded. The double-minded creature that he is. “Does he think that he will get anything from the Lord?” The two potters represent the two states of Consciousness, the physical consciousness and the spiritual consciousness, not recognising that there is only one Consciousness, from which the physical derives its life, sanity and existence.

Another segment represents the dead carrying the dead, corpse carrying another corpse, and therefore believing in death. A person that believes in death is already dead, and he is carrying the corpse which he thinks is the man, and he also cannot escape the wheel of life unless he realizes the one Life Consciousness in all.

The next one is a woman with a child in her arms looking to the birth in the flesh as real. “Unless you are born of the Spirit ye cannot enter the Kingdom of God,” and so we see that man has to recognise the Deity in himself, his true existence, and by doing so he has fulfilled his purpose. **THY WILL BE DONE.** “Thy Will be done on earth as it is in Heaven.”

Heaven is a state of harmony, a KNOWING; earth is a state of confusion.

The human brain cannot comprehend the immensity of the Infinite, and never will, because if the human brain could comprehend the Infinite, the Infinite would become human, and

therefore would be relative. The “truth” that you can perceive is only in your imagination, an idea, a sensation, whereas Truth is none of these things. It is useless trying to force your mind to comprehend something that is beyond it. *Life is*. It does not have to be— **IT IS**. *You are it*, yet you cannot comprehend it with your mind, but only know that you are. **Live in faith, believing, knowing. Let wisdom and love guide you; listen deeper in your soul, and wait, not anxiously but with faith.**

Truth is not an idea, Truth is not a sensation, Truth is not an image! Are you trying to make it an image, an idea? Are you trying to make it conform to some idea you have in mind? Something you learnt in your infancy at school or in church or from books? If you have given yourself up to authority, or you believe in the concept you have created, then you do not know the Truth. Is Truth held in a concept or in your mind? No.

You have the power of reason, but your reasoning power is unable to grasp the whole truth. Yet the Truth does not run contrary to your reason, but goes beyond it. All great men and women recognize this fact. They see things beyond their reason. Whenever you limit Truth, you limit yourself. Great men and women see no limit. These things do not go contrary to your reason; then do not limit them by your reason.

When you cannot reason the whole thing to the end, you say it cannot be. In your finite state you cannot reason the Infinite. Know that you ARE, it is that KNOWING that is the Power. *IN THE KNOWING IS THE POWER*. I and the Father are One.

Trying to find your real Self outside yourself is like trying to catch your own shadow. Be still, know your real Self to be yourself, and you will find that Self.

You cannot define Reality; there is nothing in or out of mind to compare it with. It is beyond all things seen or heard. Let your self-consciousness be expansive; be aware of it as the whole, and the “I” loses itself—the “I” no longer arises. Then the true Intelligence transforms the nature and a spiritual world is seen

before your eyes. The King and his Kingdom become one, doubt and fear disappear. The nature is transformed without effort.

Freed from limitation and illusion, a constant awareness must be held lest limitation enter in, a constant AWARENESS of your reality, a constant awareness of your thought-processes, a constant awareness of your own thinking, a constant awareness of the motives behind your thinking.

Can you discern the motives behind your thinking? Can you be aware continuously? This is not psycho-analysis, which deals with the past and the future, it is the awareness in the EVER-PRESENT which is so essential. It is not overcoming the past that is so essential; it is living NOW that counts.

Forget the past or you will live in it. "At this moment ye shall be as white as snow." "Thy sins have been forgiven thee." The Father is a Father of Love.

The prodigal son came to the father and said, "I want my inheritance, I want to go away to a far country." The father gave him his inheritance and he went. He lived a riotous life, he came to the end and found he had nothing. He lived even as the swine lived. He said, "I can go back to my father, I can at least be clothed, I can be a servant and get food."

Immediately, he returned to the father; the father knew and he went to meet him half-way. Did the father chastise him for his riotous living? For what he had done and how he had spent his inheritance? Of course he did not. He put his arm around his son's shoulders, took him home, put the best robe upon him and killed the fatted calf, and all were merry and all did eat because the son that was lost had returned.

He had forgotten all that was past. That is what I want you to do too. You can never know this Truth if you live in the past, never! Let us take a look at the other son who remained at home. Many think like him, think they are in the Kingdom; they resent others getting a share, but can they be in the Kingdom with thoughts of resentment? Of course not! There is no selfishness in the Kingdom.

He remonstrated with the father for bringing into the house his renegade brother, and said "I cannot even get a kid to make merry with my friends." And the father turned to him and said, "My son, all that is mine is thine."

All that is God's is yours, it is the partaking of it. But there is a Law of Giving. You open yourself to the Law of Receiving, you must also open yourself to the Law of Giving. How can you receive lest you give? And the Father is the Father of Love continuously outpouring from the vessel of Love—continuously giving, outpouring! This is the secret of true happiness.

Yet there must be continued effort to be expansive. Freed from limitation and illusion, a constant awareness must be held lest limitation enter in. When this complete living is established you will move with faith. Love, wisdom and power are expressed as one and are as natural as the breath of life. You are “King Life,” free. How glorious is the freedom of Life—Truth.

Most people try to comprehend the Truth with a background of ideas caught up from Christianity with its changing interpretations. When one theory is worn out a new one is created. One time it is hell and brimstone and the devil, and later this is modified and then cast aside altogether and something else takes its place—and so on, from one thing to another.

No doubt when you were children you were told of the burning pit. I listened to a parson one day telling little boys at Sunday school about this bottomless pit, filled with brimstone and fire. A little fellow scratched his head. He could not get it. “What is wrong with you, John?” the parson asked. Johnny replied, “How could a bottomless pit be filled with anything?”

Or the background is Hinduism or Buddhism with their many gods and demi-gods and incantations; or Theosophy, where the intellect is filled with so many ideas that the mind becomes confused. In trying to comprehend the Truth with this background, the reaction generally creates a conflict in the mind because of preconceived ideas; people try to make Truth conform to these ideas, and they judge everything on what they already believe to be true. These beliefs are only ideas—images in the mind—and must remain as such, but Truth is none of these. It is beyond mind; greater than all creation; yet you are one with it.

I AM the TRUTH. I AM the LIFE. This is the fundamental principle of Life. This is the principle of living that will enable the whole world to live in harmony together. All religions must reach the same principle: that one LIVING GOD, of which you are now the expression and individualisation. Every individual is the individualisation of the Infinite Life, there can be no other life but the one Life that is the Creative Power behind all Creation.

When this Truth spreads throughout the whole world we will have no wars. What has the Church done for us today but aided and abetted the evils of our political, economic and social systems, instead of exposing them. They have hitched their wagon to the Golden Calf, that is destroying them.

And what are we doing today? Building the foundation for another war that may be greater than this one. Do you think that you can have external harmony with greed, avarice, antagonisms, envies and jealousies inside, extreme nationalisms, political ideas, religious sects that differ and quarrel about things that do not matter while the Real is left untouched? If you think that through some political system, some statesman or some group you are going to get freedom of life and living, I can assure you that you will never get it. Get rid of your ignorance then you will be free.

Our financial, political and social systems today are rampant with iniquity, and unless the ignorance is cleansed from the minds of the people you will still go on being bound, filched, cajoled, limited and driven to the slaughter.

The majority pattern their lives after what they have heard or read or believed, and say: "This is the Truth." Others do the same, and say: "No, this is the Truth." Now where can there be truth where there is confusion of thought? The whole thing is wrapped up in ideas and theories, and none of them is the Truth. Truth is Life—are you trying to find it in some system, philosophy or creed? If so, your conception of Truth is but a continual movement from one illusion to another illusion in the world of form and phenomena. Even a sinner and a saint are but illusions, the one only higher than the other in the world of illusion.

Even a saint sometimes does not know his own Reality. You must completely understand that you are Divine in that complete expression of

the Infinite Life and at that moment ye shall be made as white as snow. Enter into this complete understanding now. “Thy sins have been forgiven thee, go and sin no more.”

If you cling to sin or believe in the past you are not expressing Divinity. When you believe in error you give it power—you are giving something power that has no power.

If there is a Devil then God gave him power because there is only one Power in existence,—God! But how could the Perfect express any imperfection? If the Perfect could express imperfection it would be imperfect.

Your cravings lead you from one illusion to another. You want to be something that will ensure your place in the eternal, so the craving leads you from one teacher to another teacher, or from one system to another system, and what you find is only form and phenomena, or the action of life—not life itself. This goes on, and at each stage a pause is made; there is a feeling of satisfaction, you think you have found the Truth, but only for a moment does this state exist. Shortly the hunt begins again with renewed effort along the path of illusion. Again I say, if you try to find the Truth in the world of form and phenomena you will fail. Know that you are the Truth. It is freedom from all illusion you are really seeking. Know the world of illusion for what it is; do not be deceived by it, thinking it is reality itself. It is but the form expressed in Substance.

The fleshy eye must be closed to all illusion.

How we depend on things! Let us ask ourselves this question: Am I dependent on things for my psychological happiness, my satisfaction and my needs?

You will discover a complex process of thought. The things you need you can put an intelligent limitation upon but if within yourself there is an emptiness, an internal poverty through lack of the Truth, then you put a very great importance upon things for your psychological satisfaction to cover up the weakness of your internally impoverished self.

We try to cover ourselves with things to distract attention from our inward poverty, but there is no covering up, and the more one covers up the more one finds oneself in the vicious circle and the more one becomes poorer inside.

Let yourself be whole and free and you will find this craving ceases. Feel the majesty of the Divine in you and you will feel that you are no longer poor internally, that you no longer require to cloy yourself up outside to make up for your internal poverty.

Your needs are necessary, but when needs become greed's man is lost in illusion. I want to show you the way to become aware of the process of your thinking, so that you will not be caught up in these things.

All our thinking originates from the centre outwardly and therefore your thoughts show themselves outwardly, but when you have a desire here, a craving there, a greed here and an envy there, your thoughts are drawn out towards these and you get caught up in their net. Reality is no longer known to you when you are caught up in the net of your desires, cravings, and so on.

When you begin to discern the process of your thinking you will not be caught up in these things. Then you will know what *IS*.

You will find there is LOVE, UNDERSTANDING, HARMONY and PEACE in the very centre of your being. It is the expression of those that brings happiness and satisfaction to life.

LECTURE 3

Everything has its reaction inside oneself and not outside oneself. Sometimes we think that others are responsible for our conditions, but it is not true, because when you know the Truth nothing can harm you and nothing can move you. You are like the ocean, the depth of which is unaffected by the streams or the rivers that run into it. It is your reactions to things external to yourself that cause all the trouble.

There are two people going down the street, one is blind and the other is not. A tiger bounds down the street; the man who sees the tiger runs for his life, but the person who does not see the tiger does not know what is going on and therefore the tiger has no effect upon him whatsoever. The one is affected by his own reactions, but the other is not affected at all because he does not react.

You will always react constructively when you know the Truth. Nothing can harm you. It is when you allow your mind to be controlled by fear that others can harm you. But there is a Divine power greater than all things physical or mental which is always present in you. This is the secret of all who know.

See thyself abiding in all things, and all things in self. Thou shalt not let thy senses make a playground of thy mind. Know that the Infinite Spirit is the only Substance, and out of Spirit all things have been created. God is the only living Being there is, all things manifest in Him. In Him we move and have our being.

Then you recognise yourselves as one with the root of all Creation and one with the greatest in All Creation. When you can see yourself one with the greatest of all in the Universe, in angelic form beyond the human comprehension and when you can see yourself as one with *THE ONE*, then you will find humility, and in that humility you will find strength, because it is said, "He who would attain to Wisdom must be humble. And when Wisdom is attained, be humbler still."

Thou shalt not make thy mind a playground of the senses. When you think of these things, it enables you to see that it is necessary to live in the

Eternal and not in the world of illusion. Your hopes, desires, cravings and the manifestation of your thoughts as seen in the physical, these make the world of illusion, created by yourself.

Secondary cause is in the mental world where you have Truth and error side by side. You think that you can overcome your negative thoughts, your negative conditions by transferring to the positive. It can not be done, because you are living in a world of images. You cannot overcome the negative by changing to the positive, because the negative is still in the positive; you are living still in a world of images.

Sometimes we see the effects of them and we are at a loss to understand because the causes are so far removed—they have passed into oblivion—but the effects still manifest. Through the senses you see and feel this world of illusion and thereby make a playground of your mind.

The eternal Truth is to know that the Creative Power is the only Power and gives power to thought. We create our own thoughts. Live in the Eternal, knowing that the Eternal is All Power. Thou shalt not separate, but merge the ocean in the drop and the drop within the ocean. Do not separate yourself from the Great Infinite Source of all Life.

The Infinite is individualised in your Consciousness and behind that point of Consciousness in you is the Infinite Consciousness, like the ocean merging into the drop and the drop into the ocean. When you realize this you are one with all that lives and when you are in accord with all that lives, all that lives responds to you. Nature opens her secret chambers to the Eye of the Spirit.

You will learn to love each other, learn to be such a power for good that no one can interfere or interrupt that good. The only Truth is the recognition of the One Eternal, and to live in the Eternal One.

You are brother-pupils, disciples of one teacher, then be as the sons of one sweet Mother. Of teachers there are many, but the Master-Soul is one. The Universal-Soul lives in Thee as all live in it.

When we get a greater understanding of the Infinite Spirit it is music to our ears, it brings new joy into our hearts, it lifts us out of the everyday world of illusion into the Oneness of Divinity.

When Jesus was teaching His disciples of the Father, Philip asked, “Master show us the Father.” The Master replied, “Philip, have I been with you this long while and you know not what I say to you? When you have seen Me, you have seen the Father. I and the Father are one.”

Could there be anything clearer than His words,—the completeness of His understanding of His Oneness with the Infinite Life. His awareness of His Oneness with God gave the authority to express Himself as the Son of God. And as Paul said, “Let us have the mind in us that was in Jesus Christ.”

The secret behind the word is—“I and the Father are One,”—*meaning the life and expression in form, not the form itself. The cause being not seen is not recognised, yet it is the Reality.*

On another occasion He said, “What is it you have come out to see, a man?”—meaning, cannot you see behind the form and there find Reality? The outer man is nothing, it is the power behind him that is real—“I of myself am nothing, it is the Spirit of the Father within me that doeth the work.”

If an individual raises his personality to a high standard of efficiency and expression he has done nothing. But if that individual allows the impersonal life to flood his personality, then he has done everything. In this is the ecstasy of the Eternal Immortality. Lasting Reality cannot be understood in some distant future. You are now as you always were, “Before Abraham I AM.” There you are held in the Divine completeness, individualised Infinite Life—you are exactly now as you always have been.

Oh, my beloved one, know the life to be yourself. In this is the ecstasy of the eternal immortality. This everlasting Reality can only be understood in the fullness of the Present, not in some distant future which is but a passing fantasy. Reality cannot be imagined or fancied; that which can be explained is not Truth. The joy and freedom of Truth is spontaneous, it comes naturally, without effort, without introspection.

I told you before that immediately you become completely aware that you are the Individualisation of the Infinite Life, you are one with the Father, then all other things pass into insignificance.

It is ever new joy, being perfect joy itself. It is sweet and silent in the completeness of your daily living. Living, acting spontaneously, is as natural as the breath of life.

Immediately you attach yourself to an idea or a belief you have lost the Truth. When you try to make the Truth conform to ideas and beliefs you have lost the beauty and perfection of the expression of the Infinite Life, you have limited yourselves by your own concepts. The only limitations you have are the concepts you create.

To understand this completeness there must be non-attachment to ideas, beliefs, the past or future, for when you pattern your life on these there is fear and conflict, which destroy true understanding, and you are held within the walls of a prison you yourself create.

Immediately you give yourself up to authority then there is fear and conflict within yourself. But there is no authority except the Infinite God within you; this is the only authority. I am the only Authority.

It is necessary to understand the process of our own thinking, then we see the secondary causes we are creating in our world. I want to show you carefully how to avoid these mental traps which are so subtle in their nature.

In the world of illusion, which includes creeds, dogmas, etc., you become irresponsible—on the one hand you give up yourself to authority, you lose your individuality, you allow others to do your thinking for you spiritually; and on the other hand you become like a wild beast fighting for your welfare and existence. To know Reality you must be entirely free in mind and heart from all authority, limitation and imitation, from all cravings both spiritual and material.

Live spontaneously, become aware of the fact that God is the Omniscient Being, expressing Himself in you. The realisation and recognition of the Truth that there is but One and the Oneness of this Truth brings all Souls united in One fundamental principle of life, one religion, one God, one family, one people living in peace, in harmony, in love.

You must strip yourself naked spiritually, mentally and materially—empty your mind and heart. If you look into them you will find inherited theories of right and wrong. What is spiritual and what is not spiritual? The heart may be so filled with religion that there is no room for love, and the mind so filled with theories that there is no room for Truth.

There are many religious people today whose hearts are so filled with religion that there is no room for love. I knew and have known and even know today many families who have been fed on religion without any love in the family life, and when one went wrong that one was made an outcast.

Did the father cast the prodigal son out of his house? Did he rebuke him? Did he say “What hast thou done?” No, he put his arm round his neck, clothed him with the best robe, and all were made merry because one that was lost was now found, and one that went astray returned home.

I tell you that when the heart is full of religion there is little or no godliness, there is little or no love. I have seen more love in the hearts of evil-doers than in the hearts of those so-called pseudo-religious individuals. Take heed, condemn not lest ye be condemned by the very words that come from your mouth!

And the mind may be so filled with theories that there is no room for Truth. *Truth IS. It does not have to be.* You do not have to create Truth or make Truth conform to any ideas that you have in your mind, whether it be a creed, or a dogma, or a system, or a philosophy. The Truth does not conform to any ideas, creeds or philosophy; it is free. And he who lives in the Truth is free also.

What is necessary is an effort to keep the mind and heart free so that Truth and Love can manifest, because that is the natural state of mankind. Truth and Love do manifest when we free ourselves from concepts,

theories, cravings, imitation and limitation. The Truth—Life—is free and natural, and manifests itself without our personal effort.

Consciousness and Intelligence co-ordinating are one in the Life which organizes the Substance; and according to the image held in the Consciousness so is the form created. Life itself being perfect in itself, is expressing itself. When we realize our oneness with the Father—Consciousness, Intelligence and Substance—the manifestor and the Manifestation become one. One is real while the other is relative and changeable; but every change is dominated by a Perfect Love. The Perfect will be established by its own power when we allow Love to dominate every act, word and thought, with our minds free for the complete expansion of ourselves in God. How inadequate are words in expressing the eternal reality of glorious Life. Live it fully and freely—then you will know it.

If I could only give you this freedom, this living in freedom! But everyone must find that for himself.

Your teacher is within you. Listen to the Universal Soul within so that the personality may be flooded with the impersonal, then the outer becomes the inner and the inner becomes the outer. When Nicodemus asked Jesus, “When will this come about?” He said, “When the inner becomes the outer and the outer the inner.”

SPIRIT is all, and form is constantly being expressed from spirit. That which is brought forth from spirit is spirit. Man does not walk by sight, but walks by faith—if you do not believe you can walk, you will not walk. The realization of this should bring home to you the truth of “Unless you believe”—that one great fundamental principle. The conscious reality in the Infinite Mind of God is *Man*—You, the son of man, the son of God. God is the consciousness within you. God is the one Consciousness permeating the whole of humanity, and *you* are the eternal concept held in the Infinite Mind. It is the realization of this Consciousness in each individual that must be established.

Do you not see the more often I repeat this tremendous Truth the more expansion takes place! There are two things you need, two things that are essential in your life: freedom from all illusion and awareness of your own Divinity. As the inner becomes more and more expressive, as the Consciousness of the Infinite Life becomes more expansive in you, so does your consciousness change the outer circumstances and the outer conditions in your life.

As the consciousness in each individual being is a concept in the Infinite Mind, and is held in that Mind, it is therefore the Perfect Idea. We have been perfectly conceived and are always held in the Perfect Mind of God as perfect beings.

That is why the Master said, “Be ye perfect as your Father in Heaven is perfect.” As your Father holds you in His Mind,— Perfect! Seek that perfection through the Truth of your own being.

When certain people pass beyond the physical plane, and enter into the next plane of consciousness, they may still suffer from the conditions under which they laboured while in the physical body. But that is not a reality, it is only a concept that is held in the mind.

Can I let you into a secret perhaps? Or it may not be a secret to many of you, that in this building there appear numbers of astral beings who come here for instruction as you come here for instruction. The Masters in the Spiritual world bring them here to hear the Truth, so that by contact with the physical earth in this way they are able to free themselves from their self-imposed illusion created in their minds by the earthly life. Sometimes there is just that small, the smallest tie that holds them to the earth plane. There is release by spiritual understanding and they are released forever from the bondage of their own thinking and the creeds and dogmas that they have believed in while on earth.

As I look now in the midst of you I see this great astral arena holding thousands, I realize my work is on the two planes, spiritual and physical. Some of you already knew it, and some have felt my presence in the spiritual state when they called for help.

Many have laid the foundation of their illusion in the physical plane, through the strain and the burden of their physical life. They have allowed their senses to make a playground of their minds; they were unable to dissipate the shadow or separate the body from the mind. But now there is a clear understanding not only in their own minds but a clear understanding of their own spiritual power, a freedom that comes from the understanding that God holds you perfect, made in this likeness.

When the healing power of the truth of their true existence becomes known, the false concept disappears, and the resurrection body which took on the pattern they held in their mind now takes on its perfect form. The idea of age belongs to the physical plane, but when the being gets an understanding of eternal youth and the consciousness of God within—then the resurrection body returns to a perfectly formed, youthful body grown to maturity. Even the loss of a limb or other member has no permanent effect on the resurrection body. We are born again when we realize and recognize that we are one with the Father and that He has already conceived us.

We must not bring forth untrue expressions. That is what the majority of people are doing every day by their thoughts, words and actions—even a word that is unkind is an untrue expression. Do you know what a word really means? Do you know that sound has colour and form; that every form has a colour and sound; that every audible sound has an invisible colour, every visible colour an inaudible sound? Even our thoughts have form, colour and sound.

Sometimes you would not like the mental forms you create, sometimes you would not like to see the colours you create, created through the emotions of hate, anger, jealousy, envy, antagonism. It is generally when one is in a state of emotion that the mind is affected mostly, and to that person's detriment, because the ideas enter into the mind and there remain as a vortex of energy, endeavouring to get expression. You have to hold your thoughts in check sometimes! Is there a remedy? It is not by transferring to the positive of a negative thought that relieves you of it; it is the understanding of the Truth that relieves you.

You have formed the outer expression, but the inner also exists. Realize what your thoughts, words and actions mean. When you understand the power of expression and know the Truth, your knowledge adds power to your word and thought. The “I AM” creates in the invisible world by the voice and by the thoughts; even in the silence we create sound, form and colour.

I would like all students to attend the healing hour. It is most essential that you learn how to sit properly. I see many of you sitting tonight not as you should be sitting; you do not get the benefit of the tremendous power that is here. At the healing hour you will learn how to sit, you will learn how to meditate, you will learn how to realize, how to become aware; you will learn the power of healing.

This power of healing is tremendous. No one yet has fathomed the depth of it. Christ who had such great understanding knew the secret of the Healing Power.

In the crowd that was following him was a woman who had been ill for many years; she said to herself, “If I could only but touch the tassel of his robe I could be healed.” And it was that touch, that particular touch, that the Master felt. He asked, “Who touched me?” About him were hundreds, yet there was one person who touched him a certain way and he asked, “Who touched me, I feel that virtue has gone from me.” He turned to the woman and said, “Your faith has made thee whole.” The healing power is always waiting for us to open ourselves to it.

It is the awareness of your Oneness with Divine Life that gives Divine Perfect Expression; the greater the AWARENESS of it the greater the healing power.

There are times when my consciousness is more aware of the Divine Consciousness. I am more aware of my consciousness being one with the Divine Consciousness, and at those times things happen swiftly, but there are times again when we come down into the physical reactions, into a world of illusion and we allow ourselves to be reacted upon through our senses and we lose that smooth, swift, flowing Spiritual Power. We lower our Spiritual state, but nevertheless we can always rise up again.

Also, we can always be the prodigal son: the Father never turns us away. I am so happy to know that I can always be the prodigal son, and that

the Love of God is never withheld from any of his creatures not even the most dissipated ones. So why should we withhold our love from our brothers and sisters?

When we bring forth untrue expressions the Being of the form is perfect—God—Consciousness, Intelligence and Substance—it is not the Being that you have to change, but the form that the Being has assumed. For Consciousness creates form, and you have assumed a particular form which is untrue. Christ revealed this law so many times in His Ministry of Healing and Teaching by removing false beliefs held in the consciousness of man.

Still mind, be still; let God within you speak; *I am that I AM.*

Perhaps you do not understand the significance of those words. Still mind, be still. It is in the stillness of the mind that God speaks to us. It is when the mind is still that this tremendous power expresses itself of its own free will, comes forth by its own power.

Still the mind, and allow the perfect concept to be brought forth by God within. Still the personal mind. I AM—GOD. Be still, I am God within. You then blend the greater with the smaller, and the outer becomes inner, and the inner becomes outer—both blended together. God is all there is—visible and invisible; and we are one with Him. It is our belief in separation from Him that causes sin, poverty, sickness and death. Realize that heaven is a perfect state of consciousness, and that hell is the reverse. “Be ye perfect as your Father in heaven is perfect.” Therefore hell does not exist in reality, it only exists as a false concept in the mind of man, and you have it here if you accept it. God created all, filling the world with light. “Let there be light” is the spoken word of Life, because Divine Consciousness exists in life and can express itself in any degree.

You can never comprehend your own consciousness because as soon as you try to grasp it, it recedes further away from you, and what you are seeing is something external to yourself, and so it is to eternity. So it is with the highest—even the great archangels and artificers in the universe. God controls them through

Consciousness; their consciousness is the moulding force to things external to themselves, yet while endeavouring to fathom their consciousness, it further recedes; and so it is with you. But by constant contemplation and aspiration you find peace, bliss and ever new joy in that consciousness. When you completely realize this consciousness you are free. No longer controlled by external relative things or affected by them. This is the realization of the Truth—the true ecstasy of life.

How WONDERFUL, GREAT AND MIGHTY is the TRUTH!

Some have said, “God created His universe so that He could learn more and gain more power.” Amongst our great intellectuals we find so much profound nonsense; the simple Truth is beyond them. Separate your head-learning from soul-wisdom, then you will find which is the Real and which is the false. The intellect is the Tree of Knowledge of Good and Evil, while the Truth is the Tree of Life. One leads one into a morass of difficulties and chaos.

It is the Intellectuals who lead the world today. And where are we? Have we any real Spiritual leaders among us; leaders that are really spiritual, at the head of affairs? At the head of Nations? At the head of Governments? At the head of organizations? You can answer that question quite easily by looking around and seeing what is happening in the world. Not until we have such leaders can we have peace and plenty.

Some have said, “God created His Universe so that He could learn more and gain more power.” How can the Infinite learn more when He is omniscient? When He is all knowledge there is? How can He learn more? Some scientists say the Universe is running down. I say, “Who wound it up?” God does not need any more power because He is omnipotent. He is all Power there is, there is no other Power but His power. No energy is lost in the transmission of energy from one form of energy to another, there is no energy lost in the whole Universe.

God’s Intelligence is the intelligence in all things. The “why” of God we cannot question, that is beyond our comprehension, but the “how” of God we can grasp by understanding. The universe is unbounded, universes within an unbounded Universe.

You will see then the immensity of the Universe and will have some idea of the greatness of the Intelligence of the Infinite even by taking a look at some of the millions of stars, planets and suns in the Heavens.

We see the light of a star, we measure the distance. We find that the star is a hundred million light-years distant from the earth. In the Milky Way there are billions of suns and planets, all moving in space, but not one loses its path.

There is no space or time. Time! A million years is but the twinkling of an eye. How can there be time in eternity?

We see the light of a star, we measure the distance. We find that the star is a hundred million light-years distant from the earth. What does this mean? It means this—that the light you see, travelling at the rate of 186,000 miles per second, left that star one hundred million years ago, and yet it is the twinkling of an eye. But that light could not reach us unless there were something to convey it. (Sound and light are conveyed in a similar manner.) You could not hear a sound unless there were something to convey it.

What is it that conveys this light and sound? It is ether. Ether fills all space, therefore it is ether that conveys light. The earth is modified ether. Ether is the basis of all matter and the substance in which all forms are built. So in this apparent space-distance (one hundred million light-years) we have the same substance that conveys light, and is the basis of all matter as we know it, and this is nothing more than modified ether as proved by modern science.

This same substance, a million light-years distant from us is the same substance that underlies your very body, the very air in which you live. *What you see, hear and feel is but action and reaction in the world of expression. We find ourselves reacting to the action of life, yet this is not Life itself.* Life itself is the Eternal Creative Power—as it says in Genesis, in the first chapter, “Then God created man in His own likeness. In the likeness of God created He him, male and female.”

Realize this tremendous fact, the same Creative Power that God has used in creating the Universe is individualised in man and with that Creative Power man thinks. Through lack of understanding man creates a

mental world of his own, a world of good and evil. Thus as a man sows so shall he reap, he sees the manifestation of his thoughts and reacts to them. Therefore he eats of the fruit of the Tree of Knowledge of Good and Evil. He eats of the fruit thereof because he reacts to this world of illusion believing it true, not knowing it is but all illusion. That is why he dies in his sin—his ignorance.

Therefore, in reality there is no space or separation. If there were space between us and that star, and in that space no ether, “nothing,” then the light would not reach us. Realize that “nothing” exists nowhere, and “everything” exists everywhere—therefore “nothing” does not exist in reality, it is only a mental concept.

The Universal Law is one. Planets revolve round the sun which is the centre. That same Law exists in the atom. The central sun in the atom is the proton and the electrons are the secondary planetary units of energy which revolve round that centre, and according to space and size they are identical with our Universe. The same Law exists everywhere in the created Universe. From the very centre evolving outwardly so it is with you. The very centre is you, the Real you—the Creative Power. Your own world you create around you.

Separation is a false concept an illusion. If you live unto yourself you must die unto yourself. But knowing the truth that God alone Lives and I AM that I AM, we no longer die unto ourselves but live in the Eternal God.

I want you to realize what a “mental concept” really means. It is an idea or image which you have produced in your mind. It may be true, and yet it may not be true. When we begin to analyse our concepts, we find that many have crystallized and set, because we believe them to be true, and then we find ourselves supporting our ideas and concepts by argument, sometimes of a violent nature. The concept or idea we are supporting may have no foundation in truth whatsoever, and when fresh knowledge is brought to bear upon it, it may change. But thousands have lost their lives, many murdered or slain in cold blood, because of crystallized concepts held immovable in the minds of many people. The secret of growth

and understanding is to have a flexible mind, so that we can receive new knowledge and discard old worn-out concepts that are hindering the progress of humanity.

Humanity has been long, too long, cajoled and controlled by the ideas of ignorant people who do not know the truth. As, the Master said, “The blind lead the blind and they fall into the ditch.” We are very much in the ditch now and it will take some time to dig us out, I am afraid, and we are just beginning to dig deeper ditches.

God forbid that we will become like ancient Egypt with its high-polished materialism with no spiritual growth or understanding. That world passed into oblivion.

Then I say lest the spiritual is understood, so will this world pass into oblivion. It is our work to open the eyes and hearts of each and everyone so that this Truth is spread, that the Love of God and the Brother-Love may expand, not only within our own nation and our own people, but expand throughout the whole world.

In our present plane of consciousness, we react to our immediate surroundings through our physical senses.

I will endeavour to show you the different planes— the smallness of the earth plane on which we are functioning, and the immensity of the outer planes. I hope the diagram will give you the meaning I wish to convey. ([See diagram on page 27](#) in “*THE HIGHER POWER.*”)

The higher planes interpenetrate the lower, yet extend further beyond, so you see the plane known as the earth plane is the smallest and vibrates at the lowest rate, although made out of the same substance.

Light vibrations that vibrate from 450 trillion to 750 trillion vibrations per second is all you see with the physical eye. The amount of light that is visible to you from the physical point of view is very little. There is light of higher vibration which passes through matter. Matter is porous, it is not solid.

Light vibrating at a certain rate of vibration strikes a physical object, you see the reflection of that light from that object which enables you to see it but you do not really see the object, it is the light vibrations that reflect from the object and are interpreted by your mind and brain. Because you have seen a similar object before, the same picture is aroused and you know what it is. But there is light vibrating on a higher rate of vibration passing right through that object which you do not see, because it does not reflect from it.

At the same time I want you to realise that there are planes of consciousness in which light vibrating at a higher vibration reveals another world beyond the earth, a much greater world. The light that we see is not sun, in the higher planes the light we see does not shine on these planes but is an inner light that always shines. We will learn more about these as we progress. The earth plane vibrates at the lowest rate although made out of the same substance.

You have within you the elements of all the planes, and as each state of consciousness is entered, you get a greater understanding of the universe. It is possible to go even beyond this planet as our consciousness expands. Consciousness always recedes, yet we become personally conscious of more of the wonderful universe of God, which becomes external to our consciousness as we progress. This will explain how even the greatest find that consciousness always recedes while they gain more and more Love, Wisdom and Power through understanding. Again I say: Blessed is he who hath neither seen nor heard, yet knoweth himself to be the Truth.

We migrate from the earth plane to the greater earth or ethereal planes—from the lower to the higher. These are perhaps all invisible to you at present. The sun that you see is that portion of it that vibrates to the earth plane. You are conscious on this plane, the other planes are not visible to you yet. The light that exists upon this earth does not exist upon the higher planes; there is a greater sun, a much more powerful sun with a greater radiance which extends beyond our sun. It tells you in the Bible that the sun does not shine by day nor the moon by night, but a sun that always shines. These vibrations are too high for you to see on the physical

plane. Light vibrations of the physical plane are from 450 trillion to 750 trillion vibrations per second, or 34 to 64 waves to the inch. Beyond these there exist vibrations into eternity which are invisible to us.

I want you to keep in mind the Perfect Substance out of which all things have been created, and which exists everywhere. For in it physical consciousness is the smallest part of all, the material plane is the minutest plane. Yet all other planes interpenetrate it and extend beyond it.

How extraordinary is this wonderful Truth that you have the Universal Soul Substance now. You are held in the Divine Mind as that perfect being before even the world was created. “Where wast Thou when I laid the foundation of the world?” “I was with Thee when Thou laidst the foundation of the world.”

It is so essential that we grasp our Oneness in Spirit and see the glories of the Universe that God has created for our continual expansion in Him. It says in the Bible “and the evening came and the morning came,” the first, the second, the third days. Why did it say “the evening came and the morning came;” why should it not be that “the morning came and the evening came?” But it says distinctly “the *evening* came and the *morning* came ...” Because it is the dawning of the manifestation into day and never fades into night, that day never sets—that is the most wonderful Truth. Once a Divine day opens it never disappears but expands into eternity.

If I gather around me some primitive savages and endeavour to explain to them about wireless and telegraphy, they would not understand me, because they have no knowledge of these modern conveniences. If I endeavour to explain existence on the other planes of consciousness to those who do not understand, a somewhat similar state would exist. If you could visit those planes consciously, you would comprehend the truth, that there is only one substance and that in these planes similar conditions exist, yet greater—becoming more perfect as your consciousness unfolds.

No matter what substance you see or feel, it has a perfect basis, and out of this one substance all has been made.

As your consciousness expands to the higher planes, you know more, you understand more; you see this particular plane of material substance, which is the grossest and lowest manifestation of the consciousness, as a shadow—you can penetrate it; it is like a cloud of mist. It is no longer real to you now.

Your consciousness penetrates all the planes, but you are unaware of it, yet it is possible to become conscious of it. This is the progress of mankind. This is the difference between real knowing and intellectual knowing. Let the Divine Impersonal Consciousness permeate your personal consciousness and limitations disappear.

Love and Peace be with you.

LECTURE 4

Now we come to the particular planes of consciousness. We see how the consciousness recedes, and at the same time that it recedes it expands; yet it is the same always. What we are aware of is the action and reaction of life in all its expressions. This must be kept in mind when studying this lesson.

In fact, when we become aware of our own reality, that is when the consciousness becomes aware of itself; it is never lost or descends into the world of phenomena unknowingly, and therefore we are not affected by it. When we know, we can descend into this world of phenomena yet knowing “I am not of this world.”

Where does your consciousness come from? Your consciousness comes from God. The individualisation of the Divine Infinite Consciousness is that point from which you express reality, and the more we realize this the more potent it becomes in our life, for the simple reason that the more we are aware, the more power we have. It is said that according to your belief so be it unto you. According to your awareness so it is; awareness is greater than belief.

Life organizes the substance from which all things are created, and God’s Consciousness is the ruling factor— the Will which creates the mould in which all forms are held. Therefore you are held in His Mind, and His Consciousness is in you. You are held in the Divine Mind— the Perfect Substance and Intelligence—in which is the highest of all planes of consciousness, although you now are personally functioning in this particular plane of consciousness, the earth plane or material plane.

Your body and your brain are instruments which you use, just as your mind is also an instrument that you use. You recognise that these are instruments, yet they are one—Spirit, Soul and Body: Spirit, Mind and Brain. One is the complement of the other. Spirit the first cause, the three as the Trinity in man. Life organizes the tissue structures, life organizes the

atoms and uses the cells of the organs and complete body for its own self-expression. We will one day leave the physical body and we will carry with us our experiences gained in the physical plane, the brain and the nervous system we leave behind. But there is an interpenetrating Substance in which exists the ethereal brain cells, which are invisible to you at present but will go with your ethereal body.

Everything you see, hear and feel are just vibrations corresponding to this plane. Beyond that you do not perceive because your senses are not attuned to the higher rates of vibration. Therefore the light that you see is the lesser light which vibrates from 450 trillion to 750 trillion vibrations per second.

As I made it plain the other night, we can have vibrations from the very lowest to the very highest far beyond the reach of our physical senses. Now do you see how small is the range of things you are able to see with your physical senses.

The sounds you hear vibrate from 30 thousand to 32 thousand vibrations per second. Consequently your present conscious reactions are very limited. Yet every reaction makes a definite impression on your mind, which interpenetrates all the planes of manifestation. All your experiences are registered in your mind. Your brain is just the instrument, your mind interpenetrates your brain. You have within all the different planes of consciousness, although you are not aware of them; your mind penetrates them all and records all the reactions. Yet your consciousness goes beyond all creation into the realm of Truth.

There are definite planes of consciousness vibrating at different rates of vibration which have been created for our universal experience by the Infinite. You will react to things external to yourselves just as you are reacting to them now, when you leave the physical body. These reactions are all registered in your mind. You take your mind with you, it is part of the Soul structure which lives after the so-called death. Then you will remember your loved ones and no doubt you will make every effort to help them. How many of our loved ones now are trying to make us perceive the higher truths?

[\(See plan of Planes of Consciousness—page 32 of “THE HIGHER POWER”\).](#)

Here at the top line you have “Divine or Christ Consciousness—no limit.” No limit whatsoever, that is the Consciousness of God in man and there is no limit to this Consciousness. This consciousness is the doorway to the Infinite Intelligence. As the Master said, “I am the door and I am the way, no one can enter to my Father except by me.” All must enter into the Father through the Christ Consciousness.

So the Christ Consciousness is involved, incarnated through the various Planes of Consciousness right down till it reaches the physical. And you will note that the Consciousness is surrounded by every plane of Substance which you use in every particular state of consciousness, all the way down including the physical.

And as the consciousness again unfolds it recedes and it expands, evolving this time, returning Self-Conscious.

The Consciousness comes to the earth plane for a given purpose, to become aware; to become aware of the Divine Christ Consciousness, while living on earth.

There are many whose reactions are extremely limited. They have three meals a day, go to sleep, get up, go to work; they are little more than refined animals still sleeping. So you can see how very limited their reactions are.

To become aware of your Reality is to become aware of your own Consciousness; to become aware of yourself as the Divine Christ Consciousness having no limitations, as it was in the beginning, remains now and always will be, unlimited, eternal, the doorway to the Infinite and through which the Infinite expresses Himself in you.

An individual who comes into the physical world and does not become aware of his own Reality has lived to a great extent in vain, the only thing that will make you come back again to the earth is that you find that you have failed to realize your true self while on earth. You must realize your Divinity unlimited and Eternal.

The first and second planes are known as the psychic planes or astral world. You will not stay long in these planes because they are nearest the earth and belong to those people who are known as earthy people, who live materialistic lives and are weighed down by

these vibrations. They have no knowledge of the Truth and, until they do, their consciousness does not expand.

Number 1 plane is the underworld of the psychic plane. Those who sojourn here are those from the underworld of the earth plane. How do they overcome these conditions? The only way is by the purifying fire. What is the purifying fire? It is remorse! Burning remorse that exists in the mind of the individual with the desire to do better. Then the consciousness is able to expand to Number 2 plane.

But there are many helping and guiding those Souls to a better understanding so that they can evolve and leave these conditions brought about by their ideas, concepts and emotions mostly negative and destructive. One should not rebel against the conditions in which one lives, Just as one should not rebel against any condition one is in in the physical plane, but realize the Truth about oneself, then one will begin to expand immediately. It is the same with those who pass from the earth plane, then the consciousness is able to expand to Number 2 plane.

There they are conscious of greater reactions. They are not dead as they thought they were, for they are consciously reacting to something, as you do now—a knowing of being alive. But this is not life—these are only reactions to certain stimuli. The expected oblivion has not yet arrived and never will, for the consciousness is in life and always recedes.

The more you progress in this physical plane, so you will react to higher and higher vibrations, where you will find happiness and contentment in all planes.

The consciousness always recedes, always reacting to something external to itself. Some are conscious that a change has taken place, some think they are dreaming, and others act as if they still existed on the earth plane. They did not even know they were dead.

Some are conscious that a change has taken place, some think they are dreaming, and others act as if they still existed on the earth plane. They are still trapped because they do not know nor

understand. Their consciousness does not expand, and so they are held in the prison they have already created for themselves.

Those are the concepts and limitations, images they create in their minds. Our mental world is a world of positive and negative, of good and evil, this is the Tree of Knowledge of Good and Evil, therefore we must not eat of the fruit thereof lest we die in our ignorance. The secret is to take hold of the Tree of Life and that would be a spring of living water rising up to Eternal Life.

The longer the time wasted upon the earth in materialistic ideas of a low nature, the longer the time they must spend on these unpleasant planes; this gives them time for reflection. “There is weeping and wailing and gnashing of teeth.” It is a matter of development, a matter of expansion of consciousness; and it is this I want you to recognize now—you must grasp the truth otherwise your consciousness cannot expand beyond limitation, imitation, creeds, dogmas, even philosophies. “The Truth shall set you free.” Living every moment of life fully, spontaneously—that is the freedom of Truth.

Living spontaneously, living from moment to moment, that is the glory of living. There is neither living upon the past nor worrying about the future, there is the eternal knowing now! There is no other time but now. In your life there is no other time but now, for when you think of a second it is gone, it is past, there is another in its place, it is, always now. When the mind dwells on the past or the future, it is not capable of expressing the Divine moment—now.

In Number 2 plane we find people leading a similar life to that they led on earth. In this plane all the different dogmas and creeds exist; there they still find separation, because their consciousness has not yet expanded to the Fatherhood of God and the Brotherhood of Man.

You will pass through these two planes because you have grasped what Truth is and lived it. “This day you will be with Me in Paradise.” We find some of the bishops, parsons, priests, etc., on

the second plane—they think they have found their heaven, because dogma and creed (which are separation) are the height of their ambition; consequently they are narrow and have no expansion of consciousness. But this is not the case with all; many are truly great souls. Although they keep within the bounds of the church, their knowledge goes beyond it; yet still they are bound. Even if the chain is golden, it binds just the same.

No matter how wonderful the golden chain may be, studded with rubies and diamonds, it will bind you just the same. And it is the freedom of Truth, the freedom through realization or the Truth that you are your own authority, that God alone lives in you and that is your authority. You do not hand your authority over to other people, you do not hand your minds over to other people to fill them with all the images and rubbish which is untrue. But when you know that you have a reasoning power given to you by the Almighty, your reason will lead you to the Truth and you will find the Truth will go beyond your reason but it will not go contrary to your reason, therefore you must not limit truth by your reason, but know that it is, and by the awareness that “I AM the Truth.” In that awareness alone comes the realisation of the Divine Power in man.

Those living in the planes beyond (planes of consciousness, not places) wear clothes and do things similar to yourselves. The clothes you wear are but a modified form of the one substance. All forms are brought forth by consciousness, and therefore consciousness creates form on all planes, out of the one substance. Teachers come from the higher planes to the lower planes to teach. The desire to advance, to expand their consciousness is created in the minds of those on lower planes, so that they are gradually lifted into a higher realm of consciousness and gain a greater number of reactions. Their consciousness becomes more expansive. So they reach the first mental plane, or Plane Number 3.

In the spiritual plane people wear clothes and live an active life; they are not all playing harps as most people think, they are living a useful and

glorious life. Is not this one Substance we see and we know as material substance, ether modified?

Science has proved that matter is energy and matter separated from energy is nothing at all; that matter is nothing more than atoms vibrating at certain rates of vibration. The ratio of the central atom attracts to it other atoms of definite ratios to make up substance and that substance becomes, as it were, physical substance, or appears to be physical substance or solid substance, while in fact it is not solid at all but porous, through which energy is passing all the time, and ether being the basis of matter and the framework within which matter is built. So you see that the very finest essence is the same substance that makes up your clothes and all the things you see. The earth itself, this earth itself—was first void, had no form.

Any persons who live with strong desires cannot enter into a mental state of rest, it is impossible because the strong desire prevents it. One must become to a great extent desireless, and when one becomes desireless, desire no longer controls that one.

You will notice very plainly the mental attitude of a person who is full of desires. On one side there is the having and on the other side there is the “not-having”—a mind in confusion and fear. Your minds are necessary to you but when you misuse your minds, as the majority of people are doing today, then you have lost the Truth. First you have it, then you do not have it, then you have it and then do not have it because you do not know the law of manifestation, therefore we must rise above desire into a world of understanding.

Paradise is a state of understanding. Everyone of you will pass from the physical plane to that Paradise—Rest. You will not even know that the lower astral planes exist; in fact your vibrations will be so high that you will not even recognise lower vibrations.

The teacher of Perfection gives up his well-earned rest for the salvation of the world by stopping at the threshold of Nirvana (the pure state), and then returning into the shades of the astral and physical world to open the eyes of those who are blind.

The first mental plane of consciousness is known as Paradise.

The two thieves on the Cross were of different types. One was a thief because he stole a loaf of bread to feed his children, and the

other a thief—robber—murderer, who would kill for the sake of what he could get. You are not known by your outer garments, but by your inner garments: vibrations are emanating from you all the time. A beautiful rose colour, tinged in blue and gold, was seen emanating from one man, and from the other a murky dark red with dark green and black circles. One rose to Paradise, because he vibrated the colour of Paradise, while the other would remain in Hades until such time as he purified himself. Therefore the Master knew when He said: “you will be in Paradise with Me this very day.”

There are many today who have suffered for breaking the laws made by man and his organizations to maintain their selfish interests intact; and yet they are glorified in the sight of God.

How many people have been crucified? Have suffered for breaking the laws made by man and his organizations, so that these organizations can maintain their selfish operations, even to the destruction of humanity? Some think this war is divinely inspired; let me tell you there never was a war divinely inspired. War is always about earthly things and this is what this war is about—things! things! things!

If you knew how the international finance rings work to create war, it would open your eyes to the propaganda that goes on to induce nations to slaughter each other. It is not the soldier or the poor unfortunates that are bombed who is the enemy, but the evil sinister influence behind the scenes. I hope one day they will be exposed. But what has the Church done? Has the Church exposed them? No, they have aided and abetted them. One section praying to the One Living God for the destruction of the children of the same One Living God. How hideous! How stupid!

This ignorance must be banished forever before we can have peace and brotherly love. When the Church will preach one God and defy the international finance rings, defy those statesmen and any individual that is linked with them, then and then only will the Truth be known. Defy them to have any say in the world's operations. Yet the Church even now is aiding and abetting the evils of our social and financial system and the evils of our political system which is rotten with graft and lies.

Do you think that a sane world can exist under conditions like that? Separation is encouraged, individuals set against other individuals, party against party, Church against Church. When God's children become aware of themselves and unite as one family, these evildoers can no longer exist. We are here to spread the Truth of the Oneness of Life, the glory of God in man as one Divine expression throughout mankind, all nations as one people.

The money-changers 2,000 years ago sat on the Temple steps and the Master took a rope and knotted it and swept them from the steps. He was not the "sissy" that most people think. He was a man of action, a man of God, unafraid! Since then the money-changers have grown and today control the world. He denounced the Pharisees, He denounced those who did not teach the Truth of the Fatherhood of God and the Brotherhood of Man.

It is in this plane of consciousness where you glimpse that One is All and All is One. There are no denominations, creeds nor dogmas there. It is the beginning of the understanding of the one Fatherhood and the one Brotherhood. You find all the different nationalities living as brothers, and colour is no bar. They know and understand that there is but one Life, one God, one Father and all are His Children. It is a matter of consciousness that counts now, not a matter of skin or clothes or social standing. All this must be left behind. You must cast these things aside as you would a worn-out suit of clothes. It is expansion of consciousness that is now desired.

I know it is difficult for you, born into these conditions generation after generation, but the mind must throw out these false concepts. As you are sitting here each night your awareness is growing and the more it grows the more freedom you will have.

A large number of conscious reactions are obtained as the expansion of consciousness becomes greater. You now begin to learn to use your true God Power. There are schools and colleges on these higher planes of consciousness greater than our schools and colleges. You wonder at this? Have you not the same substance

to use as they have? Just the same substance, only different in degree. Whatever comes from Spirit is Spirit—whether in a modified form or of a higher vibration; the only difference is in the vibration.

This earth plane could be a most wonderful place to live in if all truly accepted the one basic Reality of the Fatherhood of God and the Brotherhood of Man, and understood that there is no separation, that one cannot live unto oneself, and that each and everyone is responsible to the other. And those who have passed beyond this plane of consciousness could mingle with you, and you could see them and talk to them. Then you would realize that death has no sting, but is the entrance to a greater life. This would be heaven upon earth, and it eventually will be; it is the ideal state for man on this plane.

The psychic world would disappear, and our migration would be to the first mental plane. Ignorant spiritual beings, who have passed from the physical plane to the astral, ignorant of the true fact of life, still live in their desires and are often unconscious of the fact that they influence human beings. But those who are aware of their Oneness with Life in its highest degree are not affected by them. Eventually they also become aware, their influence then is for good.

That is why dangers surround those who sit in séances not knowing and understanding what they are doing, bringing to them astral entities that give them wrong messages. These entities are just as ignorant as the sitters and often more ignorant about spiritual things, which is proved by the messages given. Sometimes it is the sitters' own minds that produce the phenomena.

Our consciousness must be raised so that the senses which we have at present shall be superseded by our higher senses. These we have already, but not realizing nor recognizing them, we do not use them. The laws of life which exist to us at present will be superseded by similar, yet higher, laws.

The same senses with which you see, hear and feel will respond to higher and more perfect vibrations. In fact, your speech will be your thoughts, you cannot think any other thought without others knowing it.

That would be rather bad for those with poker faces. There are people even on this earth who are able to read your thoughts too.

In the Fourth Plane you begin to realize and recognize more of the Truth. You begin to use the Power of God within you, and you become a joyful worker in God's universe knowing that separation is not a reality, but only a mental concept in man's mind, and has no foundation in Truth. Truth is perfection, because perfection is the foundation of God's Universe and is the natural state of mankind.

The Fifth Plane is a further extension into a greater state of consciousness. All the reactions you had in the previous planes are still existent in your mind, because your mind interpenetrates all these planes. You are still experiencing through your senses—similar senses to the old—but greatly superseding them. The expansion of your consciousness is now greater, and your emotions become less modified, greater. You do not become more emotional in a physical sense, but your soul rejoices as the gloriousness of God is revealed to you. God has glorified you by His Consciousness, His Knowledge, His Wisdom and Love, and this is your emotion—the wonder and the grandeur of expansion in Him. It is a similar universe, but magnificently greater and more perfect. Most people have no comprehension of these beautiful, and most glorious experiences. Could I describe them to you? No; they are indescribable. If the streets were paved with gold, and all the buildings were jewelled, and every window shone like a star, and every person an angel—yes, it is even more glorious than that.

The temples of the Fifth Plane are temples of meditation, and as you meditate there appears a greater glory from a higher state of consciousness; a light surrounds you, and in that light a higher form of consciousness, of peace, of harmony, of love appears and you are able to get expression through it. You are seeing an expansion of yourself through a greater and lovelier One. You now seem to think and act as one. After your meditation is over the higher One disappears, but has left you with a better understanding of the higher consciousness, and your one

endeavour is to reach it, and tell the glory to others. *And this is the glory of God that is within you.*

One Great Soul who lived on the earth and had become aware of his own Christ—Consciousness and lived the Christ life, passed to the Spiritual world and there he met an Exalted One who said to him, “What now do you desire to know?” and he said, “I want to know God.” Then the Exalted One said, “Know nothing and then you shall know God.” When you put an image before Me, you cannot know Me or understand Me, the Infinite says: “I AM the Lord thy God.” “The Lord thy God in the midst of thee is Mighty.”

As you progress further into the higher state (your consciousness now in the Sixth Plane), you are able to understand more of God, more of His Glory, more of His Universe—your consciousness becomes more expansive. Most glorious of all temples are here and you have the opportunity of further meditation and further experiences. “I see,” the soul says, “*I see,*” and reaches the glory of the consciousness of the Christ which permeates the whole of humanity, because Christ is God’s and God’s is Christ’s. You are joint heirs in God’s Perfect Universe. God the Manifestor and His Manifestation are one. Yet God is greater than His Manifestation: the One is eternal while the other is transient. The outer changes while the inner remains the same always, and it is the same on all planes. *You are still You.*

So the very you that is here now is unlimited, the centre of Consciousness is unlimited, the Christ-Consciousness is unlimited, you will always be you. Then comes Paradise and rest, then comes Understanding, the second mental plane; then comes Intuition, the third mental plane—Intuition, that is the highest mental plane; then Love and Intuition in the First Spiritual Plane and the completeness is Love, Wisdom and Power, the Three-in-One actually itself continuously expressing without effort, knowing and understanding the Truth and Living it. This is the Second Spiritual Plane—or the Seventh Plane.

These outer garments and the body of flesh pass away, they are only a means to an end; instruments through which we express ourselves. The Consciousness of God is being expressed from within and form is transformed through consciousness. In a previous lesson you were told that the Physical Body of the Master was dispersed into the ether. Why did it disperse? Because the atomic weight of the body was raised above the rate of the earth's vibrations, and in the darkness of the tomb the dematerialization of the body took place; but the resurrection body still remained intact. The physical body dispersed into the ether, into the Body of all Bodies—the Great Body. So shall the resurrection body also disperse into the more purified plane of substance. And just as the resurrection body disperses into its plane of substance, so will your mind, in which you hold all your experiences, dissolve into its plane of substance, for you no longer need them. And then you will know all, because you will become one with the Divine, not separate, but of the same Consciousness, of the same Love, Wisdom and Power. You will be able to say “I see” in reality. From Perfection you have come—to Perfection you shall return.

So you see the beauty of the fact that in the essence of our being is the Divine Design. The Divine Design is always within and is always outpicturing itself when given the opportunity. Healing takes place in this way.

* * * * *

I am going to digress for a moment. I am going to ask a young man who was healed at the public lectures the night I gave the healing to tell you of his experiences. I know many more who were healed that night but this is a special case. It is significant, the fact that he suffered some six years with severe spinal trouble that resisted all methods of cure, yet in the twinkling of an eye he was healed at the public lectures.

Mr. Winnicott, would you mind coming down here for the moment? I am sorry to trouble you but I feel that this may help many here to

understand something of what can happen.

MR. WINNICOTT: "Dr. Bayne, it is a most unusual experience for me to speak before such a number of people. I should like to tell you what happened to me. About six and a half years ago I developed spinal trouble. It is very difficult to describe the agony that I went through during those years. I was treated in this town by many doctors and also many spinal specialists. I derived very little benefit from them and had almost given up hope.

"I have not been a follower of this teaching for many years like probably most here. A friend of mine showed me a cutting from one of the daily papers about Dr. Bayne's, lectures in the Selborne Hall in Johannesburg. I went along on the Monday night and was disappointed. I cannot explain to you why. I did not go on the Tuesday, I made all sorts of excuses to this particular friend of mine, but on the Wednesday, during the day, I felt that I had to go back. Why, I could not tell you. I just felt that I was drawn back again.

"I listened very carefully to that lecture and at the end of the lecture when Dr. Bayne lifted his hands in blessing, I cannot describe to you the feeling that came over me. From that day to this I am feeling absolutely perfect. I have never felt so fit in my life as I am feeling at present.

"A week after going to that lecture I was due to go into hospital. I never went and I never intend to go. I would like to thank God for sending a man to us like Dr. Bayne. I am positive that if such an experience could come to me there is no reason at all why it should not come to you also, or to others. Possibly on that particular night I was on one of those higher planes Dr. Bayne has just spoken of."

DR. MACDONALD BAYNE: You will notice not only has Mr. Winnicott been able to have his healing but you see how easily he could speak in front of an audience for the first time. If that could happen to one it could happen to others. I think he will go far. It is his kind we really need in the world so that by their experiences, by allowing themselves to become channels through which the Spirit can speak they can thus aid others. I think that Mr. Winnicott requires a really hearty acclamation ... (Loud and hearty acclamation followed).

* * * * *

For an understanding of the control of form and phenomena through action and reaction, I must now explain to you about concentration and breathing. Perfect concentration and attention gives you control of all action and reaction, and one way of obtaining this is by breathing through certain centres in your spine, which should be developed in the proper order. These centres represent the various planets, or rather the various vibrations that emanate from the planets. ([see diagram page 178](#))

Now this is rather technical but I am giving it to you in simple language. I would advise you not to practice these exercises without my giving you permission because these exercises are generally done under supervision of a master. But by concentration and contemplation in the way that I shall show you later on, will give you all you need.

These exercises will also bring various psychic influences that will be rather strange to you, and the strangeness of these things may make you anxious and afraid and I do not want this to happen. I have done this training myself, in fact I did a great deal of the Yogi exercises long ago. I went to India five times to live with the Yogis. I have made a thorough study and investigation of Yoga. These exercises are a quick way of obtaining concentration. There are other points I shall tell you about breathing.

Firstly, the right nostril is always the positive and the left is always the negative nostril. When a Yogi, a Hatha-Yogi, is asking for something or receiving something he always breathes through the left nostril, but when he is projecting and acting outwardly he is always breathing through the right nostril.

To a great extent, when people get older, their breathing changes. They breathe through the left nostril much more than the right. Therefore they lose a great deal of their vitality.

Back behind the nose there are two nerves known as the Pingala and the Ida, one picks up positive electronic force and the other picks up negative electronic force and by the use of this knowledge the Yogis, of

course, know how to prolong life. They do a certain period of breathing through each nostril so as to equalise the electronic force in the body and maintain that perfect balance which is so essential to prolong life. These exercises are very good but the awareness is the greater.

The centres, or chakras, represent the various planets, or rather the various vibrations that emanate from the planets. You are built according to the whole of the solar system, just as the atom is, so is the solar system; just as the macrocosm, so is the microcosm. You have all the influence of the planets working through you. These ethereal vibrations often affect our minds and bodies when we are not aware. When we are aware of course, we transmute them through our understanding that there is no power external greater than the power within.

When I went back to London after I had been to Tibet, I met Naylor the popular Astrologer. He said to me, "When were you born?" When I told him the date he looked up the ephemeris and said, "You must be at present having a bad time, aren't you? All the negative vibrations in your horoscope are in operation." I said, "I am having the time of my life, everything is going wonderfully." He said, "I cannot understand it." "Well," I said, "These vibrations have no effect upon me now." He said, "Do you defy these vibrations of the Universe?" I said, "I transcend them, I do not defy anything. These vibrations are transmuted thorough a state of awareness, because I am one with the very Consciousness which created the planets in all the Universe. I do not defy them nor do I rebel against them, I have transcended them."

But with the majority of people who do not know the Truth these influences or ethereal vibrations affect them until they begin to understand the Truth. One must become Master of all vibrations, that is the meaning of a Master. He masters everything both in his mental and in his physical world. As Jesus said, "All power has been given to me in Heaven and on earth."

To be perfectly developed, harmony must be established, and no one centre should be developed more than another. Every planetary vibration is represented in your being, and has a definite expression through you. Every planetary vibration is harmonious.

It is only when you allow inharmony to exist that you deflect the harmonious vibrations.

Out of the Logos (the complete sun forming the seven sun planes) comes forth all the elements and vibrations expressed through the different planets, the sun itself being the Logos. And out of the sun all the elements have come. We will deal with the elements shortly showing how the various planets were formed and how the elements exist in each planet.

The element which dominates each planet makes one planet different from another. They work outwardly in different vibrations, as it were, opposing other vibrations, but it is not to say that these vibrations are not harmonious. For instance, you have the sun as the centre of this Universe, then comes Mercury nearest the sun, then comes Venus, then comes the earth, then comes Mars, then comes Jupiter, then comes Saturn, then comes Uranus, then comes Neptune, then comes Pluto—all these planets are revolving round the sun.

Mercury goes round the sun in little more than three months, Pluto takes 330 years to go round. All the other planets take various times to go round the sun. The earth takes 365 days.

You can see how often planets come in contact with the other planets, meeting various vibrations according to the angle so do they affect positively or negatively. The vibration of one planet affects the vibrations of the other planets, which in turn tend to affect this earth at a particular time.

And when children are born into this world, they have a stamp on them according to the exact position of the planets at the moment they were born. That is the Tibetan's birth certificate. Lamas give a birth certificate which is a chart showing the position of the planets exactly at the moment the child was born. That is the best birth certificate and is the only certificate of any value.

The different vibrations act on the interpenetrating bodies where they have their root vibration, which interpenetrates and affects the physical one. The Consciousness involves itself in all the different stratas of the particular substance down to the physical.

You have a spiritual body, you have an astral body, you have a mental body; these interpenetrate your physical body. Your mental body interpenetrates your emotional body, so whatever you think in your mind is

transformed into action through the magnetic body: every thought is transformed into action through the magnetic body which interpenetrates the emotional or astral body and affects the physical, and because they all interpenetrate each other and act upon each other, you find that all physical conditions are brought about by a mental action.

We then have sensation, emotion and thought. You may have a sensation in your body, you are emotional regarding it, that emotion is permeated with the thought of some trouble, or you may have thought, a state of emotion, and the emotion has an effect upon your body.

An emotion of fear will cause your body to tremble. I often liken an individual to a motorcar with the clutch out, the engine going at full speed but the car does not move, yet the mechanism gets worn out by the revolutions of the engine although the car has not moved. That is like an individual in fear, the emotion is stirring up the body to such an extent that it is wearing down the tissues. It is these fears we have to guard against by becoming aware of the Truth.

Divine Consciousness is the controlling power and harmonises the vibrations through the Mother, the Divine Intelligence.

The most important centre is situated in the dome of the head. The next in importance is situated in the forehead, the next in the back of the head, and so on down the spine. These centres must be carefully developed in rotation commencing at the bottom of the spine and working upwards to the top of the head.

The Yogis tell you that the *kundalini* is situated at the base of the back. The kundalini is represented as a triangle, and in the triangle there is a serpent, the serpent is coiled up with its head appearing at the top of the triangle. To develop the kundalini is to cause this energy to rise from the bottom of the spine, up through the centre of the spine through a small channel known as the Sushumna till it reaches the dome of the head, then it is under the control of the will.

I became Master of what we call *pranayama*, that is, controlling the energies. It is quite a simple process when it is understood, but very difficult to do. But I am not going to teach you pranayama. I can assure you that these things are better left alone unless under the constant care of a

Master. I would rather help you get the awareness of your Divinity. Then you will find all these things come into their proper place. I learned these things for the express purpose of becoming a world teacher, and it is necessary sometimes for a world teacher to be able to do all these things. But for the ordinary individual it is far better to become aware because it is the simpler way and, besides that, will give you everything. It is the Krishna-Yoga, the highest of all Yoga, otherwise known as the Christ-Yoga.

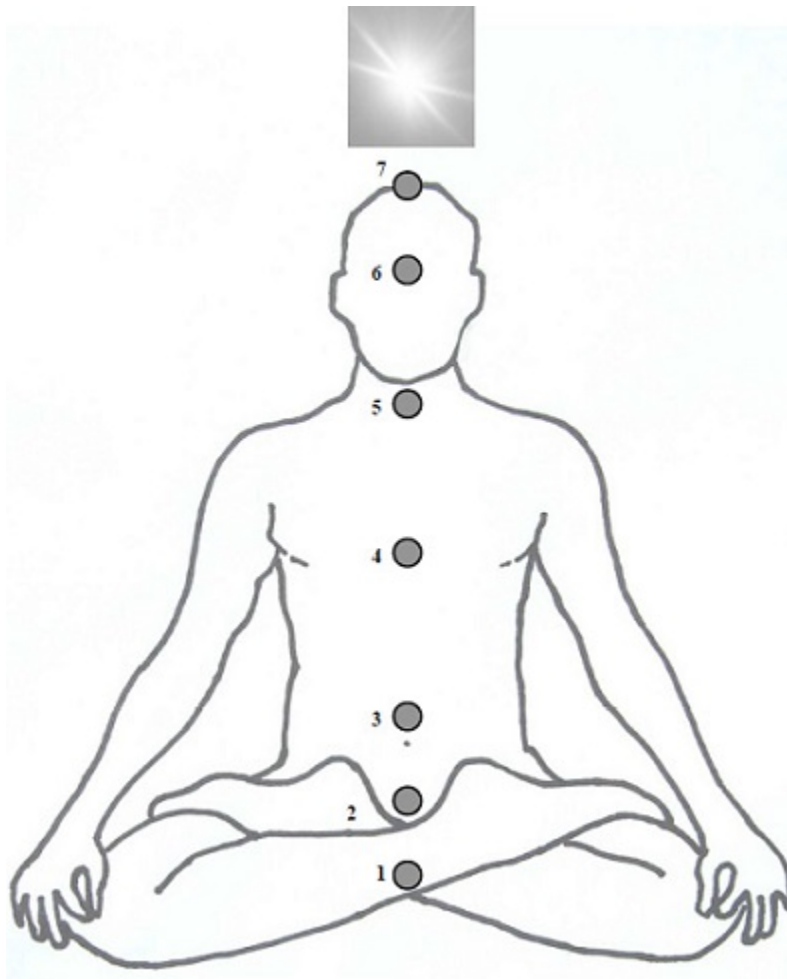
Each centre represents a different vibration, and each has its own colour as represented in the spectrum, commencing with red at the bottom of the spine and ending with white at the top of the head, where all the colours merge into one. The seven colours in rotation are: red, orange, yellow, green, blue, mauve, white. They represent the Seven Centres, representing the Seven Bodies, which represent Seven Planes of Consciousness. Even the highest Plane of Substance you have within you, although at present you are not aware of it. Through these centres you have an affinity to every part of the Universe, including the Supreme Consciousness of God -OM- through Christ the Lord within.

Ether, Air, Fire, Water and Earth make up the five elements; and the Father and Mother, which are the Positive and Negative interpenetrating them all, make up the seven principles underlying all matter.

In each planet the vibration of one of the elements predominates and the individual is affected according to the position the planets are in. These vibrations merge, pass and oppose each other as the planets move around the sun; and as the earth comes in contact with the different combinations, so are we affected according to the predominating element in us. But there need not be any inharmonious condition. It is when we are out of harmony that we fail to control these vibrations. They must be harmonized and balanced within us by our own spiritual power. Thus we control the forces of the universe within our own body. Don't you see that harmonizing these vibrations within yourself gives you control of the elements?

All vibrations are held in the one Spirit Substance. All vibrations have colours, and just as elements can be held in one solution, so all colours are held in the one colour, white.

In the atmosphere all colours exist. Things vibrating at different rates reflect their corresponding colours. One of the elements predominates in each of the different planets and reflects its colour through it; and each centre in the spine attracts the element corresponding to it in vibration and colour.



THE CHAKRA POINTS

1. *Root Chakra*: Red, Earth, Smell
2. *Sacral Chakra*: Orange, Water, Taste.
3. *Solar Plexus Chakra*: Yellow, Fire, Sight,
4. *Heart Chakra*: Green, Air, Touch.

5. ***Throat Chakra:*** Blue, Ether, Hearing,
6. ***Third-Eye Chakra:*** Mauve, Extra-sense perception.
7. ***Crown Chakra:*** White, Heaven, Purest Being.

LECTURE 5

Immediately you get that awareness the Intelligence itself begins to function, that is to say, it begins to express itself through the Consciousness and the Consciousness becomes aware of the Intelligence. The Intelligence reveals itself to the Consciousness and the Consciousness becomes aware of itself and all creation. That state is a Master state.

I am not saying that you are going to attain the Master state straight after these lessons. There is an opportunity for everyone of you becoming disciples and then working towards becoming masters of every situation in your own circumstances, by understanding the Divine Life and the Divine Perfection in which you live. But to be able to have the Intelligence revealing the secrets of the Universe to your own consciousness, that, I will say, will take a little time because it requires a certain amount of meditation, realization and awareness.

All Masters know that breath is life. Unless one breathes in the physical body there is no physical life except when one knows how to detach oneself completely from the physical body and then leave it in the state of what we call suspended animation.

The body can, by a process of practice (which I do not want you to do because it takes a long time) whereby the entity that is you, the Real you, can leave the body entirely and life in it is suspended—the animation is suspended—and the body can be put into a box, hermetically sealed, placed six feet under the ground and left there for months at a time and longer, without ever looking at it, while the *real you* is conscious in the astral world. But these are things which we call “practices.”

These practices we are not going to discuss for the simple reason that it is impossible for you to do them as you have not got the time to apply to them. It requires a great deal of time and practice.

To enable you to concentrate you will learn the type of breathing that the highest Yogi uses; we call it “The developing breath.”

In commencing the development of these centres you must start with the lowest at the bottom of the spine, No. 1—red. The next is No. 2—orange, in the small of the back, opposite the navel. No. 3—yellow, in the solar plexus, where there are two masses of nerve plexi in each side of the spine, is situated about the middle of the back. The next centre, No. 4—green, is between the shoulders, in line with the heart; and the next, No. 5—blue, is behind the throat (base of the skull). No. 6—mauve, is in the forehead between the eyes, and No. 7—white, is at the dome of the head, where all must be raised and controlled by the consciousness. This centre links with the Universal Consciousness above the dome of the head.

Remember this, that you are a Conscious Entity entirely free from the physical when you are aware—when you leave your physical body permanently you will know that. It is possible to leave the physical body now and know that you are free from it. Many of you, I am sure, have done this, seeing yourself apart from the physical body; this is quite an elementary state in the development of the individual.

It is most necessary to develop the centres in this order, for when once you commence to raise the vibration of each centre, you must send it up the spine to the next centre. These exercises also develop your power of concentration. The best time to develop these centres is at sunrise, sunset, midday and midnight. At sunrise commence with the left nostril, at sunset commence with the right nostril; midday and midnight either nostril. As the sun rises it spreads the positive rays over the earth. This is the positive period of the day, and is neutralized by noon. By breathing first through the left nostril, any inharmonious positive vibrations are eliminated, because if any positive electronic disturbance is set up by the positive rays of the sun, it is neutralized by the negative, the Ida, in the left nostril. At sunset, when the negative rays represented by the moon are spread over the earth, any disturbance in the negative electronic vibrations is neutralized by the positive, the Pingala, in the right nostril. The negative rays are neutralized by midnight, and at sunrise the positive rays are

completely in action again. ([see diagram page 202](#), and [also page 250](#))

Long ago breathing was always considered as one of the most important things, not only in the department of the health and the body but also for the development of the Spiritual man.

To develop concentration it is necessary to concentrate on something. The Yogis found by concentrating on breathing they bring perfect health to the body, cleanse the body of all impurities, and they also obtain the concentration which gives them the power over matter and thought.

On the right side is the Pingala and the left is the Ida; they are situated behind the nose. The majority of people do not breathe properly. There are three turbinate bones. The first is just at the nostrils; a great many people breathe through the first turbinate bone. (Breathing demonstrated.) When one does this he breathes at the top of the chest, the shoulders rise. This is the worst form of breathing and should be guarded against.

The second turbinate bone is higher up above the middle of the nose. The majority of people, in fact the majority of women, breathe through the first and second turbinate bones. This causes one to breathe in the intercostal region. (Demonstrates breathing of people through the first and second turbinate bones.) There is hardly a woman who does not breathe like that because they generally wear tight garments round the waist.

(Demonstrates breathing through first, second and third or higher turbinate bone—soundlessly.)

This is the perfect breath. You cannot hear a sound when you are breathing correctly, because the air also flows up into the third turbinate bone and passes through all the passages of the nose silently. You cannot get an abundance of electronic energy unless you breathe also through the third turbinate bone.

It is done quite easily. Open your throat by saying “Ho!” and then close your mouth.

In breath control you take in sufficient air through this method and without effort can go on all night, speaking or singing without getting tired. The idea is to have breath control by breathing through the third turbinate bone as well as the first and second.

The Yogis are most emphatic in teaching you to breathe through the third turbinate bone; they say you will never obtain perfect health, you will never be able to obtain the necessary Prana, that is, the energy you use mentally and physically, unless you breathe correctly. By your own Consciousness you are directing a force into the cells of your body, it becomes a battery full of energy. Therefore, you must breathe so that you can get the positive and the negative balance in the body through proper breathing.

You do not breathe through both nostrils at the same time. You are either breathing through the right nostril or through the left nostril. When you are breathing through the right nostril you are absorbing the positive electronic force from the atmosphere till the body becomes positive-plus. Then nature throws the next nostril into operation and you then breathe what we call negative electronic force till you become negative-plus.

Nature changes from one to the other. So this goes on continuously. You will find that every hour you change from one nostril to the other. Every two hours you have completed one cycle—one positive and one negative.

We are extraordinarily and wonderfully made. It will take you some time before you can hold your breath sixteen heart beats. Each one has a certain rhythm according to the heart beat. You can find your rhythm by listening to your heart, your breathing should be according to your own rhythm. There are many rhythms in breathing which we cannot deal with now.

These exercises must be preceded by breaths that cleanse the nervous system. The cleansing breath is done by breathing easily and slowly alternately through each nostril, with little or no pause between each breath, so that you equalise the system before you start your developing breath.

The secrets of Yogi breathing are astonishing. Levitation is performed by Yogi breathing. The control of heat or cold is performed by Yogi breathing. In levitation, when the body through breathing is filled with energy, it rises. It is the reversal of the Law of Gravity.

The developing breathing exercises are done as follows: Breathe in through the left nostril, counting four heart beats, and at the same time follow down the left side of the spine to the lowest centre. Concentrate on this centre while holding the breath, counting sixteen heart beats. Then exhale through the right nostril, counting eight, concentrating on the centre. Inhale through the right nostril counting four, the same time following down the right side of the spine. Concentrate again on the same centre, holding the breath for sixteen heart beats. Now the positive and negative forces are balanced in this centre. Exhale through the left nostril, counting eight, concentrating on sending this balanced force up the centre of the spine, to the next centre. This is called a complete breath. This method enables the balanced force to proceed upwards. Continue as before with the left nostril, taking a complete breath through each centre, moving upwards till the balanced force reaches the seventh centre, in the dome of the head.

The force can now be projected out into the ether by the power of the will, and no matter where you may be, you can send a message by this means and the individual concerned will pick up the message. These laws are within oneself and may come into operation unconsciously when you are fully developed. But if you do not believe it possible then it is doubtful if ever you will be able to accomplish any of these wonderful feats.

Therefore, when the top of the head is reached, all the forces are neutralized and balanced and are under the control and command of your will.

Now inhale through the left nostril, for four heart beats, carrying the breath down the left side of the spine to the lowest centre. While holding the breath for sixteen heart beats, raise this force up the spine, from centre to centre—counting one at the lowest centre, raising it to the second centre on two, the third centre on three, and so on. At seven the force reaches the dome of the head. Hold it there till you have counted sixteen. Exhale through the right nostril for eight heart beats, concentrating on this centre. Do a similar breath, inhaling through the right nostril,

and moving upwards from centre to centre as before, concentrating on the dome of the head again until the sixteen heart beats are complete. Now all the forces are neutralized and balanced, and are under the control and command of your will. You now exhale through the left nostril, counting eight, at the same time opening up the Thousand Petalled Lotus in the dome of the head to meet the Christ Principle or Divine Intelligence which is situated in the centre above your head. Breathe naturally now, and inhale, counting seven, concentrating on absorbing the Christ Power or Mother Principle through the Thousand Petalled Lotus. Holding the breath for seven heart beats, you should be fully conscious of the Divine Life pouring into you, realizing and recognizing your oneness with it—Father—Mother—Child. Then exhale, counting seven, and feel the Mother or Christ Principle charging your whole being. Do this breath three times, when you will be filled with tremendous power.

You have interpenetrating bodies, attached to these centres— from the bottom of the spine to the top of the head. Red is the lowest vibration and purple and white are the highest vibrations. White is the complete colour and contains all the other colours. When you bring the Christ Power down, you bring the colour white into your body, this raises the vibrations of the general colour and the whole of the aura becomes tinged with beautiful colours.

And that is how the Master can tell whether you are jealous, whether you are envious, whether you are hateful or what kind of individual you are, by the colour you vibrate. It is essential, is it not, that we should try and cultivate the Christ Mind, the Christ Principle, the Christ Love and we do it by concentrating upon it; these very centres, all these bodies become tinged with it, even the very lowest.

The thoughts you create should be well-discerned. You should beware of your thought and what is behind your thinking and when you can discern your thinking you are not caught up in the net of desires, hatreds, envies, jealousies, antagonisms, etc. Then you will be able to feel Reality. You cannot feel Reality if you are caught up in things. It is essential that you

should understand, discerning your own thinking and becoming aware of your own Divinity.

Even the energies with which you think come from that very centre of your being.

Reality is Divine Love, a Perfect state—that one Principle that the Infinite laid down in the beginning for the whole Universe—LOVE, that one Principle that no one can break with impunity; not the selfish love that we have here. We get caught up in our selfish loves and we no longer know Reality. We love because other persons love us but immediately the other persons cease to love us we no longer love them. So we love others for what they have got or what they can give us and therefore we are caught up in the net of possessiveness and we no longer know Reality.

The spine must be held erect while doing this exercise; a special posture is necessary, and those desiring to develop themselves must first learn to control their thoughts. Sit quietly in a straight-back chair, and watch your thoughts carefully. Check all negative or destructive thoughts. Concentrate on *OM*. In this state, with your buttocks firm and your spine straight, you may commence, but do not do more than one complete set of breaths to begin with. Later you may do two or more.

When you can control these forces, you can control the elements as well. You have the Power within you to accomplish what you will. These balanced forces pass up the centre of the spine through what is called the Sushumna which terminates in the dome of the head, where all power is concentrated under the conscious will. This centre in the dome of the head is known as the Thousand Petalled Lotus which opens to the rays of the Infinite Intelligence.

Behind the right nostril is the Pingala, which picks up the positive electronic force and carries it down the right side of the spine. Behind the left nostril is the Ida, which carries the negative electronic force down the left side of the spine. These forces are Balanced in the particular centre being developed and proceed up the Sushumna. These nerves are not visible, nor are they known to the anatomist, yet without them you could not live in the body. It is

important that you should never allow this balanced force to go downwards, but always raise it upwards.

As these two forces are balanced they go up from centre to centre as one force. The great idea of the Yogis is to balance the positive and negative force of the Universe so that he can control it. The positive and negative are complements of each other, they balance themselves. The Yogi then controls this force and calls it Prana-Yama. Concentration and the control of these forces gives you healing power.

The Sushumna is a small canal running up the centre of the spine. The centre at the top of the head is known as the Thousand-Petalled Lotus which opens to the rays of the Infinite Intelligence. This Sushumna is not known to the anatomists. There are many wonderful things in your body, information on which the anatomists cannot give you. That is why many people suffering from various conditions and troubles get no relief from physical treatment, but, by the stroke of the hand of an Adept they are relieved of pain, because to a great extent it is not so much what we call physical encumbrance that one may have but a magnetic encumbrance, and that magnetic encumbrance clings to the nerve centres and along the spine.

When this encumbrance of magnetism surrounding the nerve centres is dispersed the Spiritual Power flows without any interruption. Whenever a nerve is affected, wherever the energy is interrupted in the nerve circuit you have pain. It may be a small portion of acid in the muscle somewhere that is interrupting the nerve circuit in the muscle, or it may be congestion of a nerve centre.

Pain is nothing more than an encumbrance interrupting the nerve circuit. Immediately that is removed there is no longer any pain. Now the psychological effect of removing pain instantaneously is wonderfully effective upon the patients, because they immediately feel relieved and that relief sets in motion their own healing forces. And as they gradually get better they feel they are under the direct action of a Divine Law.

Some people unknowingly develop the “kundalini,” and not knowing how to control the released energies, find themselves in difficulties. Tremendous energies are released through these centres and they must be raised up and spiritualised.

Your power of concentration now becomes a power indeed, with all this energy under your will. This is the secret of the Masters. If you wish, you may commence using this Power constructively in your work, etc. I use it mostly in teaching and healing, and dispersing inharmonious conditions. You have no idea of the power that is within you until you unfold it. This is the power the Masters use; these mysteries were guarded secrets, and were only revealed to the few.

If you practise every morning at sunrise, and every evening at sunset, I will guarantee that in one year, provided you work properly and have the right thoughts in your mind, you will be able to do many things that at present you could not believe possible. By this method you may be able to visit the higher planes. It is the secret of gaining knowledge while still living in the physical body. This instruction is generally given under the personal supervision of a Master, being a quicker way to get results.

By deep spiritual contemplation, opening up to the Infinite Intelligence—the Mother or Christ Consciousness above the head—the same results can be obtained, and it is sometimes much the better way for the majority of people.

You must become very, very strong-minded because you are entering into a new world of action and as you pass through this new world you must not be afraid. Immediately you become afraid of anything you see or hear you lose your power. There is only one way to escape from fear and that is Awareness of the Truth, awareness of the completeness of your Divinity, so that there is no longer any fear and you can see these things having no power of their own except the power you give them.

That is why I always make you see how important it is for you to realise your own awareness, your own Divinity, the highest Power there is. It is this Power that thinks and therefore your thoughts have power but the only power they have is the power you give them. When Love floods the being, that being is always safe, therefore discern deeply your thought-process and realize reality.

I want to impress upon you to be guarded against giving this knowledge out indiscriminately, as it could be the means of doing much harm by destructive action. The same power can be used for evil ends.

The individual who becomes aware has a great responsibility. You cannot go into a violent rage anymore, you cannot have violent jealousies and envies anymore, because of the power you generate, which would be directed into destructive action.

When working without a master, you must remember never to hold an evil nor a depressed thought, as you are liable to set these vibrations in motion and injure yourself and others. You must hold Peace, Harmony and Love in your mind. It is spiritual development that you must seek, not control of the forces, otherwise you will be chained to them and release becomes more difficult.

People are always wanting the various psychic gifts. They ask for this or for that gift, but it is not the gift you want that you get. It is not the control of these psychic gifts that you require, but an awareness of your own Divinity, and when you have that awareness then your intelligence will guide you and give you the gifts that are yours.

The path of the great Masters is detachment from all phenomena and desire; only by so doing can absolute control of all phenomena and desire be obtained. This is hard for those in the West to do, because their development is through expression. Nevertheless, we must detach ourselves from the external world and see it for what it is—not a reality in itself, nor having any power of its own—see it as a means to an end, to be controlled and used as a good sculptor would use his tools to fashion his work to completeness. The tool has no real value except in the hands of the experienced craftsman.

We must use the tools of our minds to create the perfect expression because whatever we create so it is unto us.

These two prayers you should repeat earnestly, the first one before you commence each practice, and the second one after you have completed it. (It takes only a few minutes, but these few minutes make all the difference between success and failure.)

“Loving Father, This is Thy Holy Temple. Make it a perfect dwelling-place from which radiates Thy Love, Wisdom and Power to all Thy children. Glorify me with Thy Great Healing Power, Thy Inspired Wisdom and Divine Love, that I may glorify Thee. Open my eyes and my ears, that I may see and hear, and my mind that I may receive, so that I may become a better and more perfect instrument for Thy great and glorious work. Thy Will be done on earth as it is in Heaven.”

After you have finished, you will say this:

“Thou Great Loving Essence of all goodness, whose child I am, strengthen me in knowledge and show me more clearly the way. I love Thee for Thy tenderness to me. I trust Thee utterly, and feel Thee near me always. I am safe in Thy Hands, and know Thou shalt guide me aright.”

Then picture the Christ just above your head, and endeavour to draw the Christ into you to purify your whole being.

Do not say these prayers parrot fashion, make every word live in you. You will then learn what your words really do. You must learn not to express a word lightly, because whenever you express a word you express a form. You must not misuse your power, for the reaction will be greater than before you gained this power and understanding. What you hold fast in this plane is also held in the plane above.

If you progress diligently, it will not be long before real expansion of consciousness begins. It will no longer be an intellectual understanding, but a knowing in reality. Remember it is spiritual development and release from the world of phenomena that you are seeking, not the control of the forces. This control comes as a natural sequence when you find your true Consciousness. When you actually know where your Consciousness is, all is possible to you. It is not an intellectual knowing, but a

knowing in reality, where all the phenomenal world is objectified to you, even the spiritual world of phenomena. But all this is only a means to an end, not the end itself. To know that *you are* now—God made manifest—to believe with a faith that cannot be moved by doubt, anxiety or circumstances, and to act in accordance with your belief, is to live abundantly; because faith without works is dead, and work without faith has no life.

When this faith is firmly established deep in your Soul, then the Light that lighteth the Soul, yea, even the World, will shine in you; a peace shall come, a knowing that all is well. God is omnipotence, omniscience, omnipresence, and Love is the only emotion. God is Love, and moves by Love alone. “I and the Father are one,” the Master says; you also must proclaim it.

When you have mastered the Master’s Course, you will have the Truth well-established, then you can affirm the Truth, saying:

“Loving Father, THIS is Thy Holy Temple, THY Perfect dwelling-place from which radiates Thy Love, Wisdom and Power to all Thy children. I am filled with Thy Mighty Healing Power, Thy Inspired Wisdom and Divine Love, and I am glorified in Thee. My eyes and ears are open whereby I see and hear, and my mind receives Thy Eternal Truths, for Thou hast proclaimed me Thy Perfect Instrument for Thy Great and Glorious Work, that Thy Will, which is done in Heaven, will also be done on Earth.”

The Universe moves rhythmically under the direction of the Infinite Intelligence. We see the Law in action, and when we act with the Law we become the Law and are not affected by it. “I and the Father are one.” The elements respond and the word becomes form.

Einstein’s theory of relativity says that everything is relative to something else, all things are relative to something which is unknown. When he says he has worked it out mathematically, then it proves exactly what the ancient scientists knew long, long ago. Do you know that the ancients knew exactly the distance of all the planets? They knew how long one planet took to go around the sun. They knew all the planets and the distances they were from the earth. They had no instruments of any kind, except the mathematical formula of the Law, and today with our most up-to-date instruments the scientists check their results with the ancient Law to see if they are correct. The ancients knew of the five main elements that

made up everything and I am going to explain them to you as simply as possible.

[\(See diagram explained on page 49—lesson 5 in “THE HIGHER POWER”\).](#)

The first, of course, is Akasha, known as Ether, presented as the outside white ring, the Substance in which all the elements mingle. Then the next is Vayhu or Air or locomotion— movement is represented by this circle, blue on the outside and green in the inside.

Then comes Tajas or fire which means expansion and is represented by two triangles. Expansion, expanding outwardly from the centre. Then comes contraction which is represented as water—Apas—and this is the half-moon which is represented here (map). Then comes cohesion or earth—Prithivi—that is the cohesive quality of the hardest substance of all which in the centre here is represented as a diamond.

And these two horizontal and vertical lines going through them all is the Father-Mother-God controlling them all. And this centre where the Father and Mother meet, that is the Christ in man. This vertical line represents the Consciousness, this horizontal represents the Intelligence, the Active Principle which the Consciousness directs. And in the centre there is the point which is recognised as the Christ, the Child of the Father-Mother-God, that is in each and everyone of us and is your awareness. Immediately you become really aware all these elements respond to you and you create in the Ether, the bowl in which all the elements are mixed.

These symbols represent certain qualities and quantities. Einstein with his mathematical universe is only repeating in a different way what the ancients knew and understood through their symbols and numbers. You can now understand how everything you see and touch is temporary, disappears, and changes into something else.

Not only do these elements exist in the sun but also in the various planets given birth by the sun. Everything has a positive and a negative aspect. No matter how small the division of substance, you cannot separate the positive and the negative. The atom and the electron have a positive and negative aspect, and their interaction gives motion and manifestation.

The positive and the negative represent the Father-Mother-God in all things, and with them all things are created. Ether is the bowl in which the elements mingle together to form their different combinations.

Let us now look at the planets from a point of view of vibration. Take Mars for instance. Mars has all the elements, but the element of expansion—Tajas or Fire—predominates. Mars sets up this vibration among the other elements when it is in a certain position at a certain time. It is this vibration of expansion in the etheric structure of matter that causes earthquakes and the different expansion troubles. These vibrations expand the ether, and when the element Tajas—expansion (Mars) is in conjunction, opposes, or squares the element of Prithivi—cohesion (Saturn), it is easily understood what happens.

I don't know whether any of you are acquainted with astrology. It is an ancient science—orthodox astronomy is coming round to the fact that they have learnt a great deal from ancient astrological knowledge of the stars. They knew a great deal more than we even know now. Orthodoxy is beginning to learn from the unorthodox in every branch of life.

Not more than 200 years ago when Galileo said that the earth was round and not flat, the orthodox Church made him recant his statement and say that the earth was flat because they believed it flat. That was orthodoxy, but that did not affect the earth being round. It did not change the earth, did it? Of course not, it only limited man and his knowledge and that is what orthodoxy does—limits every other individual who comes within the orbit of that particular sect.

We have got to have expansion and freedom. Your thoughts must go beyond orthodoxy. We learn Truth through intuition. Spiritual faculties come to man through his Spiritual sense and not from his ordinary senses. What he reads and what he hears are generally the ideas of other people less informed than himself.

Vayhu—Air (locomotion)—is represented by Mercury, whose symbol is wings—the most ancient symbol of motion. It is our fastest moving planet, being nearest the sun.

Why was Mercury always given the wings? Because it is fastest moving planet we have.

The moon controls the tides, you cannot say that the moon has no influence upon the earth, can you?

Tajas and Vayhu in conjunction, squaring or opposing, cause lightning, storms, etc.,—expansion in the air. Elements forming a sextile, semi-square and trine also have their effect in different ways. It is easy to understand the causes and effects when we understand the elements.

The Moon controls water and the tides. In it predominates that particular element which affects our earth, and in fact every human being, enormously—the element of Apas—Water (contraction). Neptune also possesses this element, but its nature is more ethereal and dominates the invisible aspect.

Seventy-five percent of your body is made up of water. How did this contraction take place? When this earth was coming into form, there was first movement, movement in the ether, then expansion. Energy expanded itself outwardly in the atmosphere and because of the heat, the atmosphere opposed it and water appeared; this cooled down the earth, and thus we have solid earth, because of the contraction of that element that surrounded the expansion when the earth was coming into form in the beginning. Contraction is controlled by the element which predominates in the moon, known as Apas—water.

The five elements make up every organ and part of your body. They are held to their particular task by the Father-Mother principle which unites them in their action and reaction; this is automatic in nature but can be deflected by inharmonious vibrations set up by ourselves.

Every portion of our body can disappear, even the bone structure disperses into the basis of matter—Ether. This solid substance of ours is held together because of the other, elements, but if energy is applied to solid substance, it disappears immediately expansion takes place. Immediately energy is applied to solid substance, it expands and disappears. It changes

into other forms until it gets back into the element of movement and eventually into Ether, the substance out of which all forms are created.

Everything you see and feel is form created out of one Substance in which all these elements exist, and that form contains all the elements and is supported by them. By the knowledge of this ancient law the Masters were enabled to disperse matter by concentration of the Christ-Power, because that Christ-Power controlled all elements.

Now you are beginning to see clearly how our own consciousness can change conditions in the body, because any condition has no power of its own except the power you can give it and by the Christ-Power in you, you have control of all the elements, even the elements in the atmosphere. That is why the Master controlled the elements in the storms, because of that one Christ principle which he was aware of. But because you have never experienced these things, have never seen them done, you do not believe it possible, therefore it cannot be to you, because you do not believe it. This is the Law of your being “unless you believe.”

The symbol on page 51 shows all the elements in one. The dotted line represents the Ether, the bowl in which they are all mixed. The circle represents the motion in the Ether—Air; the triangles—expansion—Fire; the half-moon—contraction—Water; and the diamond— cohesion—Earth. The cross represents the Positive and Negative in and through all of them.

Father-Mother-God or the Christ in Man. “I AM” made in the image and likeness of God, having dominion over all things.

Ancient Lore ... Twenty-five thousand years ago in the ancient Gobi Desert a great civilization existed. They were so far advanced in their knowledge that they were able to commune with those on the very highest planes of consciousness. They had no churches, but they had temples. These temples were not places of worship but temples of wisdom, where counsel was taken and where communion with the highest Intelligences was obtained. Everyone worked in perfect harmony because the Truth was known to them, and all contributed to the whole. There was no poverty or

unhappiness. Everything was as perfect so far as we can imagine could be upon the material plane. After a time dissension set in, and certain groups were formed. Thus began separation and inharmony. This separation was the beginning of the downfall of that civilization, and gradually, as they separated into groups, kings and armies flourished, until discord extended right through the whole people. It is said they were in advance of our civilization in knowledge by at least two hundred years. They had methods of driving machinery and methods of lighting that are not yet known to us today.

They also had means of locomotion far in advance of our methods; they were able to use the natural forces, but as separation set in this information and knowledge faded away. The central council dispersed, and communion with the higher planes was then impossible. This was the down-fall of that civilization. (The Masters of the East still hold many of their secrets.) If it were not for selfishness, think of what would be ours today. Yet separation at least has enabled us to understand imperfection, has enabled us to understand the falseness of separation and what it brings in its train—wars, pestilence, disease. It brings all the inharmonious conditions that exist among mankind today.

The elements are harmonious, but we can destroy this harmony by our inharmonious conditions, thoughts and emotions. We create a distortion in the elements and upset the perfect balance. Thus civilization brings upon itself troubles and difficulties. God has never brought destruction upon anyone. It is our work to harmonize the elements by keeping harmony within ourselves. We are becoming tired of separation, of those conditions we have created by our own inharmonious vibrations. Deep down we are beginning to feel the pinch.

They say that certain dictators are now under the vibration of Mars, under the vibration of expansion, and are dominated by the element Tajas, being born when these vibrations were dominant. Although they have all the other elements within them, the element of Fire—expansion—is predominant, and immediately Mars comes

into a certain position it sets in operation these particular vibrations. Dictators could be really great men if they would but harness these vibrations and direct them into their proper constructive channels.

How can one control the elements? I have already given you the secret: by harmonizing the various elements in your own being through the form of breathing I have explained in a previous lesson; or by keeping your mind and body in perfect harmony, by not allowing even an inharmonious thought to exist, by aspiring to the Highest Spiritual Source, so that Love, Wisdom and Power develop in their proper proportion to guide one's own destiny and the destiny of others.

It is excellent to have an ideal and live it. When you hold to your ideal you grow into that ideal until it becomes manifest; but when ideals are limited or outgrown they become a hindrance and prevent growth. Have an ideal, but know the processes that will enable you to reach the very highest of your ideals.

The most necessary ideal is the ideal of a Perfect Substance and Intelligence, the ideal of a Perfect Consciousness, the ideal of a Perfect Universe, the ideal of a Perfect Life. Keep this deep in your soul always, because it is your foundation; then any other ideal that you may have will not be limited, nor a hindrance to you, but will be an ideal within an ideal as it were, and supported by it.

Before you can have activity in the physical plane you must have activity in the super-physical planes. Before that activity becomes a material fact it must first be a mental fact. Everything exists in the super-physical before it manifests itself in the physical.

There are different theories on evolution, some of them purely material and incomplete; therefore we cannot rely on them. The highest teaching comes from the spiritual world. It is divinely interpreted and is not merely man's imaginings perceived through his physical senses.

God created everything. Of Him all things are made. God held in His Infinite Mind a Being—Lord of the Earth—in which His Consciousness manifested. This Being ordained certain working

qualities and limits to three Artificer Principles. So the Artificer Principle of the mineral world was created, and under it and through it all mineral activity took place; but its work was limited to this sphere. So also was created a higher Artificer Principle through which all vegetation was created; and another still higher through which all animals were created; yet these also were limited. The Substance in its essence was now conditioned through these Artificer Principles. This now prepared the plane into which the Divine Children would be born: these Beings came forth from the Logos, having the Consciousness of the Infinite within them. Thus God breathes into man the Breath of His Life and he becomes a living soul; not limited, but with Divine Consciousness and Free Will to choose.

The mineral cannot raise itself up but must be raised by the vegetable; likewise the vegetable must be raised by the animal; and the animal-conditioned substance is spiritualised by the Divine Inhabitants. Thus the Substance returns to its original state of perfection, free of all conditions.

Your work is threefold: you raise the conditioned substance; you gain your experience by doing so; and you gain your self-consciousness by the reaction to these experiences in the world of matter. This self-consciousness must be expansive, merging into the whole from which it arose; the personal becomes the Impersonal—I and the Father become one consciously.

You are born of the Father-Mother-God-Spirit, incarnated in the physical garment which has in it all the animal instincts, and the power to propagate, to bring forth spirits in the same garb. You are created in God's Own Image. You are held in His Consciousness; and it is the Consciousness of God that is in you. You could not talk of the God Power unless it were in you. The animal is not conscious of this God Power because it is limited. But you are not limited. You are a spirit clothed in a body and your work now is to obtain knowledge of the laws by reacting to them and so gain experience and self-consciousness. When you violate

the laws you bring forth imperfection, but this gives you a knowledge and understanding of the opposite— perfection.

You are conscious of yourself—self-conscious— because you are reacting to things external to yourself. They exist to you and are held as concepts in your mind, and this gives you a feeling of separation. Without a feeling of separation you could have no knowledge of unity, and without knowing imperfection you could have no knowledge of perfection. But the Perfection of Reality cannot be perceived by man's mind, for when you perceive something you have perceived what it is. You cannot perceive the Reality because it is beyond your perception. What we perceive in our imagination is not Perfection of Reality only an idea of it: but to know that *It is* is self-satisfying and complete. It is—*I am that I am*. “I and the Father are one.”

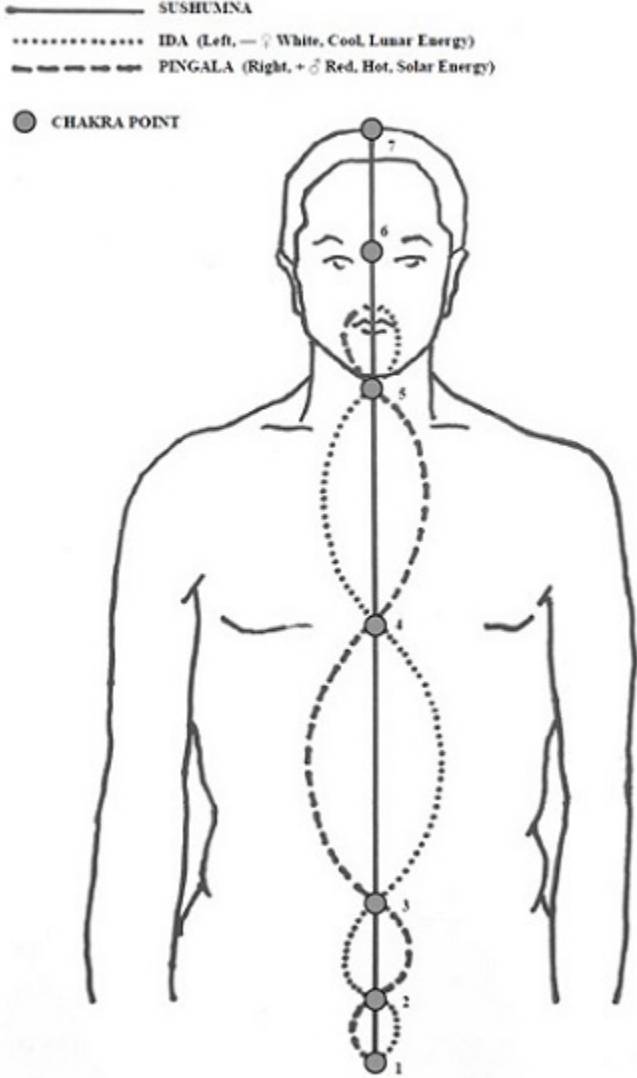
When you take in food you raise it in vibration— it is spiritualised by contact with your spiritual power and passes into the atmosphere through your aura. It is the same substance that was taken from the ground, only you have raised its vibration and dispersed it into the atmosphere. Just as you take the substance of this particular plane into yourself and raise it, so do those living in the invisible planes take this raised substance and raise it to a higher state, and as it is absorbed in the progressive planes it is raised higher and higher, until it passes back into the Perfect Substance from which it came.

You will progress from this state of consciousness to a higher and higher state, until you eventually reach the highest vibration of substance—consciousness in God, where separation does not exist. From Perfection you have come, and to Perfection you will return.

Keep the ideal in your mind always of the Perfect Consciousness—Perfect Intelligence—Perfect Substance and Perfect Life, and, although you may be in material conditions at the present time, you will understand the process that will enable you to co-operate with God working in His Vineyard of human souls, pruning and guiding the branches so that the Eternal Life in

the Vine shall bring forth the Perfect Fruit. For in Him we live and move and have our being.

Peace be with you.



SUSHUMNA, IDA AND PINGALA

LECTURE 6

“If the Sun thou canst not be then be the humble planet. If thou art debarred from shining like the noon-day sun upon the snow-capped mount of purity Eternal, then choose, O Neophyte, a humbler course. But be humble if thou wouldst attain to Wisdom, and be humbler still when Wisdom is attained.” It means that many are seeking to become something in this world or something in the next world. The greatest amongst you is the servant of all. It is an understanding of the Life itself to be one-pointed in regard to life. This alone enables you to perform feats of endurance, feats of healing, feats of service that seem to be beyond the ordinary human being. It is concentration on life to be one-pointed in regard to life, that enables you to become aware of the greatest in you and the smallest in you, and the greatest and the smallest is within yourself, and both must be united in yourself before you can realise and recognise the Truth. Many people, and in fact quite a number of advanced students, think that the mind is the paramount thing in existence. It is nothing of the sort. You will learn through these last lessons what the mind is, and how to use it.

Later on I will give you what is known as the Masters’ Mind Training Course, to enable you to train your mind, to make your mind a true vehicle of expression. You see the Masters’ Course is always the fundamental course upon which all others can be built. Without the Masters’ Course you are liable to go astray. You are liable to get into particular grooves, some—ology here and another—ology there, some idea here and another idea there and you get lost and bound by them.

Sometimes I convey the idea on the blackboard. A wheel is very often a very useful thing to have because it has a hub and it has spokes. These spokes lead out to the rim, the hub is in the centre of the wheel. Without the hub you can have no wheel.

If you know the hub you will know all the spokes. When people get hung up in one spoke and the rim, they know nothing about the others. This is known as the vicious circle, but when you are in the hub you know all the

spokes. Therefore you will know all the lines of action and still retain the basis of them all. You will never be caught up in the vicious circle.

I am always careful never to commence a lesson without advising you of your awareness, of the one substance out of which all things have been created, the one Intelligence and the one Consciousness—for this is the Hub of Life.

The power to heal can only be obtained by learning to trace things from their source. Supremacy over disease is obtained by the degree of understanding that it does not come from God. God created all out of the one Perfect Substance, and we are the Perfect Consciousness of God within that Perfect Substance. Therefore we have power to eliminate all that is imperfect.

The substance out of which your body has been created is a perfect substance. Everything you see, all substance you are aware of, is only the same substance in a modified form, just another aspect of the same thing. So therefore everything has a perfect foundation, and perfection is your natural state; and because it is your natural state it is the only reality. This is one of the main facts to remember in healing. All inharmony and imperfection must pass away. But harmony and perfection, which are the basis of everything, can never pass away because they are *real* and have their foundation in the Perfect Substance out of which all things are made.

You cannot perceive Divine Perfection because it is beyond your perception. What you perceive in your mind is something you already know, but the Perfection of God is beyond your present knowledge, yet it is. What you have in your mind is an idea of the perfection of the Infinite, which you created in your mind. But an image of the perfection or an idea of this perfection is not reality—that which is, always has been and always will be.

From the very beginning upon the foundation of the perfect Universe God built everything including the physical world. Everything that you see external to yourselves is a manifestation and has a cause; the cause is within, the manifestation is the outward effect of the cause.

Everything, no matter what it may be—a Universe, a sun, a man, a planet—first originated in the inner realms before it came into operation in the outer. So it is with you. If you live in the mind where you see Good and Evil, that is to say where man is double-minded; where you see Good and Evil together, you can never be perfect. We know that it is difficult not to see the evil, but if thy roots be perfect thou must blind the fleshy eye to all illusion.

When you think about it you will see that immediately you think evil you cannot be perfect, can you? Immediately you criticize other individuals, envy or hate other individuals you cannot be perfect. What you are seeing in others is externalized outwardly in yourself. And really what you do see in others is deeply rooted in yourself.

See the beauty of the perfect Universe upon which everything is based. The Perfect Law of God was laid down in the beginning before any Creation existed and this was the Law of Love; Love Absolute, beyond the comprehension of the human mind.

This Law is the foundation of everything and cannot be broken. That is why harmony is the basis of everything and must remain the basis of everything after all shadows and illusions have passed away into nothingness where they belong because they have no real foundation. But if you create them in your mind, you will see then that your mind is the Tree of Knowledge of Good and Evil, that Tree of the Mind—Intellect. And those intellectual people without a knowledge of Soul-Wisdom are led into a world of shadows because of their mental state. It is very difficult for those people to grasp the Truth for the simple reason that they try to make the Truth conform to their own ideas.

If you place yourself in a state of harmony by realizing your oneness with God, healing is the natural sequence. When you are in a state of inharmony you deflect the harmonious vibrations, and the result, of course, you are aware of. These vibrations are received internally, and are expressed externally through the outer garment. When the perfect image God created is held in your consciousness, the form changes accordingly.

The super-physical structure is always affected before the physical structure. The change begins within and moves outwardly,

and when all inharmony and limitation are eliminated from the consciousness, the Perfect manifests without effort, and is your natural state.

When all inharmony and limitation are eliminated from the Consciousness the Perfect manifests without effort and is your natural state. Do you not see that the Perfect is always there, always! You do not have to manifest the Perfect, you do not have to make any effort to manifest the Perfect. You are making too much effort to manifest that Perfect state, when the only effort one has to make is to eliminate all inharmony and limitation from one's own consciousness or sub-consciousness, then without effort that which is perfect will manifest without effort.

During the healing nights there is no effort made at all. I purposely take away all effort from you and what you find is the most glorious state coming into your being. Inharmony, limitations and images are removed from the consciousness and you just feel that you are. But it is not always easy to get into that state because of the habit of the mind living in the past.

One makes a habit of thinking a certain way, one makes a habit of doing things a certain way, and lines or action and thought are created accordingly which tend to outpicture.

You cannot overcome a habit by changing from the positive to the negative, you have to transcend the whole condition to overcome a habit, to rise entirely above it; through an understanding of the Truth it has no longer any power over you.

So we see that it is necessary to eliminate inharmony from the consciousness as well as limitation.

Your mind and brain interpenetrate one another and act together, and they have the quality of receiving and recording any object that the eye conveys to them.

Now listen carefully, because immediately you see this you grasp the meaning of thought reaction and thought processes which is so essential. Your mind and brain interpenetrate one another and act together and have the quality of receiving and recording any object that the eye conveys to them.

Are you going to accept everything you see as a reality, or are you going to look upon it as something temporary, as a false concept that has no existence in reality?

Nearly all you see with the eye or through your senses is not as it really is. It is to you as it seems to you, but do you really see through your senses? You accept as you see and you create in your mind an image in regard to it. Therefore your mind is filled with images of things that are not as they seem. You live in a world of illusion. Now you can see why you must be so careful to know the Truth; to be one-pointed in regard to life.

The Spiritual is Life itself. Then there is Mind: you have thoughts, good and evil; you have thoughts of Truth, images and ideas of Truths, images and ideas of things external to yourself, what you read and what you see and hear. Here you have the Tree of Knowledge of Good and Evil. Things external to yourself you react to, and in your mind you create an image of it and naturally that again tends to manifest outwardly. That is the process of your mind.

If you accept a thing as a reality, then it will be registered in your mind as such because you believe it to be so, but if you while you see it, deny the fact that it is a reality, you immediately have the opportunity of realizing the Perfect State, which is often the opposite of what you see. When you have received a picture and fixed it, as you do with a film, the picture is again projected. The vibrations of what you have fixed in your mind continue to express themselves outwardly. It may be a false concept, for you may have received and registered a false condition which is reflected in your own outer structure because you allowed it to manifest; but that is not to say that God created it.

You have created an image in your mind and the reflection of that image takes place in you. But in the centre is the perfect state, God waiting patiently until you get rid of all this rubbish, cease to create limitations and inharmony, then He will manifest outwardly of His own Free Will. There is no reaction to a perfect expression. There is no reaction to a Divine expression, but there is reaction to human expression.

The Perfect Mind does not hold any imperfect things: It holds no imperfection whatsoever. Do you realize that? How could the Perfect hold any imperfection? If the Perfect realized any imperfection It would be imperfect.

If the Perfect Mind realized any imperfection who could eliminate that imperfection? God is Love and has based the foundation of the Universe upon it. There is only one living Being in the whole Universe. God alone lives. The fact that you are living now, is proof that He is living in you, that He is Your very life. God, in the first place, created the Universe upon a perfect foundation. Divine Consciousness has individualized itself in you, and thus you have the Creative Power within you. Your Consciousness is your creative power, and whatever you create so it must be unto you. But as you are living in this world of illusion you are creating images that are true in some respects and untrue in others. We have to use our minds to the best advantage not only for ourselves but for others.

Your mind and brain have the capacity of reproducing the vibrations received and projecting them out again, and you see the picture the eye has conveyed. You have received it; you are now expressing it through the inner vision. The picture is in your mind. You are reproducing the same picture through your mind and brain, and, according to the intensity of the emotion attached to it, so does it manifest. If you hold off the unreal, the real reproduces itself by its own God-given power. The Divine Intelligence manifests the Perfect Image.

When you find any condition in your body or in your circumstances, you react to it and you give it power though in fact it has no power of its own but the power you gave it. You concentrate upon it, you think it is real and naturally you produce what you see and think.

It is so important in this life that you do not accept everything you see as an actual reality. Although the outer body may be affected through inharmonious vibrations in the atomic structure, there is no definite or permanent effect upon the resurrection body.

God does not create those inharmonious vortices in your mind and body; you create them yourselves by your reactions to things external to yourselves, by your reactions to the thoughts, you have within you, not being aware of your thought-processes. You are actually living in an outside world of effects and never in reality. That is why many people who try to find reality never do, because they are caught up in desires, envies, jealousies, hates and all these things of the unreal world, reacting to things that people say and do.

Naturally you must harbour inharmonious vibrations in the atomic structure of the body because your reactions work from within outwardly. Yet there is no definite or permanent effect upon the resurrection body.

The resurrection body interpenetrates the physical and it is much more real than the physical. The spiritual body is always perfect and never, under any circumstances, is it affected by your mind because it is beyond your mind. These mental attitudes do not affect this true spiritual body but your mental attitudes actually affect you while you are living in this physical plane and it is this instruction that enables you to overcome those conditions by seeing and understanding that there is a perfect state in existence now, that is not affected by any external reaction or image you carry in your mind.

If you realize the Divine, Perfect Image within strongly enough, you will manifest it on all planes. Most people are always visualizing the imperfect things and expressing them through their inner vision. What else can they expect but that their outer form be affected by these expressions and imaginings? Don't you know that matter is modified ether? And that ether responds and forms according to the image in your mind? Realize the Truth, and the false will disappear.

We must recognize the subtleness of the Power within us; it brings forth what we often do not want but always what we think deeply. Our safety lies in holding ourselves up to the Divine Light.

The power of the spirit harmonizes all the vibrations and reproduces the perfect, so that we can project out again, this time through the inner vision, the perfect picture held by the Divine Consciousness.

That perfect design is with you all the time, but you are free to choose, and not knowing the true law, your choice is manifested out on the physical plane, but you cannot interfere with the Divine Law of the Creator. This is your salvation. After all self-imposed conditions are eliminated, the Perfect still remains.

If a picture is fixed in your mind then that picture will remain there until such time as you eliminate it by realizing it has no power except the power you give it. Many people have pictures in their minds that have become fixed concepts. They destroy themselves as well as others, but there is one thing they cannot do, they cannot destroy life or the source of life which is Eternal.

The camera receives and records on the film the vibrations of the object that you photograph. You must fix the impression on the film to make it permanent. Movements and colours of objects we photograph are projected, by first fixing then projecting. It is the same with you in thought, word, and act. Each selective set of brain cells records, fixes, and projects the corresponding vibrations.

You are wonderfully made. You are the microcosm of the macrocosm; within you is the Creative Power of God. Whatever you create you are responsible for. The mind is the Tree of Knowledge of Good and Evil. Therefore the mind has no power. It is but the vehicle of expression, a means of experience whereby you obtain your experience of the Law of Cause and Effect, and by the knowledge of that Law of Cause and Effect, you get a knowledge of Causation. A knowing and understanding of the Law of causation gives you freedom from imitation and limitation. When you have grasped this Law thoroughly then you shall become Master of every situation.

Realize this mighty truth: that everything is in vibration, and, according to the vibration you receive and fix, so will you project.

We should constantly recognize this power we have of projecting that which we hold in our mind. A picture! Yes, and we can absolutely project that picture. The Masters are able to hold a picture in their mind, and, by the power of concentration, they can

actually reproduce it so that all can see it visibly. We have this power within ourselves, if we could but realize it is possible.

Endeavour every day of your life to reproduce that which is already perfect within you. Refuse to see any imperfect condition. Refuse to receive any imperfect vibrations. Every time these vibrations come to you, refuse to accept them, then the real Self will out-picture in your mind the picture of itself. It will not be long before you will control all inharmonious vibrations, transmuting them and reproducing that which is already perfect. This is the highest form of healing. You have the power to change the elements, to change the vibrations in matter. You have dominion over matter when you are able to unfold the Perfect Idea. Do you think you could do it? Persevere.

You must begin sometime and Now is the time. Refuse from this very moment to accept any vibration that is inharmonious. Refuse to accept a thought that is not good and perfect, refuse to allow any envy, hate, jealousy, antagonism or any of these things to enter into your mind. Refuse to hear anything bad about any other individual. If you would but see those individuals in their True State you would be ashamed of yourself for even thinking evil about them. Any such thoughts that you harbour will out-picture in your circumstances.

By the power of your own consciousness you create that which you hold before it; every thought tends to outpicture itself. The subconscious will create the mould for whatever is held in your imagination, and the image you hold comes forth. People speak of the ills the flesh is heir to, but should rather speak of the ills fancy breeds.

We see now what thoughts can do from within, now let us see the power of suggestion. Receiving health thoughts into the mind is always good although it is not the highest form of healing.

The highest form of healing is realizing the Truth of your present Spiritual and Perfect state, We cannot always be in that state of consciousness. I know that, for the simple reason that we are reacting every day to things external to ourselves in this world of illusion—but there are

periods during the day when you can get into contact with the Living God in and through you, He being the only Living Being there is who will cleanse and clear away the fog from your mind and body.

We must also understand the meaning of suggestion so as to protect ourselves in this world of negative thoughts. Treating by suggestion we call mental therapeutics. There are different forms of healing but the greatest of them all is Spiritual healing, the laying on of hands which enables that Power of Life to be transmitted from the healer to the person who is sick, the Universal Healing Power. The healer becomes the medium through which it flows. There are ten zones through which this Power flows and are represented by five fingers on each hand. The Power flows right down through your body and out at your feet.

Any interruption in a zone will allow morbid matter to accumulate there. There are ten zones through which the light flows through the physical body from the Spiritual centre above the head; the body is divided into ten zones, five on the right and five on the left.

Energy is continually flowing through your body and passes through every organ. Every organ of your body is fed by one of these zones on its path through to the feet. The extraordinary thing is if there is an organ out of condition there is an interruption in that zone.

In your foot exactly at the terminal of the zone that leads through the organ, the nerve terminal in the foot becomes tender and when you press on it, it feels like a knife going into your foot. This causes a reflex to the organ which becomes stimulated into action through the nerve. At the same time you bring more energy through the zone by making passes down the area and life begins to flow again through the zone and through the body. Immediately it does so, the organ regains its natural state and there is no longer any painful reflex point. That pain disappears when the organ regains its vital state.

When the Master blessed the people he placed his hands upon their heads. He knew that all the life force passed through the head downwards and into the body. There are other methods where the hands are laid upon the individual on certain centres of the body and on the particular area of the trouble.

There is another method where the right hand is laid upon the solar plexus and the left hand is laid upon the seat of the trouble and the energy flows through the right hand into the solar plexus, stimulates the involuntary process into action, and where the left hand is—at the seat of the trouble—the blood vessels are dilated, energy and blood flow to that particular area and reaction takes place. The large amount of blood washes away the morbid matter and life energy passing through the magnetic body cleanses the magnetic body, resistance ceases and the individual then becomes well.

There are many different methods of healing but only one Healing Power. The experienced and trained healer knows how to use it. When patients can be shown how to become aware of their true spiritual state a tremendous force of energy is released through the zones and often the whole body is cleansed instantaneously and the individual becomes completely whole, but the patient must co-operate, understanding the complete and perfect spiritual state—the inner then becomes the outer. Later, healing classes will be given so that you can learn all three methods.

In treating by suggestion it is wrong to make the patient repeat: “My sore foot” (or whatever trouble) “is getting better and better.” Many people get worse. They get the reverse of what they desire because the image of the trouble predominates.

If the image of the trouble predominates in your mind, then the energy that you stimulate in your mind is transferred to that dominant image of the trouble and not to the image of health and strength. You see that you have on one side the positive image and on the other side the negative image, you cannot overcome a negative image by a positive image because the negative is in the positive, therefore you have to transcend it. Through understanding you get beyond the images into the Creative Source of all things in yourself.

I was very interested in suggestion when I was a young man and I went to France to the school at Nancy where I studied under Coué. I came back to England and started working along those lines and had some wonderful results. I know that you can heal yourself by suggestion, but I know also that there are pitfalls and I want to show you these pitfalls.

When Coué found out the law of reverse effort, that is to say whenever any persons suggested to themselves a cure, still thinking of their trouble all the time they got worse. This law of reverse effort is that the predominant idea produced in the mind was intensified. *When Coué found this out, he invented a formula “Day by day in every respect I am getting better and better.”* I think some of you are old enough to remember the press campaign about it, it made headlines: “Day by day in every respect I am getting better and better,” *Coué’s patients had to say it twenty times without thinking of anything else, while in a relaxed condition. He found this method gave good results.* The patients entirely relaxed themselves into a dreamy state and repeated the formula “Day by day in every respect I am getting better and better,” without thinking of anything else.

The reason, of course, is that they did not hold the image of their condition, and by creating a word expression, “Day by day in every respect I am getting better and better,” it took their mind away from their trouble, lifted them out of the inharmonious vibration, and allowed nature to do her work unhindered. Nature always asserts herself when given the chance to do so.

So you see the secret is to transcend into another realm of action where there is perfection, forgetting entirely (if that is possible with a lot of you) the conditions in your body. Through this transcended condition they forget their trouble entirely while their minds are concentrated on the saying, “Day by day in every respect I am getting better and better.”

If your imagination and will are contrary to one another, your imagination will always win, with your trouble always in your imagination, always thinking about it, making mountains out of molehills. And when you try to use your will to eliminate the condition, the imagination will always win. There is the secret again of the Tree of Knowledge of Good and Evil, in the mind where you create your images.

Most humans are influenced by suggestion and some more easily than others. And one will follow another, *diseases of all kinds were cured by Coué*—growths, cancers and every type of disease—which shows that when one believes, all is possible. The patient would say to Coué, “Can I be cured?” “Well,” he would say, “It has been cured in others and I do not see why it cannot be cured in you.” He was one of the greatest men of his time.

Suggestion is a means to an end, not the end itself. Nature did the work, as we will see shortly.

Coué was a natural healer and there was a natural healing power in operation. *Although you see the outside of the work, you do not see the inside. Nevertheless suggestion has a wonderful effect. It is necessary that every person who is learning how to heal should thoroughly understand it.* We should thoroughly understand the power of suggestion. Some believe anything if it is suggested to them; they accept the suggestion. It is the accepting of the suggestion that counts. Whether it is a good suggestion or otherwise, it is the receiving and accepting the suggestion that counts, that is how mass psychology is worked upon the people.

It is not the suggestion but the auto-suggestion that acts. The spirit that is in the individual does the work. Your suggestion should be to affirm and suggest that which is perfect, to blot out the inharmonious vibrations. By holding off the false condition you allow that which is real to be made manifest. It is education that is required. Cures will follow. I have found that the majority of people who have taken my classes have been healed because they have received the necessary understanding. A change of consciousness takes place, and naturally cures follow. For it is the transformation of the idea into action that counts, not only the accepting of it.

When I was with the Yogis I watched them experimenting on their chelas and what they could do was absolutely beyond human comprehension. The students did not even know that they performed such tremendous feats. I saw a Yogi chela, that is a student of one of the Yogis in India, who practiced Hatha Yoga. So powerful did this chela become that at a suggestion of the Yogi he put a chain round his shoulders, three-eighths inch links, and by the pressure of his muscles he broke it completely. I have seen also under the same state, knives placed into the chela and no blood flowing, and after the knife was drawn there was no mark left on the flesh.

Here is a subjective mental state brought to the surface. The personal consciousness, which resents any such ideas, the door through which all ideas must pass, was taken away and the subjective mental state was sufficient to perform those feats without interruption.

Every person has that same power within him and this has been proved by suggestion, hypnosis and mesmerism, hundreds of times. The subjective state of the individual is the most powerful and is the Real power the individual has. But if he disbelieves it then he does not have it. When this disbelief is taken away all is possible. Very wonderful, but nevertheless, actually true.

In Tibet I have seen Lamas taking red-hot irons, holding them in their mouths and twisting them round in loops with their hands. I have seen a Mongolian sword of cold steel that you could not bend twisted round into two loops.

I found true also that by holding off the false condition you allow that which is real to be made manifest.

I have found in my work that sometimes a patient will go into the suggestive state very easily and may accept what has been said to him, yet no results are obtained—the idea has not been transformed within himself. Why? Because in the subconsciousness there are strong opposing ideas that are preventing the idea you have given him being transferred into action.

What he believes to be true is true to him. So therefore these ideas you give him are not transferred into action. He may accept the idea but there is no reaction, thus he is bound by his beliefs in matter and disease.

What is your cure for this? You have to educate him until such time as a re-arrangement of the subconsciousness has taken place and the opposing forces are eliminated.

How do you educate him? ... along the lines of Truth. This is the difference between those who use only analysis and suggestion and those who know the truth of Reality as well. I have known many practising suggestive therapeutics who could not understand how they failed to cure in some cases, while other similar cases were easily cured.

I have had numbers of different practitioners coming to me and asking for an explanation. The simplicity of the whole thing is so enormous when you know the Truth, the whole thing is revealed to you: *it is simple to those who understand the Great Divine Laws.*

Suggestion in itself is not always a cure, although it is a great aid and help to the cure. That is why everyone should know the law of suggestion.

Many who practice hypnotism, mesmerism and psychoanalysis think they are qualified because they have degrees. As a matter of fact, I have found that many who practise along these lines do not live a sufficiently spiritual life and having no understanding of the great spiritual laws. Therefore they are not really qualified to do the work of healing because of the invisible influence they may create. Only those with a thorough understanding of spiritual, mental, and natural laws are capable of using this wonderful science.

LECTURE 7

While dealing with the subject of healing we must include emotion as having a strong positive and negative effect. Emotion is often the main cause of spontaneous suggestion. Spontaneous suggestion is when the subjective mind is open and there is a period between the time that persons react to a condition either external to themselves or internal to themselves, from that time when they begin to gather themselves together and bring their sane thinking into operation. It is between the first point and the second point where emotions are in control and thoughts are no longer recognised that they have lost control of their thought-process.

Now, you notice very plainly that during that period there is a very strong effect upon the subjective mind, and very often a vortex of force in the form of an idea is planted in the subjective mind. There it will remain until such time as it is eradicated by the Truth or by sane thinking.

When I speak of sane thinking I am referring to people who can think and act normally through becoming aware of their thought-processes. If you become aware of your thought-processes or thought-action you are no longer affected by the emotion or the idea which may take root in the subjective mind.

Sane thinking! How many people can think sanely? The majority are controlled by their desires, cravings, emotions and reactions.

When we are in a state of emotion the subjective mind receives the images and reactions from things external to ourselves. If we do not grasp it thoroughly we will get lost in a network of images.

Reality is the centre, and all things must emerge from that centre. That is the centre of your own consciousness and everything must emerge from that centre and work outwardly; we have mental action which we call our mind and there is the physical which we react to through our senses.

It is in the mind we create our images, because of our reactions to the outer physical world. We have our reactions in the form of images and our images are the cause of our condition in the outer again.

Emotion always stimulates our images and makes them stronger in the subjective mind, because we are not aware of our thought-processes.

Everybody is seeking Reality, but how can one find Reality if one is caught up in the net of emotions, thoughts and reactions, desires, cravings, creeds, dogmas, philosophies, etc. All these things are relative things and not Reality. Reality is Love, Wisdom and Power, always radiating out, expanding outwardly from the very centre. But if prevented, because the mind is full of images and concepts, then Reality is not known.

How can you know Reality if your mind is full of cravings, greeds, etc.? You should ask yourself this question: Am I obtaining things for my psychological happiness and satisfaction or am I dependent on things for my needs? If you sincerely seek the answer to this very simple question you will discover the process of your thoughts and feelings.

You put an intelligent limitation on the things you need, but if they are a psychological necessity they assume an overwhelming importance and thus you begin to understand the nature of desire, gratification and sensation. But the mind that will understand Truth must be free from such bondage. To free our minds from this bondage we must begin with those sensations, desires and cravings and get to know them, and then we will understand how stupid and distorted has been our thinking and acting.

We seek to feed our vanity, we seek social distinction, we battle, we cheat and we lie and we destroy each other. It is not a means of fair distribution so that we all may have enough; this is but the idle prattle of the ignorant who do not understand the true because they have not yet found the cause within themselves.

The cause of all external confusion is the confusion we create internally. We should understand our right relationship with others. Through our relations with others we gain the experience and an understanding of our internal thought-processes, what our cravings and greeds are and the motives behind them. This means intelligence, but few at present are able to use that intelligence.

It is not by asceticism or becoming a hermit, or by exercises, or by acquisitiveness, or by accumulation, or by renunciation, but by an intelligent awareness of our needs, free from the cravings and desire to cloy ourselves with things to cover up our inner poverty.

As we do not discern or understand our thought-processes, consequently we are unaware of Reality. When we begin to understand the difference between our needs and our psychological dependence on things we begin to face ourselves, but if we psychologically depend upon things to cover up our inner poverty, we are lost in the midst of all our cravings and desires and we no longer know Reality.

The lives of many are based on cravings to satisfy desires for prestige and their thoughts are empty and worthless. They seek to invest things with an importance far beyond their value.

Only by becoming aware of this greed, this dependence upon things, can we make our thought-process clear, and by doing so will help to lay the right foundation for our thinking and the understanding of Reality. Greed has always been the cause of hate, brutality and personal and national antagonisms and we are all concerned with things.

I stress this point now so that we can all see the process of our thinking and can no longer be caught up in the net of our external reactions, but become aware of our thought-processes and thereby become aware of Reality.

We must encourage the emotions that will bring about health and strength. Right thinking prevents the negative emotions arising. Love our God with all your strength with all your mind, and love your neighbour as yourself. The Master knew the Truth when he gave that command. Do good to those that injure you, love your enemies. It is by our attitude of mind we either make or mar our existence on earth.

The fact is that man destroys himself by his own negative reactions. As a man thinketh in his heart so is he. The deeper the thought, the more exacting is its expression in the life of the individual. Therefore, whatever emotions we have whatever thoughts we hold we externalize in our body and circumstances. We may react to an enemy or a friend, and according to our reactions so shall we be. No one is to blame except ourselves. We create our own conditions.

So we see then how emotion and thought can help or hinder: it is all according to the kind we harbour.

Do our opinions have a suggestive influence upon us? You often ask each other: "What is your opinion?" Opinions are often erroneous because of wrong suggestion. Many people read without using their reason, and they accept without question and base their opinions upon what they have accepted. That which they have accepted may have no foundation in truth. When you see, hear or read anything, you should not let it into your mind until you have applied the law of truth to it; then you know that your opinions are right.

Opinions have an invisible influence; you may call it suggestion. When an image in the mind is dominant it controls the individual. Images in the mind that become actually fixed and dominant will always express themselves outwardly, and if one's reactions intensify the image, one would still get further reactions until such time as one is caught up in the net of the image and becomes the image.

Here is the vicious circle again. How necessary it is for us to understand our thought-processes to enable us to become free men and women. We are unaware of the source and power of our thoughts. We are caught up in our images. I do hope you are now becoming aware of both your thought-processes and Reality. The love that you hear so much about is really lip-service. There is no real depth in it. It is a form of possessiveness.

It is deeds that count. If you want to express love, let the Divine Principle of Love come out without imposing conditions of any kind, without any thought of what you are to receive in return. That Love has no reaction. It enters into your life to fulfil its Divine purpose. It is complete in itself.

With regard to opinions, reflective consideration should be negative, a sort of door-keeper to ward off those which are ready-made and which might take root in the mind. Keeping judgment on the alert prevents collective emotions, crowd thoughts, natural passions and revolutionary influences affecting the individual. Ready-made opinions are manufactured by dictators and politicians who are masters of the art; and the unthinking general

public swallow these mental pills which take root in their minds. It is the fixing of the picture on the mind that counts, because it is then reflected outwards and soon becomes fixed on the whole nation. Thus nations and sections are turned into gigantic lunatic asylums. It is spiritual knowledge that will save the world; and service and creative work are the only means to this end.

These ready-made opinions are accepted as Absolute Truth. Thus nations are turned into gigantic lunatic asylums, killing each other, not knowing what it is all about.

We are already laying the foundation of another war that will make this one look like a Sunday school picnic. Every day this foundation is being laid more solidly by politicians and world financiers. The aftermath of this war will, I tell you, be worse than the war itself because of the very fact that there are political organisations in all countries who are agents for International Finance preparing for the complete enslavement of humanity.

Talk of democracies is so much smoke to screen the real motives. But Truth will yet conquer all! How can you expect external harmony and peace when such things rule the mind and heart, of the people? We have a system that thrives on thieving, robbing and lies. How can you expect to have a world of peace? As we sow so shall we reap. We are all responsible for the condition of the world. It is our duty to enlighten our brethren.

You are not here by chance, you are here for a definite purpose, to fulfil this Divine purpose, to lead, help free the world by Truth, through the law of your own being.

You are the children of Israel. Israel means People of God. The word Israel is a combination of three ancient Hebrew words. "IS" "RA" and "EL." "IS" represent, the breath in man or the soul of man. "RA" is known as the Egyptian material god and represents the physical. "EL" means "the One," the foundation of all. The word "Allah" and other similar words are derived from the ancient word "EL" which also means "The Nameless One." Therefore the meaning of Israel is Spirit, Soul and Body as the expression of the one Life. You understand now, do you not? The body has no power over the soul, the soul has no power over the Spirit, but the Spirit is the Life of the Soul and body.

Those who do not understand spiritual worth are not capable of holding any public or important position in the life of the community. If this were the standing rule (and it should be) throughout the whole world, in governments and organizations, strife, war, poverty, sickness and misery would soon disappear.

Anyone who does not know the Truth lives in a mental world of images and is prone to accept suggestions which are untrue.

I was called to a case. The patient was the secretary of a psychological club. The doctor had given him up to die. When I went into the room I saw him lying there reading a book and mumbling away. I said, "What are you trying to do?" He said, "I am saying these mantrims." I said, "These mantrims will not help you. The small portion of energy you have left you are using up in futile mental effort." I took the book from him, called to his wife and said, "Open those windows, and let in some fresh air. A dog or a cat would die in here let alone a man." So she opened up the windows, top and bottom. She said, "The draught." I said, "Never mind the draughts, we want a lot of drafts here, strong spiritual ones." I turned the man on his back and said, "Breathe, breathe, breathe, breathe!" "Now," I said, "Breathe yourself back into this world if you want to live in this world. Breath is life. Breathe!" Within a couple of days he was out of bed. He would have surely died if it was not for my intervention. In the first place there was no air in the room and in the second place he was using up all his energies in reading mantrims. What a mental state! I hope I shall never see any of you doing those things.

Know you are immortal NOW! And your awareness will give you that strength and power to breathe life into the physical body.

Constructive suggestion is necessary in this life and should be practised regularly to counteract any adverse suggestion. It has a definite invisible influence. It brings your soul into active co-operation, and the work is done without effort. Involuntary effort causes no fatigue, whilst voluntary effort does. This seems to point to the fact that involuntary effort is the work of the soul, which should be open to the Divine Light.

Perhaps you do not like the particular task you are doing. This has a definite reaction upon you. Allow your soul to manifest in your work. Let every conscious act be tinged with an involuntary effort, so that the Divine Light will be made manifest through everything you do.

The great secret of success and happiness is to work with a keen interest; endeavouring to do perfect work, even under adverse circumstances. *Be happy in your doing* is the motto.

Let us now see the action ideas have upon us. An idea accepted by the mind causes certain cells in the brain to become active. Acceptance is the first process, and activity and transformation is the second. The mind controls the brain. The brain is the instrument through which physical contact is made; and through the cells of the brain a definite effect is created upon the corresponding parts of the body, thus causing action there according to the intensity of the active idea or thought in the mind. The mind substance interpenetrates the brain substance, and, by the process of ideas, impulses are created in the cell structure of the brain by your mind, activated by the idea, and a certain amount of energy is released in a particular area of your body through the nervous system. Mind interpenetrates matter and controls it. The cell structure (matter) is mind in a negative phase, while the mental principle acting through the brain is of a positive phase, and changes the tissue structure of the former. It is the Life that is the active principle, not the brain, nor the nervous system, as they have no power of their own, being only instruments which should convey the life energy without interruption to every part of the body.

In healing, your mind should be clear in regard to what is taking place. *Hold the Perfect Ideal, because it is the beginning and the end.* Nevertheless you should see the process that takes place. If you can visualize the Perfect Foundation and see the process and method of change taking place, then your battle is more than half over. Knowledge is faith fortified.

Know and understand that Life is the organiser of all tissue structure, that your consciousness is in Life. Be aware of the fact that you are one with life itself externalising life, creating form so that you can live in the physical plane.

You are one with Life itself not separate, and behind this Life is the totality of all Intelligence and all the energy in the Universe.

God's Laws are Perfect Laws. When you violate them you suffer. You have not injured the Law; you have injured yourself.

The Trinity of the Divine Law is that the Infinite lays down the Perfect Laws for the whole of His Universe so that the Law of the Universe shall be perfect and nothing can hinder that perfection. When we violate that Law of Perfection we do not destroy perfection but create in ourselves what we think.

The Divine Law of Perfection is Harmony and Love, not the love that we understand from our personal point of view. It is the Love that never faileth. You cannot conceive it. It is beyond your conception, yet it exists as a Divine Principle that makes it possible that Perfection shall exist and last throughout Eternity.

It is when we violate that Law that we suffer. The Law is not affected. God is not affected. We are affected because we violate that Law. We have free will and we create our own mental state. This is the Tree of Knowledge of Good and Evil and we eat thereof.

The second phase of the Divine Law is: The Intelligence that created the Universe responds to our creative direction; our own conscious direction brings into operation the Intelligence to create whatever we hold in our consciousness. So we reap what we sow. We create our own hell by lack of understanding of this second phase of the Law.

And the third phase: Co-operation. We then take hold again of the Tree of Life and that to man will be his salvation, will be a spring of living water rising up to Eternal Life, that is, "I and the Father are One." "I do the Father's will." "The Father's will is done in me." This is the freedom of Truth.

I hope by now you are beginning to get at least a clear view of your own thought-processes, and that you are beginning to realise and recognise your own Divinity. It means practice daily. Watch and pray, improving

every day so that you do act out the Father's will, then you will be complete with nothing to fear.

The superconscious and the subconscious are familiar with all the details of our physical and mental organism, and it is by this means that the realizing of the proposed end is attained. It is only through the proper understanding of Universal Science, which includes natural laws, mental science and spiritual realities allied together in one harmonious whole, that the student gets a complete view of the structure of man and the universe from all aspects.

God's Laws are Perfect Laws. When you violate them you suffer. You have not injured the Law: you have injured yourself.

It is my endeavour to make you mentally conscious of spiritual realities, with a complete knowledge of physical, mental, and spiritual laws.

The method is Relaxation, Meditation, Realisation and Awareness. The last is the most important. When the Awareness comes, you know; your whole being is filled with life. The healing power is none other but the Intelligence, the Life itself, expressing itself because you become aware of it, and it responds.

The simplicity of it is so enormous. It is the simplicity of it that baffles us because we want to make the Truth conform to some of those stupid ideas we learn of in religious creeds and dogmas, yet we still have our cravings and our greeds. What does religion do for our cravings and greeds? It just lifts them into a higher plane, but you do not get rid of them because you do not know your thought-processes, and they are more insidious in their nature, more subtle—it is the snake crawling on its belly.

Not until you become aware of your Reality are you freed from all limitation, from all chains that bind you, even if they are golden, even if they are studded with diamonds, they will bind you just the same. You must cast them off as you would an old suit of clothes. You must get rid of them and stand alone having no other authority except God and you. That is your authority.

Harmony is the foundation of your being, and perfect relaxation enables this harmonious condition to be made manifest. When in this state is the time to repeat your mantram. The saying that Coué invented was: “Day by day in every respect, I am getting better and better.” Under strict analysis this is not correct, because the *I am* and the *me* are different.

The I AM—GOD is the inner Self which is perfect and cannot be made more perfect, but the *me* is the personal or the outer self, which is affected by our actions and thoughts. Therefore I have altered the saying to: “Day by day, in every way, God is making me better and better.” This does not conflict with the truth. By this method we open ourselves to the inflow of the great Life Principle, the Intelligence. We are benefited, cured of our troubles. If we fear it or do not trust it, we shut the door and we suffer. We must let go of our adverse thoughts, or we prevent the Divine Principle from working through us; for it is the uninterrupted flow of Life within which changes the tissue structure to a healthy condition and eliminates disease.

The Divine Image held in the Consciousness is out-pictured by the Intelligence in the Substance. Now let us understand this thoroughly.

Divine Mind has three aspects:

1. Divine Consciousness—the director.
2. Divine Intelligence—fulfilling the direction of the Consciousness.
3. Divine Substance—in which the form takes place on all planes—spiritual, mental and physical.

With these three—Consciousness, Intelligence, and Substance—“all is made that is made in heaven and on earth.” Therefore, “I and the Father are one.”

It is the simplicity of this law that makes it so extra-ordinary; the same law in the atom, the same law in the Universe. The smallest in the greatest and the greatest in the smallest. The same law operating everywhere is the

same Law in Divine action. The Divine Consciousness is aware, the Divine Intelligence outpictures that awareness in the perfect Substance and form comes forth. The same Law in man, because he is made in the likeness of God. The essence of your being cannot change, and you cannot change the essence of your being by anything or image you create. You only change the external self by your attitude of mind, but you cannot change Reality. The outside (of the circle) is relative but Reality is not relative and is not affected by relative things or thoughts of mankind.

“I and the Father are One,” when thoroughly understood and applied is the perfect Law in the son.

The Substance of itself having no power of its own, is moulded into the form expressed. Consciousness, Intelligence and Substance, the Three-in-One. Perfect expression brings perfect results.

I remember another vivid experience I had with mantrims when a lady, well advanced in New Thought, became very ill. She said, “I have said everything I can remember. What more can I say?” I said, “Shut up! You don’t have to say anything. Only Life can save you and Life responds to faith in Life.” I said to her, “Breathe, breathe and live. Breathe in Divine Life knowing that God alone lives, then you shall live.” she breathed, believed, and she lived.

How simple! How absolutely beautiful and simple; yet how complicated we can make it!

You must remember that every mental state has its corresponding physical state. Change of mind means change of body but it does not change Reality.

Thought causes tears, and fear causes the body to tremble. Elevate your mind to a state of hope by Spiritual understanding. Hope leads to faith, faith to expectancy, expectancy to awareness, love and understanding.

In awareness there is Love and Understanding, but not in mental images or in the temporal world, only in the Spiritual.

The source of your being is spiritual, and the foundation of your being is spiritual and you are spiritual now, as much spiritual as you shall ever be, but you must become aware of it, “Before Abraham I AM” and I will exist after I leave this temporal body. I will be the same Divine Expression as “Before Abraham I AM.”

You will learn that Heaven is in the mind, thoughts make us miserable or happy, the Kingdom of Heaven is within, the Divine Flame is the all-embracing power and brings this faith into action.

Mind is the only substance underlying all things. Mind IS the only substance. It is easy enough to break up matter. Apply energy to the matter you see before you and it will disappear into invisible matter. You can also dissolve this invisible matter more and more until such time as you reach the atom itself. When you reach the atom you have reached the real potential force.

You have reached a powerful point in energy when you reach the atom because it will take millions and millions of units of energy to break it up, and what will happen is that electrons will flow off to be caught up in other vortices of energy.

No energy is lost in the transformation of one energy to another. This reveals to us the secret of the conservation of energy. In the atom you find that all the electrons have been dispersed but you still have the proton, the central point in the atom, and now you bombard this with trillions and trillions of units of energy and it turns into another atom similar to the one before but smaller, and this goes on *ad infinitum* until you reach point.

When you reach point there is no energy external to point greater than the energy behind it. All is balanced at point. So is your consciousness.

The totality of the Consciousness of God is balanced in point, in you, in me, in everyone. Point is everywhere and no one can say where point is.

Can you tell me where a circle ends or begins? You cannot tell me the point at which it begins or ends. The Universe is spherical. There is no such thing as a straight line because a line if continued would end where it began. There is no such thing as a straight line. It amazes you, does it not? All lines are curves. Ask any professor of Geometry, he will tell you that there is in reality no straight line.

The fact then is that *things are thoughts objectified; faith, which is constructive thought, is the means by which they are materialised. Faith is the evidence of things not seen. Faith will produce that which at the moment is not visible, not objectified.*

Suggestion proves that thoughts can be objectified on the body. Doctors, teachers and parents should understand the power

of suggestion; as sometimes an unkind or thoughtless word to a child will hamper its whole life, or a wrong suggestion may hinder the recovery of a patient.

We should understand these mental laws. We should understand our thought processes and the motives behind them otherwise we will never know Reality. You try to concentrate on Reality. Without understanding your thought processes and the motives behind them you can never know Reality, for you are caught up in the net of your desires, cravings, greeds, religions, personal loves, possessiveness, etc.

When one knows the law of auto-suggestion, one can protect oneself, while those who do not know the law fall prey to the dangers around them.

You ask what is a thought? A thought is really an image projected from the mind into the surrounding ether. Your thoughts or images become clothed with a dense form of ether vapour attracted by the vibration set in motion. This ether vapour is condensed by the cell vibration, and objectifies the mental picture. Thus a seeming reality is created. These thought forms vibrate in the interpenetrating etheric substances and become discernible in the physical plane.

So we see how thoughts are outpictured in our existence. Now let me tell you again that you could never hope to overcome a negative mental picture by a positive mental picture, because the very negative picture is in the positive. You can only overcome by transcending and knowing the thought processes, and transcending them into reality so that Love and Understanding will take their place. And there is no longer any reaction, there is no longer any image created except by Understanding and Love.

Science has proved that the photographic plate is sensitive to the vibration of a concentrated thought emitted from a strong active mind; a decided vapour effect is discernible when the plate is developed. These mental vibrations must have a similar action to light upon the photographic plate. Those acquainted with psychic photography will better understand this fact. Just as photographs

can be projected through “space” by electric impulses in the ether (television), so vibrations are conveyed by thought impulses.

Electricity is a form of energy, transformed from the basic Principle of Energy; and the energy transmitting thought is derived from the same basic Principle. Therefore an analogous action seems to be underlying both.

The embryonic child, like the photographic plate, is sensitive to the vibrations of the mother’s mind; the thoughts of the mother are imprinted on the child. This proves that thoughts which are held persistently or are violently spontaneous become visible.

As we progress towards the unbounded reality of existence, we recognize that nature’s majestic handiwork is only the outward manifestation of something infinitely greater; something that overwhelms and transcends our finite conception. Yet within each one of us is the spiritual essence—a latent power with unlimited possibilities—made in God’s own image. We have not yet unwrapped the material cloak that hides this perfect creation; yet although we live in this world of form and shadows, we have our unfolding glimpses of *Reality*—man in God’s likeness.

The Creative Will underlies all life’s manifestations, including the mineral and vegetable kingdoms, and it acts independently of brains. It controls all life and body functions in animal and man. This mighty force is directed by our Divine Consciousness. The force called Mental Power is the principle of the Creative Will directed by a faithful Consciousness. Herein lies the secret and the mystery of Mental Power and the key to Mental Healing.

This universal power can be used by man. Learn to understand and acquire its laws—Divine imagination, Faith and Action are the keys. If you can grasp this mighty secret, you will be able to use your mind with a power and understanding never experienced before.

If you can grasp what I am teaching, your mind will become free from all images and you will actually become aware of your own directive Creative Power. There are many other pearls, but when this one is obtained

all others are included. This is the meaning of selling all to obtain the one pearl of great price.

Those who have passed into the higher states of consciousness are aware of, and use, this mighty power. You can co-operate with them in helping humanity. Know that the power of the universe is awaiting our intelligent use under the control of the Will of the All — God. When we feel the unity of this Life, the Soul awakens. The animal and the child instinctively feel this unity, but the advanced soul possesses the feeling of unity coupled with intelligent comprehension and unfolding spiritual power. He has found what he lost, plus the accumulated interest of the ages, with the understanding of the Fatherhood of God and the Brotherhood of Man.

As you progress along the path be not hindered by words, actions, thoughts or deeds of others. Realize that the Perfect *is*—I am that I am—and cannot be made more perfect: but the outer you should respond to the inner. “Be ye perfect as your Father in Heaven is perfect.”

The “I AM” within each is the Christ of God manifesting in humanity, and when this is realized fully by all, the Fatherhood of God and the Brotherhood of man will be established upon earth. Then, and then only, will we have supreme happiness. This rests with man, not with God. God has already established this for man, and man has only to accept it by acting according to the Law of God.

All who understand live in Life. There will no longer be any cravings, hates and jealousies in your outer world because there is harmony within. There will be no more reactions and antagonisms, no more wars and destruction when Love and Understanding are expressed. All errors will be forgotten, never again to be remembered and will pass away into nothingness where they belong.

These words and sayings will affect each and every one of you according to your enlightenment. The “I AM”—within is your teacher, and will present to your personal consciousness the message for the moment. Read again and again and you will get further instruction. “Ask and it shall be given you. Seek and ye shall find. Knock and it shall be opened unto you.”

How true these words are; and how few understand them. Keep on knocking by Divine Aspiration until you find your true Consciousness, and the Divine Mother principle will transform the nature. The phenomenal world may become objectified to you, but still proceed, you are only part of the way; not until you can embrace the whole with the nature transformed will you be released from the world of phenomena. Aspiration, Inspiration, Assimilation, Expression—this is the natural course taken by those who tread the path. Detach yourself from every earthly desire, but live as he who lives for desire alone. In this way you will be led by the Divine Intelligence and you will not be affected by the results of your actions.

Apply these precepts in your daily life:

- (1) Right understanding, view or knowledge.**
- (2) Right aspiration, motive or mental attitude.**
- (3) Right speech or expression of one’s thoughts.**
- (4) Right action or conduct.**
- (5) Right pursuits, including right means of livelihood.**
- (6) Right mindfulness or effort.**
- (7) Right concentration or control of mind.**
- (8) Right ecstasy or spiritual contemplation, and union with the Ultimate Reality.**

May the Divine Light pierce your personal consciousness, and may you trace the Light to its source; and there you will find your true Self truly to be one with the Father of all.

This is my earnest prayer for you.

No matter what concepts you hold of yourself it is a limitation. The Truth is not a concept. Dissolve away all limitations, dissolve away all crystallized concepts of Reality and let yourself be I AM THAT I AM.

It is essential to concentrate on Spiritual Truths if we are to grasp fundamentals, otherwise we find ourselves floundering in dogma, creeds and even in philosophy. Know that these, including philosophy, are only a means to an end, and not the end itself. We can read anything we like, but must guard against making it a crystallized foundation. The only true foundation is that *we are*, we do not have to be, *we are*. We do not have to be created, we are one with the Creator. The Reality is not only within us, it is present everywhere, and is perfect now. The Truth must be established in you, but this cannot happen until you have eliminated all crystallized concepts from your mind.

You look on matter and you say that it must be real because you can see, touch and feel it. It is real to your senses, but that is all. It is not a reality in itself, nor has it any power of its own, nor does it claim any power of its own. You do not see, hear or feel anything with your senses that has any power of its own. All you see is the manifestation of phenomena; the cause is not seen, only the effect; and when you realize this truth, you will also realize that the power of recognition is within yourself, as well as the cause. *Truth is*, and does not have to be created. *Substance is*, and always has been. What you see is the manifestation of form in substance. Substance has no power of its own. Mind has no power of its own, nor does mind claim any power for itself, because it cannot. The perfect activity is expressed by Consciousness and Intelligence. Consciousness and Intelligence existed long before you came into this plane at all. You do not create Consciousness nor Intelligence, but Consciousness and Intelligence created your body out of Substance.

Some people say “I am a spark”—what an idiotic thing to say, “I am a spark.” What does a spark convey to you? A spark is like a spark of some fire and it goes out immediately it leaves the fire. You see it, then it flits out

into nothingness, it is a black-out. That is a spark—something that is flying off somewhere. Whoever invented those ideas and sayings did not know the Truth. The Truth is that you are the individualisation of the Infinite Life, not separate but one with it. That is your dynamic power and that is the only power you have. If you create an image or an idea of it or a concept such as a spark or something separate, you have lost it. The very fact that you have created a concept shows that you are ignorant of the Truth.

The Substance of itself is perfect in itself, but Substance responds according to the thought emanating. This Substance is called Mind; it has no power of its own, but is given power by Consciousness and Intelligence. Consciousness and Intelligence is your real Self, unlimited and eternal.

The Father-Mother-God is symbolised by the ancient Sign of the Cross. How beautiful and simple is the Cross! The perpendicular is the Father—the Consciousness; the horizontal is the Mother—the Intelligence, then where they unite is the Child. Who can separate the Father-Mother-God? Is there any power external to the Father-Mother-God to separate the Father-Mother-God? Of course there is not. Where the Father and Mother unite in the centre is the Christ, the perfect Son of God as we all are in our true Spiritual State.

The Intelligence is automatic and is co-partner with Consciousness. This Intelligence and Consciousness, which are one—which are the positive and negative, Father-Mother Principle—create perfect action; and you *are* because the Father and Mother *is*.

How extraordinary is this state of consciousness, this state of Awareness—the actual awareness of this Truth is mighty.

It is not the Substance you have to change, nor the Consciousness, nor the Intelligence, but the form that you have created in the Substance by your own negative thinking and ignorance. Ignorance is negative thinking.

A person ignorant of the power of creative thought is also ignorant of the truth of his being. This is where the great multitude of people are today, otherwise we would not have this chaos in our midst. I believe that you

shall be sustained in the Truth, each and everyone of you, to fulfil your Divine Purpose the expression of the Divine Truth—the awareness of your own Divinity—and thereby help everyone who comes within your orbit. Even if you do not speak to them you have done something to uplift them by your presence. Therefore become aware of this tremendous, wonderful Truth “I AM THE LIFE.”

Your Consciousness enables you to speak, breathe, walk, talk, etc., and the Intelligence fulfils the act. The Consciousness directs the motion, and the Intelligence completes it. You see the manifestation of Nature, you do not see Nature herself; you do not see Intelligence, but you see the action of Intelligence—or the energy resulting from the action, which is the form in Substance. The Substance is, and always will be, perfect in itself, although the form might not be perfect. “According to your faith so be it unto you.” “Be ye perfect as your Father in Heaven is perfect.” This really means that in the Divine consciousness— the Perfect Image exists. If you have perfect faith, the Perfect Intelligence will express the Perfect Image in the Perfect Substance by its own perfect action. This is the true Law of Life as taught by Jesus Himself.

It is not the Substance you have to change, nor the Consciousness, nor the Intelligence, but the form that you created in the Substance. Do you understand? This is very deep, but very simple. When you understand this you will never again be lost in dogma, creed nor philosophy. It does not matter one iota whether they are true or not true.

You know, some relative things are good things—there is love and philosophy and religion, etc. I am not condemning the mental world or the physical world or anything in them as long as you know your thought-processes. It is when you get caught up in the vicious circle of your cravings and desires, in the net of all these things, without a knowledge of Reality, that you become a ship without a rudder. Philosophies and these other things are good for one, but they are relative. Just the same, even reincarnation belongs to the relative world, it does not belong to the real spiritual, the birthless and deathless, because you are caught up with the

idea whether you were Cleopatra or a charwoman or one of the apostles or a thug. Anyway, you do not know for sure.

The essential thing is this, GOD IS AND I AM— YOU ARE. Through faith and belief we transcend our experiences and the experiences of others, and enter into the realm of Divine Action, where all is possible.

Divine Reason is better than sight—is better than hearing. The deaf, the dumb and the blind have the power to think and reason, and their thoughts are often finer than many who see and hear, because they are not so much affected through the senses. Divine Reason enables us to comprehend the Truth which cannot be seen nor heard. Divine Reason is intuitive and belongs to the highest realm of consciousness, it supersedes all the senses, here as in the higher spiritual states. It is God’s instrument for making us aware of Himself in us.

*Spring blew trumpets of colour,
Her green ran in my brain;
I saw a blind man groping,
Tap—tap, with his cane.
I pitied him his blindness,
But can I boast I see?
Perhaps there walks a Spirit
Close by who sees me tapping
The fine sensed cane of my mind
Amidst such unseen glories;
I may be worse than blind.*

The beauties beyond the physical senses are beyond comparison. If you cannot see them nor hear them, you can picture them in your mind. “Imaging”— imagination—is the instrument of the Soul. People have in their ignorance denounced imagination; but there is nothing finer than picturing the creative power in

action, for imaging is responsible for the whole active Universe being in existence; yet “Truth” is beyond it.

There is nothing greater than Truth; nothing can destroy Truth; no philosophy, dogma nor creed can limit Truth. Perhaps through dogma, philosophy or creeds you have reached this stage; but they were only stepping-stones—or perhaps they were limitations because you thought them the final word. Perhaps you studied occultism and you thought this was the true law; and you thought this was the only way to go. You perhaps have studied Eastern Philosophy, Yoga, etc. They have been stepping-stones, but now we have the Truth. The Truth is Infinity, and there is nothing greater. There is nothing but Infinity; what man sees as evil is in his mind or in the mind of others. There is only one Consciousness, one Intelligence, and *that is all there is*; all forms are created out of these “Three in One” and are expressions—all united, all in one, and one in all. Therefore, who are you? Who am I? I am THAT I AM. I am the Consciousness, the Intelligence, the Substance. I am *that* I am. I cannot be anything else; it is impossible for me to be *more or less*. If I try to be, I am imaging, creating concepts in my mind; what I believe seems true to me, but it may be false. The Infinite Being is all there is, is present everywhere, is all Power there is, all Intelligence there is, all Substance there is. Then I and the Father must be one—*are one*. It is a self-evident truth; it speaks for itself and no one can deny it—but science is not sure.

Dogmatists quarrel over their beliefs. Many have murdered each other because of them, and yet they do not know whether they are true or not. Why? Because it is with phenomena they are dealing and not Reality. But with Truth you do not have to wonder; you know, because you *are* the Truth. Your divine reason proves it to you; although you do not know what it is, *you know it is*. By eliminating then from your minds the concepts that bind us, we are freed. Limited concepts are created by science, dogmas and creeds, etc., because they deal with phenomena, forms and expressions and not with the Real; we must see beyond form into Reality. We must be free of fixed ideas and concepts to receive that which is Truth.

You cannot fill the vessel until you have emptied it; therefore you have to empty your mind before you can fill it full with Truth.

You do not have to worry about getting there by this route or that route; you are already there but do not know it. No longer will you have to believe that which is false to receive the Truth. You are filled with the Truth when you know it. No one can create the Truth. IT IS. *Only false concepts we create.* The Truth is beyond our imagination, therefore what we have in our imagination is an idea—a sensation; the Truth is none of these. IT IS. *You are the Truth.* “I am the Truth,” the Master said.

You can only understand life when you realize that *God is*; that you are the sons and daughters of God; that you are born of the Spirit. There is only one Intelligence, which is the Perfect Activity and is the Mother; and one Consciousness, which is the Will and is the Father; and the expression is the child. Father, Mother and Child—therefore Consciousness, Intelligence and form in Substance are three in one.

Intelligence can become active anywhere where consciousness is. Consciousness may be in what is called its unconscious state, as we see in the plant and in the mineral; yet Consciousness is directing the intelligent action. In man the Consciousness is conscious, sub-conscious, and superconscious. The Intelligence is automatic and responds to all phases of Consciousness. We know that we know. But because of our reaction to stimuli received through the senses and our lack of understanding, we flounder in phenomena. A fish swimming in water does not know it is in water, it just swims around—and that is what a lot of people are doing, just swimming around. But when we grasp the truth we know there is one perfect substance, invisible to the physical eye, but nevertheless the only substance, and the basis of form and phenomena. The matter we see is nothing more than a modified form of that invisible substance—real in the world of manifestation, but not a permanent reality.

If you were out of your present state of vibration, this physical matter would not hinder you; you would not even know it was

there unless you reduced your consciousness to its rate of vibration.

You can reduce or raise your consciousness simply by a true natural desire to do so, with faith and understanding, and the law responds. Just as you raise your consciousness beyond the physical senses, so you lower it in the same way. You can raise or reduce your consciousness as you desire, and you become one with that plane of consciousness.

The majority of people do not know that they can raise their consciousness to the absolute true state of Christ Consciousness. They think that it is impossible. But there is nothing impossible with one who knows the Truth

But in the process of finding out these things you begin to see that our physical senses are but a modification of our spiritual senses. We supersede and transcend our physical consciousness as our consciousness expands and rises nearer to its true source. Even the spiritual world of form is but phenomena in a higher degree. The same law exists eternally. You become the law when you conform to the law.

People who condemn anything they cannot understand profess their gross ignorance. Some think they know everything, and that there is nothing more to know. You may be sure they know nothing. Know the Truth, and it shall set your mind free to expand. There is so much to unfold that time fades into insignificance.

God is all there is and is perfect. God cannot divide Himself; there is nothing to divide Him with. There is nothing greater than God, nor more powerful, because He is omnipotent—all-powerful—omnipotence—all power. He is alone omniscient—all-knowing omniscience—all knowledge. He is not only omnipresent—present everywhere—but omnipresence—all there is present anywhere at any time. If all power and all intelligence are everywhere, then God is everywhere—so where is God not? Can you get beside it? Can you get beyond it? What most people need is Divine reasoning. While they seek here, there and everywhere, all the time it is within, nearer than hands or feet, nearer than the nearest—it is thy

True Self. Everything must be expressed from the individual self. These words of mine have only the power of bringing forth what you already know, but were not conscious of.

Life cannot be destroyed; nothing can destroy life because there is nothing powerful enough to destroy it. If a beetle crossed the floor and I stepped on it, I have destroyed the mechanism, but not the Intelligence that animated it. The Life or Intelligence is not affected.

When we come to the realization that matter is porous and not solid; that this material substance that we see and feel is actually porous and has no solidity; that the Perfect Substance supports it and holds it, and is the framework in which it is built; that material substance is but an expression in the Perfect Substance and of it, being the Perfect Substance modified—then we will better understand that Life is the organizer of form in Substance, organizing the form according to the image held by the Consciousness.

Mind of itself has no power, therefore mind has no power over you. Although you create images in your mind and then fear them, it is like fearing your own shadow. Neither has matter any power of its own; it is but mind modified. When you understand this you will get behind form to that which *is*. You then become one with the Creator; not creating imperfection, but manifesting that which is already perfect within you. The impersonal becomes the personal, and we see the Spiritual World before us. The *I am* of the ego disappears, and the *I am that I am* appears. When you say knowingly—*I am that I am*, all things will respond; the elements will obey you; anything will be possible to you. The world will be negative to you, and you will be positive to everything in it. The Master said, “All power has been given unto me in heaven and on earth.” It is said that we know the Perfect by the imperfect; but the Perfect cannot be known by man’s mind; it is only an idea of the Perfect. The Perfect *is*—although we cannot perceive it, for it is beyond our perception, beyond comparison; *yet it is*—and manifests when we realize the Truth.

We do not have to create it, and we cannot perceive it in our mind because when you perceive something you have to see what it is. You cannot perceive the Infinite Perfection because it is beyond your comprehension and beyond mental images, beyond your greatest imagination of a world of Reality. But we know that it is—it is not what it is, but that it is and that is the whole thing—not what it is, but that it is!

In the realization and recognition, in my awareness of my Oneness with the Whole and the Whole is One with me and the drop is in the ocean and the ocean in the drop; I come to the complete and perfect realization of my Oneness with God and my Oneness with Christ in God.

We must follow in His footsteps to see His Mind and the beauty of His expression and Love. Love was the expression of His Divine Nature. The path before us is to emulate the strong, manly expression of the Christ Character, to be leaders in the world, to be a light so that others may see the way.

So wonderful is Truth that the human brain cannot fully comprehend it. Yet Truth does not go contrary to our reason, but goes beyond our reason— beyond our comprehension—into a realm which has not yet been explored. So do not limit yourself by your reason; do not limit yourself by your lack of comprehension. To become conscious of the unfathomable is the essential thing in our lives, no matter which way we do it; whether through exercises, through meditation, or through Divine Reasoning—they are only a means to an end; or through philosophies, dogmas or creeds, which have their limitations—these also are but stepping-stones which lead you to something beyond.

I do not deny you any religion, dogma or creed, nor do I deny you any philosophy, or series of exercises. I do not deny you anything, but do not flounder in them. Do not flounder in the power you get from psychic exercises or experiences. If you seek health for health alone, if you seek material gain and that alone, if you seek any one thing for that thing alone, it shall elude you; but seek the Truth and you will find everything. When you have Perfect Faith and belief in God and yourself, then you receive fully; you become one with the Divine Love, Wisdom and Power. It is the

most wonderful and most glorious of all teachings. It is the unwritten word of the Masters.

You may have practised exercises, studied philosophies, etc., and no doubt you have gained by them; but when you say *I am that I am, I am All there is, my Father and I are one*—you will find that the Divine Intelligence will lead you, it always has and always will. Do not seek for yourself alone, but that others shall also find the way; for he who seeks for himself alone is selfish and limited.

*“He who seeks to save his Soul alone
May find the Path but will not reach the Goal;
But he who works in Love may wander far,
Yet God will bring him where the Blessed are.”*

You can now understand the Master’s words: “If ye believe in Me ye shall have eternal life.” Through the Christ Principle, through the Christ in you, is the door into Infinite Eternal Love. Let LOVE then be the dominant factor in your life. A Love beyond the love of the physical flesh; a Love beyond that of your family circle; a Love beyond the nationalism which seems to be dominant in some nations; a Love so deep that nothing can sever it, because there is nothing that can sever it. It is Divine Love. *Therefore it is Perfect, and when we receive it and accept it, it is ours, and we become Love itself.* This is the ever new joy that repeats itself with every beat of the heart.

When everyone accepts this all-embracing Love, all our apparent troubles, which are experiences in this physical world, shall be completely annihilated, for we shall no longer need them; we will have found *It*. That which is Perfect hath come, and hath superseded all that is imperfect. Man does not yet fully understand Divine Love; he has not quite grasped it.

Make this our aim: that all shall know the Truth; and that all shall love as He Who loved so deeply that at the last moment of His crucifixion He said, “Forgive them, for they know not what they do.” Could you say that? Think!

The Mother has a love for her child so deep in her heart that she will give her own life that her child may be saved. It is not only in the human that we find this characteristic but also in all animals.

The greatest manifestation of Love is love for LOVE itself; and this is expressed through the Mother Principle. Let the Mother which is perfect rise in us. ARISE IN US NOW DIVINE EMOTION OF LOVE —THE ONLY TRUE EMOTION. All negative emotions are false and destroy our health and happiness. Let the perfectness of the image held in the Infinite Consciousness, the Perfect Intelligence, the Perfect Activity, the Perfect Emotion, be our conscious Reality, for it is our Divine Birthright. By understanding we transcend philosophies, dogmas and creeds, and instead of travelling over the winding stairway, we just enter in and there we are. If we have not reached the truth of the Perfect Image in experience, we must have faith and believe— “Seek and ye shall find; ask and ye shall receive; knock and it shall be opened unto you.” The desire will eventually be fulfilled, and with it all your needs, for the Lord knoweth what you are in need of before you ask.

That which is in the Infinite Mind is perfect and shall reveal Itself; *and It shall be revealed in you.* Just as I bring this to you, it was brought to me. It was unfolded so beautifully to me in the solitude of the great Himalayas.

Why seek Me here; why seek Me there, when I am everywhere? Therefore I say: Have peace in your mind, peace in your soul; let that peace that passes all understanding abide with you, knowing the great truth *that you are.* You do not have to be: you *are* because God is; and there is only God and nothing else, and God is perfect. All other things are nothing at all; they are only manifestation of phenomena and have no reality. This is the secret written in the ancient scrolls. *All is which is, is That which is; and That which is, is Perfect.*

The great prophets and masters of the past received the Truth from a Higher Spiritual Source, and handed it down through the ages. Jesus revealed it in His private talks with His disciples—you

do not have His every word in print, nor is the Truth held between the covers of any book. The words of Jesus are as fresh this moment as when He uttered them; and he who has ears may hear and he who has eyes may see; but blessed is he who has not yet heard nor seen yet believeth with *strong faith*. “Faith is the substance of things hoped for, the evidence of things unseen.”

The Truth *is*. YOU ARE; I in you and you in me, and we in them; all is God, all in one—only a different expression of the same thing, form in the same Substance, created by the same Consciousness and Intelligence. I and the Father are one, nothing else matters now; nothing else should matter for you when you get this firmly rooted in your mind; all your troubles pass away, even your health problems, your financial difficulties, your home problems: all that worries you shall completely dissolve into nothingness, where it belongs.



THE CADUCEUS (KERYKEION IN GREEK)

LECTURE 8

“Withhold thy mind from all external objects, all external sight, withhold internal images lest on thy soul-light a dark shadow thou cast.”

Now when you are passing through the various stages of the Masters’ teachings you will see what this really means.

“Withhold thy mind from all external objects and from all external sight.” That is to say the mind must be entirely free from any external object or external sight. Nothing must enter into the mind, the mind must be entirely and completely at rest. Now that is not so easy as one thinks, nevertheless it comes.

The next is “withhold internal images lest on thy soul-light a dark shadow thou shouldst cast.” Your internal images are just as binding to you as your external sight and the images you create through your reactions, through your senses, to things external to yourself.

Before the spirit itself can know itself, before the complete oneness comes, there is a silencing of the mind, the silencing of all the senses, then only is there complete silence, not even a sound is heard. There is that deep complete silence and in that state you enter into a completeness that you will never forget. When you come back into this world of shadows, it will still remain with you and the more often the Oneness comes to the surface, the more power you will radiate. It is that mighty power within oneself.

Cultivate Inspiration in this life. It is of the utmost importance. It is the Master Key and opens all doors. It is the pathway of all true knowledge; all great men and women use it. It is used by the scientist, the philosopher, the inventor, the mystic, the healer, the teacher, the organizer, the preacher. Christ himself used it to its full degree. It is the gateway to the unexplored regions of the Universe beyond the experience of mankind. It is the avenue through which that which is not yet known to man will come. Try to find inspiration in everything you do.

It is the gateway to the unexplored regions of the Universe, it is the gateway to that which is not yet known to man.

To amplify those statements would be useless. By drawing your attention to them I will make you more aware of the fact that there is beyond man's experience in this particular plane of operation, a great and mighty Universe which is as yet unexplored. This knowledge will come.

There are several forms of Inspiration, and we will examine them briefly. You can be inspired by persons on the physical plane—by their courage, actions and words, and you can receive their inspired thoughts.

Then there is Inspiration from those who have passed from the physical plane and who attach themselves to an individual—a suitable subject through whom they can give their message, while the two minds work in harmony. In some cases the physical instrument only is controlled, the brain being used instead of the mind of the subject. This is not inspiration in the true sense of the word, but a form of control.

There is a form of Inspiration where the person's mind is elevated to the spiritual thought world; and many thoughts not yet made conscious on the physical plane find a channel through which they can be expressed.

The thought world is a world of its own, where thoughts exist just the same as images and form exist here in the physical plane, and as you sense matter in form with your eyes and hear sounds with your ears, you sense those thought forms with your mind and, by spiritually elevating the mind, the mind is capable of recognising and contacting thought forms in the spiritual world that have not yet been made known to man, and this is another form of inspiration.

There is what we call Group Inspiration, where a group of Holy Spirits or Masters meet together for disseminating the Higher Truths of the spiritual world for the elevation of Man. Sometimes the combined spiritual group is expressed through the individual; sometimes an intermediate is used in the spiritual realm through

whom the inspiration is converged or modified, and this is known as spiritual telepathic communication.

That is a group of ascended Masters who are in touch with the great Intelligences of the Universe. They themselves become a combined group for the purpose of giving knowledge to the physical plane to elevate the mind of man. And it is by this means that the minds of men and women are raised to a higher level thereby contacting more of the great Master-Spirit within man himself.

This knowledge is sometimes conveyed through an intermediate, that is to say that there is between the higher Intelligences one who is en rapport with them and also in harmony with the individual or the medium being used in the physical plane and there is a direct, telepathic communication to the mind.

The intermediary in the Spiritual realm has direct contact with a group of higher Intelligences and knowledge of all things comes through this particular form of inspiration. It is done here on this platform. Very often you hear one subject after another being discussed as easily as any simple subject; that is because the knowledge is available.

There is telepathic communication between the mind of the intermediary and the mind of the medium. One has to practise a great deal until such time as your mind becomes, as it were, the focal point or a reflector for the direct communication of those of a higher spiritual realm.

Astral realms are different altogether. Astral realms are really where mostly ignorant people remain, where dogmas, creeds, desires, cravings and such things are still in existence. The majority of the masses of people you see in this world today are just as ignorant in the astral world as they were in the physical plane, and many make no effort to know themselves any more than they did while on earth.

There is also the Inspiration from the Higher Beings in the Sun, and beyond the Sun, which enters the soul with the cosmic ray.

This is very often what we call the Cosmos or the Cosmos vibration. When one gets into touch with the cosmic vibrations the teaching is of an

advanced nature.

But the complete and perfect Inspiration comes from the Infinite Spirit Itself within man. This is the highest form and the most sought after by all Adepts and Masters. *It is the Christ.* “I and the Father are one.”

And this is the seventh stage of one’s development, it is in knowing that they are no longer separate.

These particular forms of Inspiration are, as it were, stages or steps, until such time as you as an individual pass beyond the capacity of those who are inspiring you—until such time as you get beyond the capacity of all individualized intelligence, into the infinite expression that comes from one’s self in one’s self.

The Spirit is in everyone—each individual is the expression of the same Spirit. We are not only united in the physical plane: we are united in the mental and spiritual planes as well. In all realms of the Universe we have our affinity, and our roots are eternally held in the Almighty God—OM.

I showed you on the board the other night how in the mind there are images that prevent you from knowing Truth. The key is there. The only thing is to use the key. Immediately you begin to use the key you find it will open the door.

Is not God always radiating through you continuously? You will never know what God is, you will only know that HE IS. And the more you allow Him to manifest through you the more you will know His reality; and your reality is His reality.

These particular forms of inspiration are, as it were, stages and steps until such times as you as an individual pass beyond the capacity of those who are inspiring you, until such time as you get beyond the capacity of all individualised intelligence into the Infinite expression that comes from oneself in oneself.

The spirit is in everyone, each individual is an expression of the same spirit. We are not only united in the physical plane, we are united in the mental and spiritual planes as well, and in all realms of the Universe we

have our affinity and our roots are eternally held in the Almighty God—OM.

In man's mind and in his beliefs there are so many gods and demi-gods. In the beginning of the Masters' Course you are told about forms, creeds and dogmas, etc. All have their different gods which are but an image within the mind.

All religions have their various gods and demi-gods, and the god of this and the god of that and all the other gods. Consequently, you get mystified and it takes a long time for the mind to separate these gods. Many live a lifetime of misery and ignorance looking outside themselves for a god. These are all fallacies in man's mind. He gives power to something that he does not know.

The Master says OM Almighty God is within. To sound OM realize it; the effect is marvellous. It should be sounded like this. (Demonstrated) It may take some time before one can really grasp the whole meaning of it, but it fills your whole being with life and power.

The greatest of all Inspiration comes direct from God. When you desire Inspiration, desire the highest. When you desire the highest, no matter through which channel it comes or what particular form or individual used, there is an eternal unity at the root. No matter what method you use, ask direct from God the Father, and you will find Inspiration, *the source being eternal and everpresent.*

There is no limitation this way, but there is when you ask it through a particular source. For instance, when you say: "Tom Jones is my guide and no one else inspires me," you are limiting your inspiration, and it is not worth a great deal. Many today are floundering in Spiritualism, with the result that this great religious movement is limited by its own adherents. But when you ask for the highest Inspiration you get it, and the channel you get it through will be the right channel.

According to the elevation of your mind so will you contact the Higher Intelligence. According to the vibration in your mind so are you elevated and so do you contact particular thoughts and inspirations, and immediately

you come to the higher state of your own perception, not perceiving what you are but perceiving that you are one with the Infinite, one with Perfection, then that vibration will manifest and God will express Himself through you, according to your awareness of your Oneness with Him.

Never ask for anything from anyone but God, for He is the only One who can supply you. If I ask you or anyone else, I cannot be sure, just as you cannot be sure if you depend upon other people for your needs. You must not put your dependence upon any individual, no matter who he or she may be, not even the highest in your land for they have no power unless God gives it to them. But if you ask in the right way, knowing who is the owner of all things, then, by asking and believing, you will have it—knowing that now it is being manifested. This Law is as accurate as the law of mathematics and as easy to use; the key is in this lesson. “If ye believe ye have received, so shall ye have.”

People are always depending on others, on people, on groups of people. One day those people will leave you, then you are left entirely alone to learn your true lesson of your dependence upon God and no one else.

God is the supplier no matter who is supplying. God is always the supplier. He uses the channels that are available and supplies you with the things you need when you need them and not before. People always worry before the time comes if they will receive this or receive that. God never works that way; He works accurately.

One must persevere to the very end. That means that one must hold on, never doubting in despair, because at the right moment God works.

When you come into this teaching you will find that God never lets you down, but your friends will, the people around you will, even some of those who are nearest and dearest to you will.

Many people have thought that when they have taken others into their hearts, they believe that they will live happy ever after and have found that their happiness is on the surface, it is not very deep and eventually that so-called love passes away and in its place comes sometimes envy, jealousy, antagonism, etc. Hate destroys the individual who hates. Some of you depend upon human life, but when you depend upon God you go beyond

human life into a realm that is perfect in its action. And no matter what happens, you are quite content. There is no possessiveness with true understanding.

Possessiveness today is nine-tenths of the trouble in our midst. People possess their children, possess the loved ones, husband possesses wife, wife possesses husband, and so forth. You have all this possession—possession of home, possessors of this, possessors of that, all possessiveness which brings in its trail anxiety and troubles. Hand everything over to God because God knows everything, owns everything, because He is the owner of all things, and He is the supplier of all things, and you will not go very far wrong.

I am not denying the fact that there are Helpers: I know there are, and many are known to those being helped; but I want to show you the Law. Even the Helpers are subject to it on all planes.

Do not then repeat the asking; it is like saying: “Father, you haven’t given me what I asked for; why don’t you give me the things I want?” You asked for them once, and because you ask again you renew the process, and there is nothing done. That is not the way. If you knew you already had them you would not ask for them again, would you? Learn this Law. It is important. If doubt enters you cancel the order automatically, or at least delay the manifestation.

Why is it you cancel the order automatically? Because the very creative power in you is the Creative Power of God, and whatever that Creative Power thinks, so it is. If you disbelieve, your belief has been cancelled automatically. You can very well see that the creative power in man, being the Creative Power of God individualised, whatever man thinks so it is unto him.

When you know the Law you constantly give thanks for what is being done. Believe then that you have it, and you shall have it.

When you create in your mind an image of any particular thing that you desire, you have the image of yourself having; you also have the image of yourself not having—the image of yourself lacking and the image of yourself possessing.

The images oppose each other and your mind is the battleground of opposing images. Your mind is always the battleground for your images, that is why I say withhold internal images lest upon thy soul-light a dark shadow thou shouldst cast. The old idea of picturing what you want, the old idea of picturization of what you want is the old-time psychology of probably many years ago which came from America and swept through the world with such tremendous force. It is partly responsible for the present-day conditions, because these pictures are about things, things, things. What is this war about but things, things, things! Millions of people who are thinking on things, things, things! Give up this picturing for the things you desire, knowing God is the supplier of all things. Your needs will be fulfilled, you do not have to picture them in your mind.

Today in America and in every country including England we see this stupid theory being practised. It prevents the soul from developing its true spiritual state—Awareness. The image of yourself having, the image of yourself lacking are opposing each other and in your mind you have confusion and conflict. The image that is dominant in your mind will manifest whether you like it or not—now you have it and now you have not got it. So you are caught up in these two nets and you have confusion not only inside but outside too.

I never create a picture. I have been taught a better way. I want to teach you the clear way, the way that will lift you out of confusion and give your mind freedom of expression, because your mind is the vehicle through which you are going to express yourself. If it is confused with images then you will fail.

The two images are opposing each other. The image that is dominant is the image that is manifested; that which is the deepest is dominant. You do not get what you want, but what you think deeply—believing is receiving. The Intelligence and Substance seeks to fulfil the image held by the Consciousness.

So you see here you are living in a mental confusion. You do not get what you want but what you think deeply. I may want this, but my deepest thought is that I will not get it so, I do not get it; then I am confused. The Masters knew more about mental science hundreds of years ago and know

much more today than all the people together know in the West. The Yogis smile when they read the books produced in the western world—they smile. Naturally they would, because they see how the western world is still in the kindergarten stage of mental science, pretending to know all. I want to rouse you out of the kindergarten stage into active co-operation with God.

The prodigal son asks for his inheritance, he goes into a far country and spends it all in riotous living. He does everything a man should not do and he thinks he is no longer worthy to be the son; he says “I will be a servant in my father’s house, at least I will have food and clothing.” As he returns the father sees him a long way off and goes to meet him. He does not remonstrate with him but puts his arms about him kisses him and brings him back home clothes him with the best robe and kills the fatted calf and all are merry.

Our Father is the Father of Love, always bestowing His Love and gifts upon every individual, no matter who he or she is. It is by knowing this that the mind becomes a free channel for the expression of Divinity which is within and which is your real self.

Now we see that the other son did not know the Father either; he remonstrated because his brother returned into the Kingdom and said, “Why, I cannot even get a kid to make merry with my friends” and the Father said, “All that is mine is thine, son.”

I want to show you the processes of your mind that you may see the movement in it so clearly that you will fulfil the Law and receive from your Father all you need and more. By the process of following this perfect Law the Law is fulfilled, because the Law fulfils itself. The trouble with most people is that they do not know the fundamental principles accurately enough to use them intelligently and wisely.

The Masters say, “Withhold internal images lest on thy soul-light a dark shadow thou shouldst cast.” It is when the mind is free that this perfect love manifests outwardly, there is no reaction. You are not caught up in the net of ignorance, desires, cravings, envy, jealousy, hates and possessiveness.

Now let us examine this Law of Manifestation. On one side is the image of yourself in possession, opposing that is the image of yourself not possessing— having and not having. These two images oppose each other; what is the result? Which one is the more dominant? Which one is the deeper? When you know the truth, that there is only fulfilment, then you have what you want. But if you do not know the truth, and the opposing image of yourself lacking becomes dominant, then you do not have it because you must fulfil the Law, (the Law of your own Creative Being.)

I know I am the creator of my own world, I am the centre of my own world; I am the centre round which my world revolves and in that centre is Reality. As soon as Reality becomes known to the mind of the individual it expresses itself. The mind becomes clear and Reality is expressed outwardly—then there is no longer any craving, no longer any opposing images, there is only the direct manifestation on the outer plane, that is the Christ.

If the image is a vacillating one—now I have it, now I don't have it, and so on—then it is only by sheer luck (if luck exists anywhere, and I doubt it) that you have anything at all, because you have violated the Law of Receiving.

There is also the Law of Giving, and one must be as ready to give as to receive, then the Law is complete. Detachment is the secret here. To be truly unselfish one must by a mental process detach one's self from all things external. This is accomplished by spiritual understanding and discipline. Then there is no anxiety or fear attached to the opposing image of non-possession.

I am terribly sorry for those people who have encumbered themselves with so many, many things, so much, much money that they cannot even use it and when their minds become so engrossed in this money business it can see nothing else. How terrible! It was very true when the Master said, "It is easier for a camel to pass through the eye of a needle than for a rich man to enter the Kingdom of Heaven." Not because a rich man could not enter the Kingdom of Heaven, but because of the mental attitude he has

towards material and spiritual things. He puts material things before spiritual things. Where his treasure is, there will his heart be.

Now we see by spiritual understanding and discipline there is no anxiety or fear attached to the opposing image of non-possession. How many people today are fearful of the fact that they do not get what they want? The things that they desire, they believe they cannot get. Anxiety and confusion enter into their minds, resulting in misery. But once you know the Law anxiety and confusion pass away and you are free. The Krishna-Yogi strips himself of everything, goes away into the Himalayas with just sufficient food and clothing, nothing else, and is prepared to remain there all his life, if necessary, or go out into the world to teach the Truth.

Renunciation is not the way, as we see it, it is the mental attitude that one must have to free oneself from all things external to oneself, and it is our thought-process that we must understand.

Immediately we become aware of our own thought-process we change. It is our thought-action that is causing all our external difficulties. People blame God for this war, but what is this war about but things, not about spiritual things—but things, such as trade, finance, material gain, politics, etc. When man settles down to make his brother secure he will make himself secure. He tries to make himself secure, irrespective of anybody else, therefore he will never make himself secure. Security comes by seeing others secure. Our security is bound up in the security of others. But we cannot see that because we are blind to the Truth that all is one and one is all.

We have another image to consider—health; opposing it is sickness; which is dominant? Health or sickness—which is the deeper in your mind? It is generally sickness! It is a wonder you ever get well at all! You should know that health is your foundation and your natural state. Have faith, and with health dominant in your mind, you will have health. That is how some “miracles” take place. The person is so elevated for the moment that all inharmony disappears and health is established.

Failure opposes success in most people’s minds; according to the power of the particular image, so shall it dominate your life.

Are you trying to make your success depend upon aid from other individuals? If you do, then you will probably fail. Many people are waiting for the other fellow to carry their load, waiting for the other person to give them a lift, but they find that, instead of getting a lift, they get the opposite, and this is generally what they deserve when they look to others for their success. Through God, and God alone, you should seek your health, your success, your happiness; then it will be true health, success and happiness. You must follow the Divine Ideas, no matter where they take you, no matter what you do or how you do it; it is part and parcel of a plan that is guided by Divine Intelligence which knows and sees further than you do, which leads you to the fulfilment of your needs—sometimes through ways you do not want to go. This is why many people fail; they turn back at the first obstacle.

If you want an ambassador to go to another country would you pick an office boy? Of course not, you would want someone with experience. God requires those with experience to represent Him and He has chosen you. You are not here by chance, you are here because you have experienced a great deal in your life. God has seen to it that you are properly moulded then you are the salt of the earth, you are the people of God, a people of no nationality, of no nation, but a people unto all nations. There is no limitation in your minds now, there is but the one Infinite Expression. Limitations must cease, political ideas must cease. You must be free from all limitations to represent God. You must be free from all denominations, creeds and dogmas. You must not be limited by anything whatsoever. You cannot represent God until you are completely unlimited and free, that is why you are here.

So we see two opposing thoughts or images in our minds, the negative and the positive; but do not be alarmed if you find the negative often rising to the surface. Make it the foundation upon which you build the positive; say: “I know that Intelligence is perfect, that God is perfect, and that there is no other Power. There is no other Power but mine, and I can prevent any unwise thought

from manifesting in my life. Everything good shall manifest in my life—all my needs are fulfilled, for I and the Father are one.”

If you have violated the natural laws, admit the fact; and once you admit the fact and accept the admittance of the fact, and act with the Law, you begin to get well and your needs are fulfilled. Be content with your troubles or conditions in the meantime, knowing perfectly well that they are going to disappear; and as surely as the sun rises in the morning, they will. “According to your faith, so be it unto you.” The Intelligence will guide you and show you what to do and where to go, and you will find God there waiting for you, in the physical garb if necessary; the Divine Intelligence arranges all.

You will find this is an exact truth. The most extraordinary thing is that, although it is actually true, yet most people disbelieve it. These laws we must understand and follow; as long as we are ignorant of the Truth we are not free. We are *free* when we know the Truth. “The Truth shall set you free!” There is only the Manifestor and Manifestation—that which is dominant is produced. Believe in the Good for It is the only Permanent Reality.

We should have a knowledge and understanding of the Real, then the unreal can not dominate us in any way whatsoever. When we hold a false concept in our mind and believe it to be true, then the false appears to us as true. The image is created in our mind; the concept is crystallized and is the blue print, and the structure is then built externally; but it is not a Truth; we created it, and the only power it has is the power we give it.

It has no existence in reality at all; but we have created the image and it has outpictured itself and then we begin to react to it and more images are created. This is the vicious circle, eating of the fruit of the Tree of Knowledge of Good and Evil. If we have inharmony inside we shall have inharmony outside. And the only power it has is the power we give it. What an extraordinary Truth! The only power it has is the power we give it. We throw up our hands sometimes in despair. Sometimes we fear, sometimes we are filled with envy. Don't you see now how the individual's external life is in complete chaos when there is chaos inside?

People who imagine themselves well educated are generally ignorant of true facts. I have found gross ignorance where profound intellectual nonsense was in evidence. Many are floundering in phenomena and do not know the Truth, not even about themselves.

And it is generally the intellectuals who cannot comprehend the simplicity of the Truth. The spinning of words! They go on confusing the people and confusing themselves at the same time.

Man is the greatest, the most interesting and the most necessary study in the world.

In fact there are few who study themselves. It is things we study, the best ways and means to eliminate man from the earth. We are inventing machinery, diabolical machinery. The brains of man are concentrated on how to eliminate man from the face of the earth as quickly as possible. That is the truth, isn't it?

The intellectuals do not see it because they are caught up in the net of destruction, their minds are so full of ideas of destruction. Man is never given a thought, no, man has never been given a thought. How to make man happy does not concern them, but it does concern you. It is your job to spread the Truth.

Once we begin to understand ourselves, our burdens and fears disappear. Our gross desires no longer crave for expression.

My final advice to you is to eat God's Divine ideas of fruits and vegetables as near their natural state as possible. Keep your imagination clear and clean, positively filled with Divine Thoughts. Let the emotion of Love dominate all your thoughts and actions. Unify these three planes (1) Divine eating and Divine drinking; (2) Divine thinking, and (3) Divine feeling. Then Harmony will reign supreme.

Your prayers should now be in the affirmative, claiming what you say to be true, a fact, an actual reality. This prayer fulfils your every need:

“Loving Father, this is Thy Holy Temple, Thy perfect dwelling-place from which radiates Thy Love, Wisdom and Power to all Thy children. I am filled with Thy mighty Healing Power, Thy Inspired Wisdom and Divine Love, and I am glorified in Thee. My eyes and ears are open whereby I see and hear, and my mind receives Thy Eternal Truths, for Thou hast proclaimed me Thy perfect instrument for Thy great and glorious work, that Thy Will, which is done in Heaven, shall also be done on Earth. Amen.”

I want you to recognise the significance of “Thy Will be done on earth as it is done in Heaven.” Does it mean anything to you? It means nothing to most people. They are just words expressed in parrot fashion. Heaven is a state of harmony, Peace and Love. Heaven is that Perfect state of Consciousness which radiates thought from our God-centre, from the Infinite Reality with us. This is the Will which shall be done. The Harmony in the very centre of man’s being in his perfect Reality shall manifest on the physical plane, that the inner shall become the outer and the outer the inner.

May the Divine Blessing of Truth abide in you now and for ever more.

“I and the Father are one”—one Life, one God, one People, one Family, living in Love and Peace.

That is what Christ came for. He died to make men holy. We must live to make man free, and Christ is with you in your very midst, but perhaps you have not recognised Him. One day you will realise the Christ in your midst and so great will be that realisation that you will open your soul to that Divine Power and it will manifest completely. It will cleanse everything in the world. Only the Christ-Life can do it and the Love of Christ, which we know to be the foundation upon which all shall build their true life, is that manly expression that we see in those who act like the Christ—fearlessly.

Live in the realization and recognition of your oneness with Me, and as ye know Me as I am so shall ye be.

The Eternal speaks to you. Isaiah and other prophets say the Eternal speaks. Live in the realisation and recognition of your oneness with Me,

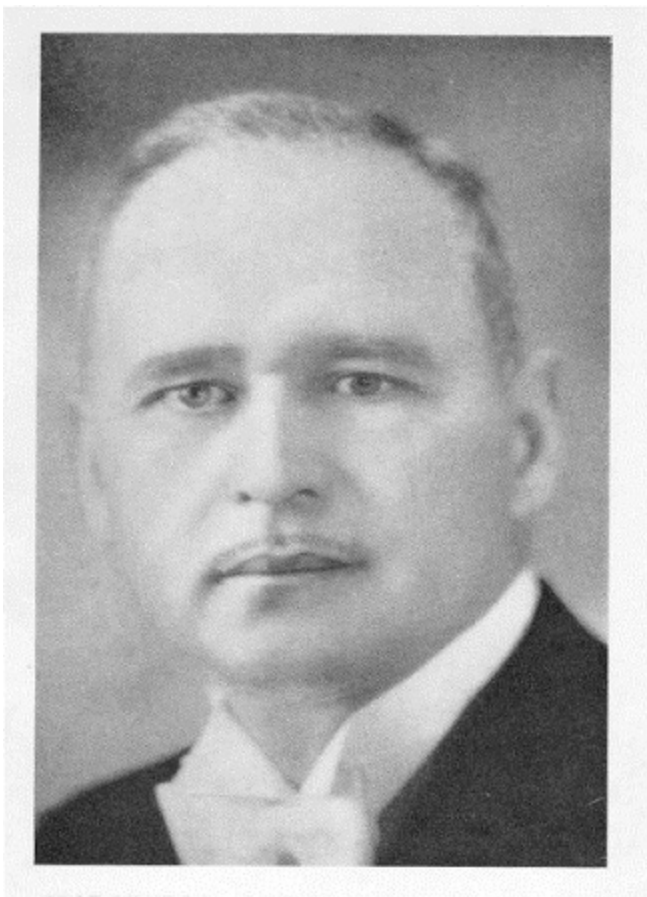
and as ye know Me as I am so shall ye be. As you know the Eternal as Perfect Peace, love, Harmony and all that is good, so shall ye be. As you recognise that which is within you being the great mighty Expressor of Divinity, expressing all that is good in life, living harmony inside and therefore bringing harmony to your outer structure, harmony to your homes, harmony in your life, harmony in your body and your mind, as ye know me as I am so shall ye be.

Meditate upon this daily till the burning Sun of the Eternal Reality bursts forth in your soul to consume you in the Allness of Its Immortal Love, Wisdom and Power.

And as you mediate upon this the great mighty Eternal Reality will burst forth and consume you and you will be consumed in the Allness of its Immortal Love, Wisdom and Power.

Love and peace be with you.

M. MacDonald-Bayne





Dr. Murdo MacDonald-Bayne M.C., Ph.D., D.D.

Founder of the College of Universal Science and author of "*Divine Healing Of Mind and Body.*" Murdo was born in Scotland in 1887 and served in the Great War (WW1) where he was awarded the Military Cross. He writes from practical experience having travelled the world several times healing thousands of people of all kinds of diseases and teaching

the Truth of the Law of Being to many thousands more.

According to Murdo he had studied and gained experience in many lands and had spent long periods with the true Masters of the Tibetan Himalayas, where he received the true enlightenment essential for the writing of *The Higher Power You Can Use* and *I am the Life*, the pinnacle of the Truth. From 1944 'Dr. Mac' as he was affectionately known, resided in South Africa where he gave weekly lectures, some of which, over a four year period, were sound recorded. During a visit to England he passed over, suddenly in London, February 1955. His writings, then as now, still have a powerful inspirational and healing influence on those who seek the Truth.

THE HIGHER POWER YOU CAN USE

"This Course is written for the express purpose of leading you along the path of the Masters; freeing you from limitation and imitation in the world of forms, creeds, dogmas, ideas, theories, concepts, etc., that limit and confuse the mind, thereby distorting the Truth. You cannot discern or understand unless the mind is free and unlimited, for it is the Natural Intelligence that opens the way to the understanding of life. . . But through the super-technique, as explained in this Course, there comes a supreme understanding. . ."

(Also includes Murdo's Commentary on "*The Higher Power You Can Use*")



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