



Murdo MacDonald-Bayne

THE SPRING OF LIVING WATER

(LECTURE NOTES 1954)

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(LECTURE NOTES 1954)

As Given in Series By
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- * No original wire recording's currently exist of these Lectures.
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ACKNOWLEDGMENTS

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PUBLISHERS PREFACE

A great portion of these lectures have not been made public in printed form since they were originally given out in South Africa by Dr. Murdo MacDonald-Bayne between late 1945 to mid 1954.

Murdo was very specific about how his material was to be released. His lectures, given in serial form, followed the ancient method of teaching or transmission of knowledge from master to disciple, a method used by both Western and Eastern Mystical traditions. The format was one of a spiral system, always returning to a subject or point, but each time revealing a bit more and advancing to another level in awareness. Murdo stressed repetition of re-reading his books or lectures to his students. He stated, “the style adopted in these Lectures is intentional and the repetitions are deliberate. The double object is to convey the Truth to the mind. It is through this unique form of wording and of repetition that the student is able to grasp the reality that is invisible and which is the basis of the visible. When we understand the invisible we are more able to understand the visible.... I trust that you will progress through these Lectures diligently, quietly and slowly. Repeat the process as often as you can. The more often one reads, the more one begins to understand.”

It is therefore to be noted that these Lecture Notes only formed the basis for Dr. Murdo MacDonald-Bayne’s talks from which he gave further explanation on the actual night. The Lectures Notes even on their own are still very inspirational and full of wisdom. With the advent of the sound recordings it is then possible that we are able to present the full lectures as given by this great teacher.

MURDO’S BIBLICAL REFERENCES

Besides the standard King James Version, Murdo often quoted from two other sources, Moffatt and Eastern Texts:

- (1) “A New Translation of the Bible containing the Old and New Testaments.” James Moffat (translator), revised, 1935. Harper &

Brothers, New York, 1935.

- (2) "Holy Bible: From the Ancient Eastern Text." George M. Lamsa's Translations from the Aramaic of the Peshitta. A.J. Holman Company, Philadelphia, 1933.

PUBLISHERS NOTES ON
“*THE SPRING OF LIVING WATER*”
(*LECTURE NOTES 1954*)

The following final set of lectures were given in Pretoria, South Africa, between 2nd February and 15th June 1954. No further Lectures were given for the rest of year as Murdo undertook his final tour visiting several countries giving lectures before undertaking his final tour in England and giving his final lecture in London before passing over on 26th February 1955. The same set of the Lectures that make up this book had also been given earlier in Johannesburg between 14th April 1953 and 8th April 1954). Transcriptions of three of the Johannesburg Lectures have also been included in this book.

Also included is the final set of Lectures Notes given only in Johannesburg between 15th April and 17th June 1954. No recordings exist of these lectures.

The Lecture Notes could be purchased in blocks of ten prior to the series being given. A full account of these lectures combining the Lecture Notes and a transcription into text of the 18 known sound recordings have never been made public until now. This edition is now the definitive version of the full inner course as given by Murdo to his South Africa students.

In this final series of Lectures, Murdo places great emphasis on discerning your thoughts and the cleansing of the mind of all that is hindering the expression of the true Self. Revealing more of the Inner Teachings of Jesus and the Ancient Ones as given to Murdo by the Masters in Tibet.

NOTES ON THE RECORDED LECTURES

Included in this book are verbatim transcriptions into text taken from the known 15 original ‘wire’ sound recordings from the Pretoria lecture series. Also included is three recordings from the Johannesburg Lecture series. Each recording has been edited to remove the residual noise to a

level that does not interfere with the vocal. Extraneous noise such as coughing, hall, traffic noise have been removed where possible without interfering with the vocal. Murdo's long pauses have also been removed. Wire breaks, undecipherable speech, announcements and talk errors have also been removed to avoid confusion.

These definitive recordings retain the core inner teaching as given in his closed sessions and therefore are not made for purists but for the sincere students of Murdo's teachings today and into the future (MMB 9114-131).

1954

Lecture 1 (2nd February 1954)

HAPPINESS

*“Then said he, ‘unto what is the Kingdom of God like? And whereunto shall I resemble it?’” Luke 13: 18

Now these words are words of a man that lived 2000 years ago.

I recently read a book, quite a controversial book, of the history of ages past and where various passages have been obtained from records. For any man to live and leave a record behind, no matter who he is, must be some man at least to have lived for 2000 years. That record has lived for 2000 years after he existed. I can say that man was truly a great man. And I know this from own experience that the words reveal, that no matter who wrote them, the words revealed as being said by this man, there are no truer words ever written or spoken. And they contain the essence of Truth to those who can understand them.

And it does not matter very much, the human being is only the instrument, but it is that Life, that Intelligence that is able to express Itself through the human being, that gives colour, that gives Truth. A Truth that can exist for 2000 years and yet be new and fresh. And it is as fresh today as it was the very moment it was spoken because his words are true. And it is only those who actually know the Truth, at least they can see what the Truth means. They can realize the importance of those words.

Now the majority of people take their conditioning to the Bible. As a matter of fact I get many, many letters from people all over the world, discussing the Bible. I have had just about three or four letters this week, asking why it is that the Bible contradicts itself and all this sort of thing. So I write clearly, I said the Bible was written by man.

Moses was a leader of the Jews at that time. The history of Moses and the prophets were men who understood the tribes of Israel, and had to treat

them accordingly according to their development. Samuel was a great spiritualist, he had quite a number of visions.

We go through the Bible and come to the New Testament then and you will see that there are certain Gospels; Matthew, Mark, Luke and John. And you will see quite a number of discrepancies if you like to look through these Gospels. And you will see how really true these discrepancies are, they are really discrepancies but in fact, they do not coincide with one another. But these books were written by man some many years after Jesus died on the cross. And the Christian religion has been based upon this but the Christian religion alone, the revealing of the Truth as Jesus reveals, comes from ages past. The Truth was the same. It was the same before Jesus was born and it is the same after you are dead and gone beyond this earth plane. And it is the same a thousand years after this, it will be the same Truth.

But according to your conditioning you are conditioned yourselves. Now when you call a book a holy book, there are so many holy books in the world today that people do not know where they are. One holy book contradicts the other. You have the Mohammedan's—the Koran, you have the Hindu's—the Gita, and you have the Bible. And you have all these different books but each of them contain the Truth, certain particles of the Truth. But the Truth really cannot be found in any book. For Jesus said, "you search the scriptures and you think you have found Eternal Life, you make a mistake."

Everyone reads the Bible according to their own conditioning. Turn over the page and say now, "that's what I want." According to their conditioning they read the Bible and they say, "that relieves me now, I feel better after I have read it." Why? It is because you are conditioned and you read the Bible and satisfy your conditioning.

The fact is this, that it does not matter who lives upon the earth at all from the point of view of individuality or personality, it makes no difference. The Truth will remain the Truth. And that is what I want you to see. You may read a book that will cause contradiction in your mind. You will read certain books that will cause various things to happen in your mind. Because Why? Because you are conditioned. You have certain beliefs, certain standards you hold to. Certain traditions that you must hold to. If

anything disturbs these conditions, you put aside, you get a whirlwind in your mind. You are carried off your feet, why? Because you are conditioned. Because you have no stability in yourself. You have numbed that particular step, realization of the Truth that you are the Living Truth. Therefore it is within yourselves to find this Truth and not outside yourselves.

Remember this, that all religions, no matter what they are, are man made. That is the Truth. God never made a religion. God is beyond the personal self. God is Life. God is Life and He is beyond any individuality. He is beyond any personality because He is entirely Impersonal.

Therefore the Truth is not in your mind. What is in your mind is not Truth. What is in your mind is an idea of Truth, an image of Truth, a belief of Truth. And if your truth is in your mind then you will be swept off your feet every time you read a book that contradicts your own conditioning.

You must have that foundation of Realization of your own Livingness. That Livingness that is beyond mind. A Livingness that you cannot make an idea of. A Livingness that you cannot make a belief of. A Livingness that you only know Is but you do not know what It is. But the Completeness in the Silence of the mind that is free from conditioning. In that Silence that Livingness is revealed to you. That is God and that is Truth.

The words I have read that had been spoken by Jesus, these words contain the essence of Truth and if you will study them, cleansing your mind of all beliefs and realizing the deepness of the Truth that is revealed in those words, freed from your conditioning then you will find that all religions, no matter what they are, are man made. Only the Truth is not man made.

The Truth alone is not made by man nor can it be made up in the mind by man. A Truth is a Livingness that is beyond the mind. But what is in the mind is your own formulations regarding the Truth and it is not the Truth.

But the great truth is that we breathe now not in the past or in the future, when we realize this we know that our Livingness is from moment to moment.

The enraptured feeling attained from the fact (not an idea of the fact). You see there is a fact. But you can have an idea of the fact but an idea of the fact is not a fact. But most of you have that, is all you have regarding a fact, only the idea of a fact, did you not know. Search your minds and you

will see what I am telling you is true. But the fact that we draw our every breath from God, in this knowledge we have no past memories of rights or wrongs, only filled with the great Love-Life which is expressing Itself in the Ever-present.

So therefore you do not create Life.

Now when I relax a person completely, in a complete state of relaxation? And able to pass into that complete state of relaxation. They do not do anything. You do not do anything when you are completely relaxed. Everything is done for you. The Intelligence does it. Then is when God does His work. When you take the brakes off, when you give up, then God does the work.

So therefore relaxation in its completeness, in its perfect state is where the Intelligence comes into your life. An Intelligence that built the brain, the nervous system and the body for its own self-expression. And in this complete state of relaxation when the mind is silenced. The mind must be silenced through understanding. If you are confused then you are living in opposites. And you repeat mantrams or sayings to overcome the opposite that is troubling you. The opposite that you have in your mind is the thing that is troubling you. Then you repeat a mantram in the opposite to that which is troubling you, you are further confused. There is no possibility of you having a silent mind under those circumstances. It's an impossibility.

Therefore if you read my book "How to Relax and Revitalise Yourself" but read it carefully and when you come to that portion 'outcropping.' Outcropping the mind, allowing everything to pass before your mind; your formulations, your ideas, the things that worried you of the past, all these things will come up but you must look upon them as you would look upon a screen or a picture, entirely impersonal. Not with judgment, without fear, without condemning in anyway whatsoever because Life does not consider that. Life is not bothered with these things at all, it's your mind that is caught-up in these things.

Life is not affected by these things, its you, the self. In the mind is the formulation of your beliefs, your ideas, your rights and your wrongs and all these things that are troubling you.

I said to a person the other day, she said, "I have pain."

I said, “yes, what kind of faith have you? Now let us examine what kind of faith you have. From where does your faith arise? You’re afraid of this thing this condition you have, you’re afraid of it, you’re fearful.”

“Yes I am afraid, I know it, I am fearful.”

I said, “now, your faith arise from your fear.” “It is only the opposite of fear, in fact, it is fear.” That’s not faith. That is not the faith I know, I want you to know.”

But when the mind is cleansed, when the mind is freed, when the mind becomes silent. And in that perfect state of relaxation when God is freed from your formulations, the formulations you have created in regard to Him. When He is freed from these things then He can do the work for you, that’s faith. In that complete state of relaxation, where the mind is silent and peaceful, when you have given up everything, then God does the work—that is faith.

The faith that arises from fear is no faith at all, with no value, it’s your living in opposites.

Some will say that this is impossible in our daily lives, but the fact is that you can only live by the breath of God and not by any other means.¹

When we understand this there is no death; Life and death are one, for there cannot be one dead particle in the whole living Universe. What the ignorant see is death, what the enlightened see is transition.

But it is change all the time taking place in the Universe. The seasons are a matter of change, there is no death in the seasons. Every particle of the whole Universe is a living particle. It is a transition from one stage to another. The atoms in that particular substance, that you say is decaying, is sometimes more active in that substance than it is in your body, which seems to be in a healthy state. But the atomic structure is energy in action. And energy in action is the direction of an Intelligence. An Intelligence beyond all criticism, all condemnation, and no matter what you have created in your mind is beyond it altogether.

But according to your own thoughts and your emotions and your conditioning, so you are expressing your conditioning through your own thinking. And by the power of your own consciousness you create a disturbance in these particular atoms of your body.

But if you can know this; God being Infinite in nature, there is not an atom of space where He is not. And being Infinite in nature there is nothing outside Him, it cannot be, otherwise He could not be Infinite in nature.

When the consciousness has grasped that, the consciousness being supreme, the consciousness being the power behind thinking, the consciousness being the only creative force you have, the consciousness is freed from your own conditioning; from your mind, from your beliefs, from your ideas, from your fears and all the rest that the consciousness is freed. And when the consciousness is freed then it is active and it's creative.

In your mind you are really reacting. You're not acting at all, you are only reacting. But reaction is not action. You maybe sitting here and you may be listening but how are you listening? Are you merely reacting to what I am saying? Or is there action taking place within you? Is there transformation taking place within? If you are merely reacting, you are wasting your time. But if there is action. If there is transformation taking place now then you are being freed from your own conditioning that is preventing the expression of Life in its own Eternity.

If we would understand Life we must avoid the narrowness of conformity and free ourselves from the dictates of others, religious or otherwise, however learned they may be. Truth cannot be found in any book or in words. Jesus said, "ye read the Scriptures and ye think ye have Eternal Life. Ye make a mistake." Truth can only be found when all these things of the mind are dissolved away. Then you will live by the breath of God, moment to moment with no past or future, giving expression to Love, Wisdom, the Ever-present Now. ***The only Reality is Love and affection.***

Search your minds and see how you are conditioned, how you are reacting. How you react to this person, that person, how you react tomorrow or today, how you react to the things at home, how you react to this and that and you will soon see how you are conditioned. See how you react to your brother, your fellow man. This person, that person how are you reacting to that person. See how you are reacting and then you will know how you are conditioned. But if you do not know how you are conditioned, you will still be conditioned and there is no freedom. Freedom comes when that conditioning is dissolved away. It is false anyhow, it has no existence in Truth.

Life is more important than words or beliefs or dogmas, they are of the mind. We must liberate ourselves from the belief in authority, from tradition etc., for if we are bound by these things we will never know the Ever-present Life, we will merely be expressing the memory of the past with all its conflicts, its sorrows, its rights, its wrongs. *What are you expressing now? Is it not that you are expressing the past? Think now. What are you giving expression to? Is it not your memories of your rights and wrongs, the things that people did to you, so forth and so forth and all the rest of it? I want my students to rise above all these things. To enter into that state of Realization that the Life Itself is not affected by any of these things. Therefore when you de-condition yourselves you can de-condition every person else. And see each and everyone as a child of God, then you have true relationship with one another. But you can only do it at the moment, Living moment to moment. How can we express the Love-Life in the now when our minds are burdened with the accumulations of the past?*

Answer that one.

How can we express the Ever-present if the past is hiding It? Are we not living in the prison of our own conditioning? And no matter what we think about God or what we say we only create other ideas which help to build our prison walls.

So our ideas of God will not help you in the slightest if you are living in that prison you have created for yourselves. Because you will merely bring the idea of God into your prison and you will not be free.

An idea of God does not free you. A belief in God does not free you. People who have a so-called belief in God all through the world today. People call for Allah, some call for Buddha, some call for Christ. But how is the world today? Has it benefited the world that these people call for these through those religions and pray? I think not. Why? Because they have not yet discerned their own conditioning and see why their own formulations and see how false they are to themselves and others.

They are hiding the Reality. Reality cannot express Itself where there is a memory of right and wrong. Here we have conferences everywhere. Just watch what I am saying to you now. Nothing will come out of those conferences but confusion, distrust. Because everyone is conditioned, they

go to these conferences conditioned by their own selfishness. And not until they understand how they are conditioned can man free himself.

Man is free now at this moment because every moment is freedom. It's the past blocks out this moment. That past which conditions you blocks out this moment of Reality, you can never express that Reality. You are only expressing your conditioning moment to moment and not expressing Reality.

What I am saying to you is not a new doctrine, nor am I forcing upon you any new or old authority, for this would just be another limitation, only when we free ourselves from all these limitations can we free others by helping them to free themselves by discerning the false.

Now this is not easy for we have to question the things that we hold dear and precious. *We have to doubt those things that we hold dear and precious, we have to doubt them. And only by doubting these things can you free yourselves from them. Because if you are caught-up in a belief in them, then you are not free. I am the Life. How can I say, "I am the Life," if I am conditioned in some way whatsoever that is ever preventing the Life from expressing Itself.* In the first place, we have to invite doubt so that we can separate the real from the unreal, then only that which is of Eternal value will remain.

The hundreds of letters I get from all over the world and the answers that I write to them, you would be amazed to see some of them. And the answers to these letters that I send out to a person who is confused. The answer is a wonderful answer, it clears away the dross, it enables them to think for themselves and to see what their formulations are, what their beliefs are.

When I read those words of Jesus, mind you, and no one can ever deny that those words are not Truth because I have been with the Masters myself, and I know these words of Truth and I know what he is getting at. "I of mine own self are nothing." And when you know yourself to be nothing then Reality begins to express Itself.

The ecstasy of liberation and true happiness does not exist away from us in some far away Kingdom, neither is it obtained through isolation in some far away place on the mountains or by the sea.

This liberation, this happiness is freedom from all authority, from all beliefs, no matter what they may be, for only through liberation comes true happiness. In this liberation you give expression to the Love-Life that is Ever-present, with no memory of past rights or wrongs.

The person who has got an ideal, a belief in the ideal. An ideal of goodness, there is no Love in that at all. What do we see? We see them persecuting others who they think are more evil than themselves. But who is the evil one? Who is the greatest sinner? Who is the greatest murderer?

The man who is given a gun to go out and shoot somebody he has never seen before, it does not matter who he is or what he is, he is some mother's son. Then he shoots down many of them, hundreds of them, he is given a medal and he is paraded through the streets as a hero.

Another man in the heat of hot blood and anger, he kills a man but he gets a rope for it. One gets a medal and the other gets a rope but both are murderers. There is not anything surer than that, thou shall not kill. But no one sees it because you are blind to it, you are conditioned. Conditioned by your beliefs, your nationality, in your patriotism, in your nations, in your ideals. Therefore you have got to kill, you have got to be murderers to hold your ideals.

I am talking sense. Anyone who can think can see how really true it is.

But if we realized what nationality was. If we realize what separation was. Realize what an idea was, what a belief is, what a separate religion is we would see how we are separated. We would see how we are antagonistic to one another. We would see how we kill one another. These things would fall away. The conditioning would pass and man would see himself and his brother freed from conditioning. Then he has true relationship and not till then. There is no true relationship until man is freed from his conditioning.

When a mind is freed from all fears there comes a peace beyond our understanding because it is not a peace we gain through mental gymnastics but peace that comes through discerning all that is false, that which is preventing the expression of the Love-Life now. In this alone lies the Love, the Wisdom and the Power of God.

The question that some will ask is how can one be in love with Life if Life is a burden, or how can one learn to have no fear, for is not fear born in

us?

The answer is quite clear. Immediately you begin to understand your burden it will begin to disappear. The moment we accept the fact that we are afraid, not of Reality, but of ourselves, fear will begin to disappear also.

You are not afraid of Reality. Why should I be afraid of that Livingness, that Life that is Perfect in Itself? Why should I be afraid of the Love that is Eternal and Ever-present? Only the self can be afraid. You are afraid of the other self because you are conditioned. You are wondering what the other person would think about you. You are wondering what he is saying about you. And he is doing the same about you. He is thinking the same as you. But you do not know, you do not understand yourselves therefore you do not understand the other fellow. You must understand yourself first then you will understand other people. But when you understand yourself you will free yourself. Then you can free the other person because you can see how he is conditioned. Therefore you will not condemn neither will you criticise.

If I say I have no burden, that I have no fear, I am deceiving myself and I am caught up in the net of both, my deception *and* my conditioning. *So if I am conditioned I am afraid, I have fear because I am conditioned. But if I know what my fear is and how it comes about, it will pass away.* But as soon as I know myself and my burden and my fears, then they begin to disappear. Then only will I realize that which in Itself has no fear, no burden, *but is Ever-present.*²

Oh the freedom. The freedom of that Life. The don't care attitude you have towards the self. The don't care attitude you have towards the things, conditions, formulations, beliefs. You are not caught-up in these things, the freedom of it is tremendous. It is a freedom of Life for Life begins to act and express Itself freely. That was Jesus.

That was the man Jesus, no matter what they said about him, whether they strung him up to a tree, they hanged him or whatever they did to him, that is what he found—the pearl of great price.

If we are not in Love with Life we will be in sorrow and conflict. *That is true now, isn't it? If you are not in Love with this Life, that is Eternal and Ever-present, you will be in sorrow and conflict, we cannot be anything else.* To be in love with Life is to live every moment of Life. This frees us

from the pains of the past, from the fear of the future. If I do not love Life I will wander into deep waters so that I will have to struggle, but when I understand myself my struggling will cease.

Struggling? This struggle, this continuous struggle, oh what a struggle. How I see the people that come to me, how they are struggling. How I would like to lift that struggle away from them but their minds are closed. I have been very careful indeed how to approach them. I have to ask them various questions to find how they are conditioned and what their beliefs are.

But immediately I begin, if I had poured cold water on their beliefs, straight off the Real, it would be of no value. I could not do them any good, they would close up like an oyster, I could not help them at all. I have got to lead a way, in a way, that enables them to think clearly first and then to wake up to the fact themselves that their beliefs are but an idea. A belief that is not a real thing, it's a mental thing, it is in the mind.

Know the Truth Is Life, the Livingness of Life, the mightiness of Life

When I understand myself the self will disappear, then the self alone is the cause of my fears and my burdens. Jesus said in other words, "cast the burden upon me my yoke is light and easy to bear," so we must cast the burden of the self before we can continue in the Ever-present Love-Life, giving expression to It every moment, and this can only be done by being constantly aware every moment. Then I will love Life as Life loves me. I must love Life in Its entirety because it is not divided. Jesus said, "love your neighbour as yourself," I must do this to free myself from the past and from the future. To Love God I must love my neighbour first.

The only way that you can Love God is to express His nature to your neighbour. But if you are conditioned you cannot do it, that's all about it, that's the finish of it. And you will still go on again expressing your own conditioning. Because, Why? You will not discern how you are conditioned.

The Creator and His Creation are one, and cannot be otherwise, therefore if I love my Creator I must love His creations too, for they are one. "When you have seen me you have seen the Father."

Life is not divided, but we divide Life into Spirit and matter. Life has no problems, only man is in bondage of his own making. Therefore happiness

can be translated into the physical. Any other happiness in some distant place is but a fantasy and is not worth having.

If that happiness is not now, we will never have it. Because now is the only time, there is no other time but NOW. This is the Timeless. Looking for it tomorrow will never come

If we say we will be happy when we die we will always be postponing that which is ours now. *You know it makes me laugh when we sing, 'we will be happy when we die, we will be happy in glorious,' and then people are always in sorrow.* Happiness through freedom can be achieved here and now in the activities of our daily life, through understanding.

Because we have divided Spirit and matter we imagine that Spirit dwells in some far off unknown locality and in this locality only can there be happiness. But this is truly ignorance of the Ever-present Life-Love now.

Because that is Ever-present and there is nowhere where it is not, it is Ever-present everywhere.

When we get beyond these ideas and beliefs that hide the Ever-present Love-Life, we will know It to Be, now, and this Being is our Being now, not in some far distant time or place, for is this not denying the timeless, *this* Ever-present Reality? If this is properly understood happiness can be attained immediately.

If it is not immediate then it is of no value to you. Tomorrow it makes no difference you will still have sorrow, you will still have trouble because you will still be conditioned. There is no happiness through conditioning.

It is not by transcending the world that we can help the world, which is at present in bondage of **our own** making, *that we made the world what it is.* As long we as Life is held in the bondage of ignorance so will there be imperfection. Therefore to neglect the material as we try to do, we will never solve the problems of the world which is our problem, for we are the world.

We are looking for some pacific thing somewhere to come and solve the problems of the world, it cannot be done because you are the problem. You and I are the problem, we are the problem. There is no other problem. And if you looked into it properly you will see there is no other problem.

It would be useless for me to talk to you about happiness if you have no desire for happiness. You could never know affection, if your heart did not respond to Love. Neither would you understand if your heart did not ache, neither can I give you a pill to swallow that can give you understanding.

Because if your heart did not ache you would never know what happiness could be. Neither will you understand what I am saying if your heart did not ache. But if you couldn't know desire for happiness it is useless for me to talk to you. But if you are in sorrow, if you are in difficulty you do want happiness. You do want freedom, in freedom there is happiness. And it this freedom that I am trying to show you.

You would never know sorrow unless you have suffered. It would be useless for me to try and teach you if you have not suffered. Freedom only comes through understanding, and understanding comes when you have a strong desire to discover Life, when you are really suffering, really searching, when you are intelligently in revolt at limitation.

Not when you are in revolt at limitation but intelligently in revolt at limitation. Everyone is in revolt at limitation but where does that get them.

If you are content to stagnate in conformity, in tradition and the like, you will never know freedom, which is living in the Ever-present Love-Life and which is true happiness.

Life is "One" for we cannot divide Life. *There is nothing that can divide it. Can you tell me anything that can divide Life?* There is no ordinary or extraordinary in Life, *there is no human or superhuman person*, this is but an attempt to divide Life. Immediately we do this we are caught up in limitation, *because we see division. Oh if I could only give you the Oneness and the Wholeness of this thing. But it comes to you. You free yourself through your Realization of your own conditioning and understanding it.*

Life which has no form expresses Itself in form. But that which is created in form returns to that which has no form. Life takes on form in order to function, but Life is not limited by the form it creates. This is the realm of *the Absolute Peace, the Kingdom of Happiness.*

Happiness does not exist in the form. Happiness exists in the Wholeness of Life. When you see separation you are in limitation.

The Creator and His Creation are one, yet He is not limited by His Creation. Jesus said, “the flesh has no say in the matter,” neither has it when you begin to understand. No truer words could the prophet have said, in other words, Wisdom is greater than silver and gold, and that no treasure was like unto Her.

Science tells us that matter *separated* from energy does not exist. Energy is Intelligence in action. There is but one Substance underlying all form and all form must be of that Substance. Therefore we are surely intelligent enough to realize *that* we cannot divide that which is manifesting and that which is manifested. Nor can we divide the inner from the outer or the outer from the inner, nor can we separate the visible from the invisible, nor can we separate cause from effect, *they are One*.

When we understand this we are free and freedom is creative, without limitation. The Bible says God is all there is and there is none other but He and by Him and through Him all is created.

To accept the outer and disregard the inner, or to accept the inner and disregard the outer, we divide ourselves. Yet the flesh has no say in the matter.

How often I have told you, Life created the body for Its own Self-Expression. It organized the atoms, the cells, the organs of the body for Its own Self-Expression. Life organized everything for Its own Self-Expression. Life Itself is Real, Reality. Life is Intelligence. That Intelligence is expressing Itself by forming the whole body; to see, to hear, to feel, to all the senses yet there is a higher sense you have not yet realized—the sixth sense of man, which is a Consciousness. The others are senses through which you obtained through your mind; your feeling, your touching, and you create ideas, images through the senses. But the sixth sense is beyond mind. Its an Awareness. An Awareness is of the Consciousness not of the mind. An Awareness is of the Consciousness, is Creative.

You actually feel the Creativeness. You feel the Awareness. You do not feel anything in mind, you do not feel an ideal in your mind. What you create in your mind you do not feel it. You do not feel them under your senses. You do not feel these things in the way you do when you are creative, when you are aware. Awareness is beyond mind.

Awareness. To remain in that state of Awareness all the time, for days if you like, and that Awareness is Reality. And only through Awareness does Reality manifest Itself. Because you are Living moment to moment, there is no past or future, there is a Livingness that is NOW, moment to moment.

Form alone is not Reality, Reality is behind and within the form and *out of* Reality. Therefore to attain the power of our Creative faculty we must not seek that which is formed, but realize the Life that is behind and in all form and the cause of form. *And there is your Awareness. In Life alone there is Awareness! And in nothing else, it cannot be in your mind. Life is Awareness.* “Things are not made out of that which is seen but out of that which *are* not seen,” Paul says.³

When this freedom is reached we will rejoice that we are not merely physical but Spiritual. The souls that have perceived something of that Light behind and within all men have been over-whelmed by the knowledge of their possibilities. They have come to the understanding of the Omnipresence that fills boundless space, knowing nothing of *the* past or future but Eternal Present *is* the Everlasting Love-Life now. *Not some time in the future, not tomorrow. They only Live now, now, now at this very moment, can you realize this? Can you make it up, a complete awareness of It?* The whole human race must eventually come to this understanding before the world’s problems can be solved.

“And the scribe said unto him, ‘well, Master, thou hast said the truth: for there is *but* one God; and there is none other but He: and to love Him with all the heart, and with all the understanding, and with all the soul, and with all the strength, and to love his neighbour as himself, is more than all whole burnt offerings and sacrifices.’ And when Jesus saw that he answered discreetly, he said *to* him, ‘thou art not far from the Kingdom of God. And no *one* after that durst ask him any question.’ [St. Mark 12: 32-34.]

BENEDICTION

O Beloved “One,” in Thee there is no division, no separation. When I discovered that Thou didst create me within Thy Self and Thy Self alone is my Love-Life I was freed from all limitation.

In this freedom I found true happiness for I saw Thee everywhere, and was no longer afraid.

In my mind arose the seed of separation through the desire for power of the self which was the great illusion.

In my ignorance of my true being I pursued a state of isolation contrary to Thy will.

O Beloved One, when Thou sent Thy son into the world to reveal Thy Love-Life within man himself man did not heed him because man was caught up in the ignorance of Thy Ever-present Love-Life.

The words spoken through Thy son have penetrated my mind and now all that hinders the expression of Thy Love-Life has faded away into nothingness.

Now Thy Creative Consciousness beams through me for I know it is Thee alone who worketh in me, O Blessed Creator of Mine.

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- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 2nd February 1954, at 7.45 pm. A recording exists of the Johannesburg lecture (see page.....).
1. The next sentence in the Lecture Notes is missing from the sound recording. The full paragraph reads: [Some say that this is impossible in our daily lives, but the fact is you can only live by the breath of God and not by any other means. *Jesus said, "you do not live by bread alone but by the very word that flows from the mouth of God."*]
 2. The full paragraph in the Lecture Notes reads: [*If I say I have no burden, that I have no fear, I am deceiving myself and I am caught up in the net of both, my deception is my conditioning. But as soon as I know myself and my burden and my fears, then they begin to disappear. Then only will I realize that which in Itself has no fear, no burden, being Ever-present.*]

3. The full paragraph in the Lecture Notes reads: [*Form alone is not Reality, Reality is behind and within the form and no form can come into being except through Reality. Therefore to attain the power of our Creative faculty we must not seek that which is formed, but realize the Life that is behind and in all form and the cause of form. This is our Creative Faculty. "Things are not made out of that which is seen but out of that which is not seen," Paul says.*]

Lecture 2 (9th February 1954)

WE GIVE EXPRESSION TO THE ABSOLUTE THROUGH FREEDOM*

In Proverbs 24: 4 “Take dross from silver, and the silver shines out pure;...”

That is exactly the same with the spirit of man. It means to say, that when you take out the dross from the soul of man, the soul shines out pure.

When we are caught up in our own creations we lose our creativeness. Real Creativeness is feeling *One with* the Omnipresence within. Although we live in the manifested world, the realization of *our Oneness with* the Eternal Presence makes all things relative.

All the relative world is nothing compared to the Creativeness within. They say in the outer world, we see Creation, but Creation cannot speak to you at all. It cannot turn round and it cannot say anything to you, it is only the Creativeness that does that. That which is Creative is Eternal and Ever-present. That which is Creative is formless. Creativeness creates form but It is not subject to the form. Jesus says, “that flesh has no say in the matter.” That is to say, the form has no say in the matter. What is created, is created by the Spirit which is created and remains entirely and completely Creative Eternally, while that which is relative is known. That which is known is not the Unknown, is not the Creativeness. That which is known can never be the Unknown and only the Unknown is Creative.

Therefore when we see clearly this fact. You begin to analyze or to discern your own thoughts, discern your own mental formulations. Look upon your own creations and you will see they are relative to something that is not relative. Something that is Creative and stands behind and is not discernable. You do not know what it is. The Truth is not known, the Truth is Unknown. You will never know what the Truth is, you can only see the manifestation of the Truth. But when you see that manifestation of the Truth

you will know that the Truth has manifested. And that is to say, “when you have seen me, you have seen the Father.”

It is a tremendous question that troubles most minds. And everybody is trying to find out what the Truth is but that is an impossibility. What is known is not the Truth. No matter how you can create in your mind or build up in your mind ideas of the Truth, try to prove the Truth, you can never do so because the Truth is beyond the mind. But once we see this and once we know that we are the Living Truth, then the Truth is not something abstract. It is not an abstraction, something that is away and is not present. But it is the Livingness, the Life, the Livingness that you are now at this very moment, then you will know that you are the Truth and only in that Livingness is there Creativeness.

The majority of people know only the objective world, a world that formulates laws, regulations, creeds, dogmas etc., that cause separation. These people are not aware of the “One” Life that is creative yet formless, a life that is Eternal and Ever-present in Its Omnipresence, *which is our Livingness*. It is this one Life that we must realize, a Life that is free from all conditioning and which is our Life.

Life Itself is not conditioned, It is freed. Life stands beyond everything. It is Eternal and Ever-present, it is like electricity.

Electricity is free in itself in its natural state. When we bring electricity into activity we make it relative. It is only then when we make it relative that it is dangerous to us. It is the same when we live in the relative world, the relative world is the only thing that is dangerous to us. And that relative world cannot be dangerous when we know the Truth of our own Creativeness. But if we are caught-up in that relative world then we find that our minds are torn hither and thither through our experiences, through our beliefs, through our dogmas, through our own creations, through our laws (mental laws and human laws are made).

Laws that are made for what? We build up an ideal in our minds and we try to bring that ideal into being. So to bring that ideal into being we have got to create laws and regulations, and with that regulation we create suppression. Eventually we find that that suppression makes steam. In compressed portion, no matter how small or how large it may be, it will eventually escape in some way or another.

So we find that we are living in a world that is relative.

When we are aware of the “One” Life which is also our Life, service becomes a joy for then we will be expressing Life—translating Life into our daily living. Without this we will be continually expressing our conditioning and from which there is no escape except through understanding how it comes about. When we understand our conditioning and how it comes about, it falls away from us, then freedom comes.

Freedom is living *in the Omnipresence*, in the Ever-present. *What we mean by Omnipresence is that It is Present everywhere, there is nowhere where It is not. And that Omnipresence is Ever-present, there is no time when It does not exist. It is Timeless in Its existence. And to realize this we must get beyond the mind, we must understand what the relative world means. We must understand what our own creations mean and we must understand how they come about. We will see that within ourselves there is this Livingness that is Creative. And in this Livingness is Consciousness. And in this Consciousness must become aware of Itself. Aware of Itself, not what It is but aware of that It IS. And in that Awareness there is Creativeness. But you must also become aware of that which is hindering the expression of this complete Awareness or freedom, which we know to be free when we ourselves discern all that hinders the expression of this Life.*

Jesus was the greatest exponent of that freedom. He went about freely. His mind was freed from all conditions. His mind was freed from the relative, that is why he could control the relative and direct it. When his mind was freed from the relative and was not caught-up in the relative, then he had the Power of Creation.

Now what did you do? I will tell you what you did. Being caught-up in the relative you want something and begin to pray for that thing. But being caught-up in the relative you feel that you haven't got it therefore you pray to have it. But in one portion of your mind you have the idea that you have not got it and on the other portion of your mind you are praying for it, you believe you may get it. Now that is living in opposition is it not? You are living in contradiction therefore you do not know because you are caught-up in the relative. What I am trying to show you tonight is this, if you are caught-up in your own creations, if you are caught-up in the relative you

have no power over the relative. But if you are not caught-up in the relative you can be free and in that freedom you have Creativeness.

The majority of people are caught-up in their bodies. They have feelings. Immediately they have that feeling they try to get rid of it. They struggle with it but they are caught-up in it. They don't realize that the fact is being caught-up in this thing is the cause of their trouble. That the struggle is the cause and is the disease. Immediately you begin to struggle with that portion of your body that feels disease, then you are giving it a power it does not possess because you are caught-up in it. It is relative, it has nothing at all to do with Life. Life is free and Consciousness is Life. And in that freedom of the Consciousness then there is the complete Awareness. And in that Awareness every atom of your body becomes charged with Life.

It is the Christ Principle that is bearing through the whole body and every cell becomes alive with this Christ Spirit. Well what is the Christ Spirit? The Christ Spirit is none other than the Spirit of God Himself Living in man.

Therefore I say this Livingness and this Spirit, this Truth, this aliveness you may call it, whatever name you like to give it, it makes no difference because its alive and Living. And this Livingness you know to Be, "I am," in that then is the Truth, is the Power. And the whole body must respond because it is relative to the Creativeness that is Eternal and Ever-present, and is not subject to the body because the flesh has no say in the matter. But if you are caught-up in those things your consciousness becomes bound in a prison because it is caught-up in you, the relative.

Now you will see, that the only way you can release yourself from the relative is to discern it, to know it for what it is, to fall away and there the Consciousness is freed, and in that freedom you have Creativeness. I cannot give it to you like a drink of water, you have got to find it out for yourselves but I know that is the Truth. So freedom is Living in the Ever-present. This is living in Reality and not being caught up in the past or the future or the relative world, which we think is Real, when it is but the manifestation and has no creativeness of its own.

When Jesus said, "Lazarus, come forth" he was speaking from the Ever-present Life in which there could be no limitation. If we do not understand

this we will be limited by the physical form in which we exist temporarily.

Now you know that Life in you exists in this body temporarily. And one day you will shed this body. And when you are freed from this body you will no longer be troubled with the conditions of the body. You will just be as you are completely freed from those conditions. Therefore why are you conditioned now in your own consciousness, when the flesh has no say in the matter?

I often wish that I could tell people what It Is. I often wish I could give it to everybody. But when I try to explain that which is unexplainable, indescribable, they look with a faraway look, shake their heads and say, "I do not understand." Because they have made no effort to understand themselves, or their thoughts, their emotions, their feelings and how they come about.

If you then are caught-up in your feelings, in your emotions, in your thoughts, you are caught-up in your bodies, in your troubles, then what happens to you, is not your consciousness bound up in those things? You are no longer aware are you? There is not this Awareness in Life that is totally and completely free. Oh no! It's the body, now the flesh, that has the say. But Jesus said, "that flesh had no say in the matter." And I know that to be true.

As Jesus spoke from the unlimited state of his own consciousness, we must do the same, realizing the Ever-present Eternal Life now, moment to moment, I am the Life not in the past *nor* in the future but now in the Ever-present.

So everybody thinks they have got to wait till they die till they free themselves from their conditions. When they escape from their body or when they escape from the world, they will be free. That is a hideous idea because freedom exists now. And if it does not exist now, it never will exist because of the Ever-present Life. Freedom means you Live freely in the Ever-present Life.

I look to Jesus, no matter what people say about him, no matter what they have written about him, I know that every word he said was true. And I will tell you this also, as I told you before, that although these words were spoken 2000 years ago, they were the expression of a Truth that existed Eternally. And that same Truth will exist also Eternally because it Lives

Eternally and Ever-present. Jesus was giving expression to a Truth that although they know the Truth, know that it is true. And that is why those words of his will remain forever and ever.

Great prophets have existed in the times past, we know Moses, Elijah and all the prophets we read of but there was no one who had freedom, that freedom from the relative. When you read those words you will see clearly what Jesus said when he came upon the world of man after his forty days and forty nights. I can imagine him then too, clearly saying, "I am the Son of God. I am freed from all the relative. I have freed myself from the mind. From all the relative world as we see it for what it is, now I know my own Livingness. I know that the Father and I are one." And that Awareness was not an idea or a belief but an actual Living Reality. A conscious Awareness of that Livingness. He is given the Creative Power to say, "Lazarus, come forth." Because Life had no limitation when freed from the relative.

Can you speak those words then? Seek in your mind and see how you are caught-up in the relative. It is quite easy to find out. There is no difficulty in finding out wither you are caught-up in the relative or not. Don't think it is difficult, remember, it is not difficult. It is quite easy when you realize that these things have no power of their own except the power that you give them.

When we are caught up in the past, in the future, in opposites, in good and evil, which we think are realities, while in themselves they are nothing but the product of our own minds, in reaction to our own conditioning, we live in limitation and confusion.

Yes, we see evil all over the world, we see murder, we see all sorts of things. But what is the greatest evil in the world today? Is it not mans hate for his brother? Is it not so that hate brings destruction to the human family? And why does one hate his brother? Because he is taught to hate his brother from the time he was born; he is conditioned by his nationality, he is conditioned by his religion, he is conditioned by his parents, he is conditioned by his environment and he grows up with the hideous idea of hate instead of Love.

The blind lead the blind and they all fall into the ditch. What a wonderful Truth that is.

Life alone is creative and to “Be” “I am” is to create, “becoming” can never be creative. *That is to say, you come here with the idea that you can become something. That you can become creative and you are looking to the future for this creativeness, it will never come, never. Because becoming is going away from Reality. Reality is NOW, you do not create it, it is a Livingness that is NOW. I wish I could give you this Realization of the Livingness, that I know to be true. But it is a Truth. It is a Livingness that is Creative. And in that freedom of that Livingness that is Love and affection. Which is the only Reality there is, there is no other Reality in the whole world but Love and affection. And without it the human family is doomed to destruction. We find a lull at the present time in the world of affairs, we see conferences here and conferences there. Is there any affection in these conferences? Is there any understanding in these conferences? No, there is nothing but political junk. And politics as I see it is the danger in further community throughout the whole world.*

Politics divides a nation into sections. Where one says, this for this party is the opposition and so forth and this is the government, and they must have an opposition. How can you ever have harmony when you have got opposites. Everyone trying to tear down what is being built up. Throughout the whole world we see politics. In every nation there is politics. And what is that politics—division. Division in a nation, division in the world which brings cruelty and hate. You have only got to look around you and you will see how stupid the whole thing is. Eventually, perhaps, and not until some great catastrophe comes upon the people of the world will they listen to the Truth—the Fatherhood of God and the brotherhood of man. Unless we understand this we will forever live in limitation, in opposites. When we are caught-up in our own ignorance we lose the creativeness that can speak the word, “Lazarus, come forth.”

When we have discerned all these hindrances there will arise an awareness which is an expression of Reality Itself. Then we will know that there is no such thing as limitation in Reality, but Reality expressing Itself in which there is no limitation. When we experience this we will know the meaning of, “When you have seen me you have seen the Father.”

You know it seems impossible that the mind of man can grasp the mind of that man called Jesus. It seems impossible that we can grasp that mind

but I see no reason why we cannot grasp that mind. I can see clearly that it is possible to grasp that mind. And the only way possible is to discern the self; its ways, its cravings, its hates and all these things that are preventing the Realization of this mind because that mind was freed from opposites, freed from hates, freed from all these things that we have in our minds today. But if you look into your mind and you discern these things, they dissolve away. You begin to understand yourself. Aye, the great thing is to know oneself.

In my world of form, Reality breathes without limitation. *That is in this world of form, this body—Reality breathes without limitation. It is the same Life in the body, it is the same Life beyond the body. There is only one LIFE and it is not divided in the body. God is not divided. Life is indivisible, wither in the body or outside the body, there can be no division in LIFE.* But if I am caught up in the form this is my limitation. Jesus said, “the flesh has no say in the matter.” This we find to be true when we are not limited by the form in which we exist.

Are you limited by the form in which you exist? If it is so, then the form is ruling you.

The Absolute to me is no longer some remote abstraction. *Reality to me is a Livingness which is myself, my Real Self, my Livingness, my Consciousness. That is what Reality is to me, a Livingness of which “I am,” myself.* There is no separation between that which is manifest and the unmanifested—the uncreated, yet the uncreated is alone creative, this is “I am that I am.”

The Created cannot speak for itself for it has no say in the Matter. When you have found this out from within yourself then you are free. It cannot be my word or a word of another, for then it would be but a belief and this is but a mental formulation, you can never experience Truth through an image or a belief *or a mental formulation.*

It is impossible for you to realize the Truth through any formulation or through a belief of any kind or through an idea. You can only experience it in the Livingness, which you are, that aliveness that is Consciousness, that is Awareness. The whole thing is so simple, yet how is it that you are always caught-up in the form? Because the form rules you. The Creative can not speak for Itself, for it has no say in the matter.

Creativeness is within all of us and we all are expressing our Creativeness in different ways. Yet It is the same Creativeness. There can be no other for there is only “One.” But if we are caught up in the creation we are no longer Creative, so we crave and we desire, we covet our neighbour’s goods. We battle, we struggle, we create strife, conflict and misery.

Because we struggle in the relative. To know that you are in the relative, to know that you live in the relative, to know what the relative is—frees you from it.

The people will say, “pray to God.” You will say, “oh God, take this away from me.” And if they believe that God will take it away from me. It is a bit of an illusion they have created in their own minds in opposition to the thing they are suffering from.

But if you know that you are Spirit. If you know that you are Creative. If you know that you are the Father and you are One, that you are definitely Spirit. And that God is not some abstract being in some away distant in the mountains or in hills or behind or in the sky or in the heavens. But is the very Livingness that lives in you and which gives you consciousness, then you have found the means of cleansing the body, by being Aware.

So please take it from me, that God is not some remote abstraction. For Jesus would have never said those words, “I and the Father are One.” He had found that Livingness which was God and is Reality and is the only Reality, there is none other.

But you make a reality out of the relative, you make a reality out of your conditions, and therefore you struggle with that reality because you believe it to be a reality, therefore you struggle with it when it is not necessary.

If you could only know the Peace that comes into the mind and the heart. But when that Completeness, that Wholeness comes. If you could only understand the Peace that comes. Aye, yes I can know what Jesus said, “the Peace I give you is not that the world gives it peace.”

If we could but realize that we can give shape to creative ideas in which there is no separation, no limitation, for that which is working in us is that which is manifesting in the manifested Universe, then we would be free.

But the same Life that is manifesting in us now is manifesting throughout the whole Universe and there is no division and there is no separation. When you come to this Completeness, this Awareness of this Truth, you feel that the whole Universe is yourself.

I can remember when I experienced that. I was sitting in the Himalayas, in a particular part of the Himalayas, and I was looking at the top of another mountain covered with snow, the peak of Kangchenjunga,¹ it was. I was at that, meditating in the way we should meditate, not trying to control the mind and control the thoughts but discerning everything that was relative. And all of a sudden I was actually on the peak of the mountain looking at the snow. That there was no separation between that point and me. I knew then that the Universe was one in which I could move and have my Being, and there was nothing to stop me. Here was a conscious Realization of the soul moving in space and the Spirit was the animating power, the Awareness. The Awareness, the aliveness, that give me the Awareness of that Truth, that fact.

You would think that that be a moment. No it was for longer than the moment. But I realized at that time because I had known already to try and recapture that moment was a useless thing, that that experience would be only in my mind. But the Principle, the Life and the Consciousness and the ways and means were always present therefore it was possible always.

Life remains Itself, no matter in what form it is expressing Itself. When this is understood to the full, the release of the Creativeness from within takes place and finds full expression in *the* form. The form is the Living Energy in manifestation. Pluck a flower and It is there. In a handful of earth you hold it in your hand. The world about us is no longer a prison-house, as the air and sky reveal Its Presence, *that Livingness*.

Reality has ceased to become a stranger, something afar off, for we become conscious of Its Presence from which we cannot be separated.

That is the whole thing to become Conscious in that Presence in which there is no separation.

You know the saying of, “do not let your left hand know what your right hand does.” I know that is true. It is most essential that we do not let the left hand know what our right hand does. But most people are always saying

what they have done and so-forth. There is sometimes as a lesson that we should realize that although we do things, that we give and give and give but we do not say what we do. Because when we do that we have had our reward. The fact is, when you begin to give, the great Giver makes a channel of you so that He can serve through joyful Living and serve through understanding.

I had the experience several times and there isn't a day goes by that I have not some experience in this way. And although I have probably in my pocket many cheques that have passed long, long ago, that have been given to me as IOU's they have never been cashed because of the fact, that it was a gift. Now I know that these things come into your life but the fact is, I have found this, that the more I give the more I get to give, that is the most wonderful thing that comes into ones life.

The other night, my sister and I was going to the theatre, it was last night in fact, and a woman with a baby came up to the car. She was a young woman with a baby in her arms. I looked at her and I knew she was perfectly sober, and she came up and spoke to us. She told a story. When I told her what to do. She had no where to go.

So Flora said to me, "you must give her a few shillings."

I said, "a few shillings is no good to a woman who has to have a bed and shelter for the night, she needs pounds." Then I give her what was sufficient to keep her for the weekend. I never knew her from a bar of soap and I told her, "go to the police station and tell them your story and tell them that a Doctor sent you there, and they have got to see that you have accommodation for the weekend. Then on Monday we will go to the court and you will get what you need."

Well, of course, streams of tears flowed down from her eyes. I say clearly that the woman was genuine and she was a genuine case. Now when Flora said to me, "why did you give her all that money?"

I said this way to her, "whatsoever you do unto the least of these, so you have done unto me." That is the great thing, is to know that there is no separation. To know that here is trouble, here is difficulties. And as Jesus said, "a drink of water even, whatever you do unto the least of these so you have done unto me."

I think those words are the greatest words that have ever been spoken because they contain the essence of affection and Love. They contain that essence of affection and Love that makes us human and Divine at the same time. But the whole world (if) they realized the importance of those words, a wonderful change would take place.

I am looking forward and because of the fact, although it exists at the very moment today, the brotherhood of man and the Fatherhood of God exists now at this very moment if man would only take hold of it and make it a Reality.

The time will come when it must be so. When man begins to advance and understand his own mind and that which is hindering the expression of that great Truth. We may not see it in our lives but it will come, there is no doubt about it.

The Christ's work will not be finished until all those flocks; the various flocks, the various nations, the various groups are all brought together under one shepherd and then there will be one shepherd and one flock.

Although we are discussing on the intellectual level, it is most essential that we experience what is said, for it to merely remain on the intellectual level is of little value, We must experience in the deeper state of consciousness a Livingness that is not a limitation or a mental formulation, this comes as we clear the mind of all hindrances and this is done automatically as we see what is false *and* what the mind is made up of.

So if we are at this very moment what we are really doing, we are discussing on the intellectual level. But if it merely remains on the intellectual, if there is nothing, there is no transformation. If you remain on the intellectual level you are only reacting and not acting.

Acting comes through transformation in the deeper levels of the consciousness, where that Livingness that really IS comes to the consciousness and frees Itself from all that hinders It. That is a transformation. That is the Livingness that is God in you, that is the Christ, the Living Christ. Not a dead Christ but a Living Christ that is Conscious in you now at this very moment. And that aliveness is the Christ in you. When that is discerned and completely understood, man will free himself.

When we see that our mental formulations regarding matter are problematical we will cease to regard solidity as something to be carried, something to stumble over. When we realize that it is the manifestation of the Unmanifest we will free ourselves from these mental formulations that burden and limit us. We will know freedom in a free Universe when formerly there was nothing but burdens and limitations.

So when you see that your mental formulations regarding matter are merely problematical and change according to the investigations of science. And we regard matter as a solid substance, the solidity of matter prevents us from doing this and that. When we begin to realize that it is not so, that matter is not a solid substance but is porous and is the manifestation of the Unmanifest.

Then we can reach that state of consciousness of the Master in which the Creative Life works with effortless spontaneity to achieve the perfection of which It Itself is.

We will realize that the “One Life” is creating within us, with that effortless perfection as it is manifesting throughout the whole Universe, for there can be no separation between the Life in us and the Life *in* that *Universe* in Its Omnipresence. Wherever there is perfection there the Absolute has found release through the mind that has been freed from its own conditioning. The Absolute has found release through Its own Creation, the Creator and His Creation become one as they always were from the very beginning.

The only thing that prevents the Realization of this is mans own conditions. The Creator and His Creation are one. Can you understand what I am saying?

When the mind is freed from its own conditioning, its beliefs, its images, its ideas there comes a Silence beyond time in which you become conscious of the Truth of your “Being.” Then there is freedom and in this freedom there is the releasing of the Creative Energy in all Its own perfection. *Your body becomes strong and virile. Things that worried you will pass away.* “It is the Father who ever remaineth within me He is performing His own deeds.”

Now, don't say to me now that these things crowd in upon you and you cannot overcome them. That is all a story. That is because you will not look

at the things truly and freely, impersonally, without being caught-up in the conditions.

In great works, in arts and crafts, in commerce and industry, there is the hand of genius. With freedom and experience we co-operate with *this* Creative Genius that which is Life's expression and which amazes all who look upon it. This is the Creativeness within being given free expression through an unconditioned mind. The Unmanifested—the Uncreated Life manifesting in us is given release through freedom, and only through freedom is this realized.

Yes, in great works and in arts and crafts, in commerce and in industry, we see this genius. We see the Intelligence in operation. And the freer the mind is the greater is that genius. The greater amount of Intelligence that is operating throughout the whole Universe, is operating through that mind that has freed itself from that conditioning. It is, "I of my own self am nothing, it is the Spirit of the Father within me that doeth these things.

Let us understand this clearly that man and not God made yesterday and tomorrow. "God is Ever-present Life and to live in the Ever-present Life is freedom. The Spirit of God is the Christ in mankind and is the Ever-present Life that knows no past or future being Ever-present and Eternal.

Look into your own minds and then see if you are living in the past and the future. And if you are living in the past and the future, you will know that you are not Living in the present. And when you know that you are not Living in the Present, it's the first rung on the ladder. You put your foot on the first rung of the ladder and you climb it. And the progress becomes Eternal and Ever-present.

The Christ, the only begotten Son of the Father, that exists in the whole of humanity and does not age or die, ageing and dying are man's mental conditioning. When you have discovered this through your awareness moment to moment, the Eternal Christ is revealed. "As ye know me as I am, so shall you be." The same Christ two thousand years ago is the same Christ today.

The same Christ a million years ago it's the same, there is no time. It is in the Timeless we find this Truth. It is not in time that Truth can be revealed to you because time cannot reveal the Truth. The past or the future

can never reveal the Truth. Only the Living Presence can reveal that Truth, that which is Living now. I am that Living Truth.

So therefore, God to me is not some abstract being far away in the distance that I have got to pray and supplicate to. But I know that He will co-operate. As Jesus says, "what I see the Father do, I do likewise." The father and I are one.

This Truth does not exist in the conditioned mind, yet all must come to the same state as Jesus did in revealing the Christ of God. But it cannot be done while man is caught up in his different beliefs, in his enmity, his antagonisms. While man conforms to a ritual, to a pattern he will be conditioned and all he can do is to express his conditioning. Not until he frees himself from his conditioning can he find the Truth that sets him free.

Man is still eating of the fruit of the Tree of Knowledge of Good and Evil. Not until he becomes aware of what he is doing to himself will he cease to eat the fruit of ignorance and cling to the Tree of Life which alone is his salvation.

The prophet saw clearly that that Truth that the Tree of Good and Evil grew out of man's mind. Therefore he was always looking upon it and he was living in opposites, living in confusion. But immediately he saw the Tree of Life and he clung to it, he knew that he was freed. That Love was his freedom, that was his salvation. And when he discerned all these things of the mind, they fell away from him and he was freed from them. They no longer troubled him again. He was freed from them because Love that is Eternal and Ever-present—the Love-Life, the only thing that has affection is Love, is the Christ, the Living Spirit of God in man.

Man must become aware of his oneness with the Ever-present Reality and not something afar off which he can never reach. Man must become aware of the Christ filling the whole Consciousness, then we will cease to be at war with ourselves and others.

Through our true relationship with one another we will find peace and happiness. *But how can you have a relationship with one another? You cannot have a relationship where there is enmity, where there is jealousy, where there is hate, where there is separation. Can you have true relationship with one another when you are in conflict with one another? There is no such thing as true relationship in that way. There is only true*

relationship when you have de-conditioned yourselves. When you have rid yourselves of all your conditioning. And also rid the other person of his conditioning too by seeing him free from his conditioning. Seeing him clearly as you are yourself—freed. But you cannot see him freed until you are freed yourselves. Because what you see in others is mirrored in yourself. And therefore the conditioning must be understood so it will drop away. Then you can see the other free from his conditioning and you can then have true relationship. Both are then sons and daughters of God, freed from that conditioning that prevents the expression of that Love, that Peace, that harmony. That exists Eternally. You do have to create Peace. We do not have to create Love. Love is a Living Expression of the Christ. And Peace is the Living Expression of God. When we have done away with the things that are hindering the expression of these things, we will have them. They are NOW because we do not create them. In the personal sense there is always pain and conflict. Yet through discerning thoroughly this limitation we will find the Unlimited, the Beloved within ourselves. Then our affection becomes free from attachment, free from possessiveness and glorious in Its expression, for we will know our neighbour as ourselves. “Whatsoever you do unto the least of these so you do unto me.”

“That which is born of the flesh is flesh, that which is born of the Spirit is Spirit.” [John 3: 6.]

BENEDICTION

O Ever-present Life, Thou alone-art Creative. Thou canst not be antagonistic to Thine own Creation in any form.

It was the illusion of separation in my mind while in ignorance of our oneness that created my fear and loneliness.

This illusion of separation was the cause of ill-health, unhappiness and sense of lack.

But in my despair I dimly heard Thy Silent Voice say, “remove from your mind all that hinders my expression in you and We will be one as We always were one.”

Then Thy Light that shone from the beginning shone in every corner of my being. Henceforth, Beloved One, there shall be no more darkness for I shall live in Thy Presence forever, O Eternal Creative One.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 9th February 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Mt. Kangchenjunga*. Is located on the boundary between Nepal and Sikkim. Kangchenjunga is the third highest mountain in the world with an elevation of 8,586m (28,169ft). First successful ascent to the top occurred in 1955.

Lecture 3 (16th February 1954)

THERE CAN BE NO PERFECT ACTION WHERE THERE IS A SENSE OF SEPARATION*

Where there is a sense of separation there cannot be the expression of unity. There cannot be the expression of Infinity. It is the Whole that is working, the Whole is active. Infinity must be everywhere otherwise there could be no Infinity whatsoever.

Therefore what I said to you the other night. God to me, Life, is not some abstract Being away in some remote part that we may call heaven or whatever the case maybe. And He is not someone that I will reach tomorrow or sometime hence, and only when I have passed out of the physical body. God to me is a Livingness, that is alive now everywhere, and that Livingness is in me therefore He is not remote. He is not apart nor is He in anyway distant because He is nearer than hands or feet, He is nearer than the breath of man. That is the Livingness that we know to be Infinite.

But you find that after you have discerned all your formulations and your beliefs. You must discern what your beliefs are and how they come about. And you must discern how you are reacting and why you are reacting. You react to protect your conditioning. That's all you do, you react to protect your ignorance. You do not react to protect the Truth.

So I would say to anyone who belongs to a certain faith, I says, "to hell with the Pope!" They would react immediately and that reaction would be very strong but they would not realise why they react. If they could not discern why they react they are still caught-up in their conditioning. They are still caught-up in separation. They were reacting to protect their conditioning, reacting to protect their dignity.

So reaction is always a protection to your conditioning and unless you realize this you will never be free from that conditioning. You must discern it. And it is when you have discerned all your conditioning, your formulations and how these conditions have come about. How they have

been built up in your mind through generations past, through conditioning of your childhood and so forth, through your imitations on imitating another person. Unless you discern that you will never know how you are conditioned therefore you are reacting to protect your conditioning. You are reacting to protect your ignorance. But it does not matter at all whether it is true or not.

The only Reality is this Infinite Living Being that exists in every person and every soul, and it is everywhere and there is nowhere where He is not. But if that is only a belief to you, you are just the same way as the belief of another individual who believes in a certain religion. Now when you have got all these different religions you believe them to be true.

I have just received an invitation to address the conference, in Japan, of all religious bodies throughout the world. They are going to have a conference and I have been singled out as the one to address them. Well, what would I address them about. The very thing I would address them about is the irreligious part of their religion. I would have to show them that all the different forms of religion are all made up in the mind and the only Reality is the Livingness within each and everyone. I have to show them completely how they could not arrive at the Truth. All the ways they have been trying to arrive at the Truth, they will never arrive at the Truth. Or my address would be, how you cannot arrive at the Truth.

You cannot arrive at the Truth through any organised religion, that is a certainty. You cannot arrive at the Truth through anything external to yourself, that is a certainty. You can only arrive at the Truth when you know all the things that are not true, then you will arrive at the Truth. You will arrive at the Living Truth, that Living Truth that is alive NOW and is Ever-present and is Eternal, and is that Livingness, that Consciousness in man. Unless man becomes aware of that he will never arrive at the Truth because he will be at variance with his brother; through different forms of beliefs, through different nationalities, through different ideologies. He will be at variance with his brother therefore there can be no unity, there can be no Oneness, there can be no Wholeness because there will just be separation.

And when there is this separation, no matter how it comes about. If you look into your own minds you will see it comes about through your own acceptance, your own formulations, your beliefs. It comes into your mind

through imitation, through acceptance and through belief because you have not discerned how it has come about, you are caught-up in it and therefore there is no relief. And therefore you will never find that which brings man together as one complete brotherhood of man and the Fatherhood of God.

No matter how you think, now I will tell you, no matter how you feel about your particular beliefs, you must discern them clearly. You must look into your minds with undeniable honesty and therefore see them clearly, your own formulations and how your beliefs have come about.

The mind must be freed from all that material so that you will come to that point where Life Itself is laid bare before the consciousness. And that Life being everywhere and indivisible is the same in every living being. That is God, that is truly religion in the perfect foundation of the world religion.

But to follow a particular group, to actually be caught-up in these particular separated groups, where you see one person worshipping God, while you worshipping God are antagonistic to the other person who is also worshipping the same God in a different way. When that exists in the mind of the individual there can be no unity, there can be no brotherly Love. If you look into your own minds you will see how true that is. The division is in your minds! It is not in Reality.

“My teaching is not my own but his who sent me.” John 5: 16.
(Moffatt)

The Present is the only time there is, I have often spoken to you about this, but I know that the great significance of this truth has not fully dawned upon you.

Starting from the beginning, all know that there is but “One” God and there is none other beside Him, (*that is the beginning of the whole story and the ending of it too*) there is no other “Being,” no other force. There is but one “Being” and this “Being” *must be our “Being” because there can be none other.*

I am reasoning now with you. I am using Divine Reason as a means of lifting you out of your conditioning. But remember Divine Reasoning even how far it may go, will never reveal the Truth. Because the mind must cease to reason, the mind must cease to think and at that time when the mind

begins to cease thinking and reasoning then Truth is revealed. Because Truth is not in the mind and you cannot reason it out.

You can reason Divinely to a point where you can go beyond the mind but to keep on reasoning you will still be in the mind. And you will notice that you are formulating certain precepts and these are human precepts. There is no truth in a human precept. There is only Truth in the Livingness, that God that is alive and Living and not a dead God.

So it must be so, for there can be no other “Being,” God being Infinite. If there is but one “Being” then we are that “Being,” therefore that Being must be you and me for there is only “One.”¹

And there cannot be separation in that “One.”

If you are troubled with the past or have fears for the future you are not “Being” now. I will repeat that again because it is most important. If you are troubled with the past or have fears for the future you are not “Being” NOW. “Being” exists only in the present. You cannot think in the past or the future. You can think about the past and think about the future, but is this not conditioned thinking? For the past and the future can only be in the mind, it cannot be anywhere else. Because only the Presence exists and there is no other time. The Presence is the only time, there is no other Reality. There is no other Real time but the Timeless, that which is present. If you look into your own minds you will see how you have come to bring the past and the future, how you have built it up in your own mind. Then if you live in the past and the future how can you live in the actually present NOW, when the present is the only time. Pure thinking is creating in the present, not thinking about the past or the future.²

Some people are always harping about the “if,” “if it had been this or that, things would be different now.” It is this “if” of the past that is preventing the present from being what it should be in your life.

Don’t you see that you are blocking out the Living Presence. The Presence is a Living thing it is not a dead thing. It is not an idea of the past or the future. The Presence is a Living creating Force and it is Eternal and Ever-present.

That is why I say, Infinity to me is not something in the future or in the past but a Living Expression at this very moment.

You cannot call the Infinite good in the sense that there is evil. Good and evil cannot exist as opposing each other, they exist as opposites only in the mind.

The idea of good and we struggle with evil all the time but you will see that evil was created in mans own mind. Evil is a product of mans mind living in separation. Living in greed. Living in craving. Living away from the Living Presence because anyone who is evil cannot live in the Living Presence, they are either living in the past or the future and they are caught-up in opposites.

So evil is a creation in man's own mind and not a Creation of Infinity because if God is Infinite in nature there is no room for the devil in God. But the self of man is the devil. And hell is the mess that the self makes in the life of man himself.

There is no such thing as a negative power which is not of the one All-Originating Power. The negative power does not oppose the All-Originating Power, but is a complement of it just as the North Pole and the South Pole are inter-related to one another to create attraction, the one force creates them both. It is the same in the atom, the electron, the proton *and so forth.*

So you see, there is a Creative Force in the Universe but it is not separated from the creative power in man. Mans creative power is none other than the Creative Power of the whole Universe because there can only be one Creative Power and one Creator.

Similarly, Life is a higher form of action. All energy is the same mode of manifestation of the "One." *All energy must exist from the one source.* It is always making something and in so doing it may unmake something else. What is known as negative force is the operation of the Cosmic Law of transition from one form to *another.* When we understand this we see within ourselves the same Law in operation.

When there is a building process in nature there is always a tearing down of something else in nature but that is change. People look upon this change as death, things are dead. But if you investigate that apparent dead thing you will see it much more active than the thing that seems to be alive because it is disintegrating. The atoms are beginning to separate from one another and are beginning to form new combinations, and these new combinations are going to build up something else in nature.

There is not one dead particle in the whole of the Living Universe. Science will prove that to you. Because there cannot be a dead atom. There cannot be a dead proton. There cannot be a dead nucleus. Therefore there can be nothing dead in the Universe but a change from one particular atomic form to another atomic form. That one group of atoms are making up something else and in doing so is changing over from one group to another. That is exactly what is taking place in the whole of the Universe and in your body at the same time. This process is going on Eternally.

In the ordinary sense in the mind of man, good is that which gives pleasure, bad is that which gives pain, whether outwardly or inwardly, whether inside or outside the skin. That is a fact, is it not?

Pleasure is what you want, so obviously we call it good. What you do not want you call bad. Don't let us fool ourselves and spin a lot of words about good and evil or God and the Devil. If God is, the Devil cannot be, therefore it is the non-existence of the Devil that makes up the Devil. God being Infinite *in nature* there can be none other than He.

So as we said clearly in the beginning and you cannot be confused because you must look to the beginning to see the ending. Starting from the beginning there is but one God and there is none other beside Him.

When you have searched your mind and you see how these ideas have crept in, those beliefs have crept in, you will discard them but you must go further than that. You must still go further and dissolve all the formulations in your mind until such time as your mind is completely emptied of all formulations, at least you know what they are, you arrive at a time. You arrive at that Silence, when you become aware of the Real, aware of that which is alive and Living in every living soul. And it cannot be a self that is divided but a Self that exists in every other self.

The Whole must be seen and the Whole must be re-experienced. And in that experience after the mind has been cleansed of all its formulations, there is a Complete Awareness and in that Awareness there is no good nor evil, there is just affection and Love. It cannot be anything else but you will experience it.

There is a feeling that comes then at that time that you Love the whole world, no matter what it is, and everything in the world you could take up in

your arms as Infinity does. And you could be as Infinity and in that way nothing could harm you in any way whatsoever.

Experience is essential to your freedom. Through experience you begin to realize what is behind the individual. Without experience you would be dormant, asleep in your limitation; yet experience without discernment and continual adjustment in the present is but a repetition of error, which brings frustration and misery. But through continual adjustment, through experience and understanding, there is *the* freedom.

We say we do not want war, but we encourage all that breeds war. Being conditioned we create a society after our own likeness and having created such a society it turns and exploits us, so it is again the vicious circle *is it not? Why? Because you have not yet understood your own minds, your desires. You have not yet understood your own formulations, your beliefs. You have not understood your cravings. So when you crave, what do you do, you encourage all that breeds war. You believe in certain nationalities. You believe in certain political groups. You believe in certain religions. You believe in all that is separation itself. You breed dissention. You breed the very thing that leads to war.* There can only be a sane society when we ourselves are sane, and this goes for all governments and councils, national and international.

For we see the same state of affairs in international and national as we do see in ourselves. Unless we can see this in ourselves there is no use talking about that which is separated in things external to ourselves. In ourselves we have to begin first, that is the beginning and not outside ourselves.

You may laugh, but we are insane! For *we* are not clear thinking human beings, (*so a clear thinking human being is the only sane person, but show me one*) we are unbalanced therefore our society is unbalanced. The whole world is caught up in the appalling catastrophe of antagonism and conflict that leads to war and destruction and we are the *cause*.

The cause is not outside ourselves, do not think that because the cause is within us, and that is the devil. And hell is the mess we make of it.

A sane person does not want to break it up, (*he does not come in and break up a fight*) he sees the cause of antagonism and conflict, and begins to

dissolve it, first in himself. Not until he dissolves it in himself can he help others to do so.

So unless you see the cause of conflict and antagonism within yourselves, how can you expect to guide others to see it in them.

To say it is my country and I must protect it is not finding the cause but adding to the conflict.

So therefore we have to search in our minds to see the cause of this conflict. ³What the matter with us is, that we are caught up in imitation. We wave flags, we listen to speeches which have no real understanding in them. We just become stimulated through imitation which has all the indications of insanity.

So you see, it is the waving of flags, the beating of the drum, the brass bands and the speeches, and all the things about the heroes that starts the desire for war.

You may think that I am a pacifist, I am nothing of the sort. I come with the sword, the sword that has a double edge, that is what I have come with. I have come with this sword to pierce the mind, to see clearly what the mind is made up of.

And it is perfectly clear and true, that if you murder a murderer you are a murderer are you not? You cannot escape it because it says, "thou shall not kill."

But here we have the contradiction in the mind and you see how stupid it is, the conflict in the mind. We build airplanes to carry the biggest bombs it is possible to build. We build new guns that have a greater firing power. We build ships that will carry the biggest guns possible that will wipe out towns anywhere, from a matter of fifty miles away. Why do we do this? To protect our own conditioning. Because we have conditioned ourselves by some sort of idealism, some sort of nationality, some sort of formulation in the mind that we have created. So everyone becomes one complete item in that idea and therefore you kill. But you are a murderer. You cannot get escape of that you are murderers.

When I was in the First World War, I was in the field, nearly always in the forward dressing stations. And there I saw not only our own soldiers but I went out, yes under shot and shell, and bandaged up the wounded enemy.

And there I saw young lads, not more than seventeen or eighteen, and I looked at the innocent faces they had and I said to myself, "some mother's son, what a tragedy."

Now what we do, don't we, we kill people we have never seen before. We are not killing him in the heat of an argument or in heat of anger, we are killing in cold blood. The sniper gets up on his sniping pole and he delights in getting his telescopic sights on this person's head. And he draws the trigger and the bullet flies and he watches the result and he sees this man drop dead. But you are given medals for that. You are praised to the skies for that. The other people are doing the same but no one sees the stupidity of it. Neither side sees the stupidity of it.

But supposing you went down the street there and you did the same thing. You were taught how to shoot, and shot a person, you would be hanged for it in a very short time. So the whole thing is a stupid contradiction.

Why? Because you will not discern in your minds what is made up in your minds, how you are conditioned, how you are imitators and all the things that build up in your mind the tragedy of the human life.

Go back in your own religion, you were burnt at the stake if you did not believe in a certain way. Even now, if it wasn't for the law, people would be killing themselves because they belong to this, a separate religion.

When I was in Glasgow just recently, there were two bands coming down the street. One was coming up and the other was coming down. And they were two different denominations. One was the Catholics and the other was the Orangemen.⁴ Two religious organisations leading bands down the street. But when the bands became close to one another there was something spoken and the others heard about it and before you knew where they were, they were all at each other's throats. So the police had to keep them separated. And here was two of these religious organisations and here you have this battle. Don't you think it is dreadful? Don't you see how people are conditioned?

How can we expect a sane society when we are not fully awake, when we are half-alert and unbalanced? If we are in confusion do we not create a society that is confused?

Many people rebel against past experiences; they fight, they struggle and become emotionally upset, this is the way to frustrate the present, so they become confused. If you are not confused you are tranquil, and you will not wait for another to tell you what to do, you will immediately dissolve the cause within yourself.

When we are confused in mind, we are confused in body. Most of our illnesses come from confusion of the mind in one way or another, the body is but the mind materialized.

We concentrate upon our ideas through fear. And by doing so we condense them into concrete form which we see upon the physical body. There is no getting away from it, it's a Truth. And it is necessary that you discern it straight away

When we succumb to conditioning we call the result bad or evil, so we create further conditioning and *fail to see* the good. We create opposites within ourselves through misunderstanding the Oneness of the Spirit in Its complete expression. When we understand the cause of our conditioning it dissolves away and immediately we are free of opposites.

Now when you are living in opposites you are living in confusion. All the time you are living in your mind are you not, in opposites? You are living in one thing; Health and in ill-health. The fact is, that you have an idea of health and you are struggling with ill-health, you are living in opposites if you are living in your mind.

Yet, what you create in the mind is not a Reality. Even if you changed your thoughts from death and disease to life and health it will improve you no doubt but it is not a Truth after all. It is only a formulation in your mind and yet you are living in opposites. You have to discern these things in your mind and know them for what they are, you will see their opposites. The Spirit does not live in opposites. The Spirit is the Livingness NOW, the Infinite Expression in me and you at this very moment and it is every moment, and It is a Living Presence. It is not a dead thing in your mind, an idea or a belief.

And even if you change from the negative idea of ill-health and death to one of life and health you are only creating a further formulation in your mind, it will undoubtedly improve your health but at the same time you have not reached the Truth that sets you free of all these things.

You can only reach the Truth when you have discerned what your mind is made up of. And you will see that health is but an idea. And you will see that your life is but an idea, it is not a Living thing, it is just an idea in your mind. The Living thing is alive, it is Life Itself, it is not an idea of Life.

⁵It is the Infinite Life that is always present and is the only power there is, It is Ever-present in the individual and is not separated in another. When this is known through experience and is not merely an intellectual idea, all fear *and* sense of right and wrong, all hates, all that frustrates you in the present is dissolved away. **This is freedom.**

To attain freedom you must see clearly and very definitely what is false, so that it drops away. To discern what is false you must examine deeply and observe everything that you are doing, thinking and feeling. Out of that you will not only discover what is false, but out of that will come a new vitality, a new energy that will make all things *new* in mind, body and circumstances.

If you conform to a pattern you will *live* in limitation, and if your pattern is not unfolding there is frustration.⁶ The Infinite Mind is complete Being now, in which there is no limitation, no pattern to fill; this Being must be our Being, there is none other.

There is no pattern to fill, nothing to follow. For that which is, IS NOW Ever-present.

I said in the beginning that the Present is the only time there is. And I have often spoken to you about this but I know that the great significance of this Truth has not fully dawned upon you.

In Reality there is no finite being as most people think. There is but "One" Being. *A finite being is an idea that man has created in his mind. That there is two particular people, God and something else. There is nothing of the sort. And science will prove one day, if we have not proved it already, that there is only one substance underlying all things. There is only one energy in that substance. There is only one Intelligence behind all Creation. And there can be only one Being, that is the Creator and there cannot be any other.* We must tear down our individual existence in the consciousness through discernment of the false and that which *is* in the mind *which* separates us from Infinity. In this understanding only lies the

purpose of our individual existence. The small “I” loses Itself in the great “I am” and I become “I am that I am,” the drop becomes the ocean where *and* there is no separation, no division *and* no distinction.

In your present personal state this may seem afar off, but in Reality it is *actually a fact now*. That is why the present is so important *and* not the past or the future. *If then you can realize the importance of what I am revealing to you, the Present. The Presence that is Eternally Present is a Living Creativeness. And that must be the Creativeness in me and you.*

If I am talking to you, I have got no idea, I don't make up what I am going to say to you when I come in here, that would be ridiculous. If I did I would make a mess of the whole thing. I would try to think in my mind what I thought I would say. I would be no inspiration at all, there would be no truth in it. I would be just expressing the formulations of my own mind. But if I come in here knowing that the very words would be put into my mouth at that very moment, not wondering what words will be, then it will be inspiration. Because I know that Life created a body, the brain, the nervous system, the mechanism that enables the tongue, the mouth, the lips, the throat to form certain words. These words are the result of certain activities, certain forces that have come through the brain to formulate those words. The thought then become words. The sound then enters your ears, that sound is carried to your brain, the words are then separated and distinctly apprehended. And you begin to understand my thought or the thought that comes through my mind. Here is a mechanism created by God through which that Spirit can speak for Itself.

Therefore all I have to do is to know is that the Father does the work. That is all, no more, no less.

You may say it is faith but what is faith? True faith is not the result of fear. True faith is not the result of the opposite of faith. True faith is understanding. When you thoroughly understand then there is no fear because it has gone away, it is passed into oblivion, it does not exist. Then faith IS, it does have to be, IT IS. It is the expression of Life Itself in Its true nature, that is faith. All great things that have ever been done by man were done when only the present existed, with nothing to interrupt the Infinite having full expression through the individual that is in no way separate from the whole.

Great things have been done. The greatest men in the world are men who have humbled. And the humble are great, do you know why? Because by being humble in that way, not a stupid humility, fear and so forth but humble in the presence of the Almighty, in that way the Almighty expresses Himself through the humble.

And what we see before our eyes the great things that are being built up, industries and so forth, are being brought into being by the Intelligence that is working through the brain and the mind that the Intelligence has created for that purpose.

Your whole being is Life's expression. You do not identify yourself with infinite Life for you are Infinite Life. *One person says now, "I identify myself with God." What a stupid statement. I said, "well, you were outside God one time or another then, and you now identify yourself with God. You have a wonderful opinion of yourself if you identify yourself with God." When you identify yourself with anything are you not separate from that thing? When you know you are the expression of that thing, you do not identify yourself with that thing because you know. To identify yourself with Infinite Life is to put Life apart from you. It only becomes an idea which is not Reality. And your identification is but an idea in your mind and there is no such thing as a real Living Infinite Consciousness or Awareness there is but an idea which is made up in the mind. So your identification is but a mental formulation. The Creator and His creation are "One."*

You cannot separate a part from the whole. Separation only exists in the individual consciousness that is not aware. This is the illusion that causes frustration. This is "becoming" and not "Being."

While seeking to "become," there can never be a cessation of this continuous struggle to "become," living apart from Infinity which is an impossibility, for there is no separation in *Infinity*.

But in your mind you are always trying to "become" and naturally becoming is going away from "Being." And it is always tomorrow and tomorrow never comes. You will always becoming and you would never Being.

When the "I" loses itself in Infinity there is no sorrow, no pain, no past, no future, no good, no evil, no birth, no death, there is only the presence of the Omnipresence in spontaneous action. The wall of separation has worn

away through the discernment of your own formulations. When this is complete there is no longer any craving for [the] Spiritual or the material, for the scar of individuality in the Consciousness has ceased to be.

It is the scar of individuality in the Consciousness that is the cause of all struggle, the cause of all craving, the cause of this separate existence, the cause of fear, the cause of hate, the cause of past memories, future hopes and despair.

There can be no perfect action where there is a sense of separation. It is the same mind working through the individual, the same mind that shaped the Universe before it came into Being. There is no difference in kind or quality, for it is the same and there can be no other. With this understanding our thoughts will become the product of that which was in the beginning and will take form and shape as did the Universe, for It is the Father who ever remains within me is performing His own deeds.

As He performs His deeds throughout the Universe He is performing His deeds in me. It is the same Father, the same Life. The same Father that was in Jesus the same Father in me. There cannot be two, there is only One. Our Father who art in heaven. And heaven is within you. It Is the sacred Sanctuary of the Soul, where Life in Its Wholeness and Completeness dwells. It is the Christ, the Spirit of God manifesting in man.

“Truly, truly I tell you, he who listens to my word and believes him who sent me, has eternal Life; he will incur no sentence of judgment, he has already passed from death across to Life.” [John 5: 24 (Moffatt)]

BENEDICTION

O Infinite Being, I was lost in my finite self seeking Thee, afar off. While I was seeking to “become,” a never ceasing struggle blinded me to Thy Presence.

I gave up the struggle, and, O Infinite Father of Mine, Thou revealed to me that we were one.

Then Thy Peace came in me and in that Peace Thou didst work in and through me.

And as Thou didst fashion the Universe within Thy Being so *do* Thou express Thy Self *in* my Being.

O Mighty One, I am no longer afraid for I see myself as my brother and my sister, for there is but “One,” and now my joy is complete, O Wondrous One.

NOTES

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 16th February 1954, at 7.45 pm. A recording exists of the Johannesburg lecture. (see page....)
- 1. The Lecture Notes reads [*It must be so, for it cannot be anything else. If there is but one “Being” then we are that “Being,” therefore that Being must be you and me for there is only “One.”*]
- 2. The Lecture Notes reads [*If you are troubled with the past or have fears for the future you are not “Being” now present, which is the only time there is. You can think only in the present, you cannot think in the past or in the future. You can think about the past and think about the future, but is this not conditioned thinking? For the past and the future can only be in the mind. Pure thinking is creating in the present, not thinking about the past or the future.*]
- 3. The proceeding sentence in the Lecture Notes is missing from the sound recording. The paragraph would then read: [Therefore it is not a new plan or a new council we require to make us sane, but to know what we are in ourselves. *What the matter with us is, that we are caught up in imitation. We wave flags, we listen to speeches which have no real understanding in them. We just become stimulated through imitation which has all the indications of insanity.*]
- 4. *Orangemen*. Members of the Orange Institution (Orange Order, the Orange Lodge). Is a Protestant fraternal organisation based in Northern

Island. Founded in 1796 is a tribute to the Dutch-born Protestant King of England, Ireland and Scotland William of Orange, who defeated the army of Catholic James II at the Battle of the Boyne in 1690.

5. The preceding paragraph in the Lecture Notes is missing from the sound recording, it reads: [*When all our experiences are dissolved in the present by living in the Presence now, all the forces of our true nature, made in His likeness, come into being. When we live in the past or the future we live in the illusion of separation, and this means struggle and disappointment.*]
6. The sentence in the Lecture Notes reads: [*If you conform to a pattern you will be in limitation, and if your pattern is not unfolding there is frustration and failure.*]

Lecture 4 (23rd February 1954)

CREATIVENESS ONLY EXISTS IN THE PRESENT*

["I will speak out what has been hidden since the foundation of the world." Matt. 13: 35 (Moffatt)]

That is now Ever-present. The present is Ever-Present. The Truth is Eternal. There is now time when It was not and It will always be Ever-present. There is a Livingness that is present. There is an Intelligence that is always acting for you as soon as you know that It will do so.

Sometimes we get upset. We lose our faith. We lose that particular state of consciousness that is faith. We think things are always going wrong. Now that is a state of consciousness that you must look to. You must look into that state of consciousness and see that it is in error. Because there is an Intelligence that will aid you and help you in all you do if you accept this Intelligence of the present of the Living Presence. Not something tomorrow or yesterday but the Living Present now. When that moment comes the Living Presence is always there and is active for you. Its an Intelligence that is always active in the present and never in the past or the future. The future and the past are in the mind, cause a disturbance in the consciousness, cause a disturbance in the mind which prevents this peace that you require, this logical peace.

You do not create Peace. Peace Is, It exists now. That Peace exists at this very moment. All you have got to see, is to look with your own consciousness and see how it is disturbed and what it is disturbed about. And immediately you see that it is in error and know then that the Intelligence is always present, always active in your life and will do these things for you as long as you know that It will do so, and It will.

Your Consciousness is supreme. Consciousness and Life are synonymous. Therefore you are Conscious. Therefore you are the Consciousness of Life and Life has Intelligence. It is the Intelligence of Life

that is active always and is always out-picturing what the Consciousness is aware of. But that Awareness must come to you clearly and distinctly as you look to your consciousness and see how it is disturbed and why it is disturbed. And when you know that things don't matter very much then that disturbance will pass away. Then that which is Ever-present, the Creativeness that exists in the present with all, it is active in you and is through you.

Why is it that some people cannot see? It is entirely because their consciousness is so-called irritated, it is in a state of flux as it were instead of being stable. Therefore if you realize then clearly and distinctly that Consciousness is an attribute of Life, it is Life Itself, and Life is Eternal and Ever-present. And there is no division in Life because Life is Wholeness in Itself. Therefore it is the Wholeness of Life that is expressing Itself through you.

And why do you fear? Why be afraid? There is no need to be afraid. Peace is NOW at this very moment, Peace is. And Peace will remain, provided you will look and watch the consciousness and see how it is caught-up in anything, the past or the future. NOW is Ever-present. Just as the Livingness and at this moment is always NOW. And the moment that comes is always NOW. And the next moment is NOW and NOW and NOW. And it is completely a continuation of the NOW that is Ever-present.

If your consciousness is caught-up in the future how can you be creative NOW? If your consciousness is caught-up in the past, in memory, how can you be creative NOW? The consciousness will always be expressing itself according to the past and the future.

And when you know that if you are Love Itself you cannot go wrong. Its an utter impossibility because Love is God and God is Love. There is nothing surer than that. And It is giving Love because you become an expression of Love. It seems more people are seeking love. But if you give Love you will know that It will return to you a hundredfold. Not that you give to get because that is a wrong idea, giving to get then you are living in the relative. But if the "I," the I itself, the I merges into the great Whole, the I is dissolved in the Whole is it not? The I no longer exists then the Whole IS. And it is the Whole that Is expressing Itself NOW.

But if the I always exists, and there is the trouble, because the I is always externalizing itself. But when the drop becomes the ocean, the ocean becomes the drop. In the drop is all the elements of the ocean. And when that drop is in the ocean it is the ocean. And so it is with the I.

The I is dissolved away in the great I AM and when that comes there is Peace. There is no longer an irritation of the consciousness. The consciousness is no longer caught-up in the past or the future but it is stable, still, giving expression to the Wholeness, to that great Intelligence that has created all things, the Universe. That same Intelligence that created the stars and the planets. It is the same Intelligence that is working through you. It is expressing Itself through you at that very moment and it cannot be any other time but NOW. That is why Creativeness is always in the present not in the future or the past. That is why your consciousness can always be at peace because you know, you are no longer afraid, knowing that the Wholeness is now expressing Itself and nothing can go wrong. Because everything is right NOW. There can't be anything wrong in Reality. There cannot be a single thing out of place in Reality. Everything is Perfect NOW in Reality. Everything exists NOW in Reality and tomorrow will be NOW too, when it comes it will be NOW and the only time you can create is in that moment NOW, and that's the Wholeness.

Everything is right NOW. There lies the Peace of Man.

Experience is related to the past whether it is pleasing or not pleasing, but experience is not creative. That which is of the past is not creative, only in the present are we creative.

You can only Love now, you cannot Love tomorrow, you cannot Love yesterday, you can only Love NOW. Look into your own minds, your own hearts and see. And Love always exists in the NOW and never in the past or the future. But Love is God and God is Love.

Now perhaps some of you want a pattern to follow. You want me to show you a pattern how you can follow. But if I give you a pattern you become an imitator. You can no longer be a thinker for yourself. Everybody is giving patterns. And what happens with all these patterns? Is it not a fact that all these patterns become confused and create confusion and disturbances, bring wars and all these sort of things? No! I refuse to give you a pattern to follow. Because If I did, you will never know the Truth. The Truth would

never be revealed to you because you would be following a pattern and groove and there you cannot find the Truth.

The Truth can only be found in yourselves when you have discerned your own thoughts, emotions, feelings and what they are and how they come about.

I can see how I was brought-up. I was brought-up in a very strict religious home. And I had to learn a psalm every Sunday. I dare not whistle. There was no dishes washed. There was nothing done. On Sunday there was nothing done at all. People just lay around, read the prayers in the morning and in the afternoon and so-forth. Went to Church three times a day. Until such time I got so damn sick of it unless I kicked the bucket. And I refused to learn a psalm every Sunday. I refused to stop whistling on a Sunday. Because I thought if I whistled on Sunday it was as good as whistling on Monday anyway. If I was injuring God, how could I injure Him I could not see how I was injuring because of this whistling.

So I saw the tomfoolery of the whole thing and I was only a youngster at the time. I told my parents too. And when the parson came to me and asked me why I wouldn't come to Sunday school. I said I didn't believe a word he said. Well, I was an outcast.

But you see according then to your influence unless you think for yourselves, you are caught-up in certain grooves, a pattern. And that pattern will following all your life. Supposing then some person comes with another pattern in direct opposite to your pattern and then you argue about the pattern, and you say it was this and it was that. And what happens in the world today, is that not the trouble in the world today? You are given a pattern to follow. Who knows the truth to a pattern? Never. Therefore I refuse to give you a pattern. I can only show you what is not true. And as I show you what is not true then you can find out the Truth yourself and that is the most practical thing that you could do. There is no more practical thing in the whole world today than discerning the false and then know what is true. What is in your mind is not true.

If you create an idea of something it is an idea is it not? It is incomplete. It is not whole, it is incomplete but Wholeness is NOW, It is a Living thing. It is not a dead thing in the mind or an idea. Wholeness is a Living thing at

this very moment—NOW. And It is Whole and Complete and Perfect and there is nothing wrong with It, It is completely and always right.

I am not saying that experience is unnecessary, but to depend on our experiences, on our memories, as a guide is denying the Ever-present Creative Intelligence, *the All-Knowing*.

Therefore we must go beyond experiences. They are above experiences because we know there is an Intelligence that knows how. That Intelligence is my guide. My experience of the past is a memory it makes no difference to me, I know it is in the mind. Because the Living Presence is always present and that is the Truth. The Wholeness always is and It is always right and there is nothing wrong with It. And everything is right at this very moment. There cannot be a single particle out of place. There cannot be a single atom out of place in the whole structure of the Universe. There cannot be a single thing [wrong], NOW, in you at this very moment. You depend upon this Intelligence because your consciousness is aware of It, aware that It IS.

I do not know what It IS, I cannot not tell what Truth is. Jesus could not tell what Truth was. They asked Pontius Pilate what is truth, he couldn't tell it. Jesus refused to tell it because he knew perfectly well if he did say what Truth was, it would become an idea in the mind of the individual and therefore there could not be Truth with an idea of it. But he said, "the Kingdom of Heaven is within you, the Kingdom of God." In other words, the Kingdom of the Spirit. The Kingdom of God being Whole and Complete, without a division, without separation and Complete in himself (Jesus) without a flaw, the Kingdom of God is within you. That Wholeness, that Completeness is NOW within you. That is your Peace. There is no other Peace.

Peace does not arise out of the turmoil of the mind. How can you have Peace if you have turmoil too. But if you know the turmoil, if you understand it, it will pass. Then you will have Peace, a beautiful Peace, a Peace that IS. A Peace that is not created but a Peace that is a Living Peace.

Experience through a sense of separation is not the way to true expression. What I call right action is not the result of the past. Right action is an expression of the Ever-present where there is no sense of right or wrong. It is an action that is not the result of the past, the future or the

external. *It is the Intelligence that is behind all Creation expressing Itself in freedom and Wholeness NOW.* It is only when you understand what is the past, the future or the external can *the* right action come. If you do not understand *that*, your action will arise from your conditioning and not from the Ever-present *Creative Intelligence* in which there is no memory, no fear and no separation.

Therefore what arises from you at this very moment is the expression of your conditioning, expression of your fears. Fear you do not understand, this then you will be caught-up in the fact that your conditioning is being expressed. Because that is what you have in your mind. You have not discerned the conditioning.

Spontaneous action is the Intelligence expressing Itself through the individual that is free from effects of the past, free from fear, free from opposites that distort the true expression of the Christ of God in man.

The Christ of God in man is in every human soul. The Christ of God is the Livingness, that aliveness that is you, that Real you. Not the outer consciousness that is caught-up in the relative. You will know the relative; you will see it, you will know it, you will understand it, you will see what it is, you will know that it is. But you will no longer be afraid of these things because of the fact, that the Christ has risen and is taking his place in you and the Christ is the Spirit of God. It is the only begotten Son of the Father. Jesus revealed the Christ. He revealed the Christ of God as the Living Son of God, the very Livingness of God. Not an idea but the very Livingness of God in himself. Because he knew that the Life of the Father was expressed in the Son. The Father has Life in Himself and He has granted His Son to have the same Life in himself.

So he was giving expression to the Living God not an idea of God. But most people are trying to do, to give you a pattern, an idea of God.

He never gave you an idea of God but revealed the Livingness of God within himself and that's with the Christ that he revealed in everything he did. In his healing work. In his feeding of the multitude, changing water into wine and all these things were nothing more than the Completeness. Because that was NOW, it could be done at that very moment and that moment it was done. Because there was nothing impossible with God and

nothing impossible with the Son of God. It is the complete Realization of this that made him the greatest figure that the world has ever known.

I have read books, tons of books, about him. Some books denying the fact that he ever lived. Other books trying to belittle his teachings. Other books saying this and so forth about him but I know the Living Truth and when I see that expression, when I know what he did and knew how he did it. I knew that it was the Livingness of God that could do it, it was the Christ Living that could do it and no other thing and no other power could do it.

Now he said clearly and distinctly did he not? "These things I do greater things shall you do if you will but understand." If you will but cast aside your limitations, your beliefs in limitation, your images that you worship, your ideas that you hold on to.

He said very clearly and distinctly in the most practical thing he ever said I think was, "you read your scriptures and you think you have Eternal Life, you make a mistake." So they were reading the scriptures, all the time turning over the leaves, going on reading the Bible. Thinking that reading the Bible will give them Eternal Life.

Reading the Bible is good because it very often relieves your mind. It takes the mind away from the irritation that is in the mind and gives you a sense of peace. I suggest you read the Bible. I suggest you read the New Testament. I suggest that you do it now as soon as you go home take up the New Testament and read a bit of it. I suggest that it is very good. I know that it is good. I know that it can relieve the tension in your mind. I know that you can sleep better afterward. I know that it will give you a sense of peace. But it is not the peace that I want you to have. The Peace that I want you to have is the Peace that is NOW, The Living Peace. That is not the result of any effort that is not created, but the thing, the Livingness, that comes into being in you immediately you discern the fact that the Wholeness and Completeness of the Livingness of the Christ that is in you NOW at this very moment.

If you will understand the Man of Galilee you will discern the fact that he only acted from the Ever-present and not from the past nor from memory nor for fear, for he knew no fear, no separation, because he lived in the Ever-present Life. "The Father and I are One."

Don't make an idea of this now but try and find the transformation within yourself. Because only through transformation within yourself does he arrive at the Completeness of the Christ that is alive and Living in you. What is it that hinders It? What is it that hides It then? Is it not because your consciousness is caught-up in yesterday and tomorrow, and is not alive and Living in the Present which is the only Creative moment?

You will probably say, as a means of escape, that he was different, but he himself said the things I do, greater things shall you do, if you will but believe (understand). He never acted from effects.

The Ever-present is not an effect or a result of something else. You cannot say that the Ever-present is the result of the past because the Ever-present knows no past being External and timeless. It is only when we live in time that there is a past and the future.

Living in the Ever-present there is neither the forgiver nor the forgiven for in the Ever-present Love-Life there is neither right nor wrong, it is only in your mind that this exists.

The Ever-present is Eternal Love. *Eternal Love, Eternal Love, always in the present. There is nothing else, there could only be Love in the present. And because there is no other time but the present. Love must remain always in the present and must be Eternal and Ever-present and is the only Power there is. All else is the illusion; a creation of your own mind, an idea of something, a disturbance in the consciousness. But Love is always present, it lives, it's a Living thing. You cannot tell what Love is, you could only experience it. You can only give expression to It when you Love. And the fact that you can Love is proof that this great Christ Principle is Love.*

The "Love your neighbour as yourself" is an expression but it becomes nothing more than a few words to most people and they repeat it parrot fashion. While all the time within themselves they have hatred, they have enmity, they have jealousies, they have antagonism. Are you not living then in your contradictions? Don't you see that you are living in your minds. You are not Living in Reality, you are living in your mind. You are living amongst your own ideas, your beliefs, your antagonisms, your ideas, your fears, you are living among them, you're living in them, you're caught-up in them, they surround you. Can't you immediately see then that they have no power except the power you give them! And by knowing that they have no

power you give them, they fall away. But you do not take the trouble to look at them because you are caught-up in them. And when you see them, the bogeys that they are, they will fall from you and you will Live. You will Live, Live I tell you, LIVE! To talk of forgiving is when there is the injured and injurer. Perfect Love-Life knows none of these for there is no intention to hurt.

If we were in perfect Love there would be no intention to hurt, would there? If there *was* no intention to hurt there is no need for forgiveness. It is only when you live in separation that this occurs, when you live in the past, in the future [and] when you react to effects, living in time, *when memory comes into being.*

And that memory is a damn thing, it is. It comes up and strikes you so often and it creates a certain amount of resentment and so forth. And you think and you listen and you think again and you listen and all the time you are living in your memory. Can't you see that a memory is a thing that hurts you through your mind. But if you know that a memory cannot hurt you, if you look at it completely and know what it is, it does not hurt you. There is no longer any hurt because there is no hurt intended. I know people, lots of them, they are looking for hurt, all the time they are looking for hurt and when they are hurt, even the look of love may hurt them because you look a certain way. They say, "why do you look at me that way?" They are hurt, that is supposing you may have love in your heart. That becomes a memory. Tomorrow that is still a memory and it will come up again. "You looked at me in a certain way, I knew your thoughts." They never knew my thoughts. They don't know my thoughts, my thoughts were the thoughts of Love. Yet you see what memories damage. You see how people will jump to conclusions. How people can be hurt by so-called ideas.

My words may startle you? If they do, it is because you live in the external, in the past, in memories of right and wrong by which you are conditioned, and your thoughts arise from the self that is conditioned and not from the Ever-present Life.

And if you look into your minds you will see how your thoughts arise from your memory, from your experiences, from your conditioning. Now look into your minds and see, that's the most practical thing you could do.

And when you do that you will find how false they are. And also you will see that they have no power at all except the power that you yourself give them.

I am the Life. The Livingness is the Power. God, in the Christ in the man, is the Power. Jesus revealed that Power. To me the greatest man who ever lived was Jesus. I don't care how other people talk about him one way or another. But I know this from my own experiences with this and I say, you can read a million books if you like and I tell you this, that when you experience the Wholeness and Completeness that comes to you once you discern all the things that are not true, there is a Livingness that stands out clear and distinct and remains there every moment. And you can only know It at that moment, not in the past or the future because he is Living Eternally, then he experiences Eternity. And I know that's what the Master did, he experienced Eternity. But he experiences even greater than I could even think about because he went forty days and forty nights in the wilderness and by doing so he recognized all the relative, he saw the whole structure of the Universe. Everything was revealed to him in every respect. And still behind that stood out that Livingness that was Eternal and Ever-present. And that was the Livingness, the Christ, that was the Son of the Living God. And that is the Truth.

And when we can see then all the relative things; all our dogmas, our creeds, our patterns for what they are we will see that men have built them in their own minds and they are not true at all! Because there is no truth in them. The Truth alone lies in the Livingness, in the Christ that is alive and not dead.

¹No matter what the external world may be or whether you are a worker or a manager, your finest work is always done when there is no sense of preparation² and those who have found this out have the key to all things great and small.

Individual existence is imperfection! And this individual existence is worn down through understanding, constant awareness and adjustment.³ *To be constantly aware; you are aware of your thoughts, you're aware of your emotions, you are aware of these things that irritate the consciousness, you become aware you are not caught-up in them. Immediately you become aware of them you are not caught-up in them, they fall from you. Because you know they have no power of their own except the power you give them.*

The only Power, the Living Power is the Power of Love. The Living Power of God is Eternal Love. Love is in the moment, there is no time when Love does not exist. It is Eternally existing NOW. It is the only Power there is. Then if that is so and that must be so, then what else. Are other things worthwhile. What is the most worthwhile thing then, is it not that Livingness, that Eternal Love that is always every moment, that is Eternal and Ever-present. But our reality has these other things Ever-present? Of course there're not, they have a beginning and an ending. They come into your mind, they begin in your mind and end in your mind. And that is all the foundation they have, they have no other foundation. I am trying to make it plain to you tonight, I hope I am doing so and show you what is not true.

⁴When you are concerned only with the present, the past and the future are dissolved away, in that perfect Love-Life that is Ever-present, in which there is no distinction, no high, no low, no friend, no foe, no forgiver *nor* forgiven, for we are one. This is the great Truth that all seek but cannot find.

Because we cannot discern our own thoughts. We cannot discern what is in the mind. We allow our thoughts then to control the consciousness and the consciousness becomes a prisoner in the mind that is confused. If, and we know it is true that God is Love otherwise the Universe would never be sustained, it would fall to pieces. Love is the only power. I cannot tell you what Love is but I know It is a Power that causes everything to be Perfect. And at that moment of extreme Perfect Love, it would protect that moment, each moment, and then that Living moment of Love, that Eternal Love that is existing every moment is expressed through you. There isn't a single particle of your body which would not be perfect. It would be absolutely perfect, that Love is the keynote of Creation, Perfect Creation, and the sustaining Power of the whole Universe.

I AM THAT I AM is living in the Present and is the secret of happiness because all that is thine is mine, and all that is mine is thine.

You will see that this cannot be reached through theories, cults, creeds etc., for they are the epitome of separation. You will also realize that it matters little whether the self exists or not. *It does matter whether the self exists or not, does it? Think now. It would be very fine and wonderful if the self would just disappear altogether. We would no longer be troubled with*

the self. We would no longer be craving. We no longer have faith. We no longer have these antagonisms. We no longer have separation. We no longer have all these things that trouble us. If you can see what the self is then the self can disappear. That scar of individuality must disappear through discernment and constant adjustment. And if a flash of thought of hatred rises up into your mind, you must discern it immediately not allow it to control your mind. But you will know if it rises up immediately you discern it, you will see the key to it, and you will find the root of it, comes rising up when you look at the root. You will see it has no foundation whatsoever because it dies. It only has its roots in the self, it has no roots anywhere, it has no formation. You will also realize that it matters little whether the self exists or not, for when the "I" realizes the great I AM then separation no longer exists. With this realization, struggle ceases as freedom is reached.

Then when the I no longer exists, the great I AM IS. I AM greater, I am greater, not that I want to be greater because immediately you know the Truth Wisdom comes in and therefore when Wisdom comes there is the desire that is this Completeness. And only in Love does the Completeness come into you. So Love goes to the very depth of the smallest thing, of the flower, the tree, the plants, the animals, everything, the birds of the air. Love is the thing that is created in me and when I feel this terrific urge to Love everything in the Universe. I feel so buoyed, I feel so lucky, I feel so free. It is the secret of the key of Creation. I exist in the Ever-present, not in the past or the future.

So it matters little to you now what appears external to you when the present is realized, because in the present is everything. Cause and effect are understood and with this understanding doubt, worry and fear disappear.

The material world is the revelation of the creative power. Visible things are the representation of the invisible, when you understand this you will understand the cause of the relative world around you and you will no longer be afraid. *The Creator and His Creation becomes One. I cannot be outside God, that is an utter impossibility because there is no outside God. I cannot flee from Him anywhere, can I? I cannot flee from His face. I cannot flee from Him in any part no matter where I go because God will be there because He is Ever-present. And the sooner I realize the better, that I*

cannot get outside God but He must be within me always and there is nowhere where He is not. Then the Creator and His Creation becomes One and satisfied. Satisfaction. Satisfied, yes and satisfied now, to allow the Intelligence. So the Intelligence Itself can do the work. All I know, that the Intelligence reveals and that Intelligence is the key. My worries are over. I no longer live for tomorrow. I know that that moment everything is just and now it is finished. I become then the expression of the Intelligence fulfilling what the Consciousness is aware of. The same Creative Power that formed the Universe is within all of us, when this is known, we realize, "it is the Father who ever remaineth within me is performing His own deeds."

What a wonderful statement. It's the Life in me, the Father that is alive and Living in me, the Real One, and He is performing His own deeds, He is doing His own work. I am not doing it at all. Spirit alone performs. Spirit created this mechanism through which Voice could speak. Spirit alone has Voice. Oh could we all understand that which is not true. Could we all understand that which we create in our minds and hear it for what it is.

The so-called intellectuals, what is in their minds? They are only a copybook of what they read are they not, what other people have said? They are a mere copybook. They may be well read but what of it? They are conditioned. Conditioned by their own intellectualism and what a tragedy. Not until they begin to see what is in their own minds, it would drop away.

Yes, I saw it too in a moment. I was well read, yes I knew lots of things. I know that my mind was stuffed with all that sort of junk. And when I began to explore, explain all that I knew, and with the patience of the Master listening to me. And after I was done, he said, "my son, it does not matter does it not whether it is true or not?" That was an awful blow to a mind, but immediately I saw, that the mere mind was filled and stuffed with what other people had written; their thoughts, their ideas, I was a mere copycat. I was a mere imitator. Everything I read, I read my own conditioning into it. And all I could take out of it was my own condition. And when I saw that, I realized it. Then I was shown how to search my mind and see all the falseness in it. These were things I had read, the things I had believed. Even my cherished beliefs, I had to look at them and doubt them and destroy them because they were hindering the expression of that really, really Real, that was beyond. Otherwise (if) I held onto that I would still be expressing

with that conditioning. Even my cherished beliefs would only be the expression in my mind and I would not know this great and mighty thing that is Eternal, Ever-present.

This Eternal Love. This Love that Loves every moment. This Love that is Perfect in Itself. This Love that is Loving any moment. It is the most active thing in the whole world because It is Creative. And can only be Creative in the Present, not in the past or the future because that is in your mind. But this is beyond mind. And only when the mind is freed then the greatness, that wonderful thing is revealed, only then and no other time.

⁵*If death is a great problem for you it cannot be solved through explanations. That is a certainty anyhow and everybody is trying to explain it. And its never been solved through explanations yet. You do not transcend fear through the study of explanations. Everything that is explained to you when you read it in a book it may soothe the mind for a moment. Yes but the soothing will soon cease, the doubt will begin again. The struggle will go on again in your mind. Death will be a problem for you. The fear of death does not come to an end through a belief, (even if you believe that there is no death, the fear of death does not come to an end, look into your minds and you will see that it does not come to an end through a belief, when the belief is in your mind. So is death in your mind) for belief is within the net of the self. Just as death is within the net of the self. The very noise of the self prevents its dissolution. We consult, we analyze, we pray, this incessant activity and noise of the self hinders the bliss of the Real. The noise can only produce more noise, and there is no understanding.*

You may sing all the hymns in the world. You may repeat all the rituals you can think of but does that give you understanding? You may be more caught-up in your beliefs, in your ignorance.

Understanding comes when the whole being is deeply and silently aware, a silent awareness that is not compelled nor induced. In this active stillness the Ever-present is revealed and fear ceases to be.⁶ *A deep awareness. I know what deep awareness is, you must know it too. It is an awareness where every thought in every crevice of the mind is searched. Where every idea is explored. Where every belief is seen and the very root of it must rise to the surface to be understood. Every conception and thing that we conceive in the mind must be seen and understood. Not that you*

struggle with it or throw it away but understand it. Then you understand it you will know it is not Real, it is not the Christ, that Eternal Being, it is not that Love. It is Living, Eternal, that is to be revealed in the mind that is free from all these things, then there is Truth of the Living Christ rises to the surface and then the Son of God becomes the Living Son of God. Call no one your father on earth for there is one who is your Father who is in heaven who is within yourselves. The Kingdom of God is within you. The Kingdom of God, the Kingdom of Wholeness, the Kingdom of Love, the Kingdom of Perfection is within you.

To be conscious of the great Ever-present we operate upon the Universal Substance as one with the Creator of all things. *That is what Jesus did when feeding the multitude. He operated upon the Universal Substance as one with the Creator of all things because he was not separated from the Creator.* This reveals a greater power than any material possessions, external to the self can give. It was through this means that Jesus changed the water into wine and fed the multitude, which the uninitiated think is a fairy tale only fit for children.

When the material world appears to the onlooker as the reflection of the Spiritual, the material takes on a greater significance. Where at one time the material conveyed only a substance comprised of atoms, it is now seen as an Intelligence in expression, an Intelligence that is Ever-present and responds in exact proportion in the lives of those who live in the present with the mind freed from past *and the future.*

That is the Living Truth.

The more I read of Jesus and his sayings the more I see hidden the great truth of the Ever-present Life and when I take his sayings to any other work like the Gita or the Bible I can make that work live. Without this they are as dead as the dead.

Because of the fact unless this Living Christ is arisen in you then what you read will be false. Because you will only read your own conditioning into any book you read. You read your own conditioning into it and you look to this book and that book for authority. For something to soothe you, to convince you. A book to convince you? You only convince your own conditioning, that is all it can do. It cannot do anything else because it is

only the ideas and words of another, you accept them as true. What authority? What a copybook you are.

I do not want you to take anything I say to you as gospel Truth. I want you to doubt it first so it will make you think. And only by thinking will you know what I say because by thinking there is a confirmation taking place.

Only in the Livingness, is the Christ, is the Truth born in man and no other way. Only will this Love that is Eternal and Ever-present be given birth through mankind when the Christ is risen in man. And the words that Jesus said were true, “as the serpent was raised in the wilderness so must the son of man be raised up.” The son of man must be raised up to become the Son of God. To express the Love that is Ever-present. That Love that is Eternal. That Love that is Perfect in Itself. That Love that is never away, there is no time when it does not exist. You do not create It. Anything you create is not Love. Anything you create is imperfect. You can only be perfect when you realize the Truth of the Livingness of the Christ.

Creativeness exists in the present only and is released through the mind that is free from conditioning. The visible expression is the result of the Absolute Life being given free expression through the individual.

⁷Therefore it is logically true as well as necessary for true happiness, to live only in the present which is perfect Love, loving your neighbour as yourself, then all else will be added unto you for this is the Kingdom of God.

Matthew 16: 5, 8, 9 and 10, “when the disciples reached the opposite side they found they had forgotten to bring any bread When Jesus noted this he said, ‘how little trust you have in me! Why all this talk, because you have brought no bread? Do you not understand even yet? Do you not remember the five loaves of the five thousand, and *the* many baskets you took up? And the seven loaves *and* the four thousand, and how many large baskets you took up?’”

BENEDICTION

O Eternal Ever-present Presence, I lived in the illusion of my separateness until I found that we were “One.”

My body made from the dust of eternity is scattered again to become Infinite once more.**

[My soul's mortal garment becomes immortal for there is nothing apart from Thee.

My body dust commingles with the dust of Thy feet and my soul merges into Thy Spirit to become the diadem of Thy heart.

My Life is Thy Cosmic Life, my breath Thy Cosmic Breath, my mind becomes Thy Mind, my will becomes Thy Will.

My hands become Thy Mighty Hand, my feet walk in Thy ways, my brain the instrument of Thy thought, my love Thy Love, to love my neighbour as myself.

After my sojourn in delusion, I come to rest in Thy bosom for evermore, O Eternal Ever-present Presence.]

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 23rd February 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

** Sound recording stops here.

1. The preceding paragraph in the Lecture Notes is missing from the sound recording. It reads: [*True expression comes from the creativeness that is within and is not separated in the individual. This is often difficult for you to grasp at first, because most of your reactions are made from the external world.*]
2. *Preparation.* In the Lecture Notes the word is [*separation*];
3. The next sentence in the Lecture Notes is missing from the sound recording. It reads: [*That is why it is necessary to put aside all theories. Through theories your mind is always engaged with the external and can never find Reality, only when the mind is tranquil can Reality be found.*]

4. The preceding paragraph in the Lecture Notes is missing from the sound recording. It reads: *[If you are caught-up in right and wrong you can never find Reality that knows no right or wrong, knows no past, no future, no separation, no fear, no birth, no death.]*

5. The preceding 4 paragraphs in the Lecture Notes are missing from the sound recording. They read: *[It is when we react to the external in our ignorance that we create fear and condition ourselves. We crave, we divide ourselves into groups, into nationalities. We are caught up in our antagonism so we create strife, war and misery. Yes, we condition ourselves through our ignorance, we live in the past, in the future, we live in separation, so we fear death.]*

[We are inwardly poor so we desire to achieve, so we are afraid. We try to conquer and what we conquer we have to conquer again and again. Fear comes to an end only through understanding.]

[We are afraid of death because we are in the bondage of time. It is because we are dead that we fear death, the Living do not fear death. The dead are burdened with the past, by memory, by time, the Living Present is the Eternal. The self weaves the net of time and thought is caught up in it.]

[The insufficiency of the self in separation, with its aching emptiness is the cause of fear of death and of life. Is this fear not always with you in your activities, in your pleasures, in your pains? Being dead you seek Life, but Life is not found through the continuity of the self. The self, the maker of time, must yield to the Timeless.]

6. The next sentence in this paragraph in the Lecture Notes is missing from the sound recording. It reads: *[In this tranquillity death is dissolved in Life.]*

7. The preceding 5 paragraphs in the Lecture Notes are missing from the sound recording. They read: *[When man begins to see that he is one with the Creator of all things, then through man will come forth into his own life that which will be a joy unto him. But if he fails to understand this he will eventually create in his ignorance a chain of causes and effects that will bring conflict and misery.]*

Like a vicious circle he will be caught up in the illusion of his separateness and limitation. Not until he is led to the Truth of the Ever-

present Omnipresence will he be free. Therefore in the present and not in the past or the future lies the happiness and success of every individual.

As long as thought-feeling is identifying itself with the memories of yesterday it will ever be in conflict and sorrow and can never experience the Real.

The Real is not the continuation of identifying memory, for this is but a limiting and enclosing process. It is to this accumulation that one must die before the Real can be experienced, and the Real can only be experienced in the Ever-present with no memory of rights or wrongs.

To live in the Ever-present there can be no time no past no future. But most people want a past and a future, a past that they can look at with pride or apprehension, and a future which they can look at with hope or despair. This is living in opposites which can only cause confusion.]

Lecture 5 (2nd March 1954)

WHY DO WE STRUGGLE?*

“Peace I leave to you, my peace I give to you; I give it not as the world gives its ‘Peace!’ Let not your hearts be disquieted or timid.”
John 14: 27.

Jesus talks about the heart, knowing very well that there is something deeper than the mind. He knew what the mind was. He knew that the mind was memory, experience, what people hear, what people read, every idea of others which we accept. So the mind is filled with all these things. But Jesus saw something deeper, he said, “the heart.”

Now the heart is something which we have to realize more than the mind. When you are talking about the heart there is something that the mind cannot make up. The mind must try to make it up but it cannot. There is something that is unexplainable, something that the mind cannot put into words or into an idea—what is in the heart. And that’s the secret of it. It is not an image. It is not a belief. Its not an idea. It is not something that one heard from another. It is not an imitation, it is beyond that, it is something that is beyond the mind. That is why it says, “let not your heart be disquieted or timid.”

When we begin to discern the activities of the mind. That is the first rung on the ladder of overcoming all your difficulties. It is the first rung of the ladder that begins to reduce the struggle. When we begin to discern the activities of the mind, we find that there is a continuous struggle with opposites which means only one thing—frustration.

Look into your minds you will see two things all the time. If you are struggling with ill-health, there is an idea of health. You struggle with ill-health there is the two opposites is there not? Or if you imagine that you are a failure, you are struggling with failure but you have an idea of success. You struggle over evil having an idea of good.

The mind is always in opposites! The mind does not exist except in opposites. But if you understand that the mind is that way, you will see how you are confused between one and the other. Now the idea that is dominant in the mind is the idea that will manifest. And it only requires you to look into your mind for a little while and see how it is made up. When you see how the mind is made up you begin to understand yourself and only when you understand it is yourself, does wisdom come.

With most there is a continuous struggle through reactions to conditions and circumstances that surround them. This is common in all shades of life.¹

In my experience throughout the whole world, no matter whether the person is poor, rich, their high or low, they have all got their struggles because they are all living in their minds. A person will have plenty of money, thousands of pounds, but still their mind is miserly. Therefore they are poor in mind yet they may be rich in things. But all the time they live a miserable life while they are surrounded in riches.

I knew several cases. I knew a woman once, she would be about sixty years of age. She lived in a big house with a big wall around about it. She had a number of cats and dogs. She never drove herself out at all. She always wore a hat, even when she went to bed she wore her hat. In fact, I was called in when she was sick, she sent for me. And when she was in bed she had her hat on. Cats were all running round the place. It was filthy dusty about an inch of grease and muck on the floor. Cats mess, dog mess all over the place, it had never been cleaned. And this woman lived in this hideous way. I talked to her about the whole business and I knew perfectly well that she was struggling, looking too thin. She was a very wealthy woman and she lived in rags. The house she lived in was her own, naturally but it had never been cleaned and nobody came into it to clean it. She would not spend a halfpenny on anyone else. Therefore she lived in rags. She used to go round about the place into the dustbins with a bag and pick all the rubbish she could to feed her dogs and her cats. It became very unhealthy, I went to see her. So I talked to her about all this sort of thing.

I said, "now you could live a very happy life. You are struggling with ill-health. You are also struggling with your wealth, you do not want to spend a halfpenny and yet you are dying and you are going to leave it to

somebody else. Now what will they do with your money? I tell you what they will do with it, they will squander it, they will spend it and they will say what a damn fool you were.”

She began to think for a little while, I don't know how long anyway I must have roused her out of her curiosity. Because in a very short time, I saw some quite lively things taking place in the house. The walls became clean in the house, there was people around about and there was repairs going on.

And the next time I saw her and I asked her, “what is it now that changed your belief, that changed you from what you were to what you are now?”

She said, “when you told me about others squandering my money, I decided to squander it myself.”

So there is the whole story. And it is when we get into the mind and see what we are doing, that is the thing.

Now most of our troubles are brought about in that way. Our minds are caught-up in them. We do not see the duplicity of the mind. We do not see that the mind is doubled. We do not see that the mind has two aspects; the having and the not having, the good and the evil, the health the ill-health, the success and the failure. Now you see that is all in the mind but that's not created. Immediately you are caught-up in these opposites you are no longer created.

Now what is creativeness, that is the point? Creativeness is an Awareness of your Living. Not an awareness of anything else but an Awareness of that Livingness, that is because It is Life, It is God.

Now people are praying, I see placards all the time; ‘the world is going to pray.’ And what are they going to pray about? Who are they going to pray to? I will show you the stupidity of the whole thing. What the inner is, the outer will be. And if you or anyone else does not transform the inner, the outer will remain no matter how much you pray. Do not think that you are not responsible for things that are happening in the other part of the world. The very cause of these effects are rooted in yourselves. Now, how are you going to find out those things? Is it not by discerning what is in your mind so that transformation takes place of its own self. When we see those things

as they are, we have got problems, these confusions and conflicts seem to dissolve away into nothingness. And this comes from Awareness of something that is not of the mind—it is of the heart. That which Jesus spoke about, something that is not of the mind but of the heart which he could not explain, which you could not describe, the indescribable.

And immediately you begin to see the cause of the outer because the outer is the reflection of the inner. And no matter how long you pray, no matter how ardent you pray, if you are still caught-up in your conditioning you will be expecting that conditioning even if you pray till doomsday. Well the world has not been any better through prayer because everybody is praying all over the world but the world has not improved through prayer. Why? Because the inner, that has not been changed, has not been transformed is expressing itself in the outer and the outer remains, therefore there is no change.

The same thing applies to the individual. Now then, did you look upon the individual as separate from one another? And you are all caught-up in your own troubles? Whatever your troubles may be you are caught-up in them. But everybody else, if you look around, is also caught-up in their troubles. And every person is similar. But the individual says, "I don't care about the world, I am only interested in myself, the world does not matter to me." But the world is you, the fact is, that you made the world what it is. We make the world what it is. Therefore the self has got to actually realize that the self is in itself no longer separate from the rest. And is responsible for what is happening in the other side of the world because the root of the cause of the effects we see in other part of the world is deeply rooted in ourselves. Now how are you going to pray to eliminate those things, that's the thing, that's the point? Are you going to keep on praying while you are conditioned and while the inner is not transformed?

It is impossible. Utterly impossible. You can have all the religions of the world. You can have all the so-called evangelistic meetings in the world, you will see the people with their emotions filled up, but is their conditioning changed? They are the same person after their emotions die down and even worse than they were before.

I have seen and experienced many times in meetings, all over the world, where these emotional outbursts. And I have seen people, so-called healed

by them for a moment. In an hour or so their same trouble was back again, they suffered in the same way. Why? Because the outer is the same as the inner. The inner was not changed therefore the outer remains. The emotion does not change the individual. The emotion does not transform the individual. Only discernment of what is in the mind, what is causing the trouble and that transformation causes an inner transformation so that the outer reveals it. Why? Because the body is mind materialized. You cannot separate the body from the mind, the body is mind materialized.

In my experiences throughout the world in healing people, I have always seen these conditions and I have seen it clearly, that the outer is the result of the inner because body is mind materialized. And according to the inner so will the outer always be in the individual and in the world.

Now how are we then to arrive at a Realization of this great Truth, if you understand the self? No, you are afraid of the self, I know you are afraid of the self. I know you are even afraid to look at the self because you think the self is a bundle of this and that, good and evil, of course it is. But when you are able to look at the self and see the self what it is; without judgment, without condemning, without criticism, without fear, without any emotion whatsoever, you will discern what it is. But if you fear it what are you fearing, the self? That is all you can fear. You only fear your own thoughts. You only fear your own ideas. You only fear your own creations. You do not fear the life that is the Livingness in yourself.

When you clearly see this and you are not caught-up in your discernment through your emotional reaction. Because if you have reaction to your own thoughts, your feelings, your emotions, your ideas, your images, your beliefs, you are immediately caught-up in them. Reaction is your trap. And unless you recognise what reaction is, you will still be caught-up in that trap.

I have often said to you, have I not, that you must look upon these things in the mind as before your consciousness. Look upon them as you look upon a screen, impersonally. Because unless you are impersonal to them you will still be conditioned by them. That is your reaction.

Action is not conditioning. Transformation is action. Reaction is reacting to your own ideas, images and beliefs, a fear, an emotion. But action is transformation within the individual as you listen. As you listen to

me, not from an intellectual point of view but as you listen to me there is a transformation taking place within you. There is this action that is not reaction but an action of transformation where the inner is beginning to change entirely so that the outer becomes what the inner is.

²We have the idea of health but struggle with ill-health, we have the idea of plenty but struggle with lack. We hold the idea of success while we struggle with failure. We hold the idea of freedom while we struggle with our conditioning, we hold *an* idea of good while we struggle with evil.

While this conflict goes on, we create a greater burden. When, one struggle is over another begins. *Now look into your minds, think, you had one struggle you are continually struggling with this thing. Immediately you understand it, it begins to pass away but you begin to struggle with something else. There is always a struggle. Why, is there always a struggle? Because you do not discern the activities of the mind. You do not see what is happening in the mind therefore you are caught-up in your struggles. When, one struggle is over another begins, our minds are filled with the effects of our struggle and therefore are incapable of true direction. How can this turmoil come to an end? That is the question. But the answer does not come because we are caught up in the struggle.*

Now let us reason this out and see how this struggle can come to an end.

I am giving you this Lecture for yourselves tonight, I am giving it to you the same as I did the other night. I am talking to you, heart to heart talk, this I find is better for you than just reading a lecture. And I feel when I am talking to you this way there is a change taking place, the mind becomes freed from those things that bind it.

When we rebel against anything, we struggle. *You rebel against it but rebelling against it does not understand it. Immediately you begin to see and understand that thing, rebelling ceases so does struggle. When you begin to understand anything, struggle ceases, rebelling ceases. There is no longer any reaction, reaction passes away. Reaction is of the mind, always has been and always will be. Reaction belongs to the mind that is in confusion. You react always to protect your conditioning. You react to protect what you think is true. You try to defend the truth, and what truth do you decide you try to defend, your own conditioning of course. You cannot defend the truth because you do not know what the Truth is. Therefore you*

never quarrel about the Truth, you only quarrel about your beliefs, your ideas, your images, what you think is true, that is what you are quarrelling about. That's what you fight for; your nationality, your political beliefs, your religious beliefs, your ideology.

If you have a leaning towards the left or a leaning towards the right, if you look into your mind you will see that you have an ideology. And you are separating yourself from your brother because you do not come together and reconcile your ideas and see what your ideas are. What do you do? You are conditioned by your belief or your ideology or your ideas and so if the other person conditioned by his. Therefore you struggle and in your struggle you cannot come to terms, and when you cannot come to terms you butcher each other. Now don't you think when you see the whole thing clearly, it's stupid. Why? Because we will not discern the mind clearly and what ideas are, what beliefs are, what our mind is made up of, how it is caught-up in opposites, how it clears its own troubles. And the outer is what the inner is. When the inner is in confusion so is the outer the expression of that confusion. So we react to our conditioning because we are conditioned. Nothing external to us has any power of its own. So the trouble lies within ourselves. We have lost our God-given power of dominion.

On the other hand, if we understood the cause we would not rebel but work from within to remove the cause. The cause can only be removed when we understand ourselves, our cravings, our desires, our antagonisms, our greed, our jealousies and how they come about.

*Now, the Presence is always present and there is no such thing as lack, no evil or ill-health, hate and the like in the Presence; and the Presence is the only Reality, and all there is.*³

Now you cannot think in the Presence, it is impossible for you to think in the Presence. Your mind must be still, actually still, before the Presence is Realized. Because thinking is always relative to the past or the future. And you are always thinking about the past or the future but it cannot think of the present because you do not know what it is. It is only your experiences that you know, your memories that you know, your hopes and your beliefs that is in the mind. But the Presence you do not know therefore you cannot think about it. So therefore in the Presence there must be entire mental Silence. A Silence that is not imposed or compelled. But a Silence

that comes into the mind when the mind is discerned, when all the things in the mind is understood; free from emotions, free from feelings of any kind, free from judgements, free from condemnations, free from criticisms.

As the mind becomes free from all these things there is a Silence that comes of its own and in that Silence is the Presence Realized. There is the expression of the Almighty. At that moment if it was caught completely the body and mind is transformed. Because everything in the mind is understood, there is no longer any confusion in the mind, it is all understood. There is no longer any opposites in your mind that causes confusion, it is understood.

And the mind becomes free and the body reflects that freedom of the Intelligence that made the body, that created the body and the brain and the nervous system through which it can think and act through. That is the Christ, that is the Living Christ, the Livingness in you that is a Reality. That is I AM the Life. But not an idea but a Livingness that is known only in the moment. It is not an idea because you don't know what It is, you cannot put It into an idea. You cannot put It into an image. The mind cannot describe It. But at that moment there is the Temple of the Living God and in that Temple is the Living God, and there is nothing to mar It. Nothing to affect It. It has been cleansed. As the prophet said, "make way for the Living God."

You may think its crazy. You may think this teaching is crazy because you never heard it before. But I tell you that it is the only teaching that will ever be because it is the true teaching of the Christ, that revealed the Father in himself. He could not reveal the Father through his mind. He could not reveal through his ideas or his images. But he could only reveal the Father in that action of the Father. "The Father within me is performing his own deeds."

I of mine own self are nothing. I understand myself. I understand what the self says; what it stands for, its cravings, desires and so-forth and all these things that the mind craves for. Because it is limited in nature and does not know the Truth. In the mind there is truth and error together, they co-mingle together, and you do not know what is true and what is not true.

But when the mind is freed, as Jesus freed his mind, and I know how he did it. All Masters know how the mind must be cleared of all its opposites,

of these things that are causing all the confusion. And because he was a natural man in everyway because the Power that Jesus had, was a natural Power. It was the Power of Nature, Gods Power. But he was supposed to be an un-natural person, a superhuman being therefore people were afraid of him and because of their fear, because of their conditioning—they killed him.

Now look into your own minds and you will see what the conditioning of the mind of the people were at that time. Think of it, look into your own mind and you will see your own conditioning. You see your hates, your jealousies, your antagonisms, your enmity. If you are brought up in a certain way you have got cherished beliefs, something that you won't part with that you will fight for to the death but it is all in the mind, it is not a truth.

Jesus saw that clearly. He saw there was only one Living Truth, the Livingness that was in himself. The Livingness that was in every other being. That was the final denominator and he dissolved everything to that denominator. And he saw clearly and distinctly in his own healing work, there was nothing to be healed because it was in himself, the Truth and the Truth was made known.

*If the mind is cleansed of all conditioning there is a Consciousness of the Truth of Being not of becoming but a Truth of Being NOW. And in that Being is everything, All Power in heaven and on earth is in that Being. Because Being is immediately present, not in the past or the future. But it is a Livingness of God, it's the Father whoever remaineth within me is performing His own deeds. There is no interruption to the Power of God. There is nothing that is preventing the expression of the Almighty. **The Absolute has found freedom through the form He created Himself for that specific purpose.***

The problem then is ourselves. But how can we dispense with this self that is the cause of all this misery? We can only do this by seeing how false the self is, with all its make-up which is illusionary. It is the illusion of the self that must be dissolved through deep discernment of what it is.

There cannot be a separate self once this is understood because when the self is freed and in that freedom there is a complete Wholeness where there is no division and you find that your own self is in every other self. If

yourself you are freed from all confusion, from belief that disease is an actuality, that disease is a permanent thing and a reality, when you see that it has no real existence on its own. When the Self sees this completely, not the outer self but I am talking about that Real Self, that Absolute expression of Truth. When the Real Self sees then clearly that these things have no existence apart from the Self. The Truth is known in every other self because every other self is yourself.

You do not yet understand it, perhaps you are trying to make an image of it. But if you try to make an image of it you will lose what I am saying to you. It can only come when the mind is cleared of an idea of what it is so that that Livingness Itself can become a Reality to you. And as a Reality to you it becomes a Reality in every other living soul.

Jesus performed his miracles in that way. And I tell you this, that that is the Healing Power of the Christ.

So when this is accomplished the self dissolves away and we learn the art of pure action from within, which sets in action ways and means without struggle, knowing that there is no opposing force, no other power, therefore the Law fulfils itself according to our understanding.

So pure action alone brings results without struggle, while reaction to things external is always a degree of misunderstanding. When we discover that we are always fighting reactions without understanding what they are, we will begin to wake up to what we are doing, otherwise we hold on to them. This happens whether they are pleasurable or painful.

It makes no difference, pleasure and pain are the same thing, they belong to the mind. Pleasure and pain is reaction to something. And our reaction is not that joy that comes with Reality. It is not an Eternal value. The joy that is Eternal value only comes to that which is Eternal and not that which are reaction in the mind to something that you get pleasure from or pain from. The joy that is Real comes from the complete Realization of your own Livingness devoid of anything that interferes with the expression of that Livingness. When the mind becomes known to you, when the self is understood. And the self being understood it dissolves away into nothingness where it belongs because it has no other belonging anywhere except the nothingness of the self.

“I of mine own self am nothing, the Spirit of the Father within me that does those things.”

We *all* generally accept the pleasant and deny the unpleasant. There is very little difference between the one who is seeking pleasure through *an idea of God* (?) and the one who is seeking pleasure through *sensate desires*. Are they not both seeking pleasure through different planes of consciousness? One *is seeking* gratification through *an idea* and the other seeks gratification through *sensate things*.

So both are doing the same thing, they are living in the mind. The idea of God brings pleasure but does the idea of God change the conditioning of that person? Is the conditioning of that person changed because they have an idea of God in their mind? No. Their conditioning becomes more and more violent.

Look back just a few centuries ago, we had the Spanish inquisition. People had an idea of God. But they burnt their brothers and sisters at the stake. They saw them suffering the most awful death. We have an idea of God or we generally have an idea of God but we will go out and kill our brother man in the thousands, we have mass murder. We still have an idea of God but we pray to this God. What God do we pray to?

Do not you see that unless the mind of man understands himself, that unless you understand how the mind is made up you will still be conditioned by your idea. And you will still become more violent with your idea because your idea becomes more important than life. The idea in your mind becomes more important than life itself. So your idea becomes more important than God.

But if you look into your mind you will see that your idea of God is not God. Or a belief in God makes you no better, it even makes you worse because you have a different belief. It's your God and my God, your ceremonies, and my ceremonies are superior. So therefore you think that you are superior. Your nationality and my nationality, superior. So we divide ourselves into nationalities, into groups, into religions and before we know where we are we are caught-up in confusion. And because we cannot reconcile our ideas we begin to butcher each other—we still have a belief in God.

It is the most stupid thing I have ever heard and any sensible person who can think and see how stupid it is because the world is caught-up in it. They cannot think because they are imitators.

You listen to a speech, you wave your flag, you shout, "hooray" because you don't think. You are caught-up in your emotions. You listen to a band, you see soldiers walking down the street, you become emotional. You say, "I'll join up now." Little do you know what you are doing because you are going to the very thing, to murder your brother man. Here we have the whole thing completely clearly and distinctly seen because of our ideals.

I was a soldier myself, I know all about it. And I mostly never took life, I always saved life. I was decorated for saving life several times, mentioned in dispatches several times. I can remember when I went out to 'no mans land' to bring in the wounded on my own because I knew that there were wounded there. And yet when I went out into 'no mans land' and carried a red cross flag, I was shot at. Wounded four times while I was doing it. That is the tremendous terrible thing of man caught-up in his conditioning, in his ideals.

Well I never made any difference, the foe and our own people when it came to helping them. They became just the same. But I have seen different things done. I have seen young fellows there, the enemy, left bleeding to death yet they could be saved. I have seen our own people the same way being left by the enemy to bleed to death while they could be saved. But I never did that. If it was possible to save life it was no difference who came first. It was first there and then before my hands, before my eyes, that was the whole story. And I have never gone back since. I have never changed not one iota. All people are the same to me.

And the sooner the world wakes up to the fact, that God alone Lives, He is the only Living Being there is. And when I see you, as Jesus said clearly, "when you have seen me you have seen the Father." Because there can be nothing else, God being Infinite in nature, there can be no other expression but His. Then the false exists only in the mind of man, has no existence on its own, is not a Reality. I have seen that clearly.

Evil is a misdirection of mankind. The evil we see is the misdirection of man's mind in the world. But the evil is not separated from yourself, it is in

the self. That's why Jesus said, "the devil is the father of lies, he's a liar from the beginning." So is the self.

The so-called Spiritual person says, I do not like theatres, cinemas, physical adornment etc., and follows his ideal. He denies the worldly pleasures and follows his ideal that gives him pleasure. But *this* so-called Spiritual man is seeking pleasure, as *so* does the man who seeks pleasure through sensate things.

Both are stupid because they are the cause of struggle and misery, not only within but without. While the one pursues the materialistic struggle, the other follows his belief, a struggle between good and evil and other beliefs. To him terms become *more* important. "Your God" and "my God," "your-ceremonies" and "my ceremonies." "I am a Christian," "you are a Jew," "I am a Mohammedan" and "you are an infidel." Just as one creates havoc in the world so does the other. In fact the so-called Spiritual man does more harm.

It is easier to deal with the sensate desires in which one is pursuing pleasure, than one who is pursuing pleasure through ideation. The latter is much more dangerous, because he is pursuing his pleasure through his ideas that divide *man* more than things.

So the whole world is divided by ideas and ideals. And when I have my ideal then I dwell in the illusion of separation.

⁴It is only when we reach the source of our Creativeness that we can sleep at night undisturbed by our success or failure, our pleasures or pains, by our differences etc. We will sleep peacefully understanding the Law of Creation, and while we sleep the "Lord" is preparing the way. The Higher Intelligence will be active in our affairs.

Man sows the seeds. God then waters the ground, sprinkles it with the sun and the rain and God does the growing while man sleeps. Whatever I ask the Father, the Father will produce providing I know that I do not live in opposites, I understand my mind of having and not having, I understand the opposites in my mind. Then when I ask I receive. Jesus said, "when you pray believe you have received it and you shall have it."

I've done the same with this Lesson that I did with last weeks Lesson. And the time now has come to nine O'clock. It seems like a few minutes

since we began.

Now I'll read from

⁵John 18: 37, “so you are king?” said Pilate. “You!” “Certainly,” said Jesus, “I am a king. This is why I was born, this is why I came into the world, to bear testimony to the truth. Everyone who belongs to the truth listens to my voice.”

BENEDICTION

O Son of Man, awaken to the Presence that is Eternal and Ever-present within you.

Then, O Son of Man, there will be no more struggle, for Love shall fill your heart.

The Son of Man *you are* the Son of God when *you love your neighbour as yourself*.

The Divine Design within is waiting to express Itself when you see the false you alone have created.

Then you will be the Son of God, O Son of Man.

NOTES

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 2nd March 1954, at 7.45 pm. Part of a recording exists of the Johannesburg lecture. See page 331.
- 1. The next sentence in the Lecture Notes is missing from the sound recording. The paragraph would then read: [*With most there is a continuous struggle through reactions to conditions and circumstances*

that surround them. This is common in all shades of life. the rich, the poor, the educated and the uneducated, the great and the small.]

2. The preceding paragraph in the Lecture Notes is missing from the sound recording. It reads: [*Some struggle with health and some with ill-health, others with circumstances, others struggle with good and evil, and this struggle goes on incessantly.*]
3. The next two sentences in the Lecture Notes is missing from the recording. The paragraph would then read: *The Presence is always present and there is no such thing as lack, no evil or ill-health, hate and the like in the Presence; and the Presence is the only Reality, and all there is. Then how do these things come into being? When this is known struggle ceases.*]
4. The preceding 4 paragraphs in the Lecture Notes are missing from the sound recording. They read: [*The Left and the Right are pursuing ideas, not things. If they were pursuing things it would be much easier to come to terms. It is because his ideas are more important than things, and his belief is superior to yours and so on that he lives in separation. The system becomes more important than the distribution of things. It is not things that are dividing men but ideas.*

There is sufficient scientific skill in the world to produce food and things for everybody. But the ideas of nationalities such as the English, the American, the Chinese, the Russians and the many different racial antagonisms are preventing man from making plans for world distribution. Therefore the struggle and misery in the world is increased.

When I begin to understand the material I can proceed step by step to the deeper things. There I can find out what is Real and what is false. But when I assume I am different because of my nationality, because of my belief, I will dwell in the illusion of is separation which brings struggle and misery into the world.

It is only when I come to that point where I can find out the significance of Life, what it really means to love my neighbour as myself and not a dictionary meaning, not a theological or a philosophical meaning for me to follow, when we come to that point we can discuss the dreams of our ideals with goodwill. Therefore the understanding of what is true and what is false gives freedom and therefore happiness.]

5. The preceding 12 paragraphs in the Lecture Notes are missing from the recording due to Murdo skipping over them because of time constraints. They read: *[At first you will perhaps not find immediate results, but to be assured that the Presence is always immediately present is sufficient. One must be careful not to make the mind unstable by the conflict of opposites. "Thy faith hath made thee whole," the Master said. It is this understanding faith that you must have, then the Infinite Life will be given free expression.*

When you understand that it is the Father who is ever working in you, you will know that results are assured. "Whatsoever I see my Father doing so I do in like manner." If you can understand this then there is pure action, which is creative.

It is difficult for the one who is conditioned to discern the difference between pure action and reaction. We must understand that all things external are relative, and what is relative has no power of its own except the power we give to it. Remember that struggling brings frustration and fear.

When we fear, our faith is on the same yardstick. We measure them both by our success and failures so we fail to see the faith that the master meant, which was the Father within us.

We create ignorantly in fear and faith. What we think in fear and think in faith equally produce because we live in opposites. So there is continual struggle with opposites.

When we are ignorant of the Truth of our Being we hang on the pendulum of both fear and faith, we swing backwards and forwards according to our reactions. But when we know our oneness, our "Being," we see that these impostors are but reactions to our feelings—our state of mind. Therefore we understand the cause of our struggle and our struggle ceases.

As long as we are ignorant of our Being, unaware of the Presence as ourselves, we will never realize that the Creator and His Creation are one. This is the cause of the reverse action that causes struggle.

Within the Presence (the Life) there is everything, therefore the "Presence" (the Life) creates by becoming the things It makes. "I am the Life." "When you have seen me you have seen the Father." This is not

merely an idea, but an experience we have when we are “Being” and not becoming.

“The greatest amongst you is the Servant of all.” When the Master said this to his disciples, he had been explaining the law. The Servant was the Presence that knows all things, and is the Creativeness in man. You will see that this Creativeness can only come into being when you love your neighbour as yourself, for the Creativeness of the Presence is in your neighbour too.

If we condition ourselves by hate, by jealousy, by fear, etc., we will express our conditioning.

The great Truth should be our experience, as it was with the Master, “I and the Father are one.” It made him the greatest figure of all time and it can do the same for us, he told us that the things he did greater things would we do if we would but believe (understand).

The transforming power is within all of us. It transforms our thinking. Our thoughts are turned into projectiles of Love, our faith moving mountains. As we discern all that hinders the “Presence” in us we will give up the struggle. Then the Creative Power of Love will create that which is acceptable to Him who created us in His own image and likeness, then you will be the Son of God,—son of man.

Lecture 6 (9th March 1954)

FREEDOM COMES THROUGH THE NOTHINGNESS OF THE SELF*

“The Father said to him ‘my son, you and I are always together all I have is yours.’” Luke 15: 31

Now very few people realize the meaning of that saying. But I can realize what Jesus had in his mind at that time. He saw that there could be no separation between the Father and the Son. It could not be because the Livingness of the Son is the Life of the Father, it could not be anything else. Therefore that Life that created the body existed before time. And the Life in the body is no way separated from the totality of all life in the Universe because Life is not divided. The Life in the body existed before it Created the body for Its own Self-expression. And It will exist also after the body has dissolved back into the Substance from which it was created. The Substance we know is Eternal and Ever-present. Just the same as the Life is Eternal and Ever-present. And the Intelligence, the active Principle of Life is Eternal and Ever-present because all is Infinite in nature. Substance is Infinite in nature, it may change but is still the basic Substance Infinite in nature.

Science has proved that matter itself does not exist apart from energy. And energy does not exist apart from Intelligence because energy moves according to an intelligent activity. Intelligence has no direction of its own unless the Consciousness, which is the directing Power in Life, so Consciousness is the directing Power in man. What the Consciousness is aware of so the Intelligence will act through the body. If the Consciousness is aware of Life Itself, aware that Life Is, aware that God Is, aware that God is Infinite in nature and knows no evil, no sickness, no death, that Consciousness becomes aware of It and the body has no say in the matter, it must respond.

But man has lost himself in the self; the self is bound up in craving, bound up in opposites, bound up in memory, bound up in experiences, bound up in hates, bound up in antagonisms and separations, that's the self. Unless one sees the self that they are still caught-up. But one can see what the self is therefore we understand the self, there is no longer any problem.

Now Life is Love and Love is Life. But Love is Creative. Love is God and God is Love. So God alone is Creative. God is Creative in man and only God is Creative in man. Man has no Creative ability of his own, none whatsoever. God has granted him the same Life, the same Consciousness.

Love is dynamic! It is Creative without the necessity of an object. It is immortal, It is Life and Life is Creative yet formless, yet all forms are created by It and with It, and there is nowhere where it is not.

So the Substance is formless but every form exists in Substance because you cannot exist outside.

Life is not divided nor is It in one and not in another, It is in all and It is the same Life. To understand Creation we must understand form and through form we arrive at the source of Creation, because we are Creation in form and through form we gain experience to enable us to realize that the Life in form is the same Life that is formless. The Life in the mortal is the same Life, Eternal and immortal *because it cannot be anything else.*

Man realizes what form is, where form is created and how it comes into being. He sees the relative action in form but he knows that there is something behind form. And the formless is the only Real both in Substance and in Life. That is the only Creativeness there is and It is in man too.

Life and Love are synonymous because Love and Life are one. *Very few people realize this. But when we see clearly that Life and Love are one, we have risen out of the self into the glory of Life Itself, into that Light that is Eternal and Ever-present.* We can be sentimental over Love, but that is not Love. The idea of loving everybody has very little meaning if you do not know how to love **one**. *If you do not love one then you cannot love one then loving everybody has very little meaning to that individual. But if you know how to Love one then you will Love all because you will know Love, and Love is Life and Life is Love and Love is God.* The moment there is complete Love there is complete communion with another. *A moment Love is supreme there is complete union with one another. But if that Love is not*

there complete in Itself, there is no communion, there is no Real relationship, no Real Love, no Real communion. Communion is Love. It's a force that is beyond time, it existed before the world began. Love is the Power behind all Creation. Therefore Love was behind the creation of man. There is no special way to love, there is no pattern to follow. If you follow a pattern then there is no Love.

Because it is all in the mind you are trying to follow a pattern. Love is something that rises up from the soul to give expression to Life. To give expression to something that is beyond mind. Love then is the secret behind all Creation and all Peace and all harmony and all perfect communion with one another.

The idea of Cosmic Love, (*the idea, mind you of Cosmic Love because most people have only an idea of Cosmic Love*), loving mankind while there is antagonism, animosity and separation, *this is just talk to cover up the lack of Love for another. It is an easy escape for the reformer, for the moralist, the so-called righteous. But how could they love humanity if they cannot love one, for is not one the whole?*

In one drop of the ocean there is all the elements of the ocean in that drop. It is the same as the whole of the ocean. And when it is in the ocean it becomes the ocean. The drop and the ocean are one, so are you and I one. The same element, the same Life, the same Creativeness and the same Love.

Now, what is it that is preventing the expression of this Love, that is Eternal and Ever-present? We will soon see. It is the self; with its craving, its antagonisms, its separation, its different cults, its different religions, its different nationalities. Your mind is caught-up in conditions of all these things and Love, the greatest thing in the world, is lost.

So you live by your ideas. Your idea to you is more important than God to you. If you look into your minds you will see that your ideal is more important than God Himself. Your ideal is more important than Love, yet Love is God and God is Love. But with your ideals there can be no Love because ideals is the basis of all separation.

When you will know what an ideal is then you will not quarrel with another ideal because you will see that all in the mind—is Love, is Eternal and Ever-present, while an ideal has a beginning and an ending. Anything

in the mind has a beginning and an ending but Love is Eternal and Ever-present. And It is this Love that makes man and woman the children of God.

To realize Love-Life It must be stripped of all personal whims, personal viewpoints. You must not be caught up in the opinion of what It is or what it is not.

When you hate, you find *yourself* hating so you say you must love those you hate, thus you create duality because you refuse to understand the full significance of hate, you pursue its opposite. You want to transform hate into Love. You try to become loving, *when* you refuse to understand hate. This pursuit of an ideal implies the conflict of opposites, the idea of something which you are not.¹

So you say in your mind, you must Love those you hate, you hypocrite. Don't you see how hypocritical it is? How it is not only hypocritical but stupid. And you try to turn your hate into Love, just as people are trying to turn a peace out of war, it cannot be done. Love is God. Love is Eternal and Ever-present. You cannot turn anything into Love. Love is an Eternal Expression of the Father Himself.

You are hateful so you want to become loving which you are not. *Because if you hate one and love another you are not a Loving person, you live in duality. The eternal two conflicts determined by the conflict of duality.* You hold an ideal of Love yet you are caught up in hate. When you understand what you are actually now, your mind cannot be distracted by an ideal. Your mind must be free and not thinking in terms of your ideal.

So if you have an ideal of Love and you hate you are antagonistic, you are living in conflict with yourself. You are living in duality and there can be no Love. There can only be Love when you discern clearly, understand what this antagonism and all these things are and how they come about. And to see what they are, to understand them, they fall away, and then Love is given true expression of Itself. It is the Loving thing in man and woman. It is the Love of God, that perfect communion between two souls and not only that. It is the perfect communion when one knows how to Love one then that one knows how to Love the Whole because the Whole is One and One is the Whole. But if you cannot Love one, well you may as well give up saying anything about how to make Love because you do not know how even to Love God.

The pursuit of an ideal implies the conflict of opposites, the ideal is something which you are not. *So you create an ideal of something you would like to be, you become. An ideal of becoming something. Don't you see you are going away from Reality.* You are hateful and you want to become that which is your ideal. Your ideal is an example to follow which means imitation, so your ideal is brought about *not by* understanding. When you understand you no longer want an ideal, you *no* longer want to copy nor imitate, which is not *understanding, not thinking.*²

If you imitate you cannot think, you are caught-up in the copy, you are caught-up in the imitation.

You may read hundreds of books. You may cram your mind with all sorts of sayings, you may think them grand if you repeat them, some people do. But after all they mean nothing, it doesn't matter if true or not because you have no Love. You may have an ideal but you are living in the opposites. But your ideals are of no value to you until you understand what the opposite is and how it is brought about. Then when you understand that which is hindering the expression of Love, you don't have an ideal of Love, you don't need an ideal because you are Love, you are. You don't have to be, you are, therefore becoming is an illusion, Being is Truth—now, Living and Loving NOW.

In your daily life you are full of ideals which means you are not thinking, not understanding but merely imitating. In your desire to become there is imitation and therefore there is no thinking, feeling, living—therefore idealists are the most stupid, thoughtless, brutal and ruthless people. Their systems are more important than people. *Just the same as your ideals are more important than God.*

Hitler was said to be an idealist, in yourself you can see the Truth of this when you pursue an ideal. When you have an ideal of a perfect State either the Right or the Left, you see how ruthless you are bound to be in achieving your ideal. The ideal *is* the example, is the authority whether it is imposed by another or by yourself inwardly, thus there is a cessation of *understanding—thinking and* so there is fear.

So in both the right and the left is an idea and each are pursuing their ideal. And when the ideals cannot be reconciled there comes a war, destruction. This is the cause of most of our troubles in the world is the fact

that we will not discern what ideals are, we will not discern that we are imitators.

As I said, people read books one after another and they come to me and they spout the things off that they have read. You know its laughable. I don't say anything but I know perfectly well how stupid it is. The fact is this, if you are an imitator you cannot think. You may be well read but what of it. What of the fact that you are well read, the fact that you cannot think, the fact that you are an imitator, you accept what other people say, you accept your sayings and yet you cannot think for yourself.

If you have a fixed idea, your ideal and something that comes along that conforms to your ideal you accept. But something that does not conform to your ideal you reject. You squirm and squeal and twist and turn, and you still remain as ignorant as you were before because you cannot think. The lack of thinking and understanding is because of lack of Love.

The greatest ideal you can have is but a limitation. Freedom comes as your consciousness becomes wider through understanding what is hindering Reality from expressing Itself. *What is hindering the Love from expressing Itself.* Reality expresses Itself in proportion to your understanding of the false. Then the Life-Love-Reality expresses Itself in Its Wholeness which is beyond the comprehension of the mind of man.

You do not know what Love is. You cannot put your finger on it. Just the same as you cannot put your finger on consciousness, you don't what it is. You do not know what Life is, you can't put your finger on it but you know that it is. You can experience Life. You can experience the Livingness that you are. You can experience the special expression of Love in Its Wholeness and Its beauty, in Its Perfection. You can also discern clearly in your own mind what is hindering the expression of Life, Love, Reality.

When man only creates an idea of Love, while still maintaining his hates, his antagonisms, his greeds and the like he lives in opposites, which is frustration. Our social structure, our education and all our relationships are based upon imitation. Our Judgment, our thought are based upon avoiding the understanding of what is false.

All our judgements are based upon falseness. And our judgements are based upon avoiding the understanding of what is false.

Look at what is happening in society, *in the world*, corruption, degradation and so on. Why do we not tackle all this falsehood directly instead of saying that through an ideal we will become marvellous.

Through an ideal we become wonderful. So you pray to God, you have your ideal of God, an idea in your mind, and you pray to this idol that you create in your mind. And you think by doing so that you are going to be marvellous. How can you be marvellous when you do not know what is hindering the expression of Reality? The world has been praying since doomsday but it hasn't stopped wars, it hasn't stopped hatreds, it hasn't stopped killings. All the prayers in the world will not stop until man begins to see what is hindering the expression of this Love that is Real. The Love that is God. So everything else you create in your mind is much more important to you than God. It is much more important to you than Love. Your stomachs are much more important to you than Love.

When you understand the false you live dangerously, sailing the uncharted seas, being very alert and awake all the time. When you are alert and awake, you are intelligent, you are not exploited by others, nor do you want to exploit others, you cannot be exploited except you belong to the same club.

Reality expresses itself through the mind that is free. The great Truth is the greatest in the smallest and the smallest in the greatest, the drop and the ocean are one and the same. *The same element I said in the drop as in the ocean. The same element in you and me as in the totality of the whole Universe. The same element in you and me as in Infinity. Your individualization of the Consciousness is a drop in Infinity, yet it is not separated from Infinity because there is no division in Infinity. But when the scar of individuality begins to dissolve away there is Infinity. Then you see that there is no such thing as finality. All is the expression of Infinity, all is Infinity. All else is an idea, think now, you create it in your mind, you think about it, you create an idea about it but you do not know whether it is true or not. So when you see what the mind is made up of; the belief that it is true, your experience, your memories and all other things are wonderful you build up in your mind. But if you look into your mind you will see they are just images you have created. They are in the mind but they are not real. A Reality is something that is unchangeable but your ideas, your images*

change, your mind changes over from one thing to another. The ideas you had yesterday change after tomorrow, and this goes on incessantly. But Life, Love is Eternal—there is no change. Life is the Perfection in man.

Jesus said these words or similar, when he saw how relationship is holding back the expression of the Christ said, “unless you forsake your mother, your father, your wife, your husband, your children and even your own life you cannot be a disciple unto me.” Showing that he was seeing beyond the relationship of the relative into that which is Eternal and Ever-present—the Christ. Showing the Christ in each and every one. That was the discipleship that would be requested in each and every one. So no one could become a disciple to him unless he could see beyond that relationship into that true perfect state of the Christ Principle which is the Spirit of God in man. That is the Love that could not change, that nothing could change. The Love that could not be changed by anything external to Itself, It was Complete, It was God in His Own Creation. The Creativeness of God was to Love Him.

Now the Love you see even in the chemical activities, the attraction of the atoms, the building up of form is all done by Love. The Intelligence, the Life that existed before the form came into being, the same Life, the Consciousness existed before the form came into being. Before the brain, the nervous system was created through which you could think and act existed before and will exist after the body has dissolved into the substance from which it was created. It is only when we know and see what is in the mind that belief is dead. A belief in life is only a belief. A belief in life and a belief in death you live in opposites, you do not know if one is true or is not true. You do not know whether life is true or death is true, you do not know! Because truth and error mingle together in your mind. But immediately you see what it means, what the mind is, that it is only an idea, then the Livingness comes into being. The Livingness that is Eternal, the Love that is Joy, that is harmony, that is everything, that is that Perfect in you. To feel superior you call yourself a name because you feel the sense of inferiority. So you want to become superior. Superiority is the ideal you want to become, so the more you want to become the greater the conflict, which is thoughtless and stupid.

When we do not understand we feel inferior to something, do we not? We want to “become” because the whole of society is based on becoming something. As long as you are “becoming” you must be inferior, for there is always the you and the other. *There will always be duality, you and the other.* If you know the self to be a nobody you will understand that “becoming” is an illusion. When you accept that you are nothing it is really wonderful. Then you will know what it means to love. You are Love, you are Life, you are Creative.

The reward for this understanding is beyond price and cannot be classified with any effort to “become.” The awareness and mental poise resulting from our understanding is permanently established in us, for nothing in heaven and on earth can deprive us of our birthright. I and the Father are one, through which all is possible to the one who understands the false and dissolves it, then the Real takes its place. *The Real expresses Itself.*

But how can the Real express Itself through the mind that is in confusion? How can Reality which is Eternal and Ever-present ever express Itself through the mind that is always trying to become something? How can that which is now Complete and Whole express Itself through a mind who is superior trying to become something? How can that which in Itself is Love express Itself through a mind in which there is no Love, feels nothing; but hatred, division, separation, antagonisms? How can Love express Itself through a mind full of all these false things? Then what is the remedy? It is very clear is it not?

The remedy is; discern the false, understand the false it will fall away, you will see the nothingness of the self. And when you see the nothingness of the self then it is wonderful to be alive because you are free. Then when there is nothingness of the self then you are everything. You are everything.

The Father said to him, “my son you and I are always together, all I have is yours.”

Jesus did not want to become something. *And he was undoubtedly the greatest man who ever lived.* He said, “I of my own self am nothing, it is the Father who ever remains within me He is performing His own deeds.” Paul never expressed a greater truth when he said, “let the mind be in us

that was in Jesus Christ.” But before we can have such a mind we must become humble in knowing that the self is nothing.

The fact is that **you are nobody**. *And nobody is anybody. If you look into it clearly, is all a false thing, is all tradition. Every one's a human being, they come into the world with nothing on, they go out the same way. And when Jesus was asked, "who made up the Kingdom of Heaven?" He took the little child and he put there, he said, "there, such is he make up the Kingdom of Heaven." They were nobody. He did not want to become anything, he was free. But our society is always wanting to become something, so are you because you are imitators. Everybody's imitating until they know that they are imitating. And we know they are imitating, what do we do? They just cast it aside, they know. Very few people know that they are imitating. The fact is you are nobody.* Then why not start from there and face facts directly without trying to become somebody? To face your nothingness means to be humble, and to Love. It means that you have no resistance to anyone. *It is only when you be wanting to become somebody that you have resistance to somebody else who wants to become somebody too. So you are always in conflict with one another. So it means that you have no resistance to anyone, no barrier between you and the other, then there is freedom. In Freedom the Real is.*

A person who is arrogant can never find humility however hard he may try to become humble. A person who does not recognise his nothingness, but pursues ideas is like a man who, without even knowing how to sow, ploughs and ploughs and never sows. Behind all his knowledge behind all his degrees, titles and possessions there is nothing. When you really acknowledge that you are nothing you **are everything** because you know *that Love is Real. And you know that Love that is Real.*

You know that Love that is Eternal. You know that Love where there is no separation, there is no division, there is nothing that disturbs It because you are free. We are Love only when we are free.

You want to know how to Love? If your Love is the opposite of hate, ill-will, it is no longer Love. Then your Love is just an ideal, an imitation, and the person who imitates cannot know Love.

If you are seeking how to Love you do not know love. You do not want to acknowledge that you lack Love, so you have an ideal to become loving.

You are deceiving yourselves and cheating others. But if you understand the whole significance of “becoming” it drops away. Then the feeling of nothingness is not the end, it is the beginning of liberation.

It is the beginning of freedom. It is the beginning of the expression of Love, that is Eternal and Ever-present because there is nothing to hinder It. The nothingness of the self as Jesus saw it clearly, was the true expression of the Father, the God in man.

If your Life is filled with fears, apprehension and conflict it is because you want to become something. If you are stupid, cunning, arrogant, be aware of it, this is most essential. To acknowledge and live with what you are is a most difficult thing. But out of that will come real Love because it sweeps away all hypocrisy.

Yes, you may have read many books telling you how to become. *The person who really knows, knows how stupid those books are. But they are mopped up, read, digested and the individual who digests them begins to express them, becomes a real imitator but they are on the wrong track. The self has become more bound.* But you are still as far away as ever till you know yourself. If I could blaze this truth in letters of fire across the heavens I will do so, so important is the realization of this Truth. Trying to become is an illusion.

Only Being is Real. Being is now, not tomorrow or another day. Being is NOW, there can be no other time but now, NOW is the only time. Living in the NOW, you Love. When you are Loving, what happens? The past and the future is gone there is nothing but the NOW. Nothing but the expression of the NOW. Love, and in that Love the Glory of God, the Creativeness of man.

Many who write books on Truth have not yet found the simple Truth themselves that they are nothing and when you are nothing you are free.

If you love **one completely** you will love the whole because one is the Whole.

You will know, you will Love the Whole because one is the Whole.

Now, you want to know what will happen when you feel *that* you are the whole? Feeling as the whole comes later. But first you know you are **nothing** and you are not concerned with what will come after. If you are

concerned with what is beyond the nothingness of the Self it shows that you are frightened of being nothing.

So you cannot throw away the self because you think it is your security. The self is your security but the self is nothing. And because the self is nothing there is no security in the self. There is only security in the supreme understanding of all that is false and the Livingness, the Creativeness of God in man. It is only realized and experienced when all the false is understood then the Christ of God alone is Creative, that is the Truth that sets you free.

“Be nothing,” then Life is beautiful. Then you will “Be” all there is. The mind is afraid of being nothing, that is having no security. Yet out of nothingness comes Creativeness, because you are free. Then you begin to create, then there is Reality, God or whatever you like to call it.

To really create, there is no fear, there is no opposition because the self is dissolved away. All craving, all desire for becoming something has passed. There is no duality, there is no opposites, there is no opposition. There is only the Creativeness through nothingness of the self.

The grand story of Jesus forty days and forty nights in the wilderness. How I can imagine him, I can see him with his struggle with the relative world with the understanding of what it is. With understanding of everything that was made up in his mind. The understanding of all religions. Then when all was completely cleared to him and he knew it completely and understood it, then came blazing forth the sight of God, the only begotten Son of the Father, Lives in the Father and the Father Lives in the Son. Here was the Glory of the Silence revealed in man.

The only way we can do it is that way too. Not to be an imitator, to follow some outside conglomeration or organization, whether it be religious or political or anything else. Because you cannot be free with the following of any authority no matter how learned they may be.

All ideals are tomfoolery and are of no significance to the thoughtful person. When you set them aside you will find a beautiful and indescribable Love that is not yours or mine but that which is Eternal and Ever-present in Its own Eternity.

God, whatever name you like to call it, It is that which is beyond mind. That which is alive and Living. Is not an idea or a belief but a Livingness NOW.

Is your belief, is your ideal to you now more important than Love? Is your desire to become something more important to you than God, than Love. Then if it is you are stupid. You are caught-up in your beliefs, in your ideals, in the thoughts and you will never know the Truth.

You may read till doomsday. You may read every book that comes into the world. You may read the Bible over and over again. And Jesus called the people, "you read the scriptures and you think ye have found Eternal Life, you make a mistake." That can only be found in yourselves and by yourself. Another's is not yours, it can never be because you will merely be an imitator and all you will have is an idea, an image in the mind. It will not be a real thing, it will merely be an image. And that image will become more important to you than God Himself, than Love, which is God.

"Do you not believe that I am in the Father and the Father is in me? The words I speak to you all I do not speak of my own accord; it is the Father who remains ever in me, who is performing his own deeds." [John 14: 10.]

BENEDICTION

O Eternal Love, I thought I knew Thee through my ideal. While I hated those who had no ideals.

In my ignorance I held ideals yet I lived in their opposites.

When I understood that I was the creator of them both and saw myself as I really was, full of antagonisms and hate, then transformation took place.

Then I knew I was nobody and my struggle to "become" ceased. I really loved because I was free.

When I loved completely, O Adorable love, I knew I was all and I became Love, one with Thee, O Eternal Love.

Let us enter into the Sanctuary of the Silent Healing Power.

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- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 9th March 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. In the Lecture Notes the paragraph reads: [*When you hate, you find hating painful so you say you must love those you hate, thus you create duality, and because you refuse to understand the full significance of hate, you pursue its opposite. You want to transform hate into Love. You try to become loving, while you refuse to understand hate. This pursuit of an ideal implies the conflict of opposites, the idea of something which you are not.*]
 2. In the Lecture Notes the full sentence reads: [*When you understand you no longer want an ideal, you longer want to copy nor imitate, which is not thinking—understanding; there is merely a desire to become an ideal.*]

Lecture 7 (16th March 1954)

TO BE FREE YOU MUST SET OTHERS FREE TOO*

“John 14: 7, “if you knew me you would know my Father too, you know him now and you have seen him” “I and the Father are one.”

This puzzles a lot of people. You see, Jesus was a man like ourselves. He was not born in any unnatural way, that's all brought about by bringing a religion into operation, to make people believe that there is some means how they could be saved through an organization and the organization is itself was built for that purpose. But there are so many different organizations who all claim the same thing. So each and everyone says, this is the road and that's the road and this is the road. So we all became confused.

But Jesus knew all this because he saw it. He knew it all because he saw in his own life and his own living and his own time. He saw the different religions. He saw the Roman religion based upon the godhead of Caesar. He also saw the religion of the Jews, how the people had to pay into the Synagogue so that the Synagogue could be kept going. He also saw how that the people had to sacrifice lambs and animals and so-forth which they had to pay for, and all this was going on continuously. He saw it himself, he came to the Real State of the Christhood of God. Therefore he said, “if you know me you would know my Father too. You know Him now and you have seen Him. I and the Father are one.”

We do not create anything Spiritual. No one creates anything Spiritual. What we create is a mental thing. Now look into your own minds and you will see that it is; mere ideas you create, mere images, mere beliefs, whatever the case may be you create in your own minds which is mental. You do not create anything Spiritual because you cannot, that is already been created, that is existing now at this very moment. You do not create the Ever-present, you only create the past or the future in your mind. Therefore

you do not create anything Spiritual either because it exists now, is Eternal and Ever-present.

Now Jesus saw clearly that the Father-God was Infinite in nature. He saw that there could be nothing outside Him. He saw also that the Life in God existed before He created the body for His own Self-expression. When that Life, that Consciousness, would exist after the body had dissolved back into that Substance out of which it had been created. This Substance cannot be other substance but Infinite Substance because God is Infinite in nature. And the body could not be brought out of anything that was outside God or something that was separate from God because it would be an utter impossibility.

So as you see, Jesus saw clearly, that Infinity existed NOW and there was nothing else but Infinity. He saw the very Life that he was himself was God's Life because there could not be any other with God being Infinite in nature. He saw clearly then that the Life that created the body existed before the body was created and he knew that nothing could create it but God. And what the disciples saw before them was the manifestation of the Father. And that is why he said, "and you have seen him. I and the Father are one."

It is so very simple when you see the whole thing clearly. Now in your mind don't you see, you create images and ideas by the millions. You react to conditions but you have conditioned yourselves and naturally you react to protect your conditioning from others who are also conditioned. And because your conditioning and their conditioning is not the same, is very much different then you quarrel over your conditioning but don't you see you are creating something that is mental, you don't create anything Spiritual. You don't quarrel over the Spiritual things, you quarrel over your own mental creations, your own conditioning. If you see it clearly you will see then how your mind is made up. And when you see how your mind is made up you will not react emotionally to any particular revival or that sort of thing and that revival which we see going out throughout the world today, a revival. A revival is emotional reaction to a stimulation in the conditioning of the individual. A revival will stimulate that conditioning but it is all an emotional thing, there is no thinking about it.

Immediately you begin to think, then you must think clearly and not be caught-up in your thoughts, not be caught-up in your conditioning or your own mental creations. And you must not think that what you create in your own mind is real because it cannot be Real, it can only be mental. It cannot be Spiritual because all you create in your mind is mental, it is imagery, illusionary. I want you to see this clearly because it is most important for your own health and your own freedom.

Much of the teaching today, in fact most of what you hear and read place the emphasis on controlling your thoughts. Is this not living in conflict? Controlling your thinking is contraction. One may control one's thoughts, yet remain in limitation and separation. Unless you can discern what your thoughts are and how they arise you only put your freedom further away.

Now you are told to control your thoughts. When the thought rises to the surface you try to banish it. And when you try to banish this thought you create opposition. But what is that thought? You think that thought is something that is foreign to your own nature, don't you? But altogether that thought is nothing more than a disturbance in your own mind, a reaction to your experiences, your memories, your beliefs and so-forth that have not been understood. And it is these things then that have been understood that rise to the surface and disturb the surface of your mind. Therefore you try to banish those things but don't you see in this so-called controlling of your thoughts you are only suppressing your own unrecognized and un-understood thoughts on your own creations of the mind, therefore they are mental. They rise to the surface and you fear them. There's a fear rises to the surface in regards to the thought you have created. You may say, "what am I going to do now? I can't sleep, I can't walk, I can't think, I can't do this, I can't do that." But all that is your own inhibitions. You have inhibited yourself or your own thinking and now you say, you want to control that thought, how stupid you are. Don't you see, that you have got to discern yourself clearly and see it is your own mental creation. And by doing so you will understand it and by understanding it, it will not come up to disturb you anymore, you will be free from it.

Controlling your thoughts is not the thing that is required to eliminate confusion and contradiction and opposites from the mind. If one thought

rises to the surface I try to banish it and if I can't banish it, I try to create another thought in opposition to it. To superimpose another thought on that one but that is not ridding of that thought that originally risen to the surface to control me or to irritate me or disturb me. You cannot then superimpose a positive thought on a negative thought because the negative will still remain, therefore you create opposites. Therefore controlling your thoughts is of no value whatsoever. You will say, "I must control my thinking now, I must say now, I must not do this, I must not think this way, I must not think that way." "Alright to say now, I must sleep now." And you try to sleep, before you sleep somebody else disturbs your thought. Before you know where you are, you are then caught-up in your conditioning.

Controlling your thoughts is rubbish. People tell you to control your thoughts and you get further and further away from the Real thing. The Real thing is hidden underneath the conglomeration of opposites, conglomeration of mental creations, a conglomeration of beliefs. Where there is a belief in your own importance, a belief in your own lack of this or lack of that or whatever the case maybe, that Reality is hidden underneath this. But that Reality exists Eternally it is not something you create. Its Spiritual. You do not create any Spiritual thing. Spirituality is goodwill and Love, peace and harmony. You do not create these things and they do not arise out of chaos. They are not the opposite of chaos. They are existing Eternally. Chaos is created by you but that which is Spiritual existed Eternally and exists NOW and you do not create It.

It is only when you have discerned all these things that are preventing the expression of It. Your thoughts become clear and distinct. You look at them without fear, without being disturbed mentally. And by doing so they begin to dissolve away into their own, making nothing. You were the creator of them. The self is the creator of them and the self is nothing. The self is a bundle of memory, a bundle of experiences, a bundle of beliefs, a bundle of all these things mental. And it does not matter a damn whether they are true or not. And when you look at them clearly, you will see it does not matter a damn whether they are true or not.

And when you see that it does not matter a damn whether they are true or not, then they will begin to fade away from you because you will look upon them without fear, without being disturbed, without condemning,

without criticism. You look upon them just as you would look upon a glass of water and you will say, "it is a glass of water and you understood it and it no longer troubles you."

That is the Truth. And it is the Truth that sets you free. This Truth that is above mind. I wish I could put it on a plate and give it to you just as I could give you a glass of water. I know it is difficult because of the people that are caught-up in their own thoughts and their own mental creations, and then they try to control those mental creations they have created. And they fear them because they fear them they want to control them and put them aside. All this sort of stuff is a waste of time, precious time and effort.

Does not most of the Truth literature you read give you instruction on how to make your demonstrations on the physical plane? There is much of this misleading material written and spoken by those who know nothing about themselves. Yet they expound ways and means of how to get things. The advocating of the so called Spiritual Teaching is a worthless imitation of the Real.

Only when you can discern the false from the real will you free yourselves from that which is deceiving millions through this senseless nonsense.

All the time we create an idea of something. And they say now, you build yourself into your idea before you and you begin to build up your idea. And then you begin to think that your idea will come into operation, well it is a mental creation. It has no power of its own. Now can that ideal fall to the ground then the people will say, "God is Love. God of Love could not do anything like that to me." Because immediately you create an ideal you always create the opposite. And the opposite will always exist in your mind. And the opposite is very often the more stronger, so it is generally the opposite that manifests.

Whatever ideal you create you always create the opposite to it. And is neutralized because of the fear you have whether your ideal will be created or not. And it is not created. If it does not come to fruition then there is a disturbance of the mind, fear enters in. Then you say, when all things are blown to the wind. You say, "my God of Love, my God, He couldn't do that to me." Then [for] some people there is no such thing as God, "I don't believe there is a God at all."

I have had that said to me tons of time where people who have built ideals in their minds and they have all gone up in smoke. That's not creativeness. Creativeness exists after their mind is freed from all opposites, from the power of the opposites, from the power of contradiction, from the power of duality. Then in there is a Silence that comes, not a silence that you create or a silence you enforce but a Silence in which the Creativeness becomes known. I and the Father are one. In that way I look at you, the Power flows through you everywhere. For the simple reason that it is Creative, it is not an idea or an image but it is beyond the mind. The mind does not know what it is, it can only know that it is. The consciousness becomes aware of Itself, not of what it is. But the Consciousness that is Unknown because the Consciousness can never know Itself. You can never turn back on your consciousness and know what it is, It is Unknowable. It is the Unknowable that is Real. And you find this Unknowable in the very heart of yourselves after all other things have passed away and dissolved into nothingness where it belongs, then that Reality, that Creativeness, that IS your Consciousness. The Creativeness, the Unknown, an Awareness that cannot be defined. I cannot give it to you. I cannot tell you what it is. It can only be found by yourselves when the mind is known, when the mind is understood. When the self dissolves into nothingness and Wholeness and Completeness which is NOW, expresses Itself without hindrance.

Jesus said, "I and the Father are one." It was not the fact that the Father was limited to one particular man. Because the Christ Consciousness is not limited to one particular man. The Christ Consciousness is beyond man. The Christ Consciousness is beyond mind, beyond the self. The Christ Consciousness IS the Father. The Wholeness, the Spirit of God in the Whole of the mind.

And what do we see?

*You see the world is full of these ignorant people who boast of their manifestation as a proof of the Truth, but let them lose all their possessions and see where they stand. Their foundation is laid upon *the* shifting sands of craving. Then they will tell you that they do not believe in a God any more, they say a God of Love could not do a thing like that to me.*

*Their belief in their outside God destroys the experiencing of Reality. It is most difficult for people to *understand* this because of their conditioning,*

and their belief gives them a sense of satisfaction.

But belief is a mental thing. And I cannot impress upon you too strongly what these mental creations are. If you look into your own minds you will see how they have come about. I am going to repeat again, what you have been taught, what you have read from books, what you have been told by others. What you have accepted; your experiences, your memories whether they are good, bad or indifferent, your beliefs, your ideals, all these are the mental make-up and that is the thinker. You do not think on anything else except what you know. You cannot think on something you do not know. You can only speculate on something. But you can only think on your own experiences, your own memories, what you read, what you learnt and some of you read a lot of tommyrot which is cluttering up your mind and you are losing the Real.

I had a man come to me yesterday. He had an inferiority complex apparently and he believed, he read in a book, if you have an inferiority complex you are sure to be important. He turned the book down, he closed it but that entirely got hold of him and he became obsessed with the idea that he was important. A young fellow therefore he became important only because of his idea, of his belief. Now I had to show him all about his mind, how it was created, how he had read it, how he had got it into his mind, what his was and so-forth before I could even get him to see that it had no power over him at all except the power he gave to it.

So a lot more people are reading the same lot of rubbish and something else, stuff that does not matter whether it is true or not. Because you only make mental ideas of it. Reality is not a mental creation. You cannot make Reality into a mental creation because it cannot be done! It is an Ever-present existing Livingness that is impossible to create a mental idea of because you do not know what it is. You can only experience It when you know that your mental creation and your beliefs is not it.

So what do people do now?

If they do not find satisfaction in things, in beliefs, they create a super idea of a God. But is their God not a self-made God which they have fabricated in the mind?

But if we would really experience the Unknowable which is not of time, we would not cling to a belief which is but a self-projected image.

Anything that is named is not Real, it is the outcome of memory, of conditioning, and if it is of time then it is still part of the mind for the mind is the result of the past, of the various influences, religions, social and educational environment.

So anything that you name is not a Reality, it is only a creation in your own mind. You must get beyond names because names are separation. Names denote separation and division. Anything that is named is not Real.

If we understand the conditioning [in] which we live and the influences in which we are caught up, that understanding brings about a tranquillity of the mind. Mind is not made still by force, nor can it be made still through control. If your mind could be made still in this way it would be a dead mind.

When you try to make your mind still through discipline it may be superficially still but at the same time it is in a state of agitation like a child put in a corner.

So you also put your mind in a corner when you discipline it and try to make it still but by disciplining your mind you cannot understand your mind. You are forcing your mind into a static state which in itself still maintains its own opposition, and its own cravings, and its contradictions which are not understood.

Only when we understand the whole process of belief, and the search for permanency, when we understand this whole process fully then the mind is quiet.¹ *You always look for a result for man but that something which is Real is not a result and has no end. It is not the result of something else and there is no end. If you are looking for a result then you are still living in the relative and you are still caught-up in your thoughts because you believe that there is an end, a result. If I can show you that in the Timeless there is no result. There is an Ever-present Reality that is not a result. And that which is Real can be experienced and It is the Eternal Expression of Reality. There is no end. There is no result. You are looking for something then you are caught-up in that something you are looking for. But that something that is Real expresses Itself in Its continuity moment to moment. A continuity of Itself, in Its own Livingness, in Its own Eternity. And that is Love, goodwill, Creativeness in which there is no opposition, no contradiction, no duality. It IS, it does not have to Be. You do not create It.*

What you create is a mental idea of it but that is not It. It is when you know that, you are the thinker as well as the thought. When you try to separate yourself from your thought, you then try to control your thought and it is this that leads to illusion and fear.

We think we understand people by giving them a name, a German, a Jew, a Russian, an Englishman, a Hindu and so on. But if I do not call you by a name I am not prejudiced, then I can look more closely, and by doing so can understand you. Is it not so that you are already prejudiced when you hear the words Russian, German, Jew, English, Afrikaans and so on? When you understand your prejudice then it drops away and true relationship comes into being.

True relationship is one who is true to himself. Has no conditioning as regards nationality. Who is beyond nationality into that particular state where there is true companionship in true understanding free from conditioning. How can you understand anybody if are prejudiced before you even talk to them.

If you have a belief, are you not prejudiced against another belief no matter how you try to hide the fact? But when you begin to read your mind with all its influences you will see what lies behind your belief. Then you will begin to understand, not only yourself but you will also begin to understand the other.

So to understand anyone you must be unconditioned. And that's how you can also see the other person unconditioned. But if you approach any person with your mind prejudiced to their name whatever nationality it maybe you are already prejudiced and you cannot understand and you will have no relationship.

True relationship is the secret of happiness. True relationship is Love. Because beneath true relationship is the expression of the Almighty. That something that is created and Creativeness is Love

So to help another I must see the other not belonging to this nationality or belief or to this or that, but see him as he is, free. For if I am myself caught-up in my own petty narrowness, in my nationality, my belief, my society and ridiculous superstitions, my own nonsense, I see him only through my own conditioning, *do I not?*

If I am caught-up in all that rubbish that is how I see the other person, is it not? I can only see that person through my conditioning and in no other way. In fact if I am caught-up in my conditioning I am only expressing my conditioning every day.

To understand one another we must look at each other free from all this stupid nonsense. Then we will have relationship with *another*, then only can we help one another. And this requires an awakened consciousness. *Free from conditioning.*

Do you not see now what is hindering the individual and individuals collectively from that happiness that is theirs, that is now. You can see clearly can you not, that it is the conditioning of the individual either; through education, through parentage, through nationality, through ideologies, through beliefs, through political ideas or religious ideas, it makes no difference they are all mental and yet it's the separation of mankind.

The Ancients says, "the mind is the destroyer of man." And that is a true saying. The mind is the destroyer of man. But when man sees clearly what is destroying him then he drops it. He is no longer caught-up in it, he is free. And in that freedom is Reality. In that freedom is Love because there is no opposition, there is no contradiction, there is no separation, there is no division. There is that which existed from the beginning and it is well spoken in the first chapter of John, "and the Word was with God and the Word was God and the Word was made flesh." But the flesh has no say in the matter. The Word was in the beginning and nothing came into being except through that Word. And the Word was in man, is the Light of man, and that is [how] every man came into the world.

An awakened consciousness is a consciousness that is aware of the false, aware of that which is hiding the Real. We do not create the Real, the Real is experienced only when we understand that which is not real, and how it comes into being. Now until we have a true recognition of this can we expect to have the Power, Wisdom and Love of Reality. When this is reached we realize that there is no limitation, only an expanding in Infinity in which we exist.

The majority of people talk so superficially about that which is, as something separate from themselves. If you ask what it is they will say

“God.” But you pursue it further and you will see it is but an image of God, something apart and distinct from themselves. This image is useless for it is made up in the mind and is not Reality.

Millions of people pray to God. Millions of people pray to Allah, which is God too, its only another name, its substituted, another name just as you would pray to God so they pray to Allah or whatever name you like to give it. So they pray to God but two minutes after, are they any different, when they get up from their prayers? In their hearts; their same superstitions, the same hates, the same antagonisms, the same conditioning. Are they any different from their prayers? Is the world any better because people have been praying for a thousand years or two thousand years since Christ came? Is the world any better?

I don't think so, I think it's a damn sight worse. So prayer hasn't added one iota to the betterment of man. Only by discerning clearly what is the cause of preventing the expression of Reality and how to pray. And when you pray, as Jesus said, “if anyone has anything against you, go and make it right with him, then come and pray. Then your Father will hear you in secret.”

So you have everything against everybody and you come and you pray with everything against everybody, and you think that your Father is going to hear you in secret when in your heart there is enmity, there is jealousy, there is hate, there is antagonism, your prayers are idolatrous.

A God that is separate from yourself is no God at all. Yet the majority of people, including your religious teachers, are merely at this stage. This is the thing that eludes the intellectuals. Their God is a God they want to comprehend intellectually. So it is just an image, an idol, a creation of the mind. So the Reality of the teaching of Jesus is submerged in a sea of sanctimonious formalities that hide the Real.

I had a man today in Johannesburg. He said, “I am a scientist.”

I said, “yes, what's that?”

“Well, a scientist that knows that two and two are four.”

I said, “I know that too. Any fool knows that two and two is four.” I said, “What is a scientist? That is the point I want to ask you?” I said, “The only Real scientist in the world was Jesus Christ, that's the only Real

Scientist because he found the root of everything. He found the root of Creation and he found the root of Creation within himself. That was the greatest scientist in the world. But your science you read from books. You learnt, you're experimenting yet you don't know whether it is true or not. You're still experimenting but Jesus didn't, he knew what was true and he knew what was false. And he knew the Creativeness within himself."
"Now," I said, "you can reason, I hope?"

He said, "yes, I think so."

"Well." I said, "Reason won't give you Reality. Reason won't give you the Real because the Real is beyond your mind. What's in your mind is not true, you don't know whether it is true or not. What you learnt you read, experienced, taught. And you call yourself a scientist." So I went on, "alright you can reason, I suppose?"

He said, "yes I can reason."

I said, "But you want to get at this, what Jesus knew, what the Christ is in your mind. But you can reason towards it." So I said, "God is Infinite, is He not?"

"Yes," he said, "God is Infinite, there is no doubt about that."

"Well," I said, "there cannot be anything outside Him if He is Infinite."

He said, "no, that's reasonable."

I said, "also He must be everywhere, there cannot be a particle in the whole Universe where He is not otherwise He could not be Infinite because if there was one particle where He was not, He could not be Infinite could He?"

He said, "no, that's correct."

"Now Jesus said these words, 'know ye not I am in the Father and the Father is in me.' That's the meaning, he put it in a few words. I'm putting it in a long epistle." I went on a little while. I said, "now you're a scientist, what is this substance, what's this?"

He said, "it's a table."

I said, "surely, you know as a scientist its more than a table, what is it?"

"Well its wood," he said, "it comes from a tree."

I said, “a tree grow out of the ground and how does it come about and what is it?” And I said, “you come to that state now where you do not know what it is at all, is that right?”

He said, “yes, I have come to the state, I don’t know what it is at all, I can see that.”

“Alright,” I said, “you are a scientist, you are supposed to know what it is.” Now I said, “the very substance out of which this is created is out of the one Substance because it must be Infinite in nature because there cannot be any other substance. God being Infinite in nature there cannot be a Substance of something else. But a science has proved as far as it will go that matter itself is energy. It is a combination of atoms and electrons which we know to be energy. But energy has a direction which we know it must be Intelligence in action. And it has been formed, you don’t create it.”

He said, “that’s true.”

“Words and intelligence existed before you were born. And it was Intelligence that brought you into the world, it knows how all these go.”

He said, “yes, I believe it.”

“Alright,” I said, “now we are getting nearer. Now all you see, you created that in your mind, I have reasoned with you to the Ultimate. But I cannot tell you what the Ultimate is. But after you have got rid of all your beliefs, your ideas, your images, no matter how great they are and your reasoning. Your reasoning must also cease. And when the mind is quiet, in that stillness, then you will know. You will never know the Unknown but you will know that the Unknown is expressing Itself and you will experience that expression.”

He said, “I see now. So there is something wrong with the brain.”

I said, “now, I know a child where the brain had been completely obliterated practically from the sac. The brain of one child has then contracted, the doctors said it could not live. The body became so thin and emaciated but there was nothing to it. And I said to the mother, ‘the Life that created this brain as it is now, that Life is not separate from me, it is the same Life.’ Therefore I said, ‘in this understanding, the Intelligence will work creating and building up a structure according to the Divine Design. In the one man, in the Christ, the Perfect man, that is the image, the only

Son of the Living God—the Christ, the Perfect Man.’ Well to the astonishment of every person, the child grew up to be a perfect child and be a normal child, supposed to be dead. Several of them, Mongolian types of children, were retarded probably 250 years back were the brain had not come forward, the features were distorted, no bridge to the nose and all these sort of things, and yet these children are now normal. And their parents were asked by their doctors to put them into an institution because they could never be any better than they are. These are not isolated cases, there are hundreds of cases that I could mention to you.” I said, “that was the Real Scientist.” And I said, “that is how you are going to get well too, there is no other way.”

And he said, “I believe you.”

I said, “believe me or not, I don’t care.” I said, “that is the way we have got to get back.”

Now when we see this clearly and you accept it in your own mind, you see when Jesus asked the woman, “wont thou be made whole, are you willing to be made whole?” “How did she touch the garment of mine?” Freed from all things. Knowing that she touched the garment that she would be freed. But she touched a certain way, a certain way that when the whole mind is obliterated and caught-up in one complete fire of faith. Where is Spirit becomes paramount and the consciousness becomes aware, that moment she was healed. So the Master said, “thy faith has made thee whole.” Existed now, the very means of Wholeness exists NOW. You do not create It. The only thing you do is to eliminate the things that are preventing Its expression and that is your own mental creations. That is why many churches today are but semi-political institutions teaching separation, distrust and antagonism. They condemn Sunday sport but engage in the diabolical sport of fostering antagonisms and hatreds. How is it possible to have peace when man’s religious life is saturated with suspicion and superstition.

Matter, we find, is energy solidified in form. Energy is the Intelligence in action and consciousness is the director. Our relation to the Universal Mind is as ice is to water and water is to steam, therefore there is no separation anywhere. The invisible is not separated from the visible, the ice is the water as water is the ice, and water is to steam as steam is to water.

With this understanding we realize the Truth of what Jesus said, “All power is given unto me in heaven and on earth.”

It is no different above or below, out of the body or the body. The same power as given to the consciousness that existed before the body was created.

When we understand the cause of our limitations, our feeble efforts will be dropped. Then the consciousness of Life with thought, its messenger, will be clothed in form. It will not be seen as something outside Reality but in Reality Itself. “When you have seen me you have seen the Father.”

So it is when the inner becomes the outer. Now if the inner is fed on ignorance, ill-will, antagonisms then it expresses itself on the outer both in circumstances and in the body because the body is mind materialized. But when the outer is understood and all the false is understood, then the inner becomes that renewal every moment and moment by moment the Ever-present Life. And as the inner becomes that renewed Life every moment so the outer becomes the same. Life is expressed on the surface and there the Christ is seen. Just as the Christ was saw us proved Jesus and Jesus manifested the Christ. So shall man do so when he has reached that State when he understands his own mental creations and know how false they are.

We must think for ourselves and not allow others to do our thinking for us. But this is what others do not want us to do. As long as you are prevented from thinking for yourself you will be dominated by others.

²Nothing can lead you to the Truth except the understanding of yourself. When you are beginning to see that which is false you are beginning to see that which is true, and that which is true has no division.

There are two sides to a coin, one is the head and the other the tail, both are on the same coin. Good and evil is the same, you cannot separate them, they are both in the mind at the same time, are they not? When you desire the good you fear the evil. When you understand this they both drop from you, and Reality, which is not of the mind, but which is Love, Wisdom and Power, comes into being.

“He who possesses my commands and obeys them is he who loves me, and he who loves me will be loved by my Father, and I will love him and

appear to him.” [John 14: 21 (Moffatt)]

BENEDICTION

O Wisdom, Thou art my guide.

O Love, Thou art my Life.

Only when I began to see the false did I begin to see the true.

When I accepted what others said I lost the power to think.

When I believed as I did, I did not know why I believed.

So I was caught up in the net of my own conditioning.

O Wonderful Wisdom, as I opened myself to Thee so didst Thou reveal myself to myself.

O Wonderful Love, Thou didst flood my heart with Thy sweetness and I saw the beauty of Thy holiness.

Now, O Wisdom I see my brother stripped of all conditioning as I myself have been freed.

Now, O Love, my nature Thou hast made complete with Thy Sweet Holiness, O Divine “ONE.”

Let us enter into the Sanctuary of the Silent healing Power.

In that Peace that passes all understanding.

How you have craved for that Peace but it has not come. The craving for Peace does not bring Peace. It is only knowing that which is hindering that Peace. Peace was before the world began. The Peace was in the Word in the beginning. Existed because of the Christ the Creator of all things. Therefore I am the Life, the Living Life. The only Living Life, there is no division in It. O my brothers and there is one Father in heaven. Our Father who art in heaven hallow be thy name.

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 16th March 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The next sentence in the Lecture Notes is missing from the recording. The full paragraph reads: [*Only when we understand the whole process of belief, and the search for permanency when we understand this whole process fully then the mind is quiet. You do not have to make it quiet. You are the mind, you are the thinker as well as the thought. When you try to separate yourself from your thought, you then try to control your thought, it is this that leads to illusion and fear.*]
 2. The preceding 8 paragraphs in the Lecture Notes are missing from the recording due to Murdo skipping over them because of time constraints. They read: [*The Infinite and His thought are one. In this way the world system is kept in operation. This is Universal Kind in action, and is the Mind that supplies the power to our minds when we dissolve our sense of separation. As electricity supplies the power to the dynamo so does the Universal Mind supply the power to the mind of man. The switch is the consciousness that is aware.*

We are not separated, and in that knowing so does the power act accordingly in the mind of man, and when we realize this we dispense with limitation because we know how we have limited ourselves.

Modern Science has proved that Jesus was the greatest scientist the world has ever known. The methods he used two thousand years ago are proved to be scientific facts of our modern age.

Man is created by God, therefore God and man are one, for there is no outside of God. He could not create anything outside Himself, being Infinite in Nature.

“Do you not know that you are God's Sanctuary and that the Spirit of God is His Home in you?” 1 Cor. 3: 16.

The question that arises is: Can we live without an idea? We can understand this when we understand what an idea is. Surely you have learned by now the process of ideas and how they come into being? They are temporary and changeable and pass away because you know what

they are. It is only that which you “do not know” that is Real and Stable, Eternal and Ever-present.

*Now this is not a question of belief. You do **not** have to believe what I say. If you believe what I say it is your misery, not mine. Then you will use me as another authority to take shelter from your own ignorance, and so on you will have another authority and another authority.*

What I am telling you is, that without knowing yourself there can be no real experiencing of the Real. It is not that you must substitute one belief for another or become an atheist, which is but another form of belief. To understand the whole process of believing is the beginning of wisdom.]

Lecture 8 (23rd March 1954)

IS OUR CIVILIZATION CRUMBLING?

“A man’s ways seem all right to himself but the Eternal has the verdict on his life.” Prov. 16: 2.

Truth is not created in man’s mind, what is created in the mind is but an idea of Truth according to man’s conditioning. What the individual does is to create a civilization that dominates him.

We all try to create the Truth in the mind but we find that it is not true. It is unfortunate that most people cannot see this being caught-up in imitation, in revival of the ignorant. And when they create an idea in the mind they think it is true but they have not discerned what the idea is. Each and everyone has a different idea so therefore it cannot be the Truth because your truth is the same in every individual, so it cannot be an idea. Because if an idea is different in every mind therefore it cannot be the Truth.

If you have an idea of the truth and somebody else has an idea of the truth and somebody else has an idea of the truth and these ideas are all different then you have not got the Truth because you do not know what it is. But the Truth IS because it is not created in man’s mind and you try to create the Truth. But the Truth is the Livingness. The Truth is faith really and faith is Truth.

The faith that Jesus knew was not of the mind. It was something beyond the mind because in the mind there is always fear. And therefore if there is fear and faith together then you cannot have faith. Because faith would be neutralized by fear therefore a mental faith, a faith of the mind, is of no value. But Jesus was different, he had a faith that was entirely different than that which is of the mind because he knew all that was in with the mind was not true. He found his own creativeness, that Creativeness when he knew he

and the Father were One. In that Oneness was his Creativeness but it wasn't an idea. It was a Living Expression of the Christ Consciousness and that Christ Consciousness was the Truth in man. Because there was no opposition to it, 'I and the Father are One.'

And now, if 'I and the Father are One' is merely an idea to you, then your faith is in the mind. But if you realize what your ideas are and you see what was in your mind, you will see what your mind is built up of, then there is a quietness, a Peace that comes that is beyond the mind. And in that Peace there is an Awareness, a Knowing. But it is not a knowing of the things you know about, it is a Knowing that is beyond the knowing of all things you know about. But if you really know all that is in the mind and know that it is not Real then you will find this Knowing, that is beyond the mind. A Knowing that is of Reality. That's what Jesus had. I can see clearly how he arrived at that complete Knowing.

I can see when he found his own Livingness. That Creativeness within himself was not of his mind, it wasn't a realization of an idea but it was beyond. In that Livingness which he was, he was the Living Expression of the Almighty God—that was the Christ. And the Christ Consciousness was the faith, was the active Principle of Life Itself, knowing no opposition. But if faith is in your mind it has the opposition of fear. So an idea of faith is of no value to you because fear is its opposite. When fear is up faith is down, when faith is up fear is down but they are on the same yardstick. One moment you make it with faith the other moment you the make it with fear. But that is not the same with Jesus. Jesus was the true man who gave us the answer to these things.

I have read a lot of books in my time and I have seen a lot of books in my time. But I don't read them, I look at them and scan them and see them and I can see clearly what they are. I can see immediately that they are the production of a mind, ideas being produced, which may be true or may not be true but it doesn't interest me because it may be true or not be true. But I know one thing that is true, the Living Christ is true. The Living Christ is the active Principle of God Himself in mankind. And that's the only salvation that man has. But if you look outside yourself for salvation then it will never come because you are looking out to some other authority that doesn't know the Truth.

It is the self that causes all the misery in the world.

Is it not the self that has ambitions to attract social distinction and accumulate power? The individual has his own social distinctions which result in ruthless competition in every way of life.

You will readily see that this selfishness must eventually break down, it is merely a matter of time. Selfishness eats itself away, it begins to rot in itself and die, and its death is not far off.

Jesus came with St. Paul to the same Truth. He saw the whole thing clearly in his own mind, he could see what was happening. When he said, "there would not be a stone left unturned in Jerusalem," he could see what was happening and it was so. In the A.D. 70 that was the Jewish war and the Romans took Jerusalem by storm and destroyed it, the Synagogue and everything in it, not a stone was left unturned.

But the Roman civilization has passed away as the Greek civilization passed away because it has its own rottenness with in it as decay was within itself. Our own civilization is well on the way to that decay too. And the only opportunity it has is to realize what it is doing, where it is heading.

Do we not divide ourselves into groups with social standards which only bring sorrow and conflict, without understanding, so the rot sets in. As long as we hold [on] to our separate groups, our divisions, we will fail to build a lasting civilization.

When civilization is built upon the false foundation of division it cannot last, it must decay and pass away. Have we not seen similar civilizations come and go for that very reason? And is not ours fast crumbling about us at this very hour?

You see many revivals throughout the world. You see revivals in India, you see revivals in London, you see revivals everywhere. But what revivals are these? Is it not revivals of ignorance and not of Truth. Revival of ignorance is of no value because people retain their own divisions, their own groups, their own separation, their own antagonisms and fear. People are no better, not one better. A little while ago I'm in India, thousands of people were trampled to death because of a religious revival. Among them we see the same thing but what happens? People go on the same way, they have their same beliefs, the same ideas, the same antagonisms, the same

fears. How is it possible then, that you can have a civilization that will last when you have divisions everywhere?

There **is** a solid foundation based upon unity, not so-called unity which we speak about, for that is merely an escape from seeing why we are not united. We hold an ideal of unity while we still hold fast to our divisions and separations. We refuse to give up our creeds, *our* nationalities, our political differences, because we will not discern the falseness of them all, they are but the expression of our own conditioning in which we are bound.

So we all have an idea of unity. But how stupid is this idea of unity where we still maintain through our falseness our different divisions. Is it not a fact, that because of our divisions, of our nationalities, of our ideologies that we become murderers, really murderers. Why do we become murderers? Because of our ideals, our beliefs, our nationalities, the things we think we should be. While other people do the same and think these things should be also. And because we cannot reconcile our differences we butcher each other. Now is there any truth in that?

Don't you see, if we then realize what all these things are, then we will no longer become murderers but we are murderers at heart. Even if we don't take part in the murdering, we are murderers in heart. Because we encourage all these things to take place. So the evil arises in man's mind. The butchering, the murdering arises up in man's mind himself. And we say how evil the world is but the world is man himself. But he has not discerned his own self, his own greed, his own cravings, his own divisions therefore he is lost, he is caught-up in these things.

You can only help by understanding the cause and that is by understanding yourself, who is the cause of the rot. Whatever you understand of yourself for the time being that is Truth, that is freedom. By understanding the self you can see the false and when you see the false, no matter in what measure, great or small, it is revealing the Truth. For the Truth is not made up, the Truth does not condition you. You can discover how you are conditioned only in your relationship *to* one another.

So in your relationships with one another you see how you are conditioned. Because you have separate ideas, separate beliefs, separate nationalities, separate groups, separate social standards, all these

divisions. Unless you discern these divisions then you will never have any true relationship because there is no relationship in division.

I've come to that conclusion long, long ago. I could see the condition of man. But in that way when you see the conditioning of man you cannot condemn or criticise because what you see in another is what is deeply rooted in yourself. Therefore the only virtue criticism has is to be turned upon itself. And when it is turned upon the self, the self sees what it is and it drops all its conditioning and drops all its criticisms. Because it begins to see how rotten it is itself with all its desires, its cravings, its hideous contradictions and everything that is of the mind.

Unless the self is understood there can be no real true relationship with one another. If there is division anywhere there is no relationship. But that relationship in that unity is, it is the foundation of our own being and can only find it when we see all these things that are hindering the expression of it. To have an idea of unity is useless while we maintain our separate states, our nationalities, our beliefs, our antagonisms. Therefore our unity is nothing else but an idea, of no value, just the same as an idea of God to you is of no value.

As I talk to you, you listen, but how do you listen? If you are prejudiced, that is you listen, conditioned by your own background, with all your condemnation, prejudices for or against what I say, then you are not listening? *Because you are protecting your own conditioning. Or you are accepting what I say because it suits your conditioning, that's not listening.* But if you listen to find out about yourself, to discover yourself, then there is Truth.¹

To discover what the self is then there is Truth. But if you are conditioned by your background, you can easily see how you are conditioned by your background, because you believe it to be true. But does it matter whether it is true or not when you know it is merely of the mind. Is Life not more, Jesus said, "is Life not more than food and a body more than raiment." Life is greater than all ideas. Therefore ideas must be discerned before you can realize Life in Its Completeness.

I cannot tell you what Truth is, neither can anyone else. The one who says he knows, does not know. But when one knows the self and its ways then the Truth that is Eternal and Ever-present comes into being in you

without effort or struggle. How is it possible for individuals to co-operate and work together if they cannot see the falseness of their beliefs, their divisions and all the creations of the mind, good or bad.

Now the majority of people will say that you must meditate to find this peace, to find freedom, *to find* Reality. Meditation is important, *but* we must find out what is right meditation. If we do not know what is right meditation there is no self-knowledge, and without knowing yourself meditation has no meaning.

If you meditate with still your conditioning, with your beliefs, with your fixed ideas and you are meditating upon your idea, there is no release. There is no release from your conditioning, there cannot be, it's impossible.

Now what is True Meditation? True Meditation is finding out about yourself. So all the content of your mind, your beliefs, your ideas will rise to the surface, there can be discerned, clarified and understood.

To sit in a corner or walk about in the garden and try to meditate on unity has no meaning. Unity will merely be to you an idea. But there can be no transformation of the self through an idea. You are merely concentrating on an idea which is exclusion, and exclusion is not freedom.

So you concentrate upon an idea to the exclusion of all else. That way you become more bigoted than you were before and more narrow. It's a matter of self-hypnosis and that is all.

Meditation is the real way, the true way to understand it. But meditation is not merely self-hypnosis and a matter of trying to quieten the mind, when the mind is in turmoil. Meditation is to enable you to see what is in the mind. So as the mind becomes quiet, not a forced quietness, but a quietness that comes after everything is understood. That is meditation. Then in the quietness of the mind there is Reality, there is the Christ. There is the Christ Consciousness, there is the Truth as Jesus said, "the Creativeness of God in man." Because the Christ of God is the Love of God to be made manifest in the flesh.

As long as we retain our conceptions of individuality with its selfishness there can be no release from the conflict either in or out. Right meditation is first to find out what the false things are. We must also find out what we call meditation.

Are you trying to quieten your mind through concentration? This is generally mistaken for meditation. Do you repeat certain phrases in the hope that you will acquire meditation? This is just a form of self-hypnosis. It is merely a trick of the mind in which there is no understanding.

So the meditation that you know is of little value to you. Now I have explained a little bit of meditation. You see clearly it is of no value to you at all because you still retain all your prejudices, all your conditioning. And therefore your meditation is only creating further narrowness, further bigotry and stupidity. It is a matter of self-hypnosis upon a particular idea or belief or it maybe an idol external to yourself. To concentrate upon the Christ is of no value because you just have an idea upon the Christ and therefore it will be of no value to you. But if you know what is in your mind, what is preventing the Christ from manifesting in your life, then that is True Meditation.

So meditation is not devotion to an idea, because things of the mind are idolatrous, the worship of an idol or statue is idolatrous and silly superstition. In fact all things of the mind are idolatrous. To be devoted to an idea, a picture, is not meditation, it is merely an escape from oneself. It is perhaps a comforting escape, but it is still an escape without understanding.

Are we not Spiritual slaves? We have followed, imitated, set up authorities while tradition, beliefs, divisions in society, in nationalities *and religion* have bound the mind. In thought and emotion the individual has merely conformed, while [in] his world of action has built for himself a false security and in pursuing his own security he has no security.

Most people are constantly striving to become virtuous through discipline, but this is not meditation. They are caught up in the process which denies understanding, they struggle with the belief in sin which has no existence outside themselves. God is not sinful, man alone is caught up in his own sin created within himself.

In seeking freedom-self-knowledge we cannot be enclosed by belief, nor hedged by an organised religion or society. When we see that self-knowledge is the beginning of meditation the problem becomes extremely interesting and vital. If there is no self-knowledge we may practise meditation and still be attached to our ideas *and* beliefs, our division, our

delusions. True meditation is *the* means through which you end these false things, so without self-knowledge there is no meditation.

How many of you have sat in a corner? How many of you sat quietly in a chair, you say, "I'm now going to meditate"? And what are you going to meditate upon? An idea of God. So you meditate upon an idea about God or the Christ whatever the case maybe. And you are not two minutes meditating when something else flies into your mind and you cannot get rid of it. You try to get rid of it in one go, it still keeps there until such time as you look at it still holding fast to your mind and then come and say, "I can't meditate."

These things of the mind will come up to the surface until such time as you have dealt with them completely and freely. You must see what is in the mind is a relative thing. Life is not affected in anyway by anything. Life is free, it is like electricity, Life is free. But it is Intelligence, It is the body. It built the brain, the nervous system. In Itself it is Consciousness. Itself is Creative. It is beyond the mind. It is Creative beyond the mind because It is Intelligence in Itself.

What is in the mind is only intellectual, what you read, what you believe to be true, it may not be true but you want to believe to be true. You read a book, you see a picture, visit your mind you believe it to be true. But is it true? Is it not a mental image, a mere belief? What's the use of it? Does that reveal Reality? Does that reveal the Christ, that Jesus knew? The Christ that Jesus revealed? Oh yes, I know all about it.

People may say lots of things, read books and so-forth and even deny the fact that Jesus ever lived. They may talk about him and all this sort of thing, then they say also that the Gospels were written long after Jesus was crucified, I know all that. I am not concerned whether the Gospels were written a hundred and fifty years after Jesus was born and are written from hearsay, here and there and written from some people who are not concerned with Matthew, Mark, Luke and John. Although Matthew, Mark and Luke and John maybe given the names, these were written by man.

The Bible was written by man, how else could it be written except written by man. There are so many holy books in the world. If you take everything for gospel that you read in that holy book, you cannot read your own Eternal Life into it because you do not know what It is. And when you

read the scriptures you think you found Eternal Life but you make a mistake, you cannot find your Eternal Life there.

But in my own heart when I know the Truth, I know what Jesus knew. I know what he knew to be true and what to be false. And he could see clearly the whole signs of our civilization was crumbling and he came to warn mankind and today is it not the same. Man has been warned that his own civilization may crumble around him. What will happen if in a year or two we started now to bombing each other with atomic and hydrogen bombs. What will happen to the world? We will be wiped out only a few will be left. That few may come together if they have understanding and see clearly the real teachings of Jesus and may start a new civilization. But after a new civilization was started then there will be separation. Some person would say, in his idea, a new idea mind you, a new religion he would create. Just the same as every other religion that has been created out of the mind of man. And he create another religion and then he would have a difference and then we would have separation. And then we have separation and we would warn the same thing as we are today.

I tell you something, when our leaders in the world are immature. Why are they immature? Because they are immature, caught-up in the relative and they do not know what the relative is. They are intellectual naturally but what of it! What if we absorbed every book that was written, what of it! Can you find the the Truth in any book? You can only find Truth within yourselves and not outside yourselves.

*So true meditation then is self-knowledge by which not only does the outer layer of the mind become quiet but also the different layers of the hidden mind are revealed. When this takes place the whole content of the mind is revealed. So the mind becomes extremely quiet, the mind is not **made** quiet, nor is it compelled to be quiet, but there is a Silence that really comes into being and is not named. This Silence is not a Christian silence or a Hindu silence or a Jewish silence or any other kind of silence. It's a Silence that comes after you have discerned all these things. All these things that cause separation, all these things that are false. Then in that quiet, I know what Jesus found, he found the Christ. The only begotten Son of the Father that exists in every human soul. The Christ is born in every baby but Jesus said, "it is such as these that make up the Kingdom of heaven." But*

as man grows up he becomes conditioned. Conditioned; by his parents, how his parents lived, what school he goes to, what religion he follows, what social group he belongs to, what nationality he is, what ideologies he agrees with, what political group he follows. And before you know where he is he is completely bound hand and foot and conditioned and he does not know what is true and what is not true. If you follow a path your mind will never be silent. Therefore if we wish to find Reality we must abandon our conditioning, our background completely. In this alone shall we find our true relationship with one another. You cannot find it otherwise. We will find that there is only "One" and in that "One" there is all and all is in that "One."

God is Infinite in nature. God is Infinite Love and there is nothing outside It. Love must be the Creative Principle behind all things. Without Love there is no true Creation.

Love is Creating. Without Love anything that is created will dissolve into its native nothingness because it has no foundation, it's a creation of the mind. But Love is not a creation of the mind. Love is beyond mind. Love is God and God alone is Creative.

If you can grasp my saying then seek beyond the mind and you shall find it. But Love is the secret of true happiness of a Peace that is beyond all understanding.

At present, is not the heart of everyone kept burning with hatreds and prejudices between one religion and another, between one nation and another, between one group and another, between one person and another, with the result that man is caught up in hatreds and separation through ignorance of *what* is false.

In John 15: 1-5 (Moffatt) we read *and suppose* what Jesus *said*, "I am the real Vine, and my Father is the vine-dresser; he cuts away any branch on me which is not bearing fruit, and cleans every branch which does bear fruit, to make it bear richer fruit. You are already clean, by the word I have spoken to you. Remain in me as I remain in you: just as a branch cannot bear fruit by itself, without remaining on the vine, neither can you, unless you remain in me. I am the vine, you are the branches. He who remains in me, as I in him, bears rich fruit (because apart from me you can do nothing)."

What a wonderful Truth.

Here we see what Jesus means, only upon the true foundation of the “One” Life can we bear rich fruit. “I am the true vine,” not only does one nation hang upon the vine but all branches, all nations, all peoples, draw their Life from It. Nothing can exist apart from the one Life, all existence comes from the one Tree of Life which is our salvation.

So as the old saying is, “there are two Trees that grow in the Garden of Eden.” Now what is the Garden of Eden? The Garden of Eden is the Garden of the Soul, the soul of man. The two Trees grow in that soul of man, one is the Tree of Life and the other is the Tree of knowledge of good and evil.

One tree is the Tree of Life which grows from God upon which every single living people takes their life. The other is the Tree of knowledge of good and evil that grows out of man’s mind, that is the intellectual side of the nature of man. What he reads in books. What he reads he doesn’t know whither it is true or not but he builds up in his mind ideas and he creates duality in this Tree of good and evil but you will know that it has only one root and its root is in man’s mind. But it clearly says, “you shall forsake this tree and you will cling to this Tree of Life which alone can be your salvation.

So you must discern clearly what this other tree means, what is. What it is built from; all its dualities, all its opposites, all its cravings of the self and everything because you will see how false it is. Then when you see a falseness you will forsake it. And you forsake it you will cling to the Tree of Life and you shall be free. Freedom comes not from forgetfulness but from understanding.

When you understand you are not conditioned. If you forget anything, if your mind is plastered, if your mind is free from antagonisms, from prejudices, from criticism, it can only be so when you understand yourself. But your memory will remain but they will not mean anything to you as it did before. But what your memories do today to you is this, because of your memories you have hates, you have prejudices, you have antagonisms because you do not understand yourself. So therefore if you have antagonisms you have separation, there can be no true relationship if there is antagonisms.

Forgiving to a great extent is of no value until one has seen how they are conditioned. You may forgive another or say you forgive him but still claim you will pass him in the street the next time you see him. Have you forgiven him? Oh yes, you have forgiven him in your mind but you pass him in the street you are still antagonistic. Oh, you think you have forgiven him, you hypocrite.

So it is, I am the true Vine. Not only does one nation hang upon the vine but all branches, all nations, all peoples draw their Life from it. Nothing can exist apart from the One Life. All existence comes from the one Tree of Life in which is our salvation.

Therefore we must see how security cannot be built upon division, why one group fights against another group, we will see why the present structure crumbles, and [all] our achievements without understanding, are but empty heights in human progress in which we find no happiness. It is inevitable that this structure will crumble because it is not built upon the Truth of the One in all and all in One. *Jesus saw that. He saw how clearly the structure of that civilization will fall. People did not take any heed of him. Why? They did not know, they did not do anything because they hang on a tree for saying so. But his very words are ringing through the world today and these are his words too. It is inevitable that this structure will crumble because it is not built upon the Truth of the One in all and all in One.* Then a new structure will arise based upon Reality through self-knowledge, with a Universal basis and not a political one.

At the present time we have a United Nations but the basis upon which this United Nations stands is a political one, it is not a Universal one.

We cannot have affection for one another when we live in separation, in perpetuating our separate religions, our separate nationalities, our separate ideals, which create antagonisms and which lead to war, destruction and misery.

Transformation and salvation must surely come only with self-knowledge and not with ideas. Therefore it is necessary to understand oneself before we can bring about transformation inwardly and outwardly. Then we will become conscious of all that is false, and all that is dividing the peoples of the world, which is causing war, strife and misery. We must

become conscious of the Presence that is never antagonistic to Itself in any individual, nor is It in opposition to Itself in any individual or group.

And not until the world comes to realize this great wonderful Ever-presence, this Ever-present that is present now it is not somewhere in the future but a Livingness that exists NOW, upon which everyone is common. Yes the world could be now at this moment freed. Don't you see how it could be freed?

We must discern how and why we have been caught up in race thought, in nationalities, in creeds, in politics, disease, ignorance and death. We will see how we have permitted these falsities to rule us, and how we have been incapable of thinking for ourselves. We merely imitated and follow, led to destruction and not to freedom.

I listened to a service, nice service over the radio, a beautiful sing song, nice, everything that was pleasing to the mind. And then came the hypnotization of the ideal. The people could not think, they were caught-up, in fact spellbound because they were hypnotized by their own conditioning. They accept it because of their conditioning. Because they were conditioned that way they accepted it, they lapped it up, they couldn't think. But you do the same. Everybody does the same.

What applies to the individual applies to civilization, they are one and the same. What the individual is so is civilization. Our true happiness is built only upon the Presence that is Ever-present and Eternal and not upon ideas, imitations, conformity or tradition, which is perpetuating the misery of our civilization and which is the *very* essence of its decay.

Mark 3: 24-26 (Moffatt), "if a realm is divided against itself, that realm cannot stand: if a household is divided against itself, that household cannot stand: and if Satan (of the self) has risen against himself and is divided, he cannot stand, he comes to an end."

When the self sees the self, understands the self, the self comes to an end. And when the self comes to an end then there is Reality. Because the self must dissolve into its nothingness. It has no foundation, it is just memory, experiences, ideals, beliefs, cravings, antagonisms that is the self. But when the self is turned upon the self and sees the self with all its hideous contradictions, all the causes of misery, the cause of selfishness, the cause of division, the cause of separation, then as the self sees itself it will

then dissolve away and the Ever-present Life that is Eternal, the Livingness that is in me and you, the only Reality, the only thing that we have in common with one another—is this Life.

Therefore pursue in your mind your ideals, look at them clearly, understand them, how they have arisen, how you have conditioned them yourself. Recognize your background, look at it clearly and honestly, even if it hurts you to part with your most cherished ideals. You will have to do so if it separates you from them, from your brother. And then in that quietness of the mind, the Livingness that the Christ proved—the Christ Consciousness, you become aware then, you have faith. You have faith, you have Creativeness. There is no longer criticism. There is no longer condemnation. As Jesus said, “condemn not lest you be condemned.”

Here we find the true state of man. That true state that will bring happiness and Peace to the world and in no other way. It cannot be done by reviving ignorance. It cannot be brought about by reviving any particular form of religion, wither it is the east or the west because you will still have antagonisms, you will still have your separations, you will still have your divisions. Only in discerning everything that is separating man from man can this come, this Livingness that is in me and in you is the same.

God being Infinite Love that Love alone is created in us. And that Love that is created will remain but all the other things will pass away into its own nothingness. And then clearly and distinctly that which Jesus saw was within himself and within every other person. “Whatsoever you do unto one of these so you do unto me.”

BENEDICTION

O Eternal One, Thou alone art the foundation of our Living.

In my ignorance I held an ideal while unaware of my conditioning, so my conflict remained.

My meditation on Thee was an illusion for I did not know myself.

But when I understood myself my mind revealed all that I had created therein and my conflict ceased.

In the cessation of turmoil the quiet of Thy Eternal Peace was reached and there Thou didst reveal Thyself to me as “One” and “One” only. Then I knew how false was all that separated me from my Brother and Thee, O Eternal “One.”

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- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 23rd March 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The full paragraph in the Lecture Notes reads: [*As I talk to you, you listen, but how do you listen? If you are prejudiced, that is you listen, conditioned by your own background, with all your condemnation, prejudices for or against what I say, then you are not listening? If you merely lap up what I say you are not listening you are merely accepting what I say because it suits your conditioning, then there is no relationship. But if you listen to find out about yourself, to discover yourself, then there is Truth.*]

Lecture 9 (30th March 1954)

MAKING THE COSMIC FORCES YOUR OWN*

“John 4: 13-14, “anyone who drinks this water will be thirsty again, but anyone who drinks the water that I shall give him will never thirst anymore; the water that I shall give him will turn into a spring of water welling up to Life Eternal.”

It is a Living water, the Living water of Life.

Now we know perfectly well, that Life existed before it created the body and Life alone is Consciousness. And Consciousness alone is Life. And the Consciousness that existed before and created the body exists in the body now and It will exist after the body has dissolved into the substance out of which it was created.

We all know the term, “know ye not I in the Father and the Father is in me” and the term “I am the Life.” But it is difficult to explain these things to most people because they do not understand them. They accept them as something external to themselves, they accept them as an idea. Accept them because they read them in the Bible and they think the Bible is holy. The Bible being holy could not be wrong but that is a fallacy because you can never read Eternal Life out of the Bible.

You will realize the Bible is paper and printers ink. The majority of people do not know that the Bible is written by man. Therefore they make the Bible holy. The only Holiness that is in the Bible is the Truth that can be revealed from the Bible. But you cannot take out of the Bible that which you haven't got. Therefore it is what you have got yourself that you take out of the Bible. The majority of people only take out of the Bible their own conditioning because they take their conditioning to it.

There is no such thing as any material thing holy. The only Holiness is the Livingness and the Life within oneself. And when you begin to realize

that you will see that there is nothing Holy except God, that Livingness that is in mankind. The trouble is that we are caught-up in our beliefs, in our ideas and because we do so we have lost Reality, we have lost that which is Real, "I am the Life."

An idea of "I am the Life" is of no value to you. It becomes an idea in the mind and what's in the mind is not true, it's not Real. It is only when you know what the mind is made up of and you see it all clearly then there comes the Realization, that which is beyond the mind. That which created the body and the mind. It created the soul and body of man, existed before it was created and will exist after it has dissolved away into nothingness, into the substance out of which it was created.

When we understand that material things are made out of a combination of ether and thought, that the world we live in is not separated from our thoughts, for we live amongst our thoughts and emotions, we can see clearly that denying the things that are harmful does not alter them. Only by understanding the cause can we free *ourselves*.

We have been told that nervous conditions exist because we do not control the mind, but in our endeavour to control the mind we are not understanding, we are merely holding the mind in subjection which brings suppression which is the cause of nervousness through fear.

So we say, unless you control the mind you will have your nervous conditions. That's a fallacy. It is a stupid fallacy because those people who advocate these things know nothing at all about it.

If you are holding your thoughts in subjection and trying to implant another one in its place, you think you have got rid of your original thought, the thought which troubled you but you have not. You have not got rid of it by planting another one in its place. You can only get rid of it by understanding it and how it comes about. Therefore itself disappears because it no longer has any power. But if you suppress a thought you suppress it because it troubles you and if it troubles you then it has power over you. But if you then see that it has no power at all except your own creation then it falls away. The trouble is that most nervous conditions are brought about by trying to control your thoughts

Fear comes through not understanding the cause of our thought-reaction. Is it not so that you try to control your mind because you are afraid

of what your thoughts will produce? *I remember a person came to me and they were afraid to think. Afraid to think because they believed that whatever they thought would be produced upon them and they were afraid to think. What a dreadful state of affairs going around in this state. But they accepted that from a teacher who thought he knew. The trouble is that he did not know anything at all. He did not know that thoughts were nothing more than the expression of your own memories, your own conditioning, your beliefs, what you absorbed from others. You can only think about that which you know you cannot think about that which you do not know. But when you do see all the things you know are you own creations, you will know how your own thoughts are produced. What is required is an understanding and pliable mind so that there will be an immediate discernment of right values.*

So you will see exactly what your thoughts are and what value they are. If you are caught-up in your memories, you're caught-up in your hates, your likes, your dislikes, your beliefs, your imitations, you're conditioned by them and your thoughts will be according to your conditioning, will they not? Course they will. Think now within yourselves and you will see that your thoughts are built upon your condition.

If you are conditioning by a society, conditioning by a religion, conditioned by any particular political idea, your conditioning by the family, you're conditioned by this and conditioned by that, your thoughts will get accordance to your conditioning. Now when a thought rises then into your consciousness, into the physical consciousness, you become afraid of it. You think it is foreign to your nature, you couldn't think such a thing. But you not only thought it, you created it in your own mind. Why, in your anger and your hates and all the rest of the things, you could have stuck a knife into that particular person, you could have murdered that person, yet when any thought rises to the surface with that sort of idea, oh it could not be yours! Oh no its impossible to be yours therefore you try to banish it because you are afraid of it, what it would produce. But if you discern it clearly then you will see it cannot produce anything because you know it is your own creation and you extract the power from it, it has no power at all.

I remember when that person came to me, afraid to think because she thought it out that any thoughts would produce what she was thinking. Fear.

Fear of our own thoughts. Fear of our own creations.

Controlling the mind is an unnecessary effort which brings fear and limitation, because the mind is dominated by the idea of an escape from conditioning which you fear. *Think in your own mind the very things that you do fear. I had a friend once his name was John Brennan, he was an Irishman but a wonderful chap. A very kind-hearted fellow, the very best you could ever meet. So I was out to dinner with him one night, it was a Friday. And we had finished dinner, with champagne and all the rest of them drinks, whiskey and so-forth and he was quite happy. Of course we had chicken. And when the dinner was over, he said to me, "Mac" he said, "what day is it?"*

I said, "its Friday."

His face went as white as death because it was Friday yet had never had chicken. How he had conditioned himself and I said, "good God, Jack," I said, "it wont hurt you a bit of chicken." I said, "what are you frightened about?"

"Its Friday!"

So when I began to try and get him out of his terrible fear of course. And before he knew where he was, he was in the lavatory, vomiting, sick as a dog. This is what fear had produced. He was conditioned by belief that to eat the chicken on Friday was a terrible sin. It was a sin for some person but not a sin for another, so it could not be a sin. Therefore you see he was conditioned by his belief. There are many people who are conditioned by many beliefs but unless you see how you are conditioned you are caught-up in your belief and you help the fear. Because conditioning brings fear. What happens is when an idea comes into your mind you want to brush it aside so as to escape from its influence. But how can you escape from its influence when it remains because it is not understood.

When your thought is not understood or dealt with, without fear, without condemnation, you try to focus your attention upon a particular idea in opposition to your conditioning, thereby creating a conflict which is more harmful. You will see now that you are not thinking *you* are caught up in a useless struggle which *should* never be created.¹

This deadly thing. You put your head in your hands and you struggle and you squeeze yourself and you fear in such a way and your blood curdles. You go to bed weeping. The whole story is conditioning. But unless you see it, you are caught-up in it.

And it is to be wide awake, as I said again, there is nothing holy in the world except that which is true, that which is Life Itself, that which is beyond mind. Anything in the mind is not holy. What you read is not holy. The only thing that is Holy is that which is beyond the mind. And when you discern everything that's in the mind then you reach that which is truly Holy and Whole. Because to be Holy it must be Whole and Complete in Itself. There can be no division in Holiness. In Wholeness there is no division. To be Holy then you must be undivided. There must a Realization of that Livingness that is common in every individual. And in that Livingness which is in you and me is the only Reality—that is the Holiness, that is God.

Therefore to think, you are caught-up in your thought. If you do not know your thought and understand your thought, you are still caught-up in your thought are you not? But when you begin to consciously realize what your thoughts are, there is Awareness comes, that is not of the mind. An Awareness comes that is Consciousness. An Awareness that belongs to Consciousness only. But this Consciousness you try to fathom it but you cannot. When you try to find out what It is, an impossibility because Consciousness will always be looking at something external to itself. It cannot turn upon Itself and know what it is. Therefore it is the Unknowable. It is that which existed before the body was created. And will exist after the body has dissolved into the substance out of which it was created. Consciousness alone then is Life as Life alone is Consciousness, they are synonymous.

It is this Awareness that makes you different from every living thing that exists on earth. It is the Angelic Power that existed in the beginning—it is the Word that was made flesh.

When your thought is not understood or dealt with, without fear, without condemnation, you try to focus your attention upon a particular idea in opposition to your conditioning, thereby creating a conflict which is more harmful. You will see now that you are not thinking, you are caught-up in a useless struggle which can never be creative.

When ideas come into your mind you should know them for what they are then you will not fight them or struggle with them. You will look at them and discern their value. This is the true function of the mind and with this function developed there is no struggle, no fear, no limitation and therefore no effort to hide away something that does not suit you. Realize that you and your thoughts are one.

When you try to separate your thoughts from yourself and you say that they are different, there is the mistake. But the self is nothing more than your memories, your experiences, your beliefs, your conditioning, that is the self.

But Reality is not conditioned. It is only when you see what the self is with all its condition that you arrive at Reality. Arrive at that that is not conditioned that your consciousness is then free. There is a freedom comes then you begin to Know, there is no fear but there is Creativeness. A conscious Present that is created. It is something that when you create, you're conscious of it, there is no opposite to it. There is nothing in your mind that is opposing it because you have seen already what the mind is made up of—Consciousness Created. It is God behind all His Creation.

Divine Mind and Divine Ideas we do not create. We only create our own which are conditions. But when we recognize these things, how and when we have been conditioned, then we reach the Divine Idea which we do not create but that is our Livingness. The very God who Lives in each and everyone of us, is the Livingness that is in common to us all. Unless we see that then we are caught-up in division which is an illusion.

A mind that is of value to one is one which there is no conflict, no strain, where there is no such struggle, there is peace. You do not create peace, immediately the turmoil ceases there is peace. Mental alertness through understanding our thoughts, our mental activity should be cultivated in our everyday life, not merely at specific times for analysis but to be aware always in the present, then you will know what is happening. Anything that is contrary to our happiness and the happiness of your fellows then would be abandoned. So what do we generally do? We are caught-up daily in our thoughts-feeling-reactions. In our ignorance we continue to think and feel according to our own conditioning. We try to protect ourselves, protect our conditioning against others who are

conditioned and you struggle. And by doing so, you create the very thing that you are struggling for or struggling about. But if you are constantly aware of your own thought-feeling-reactions, what happens? There is immediately dissolving of these things and you become free.

Now the mind and the body are one in the same. The body is but the sounding board of our thoughts and emotions. And if we will realize that, we will discern our thought-feeling-reactions now in the present. Then there will be no need for going into the past and trying to fathom and unravel the cause of your conditioning. If you are aware now of your thought-feeling-reaction you will know immediately what is wrong. And therefore being aware of these things they fall away from you. Your own health, success, and happiness is secured through co-operation and understanding your fellows, and this can only be done when you understand yourself. Self-knowledge is the gateway to Wisdom and Truth.

Most people who imagine they are Spiritual are strained through a struggle between good and evil. They imitate and are Caught-up in the conflict between right and wrong.

True Being is, and comes when we discern the false then there is no need to imitate, to conform, when you know the false. For *then* you know the false you will know what is true. But if you crave *for* something, Spiritual or otherwise, you will pursue your craving which will lead to frustration, sorrow and conflict.

If I crave for that which is Spiritual, I crave for something that seems to be outside myself. But as I see all that that is not Spiritual then I will arrive at that which is Spiritual now without struggle. But in my craving I struggle. Yes the great saying, "Son all that is Mine is thine. We were always together and what is Mine is thine."

To a majority of people that is merely an idea. The words sound nice. And you will think, well, now I will think what is God is mine. You see, all the time, you are caught-up in your conditioning. How can it be so when you are still struggling, when you are still craving? But if you know what craving is, craving for something that is beyond yourself. If you knew that it was within you, it was really here now at this moment, you would not crave for it. Therefore craving takes you away from it. When you see what craving

is—you see all the falseness of the creation of your own mind. You will see then the opposite exists in your mind, the having and not having, is mental.

The rights and the wrongs and the hates and the pleasures and the joys are all mental. You hate one person and love another person. Why do you hate one person and love another person? Have you looked into your mind to see why you do that? You will find the answer.

But true Love is something that is so priceless. It's a Livingness. And nothing can change. You may love a person today, tomorrow you may hate them. Why? Because they acted different to your conditioning. And in fact your conditioning was the cause of your hates. But if you see what your conditioning is you will strip yourself of all these things that are preventing the expression of that Love. That Love that knows no conditioning, that knows no fear, is never afraid. Its not loving one day and hating another. Its not loving one person and hating another person. Because if you love one person and hate another person you cannot be a Loving person or if you are kind to one person and unkind to another person, you are not a kind person. Perhaps you think you are kind because you are kind to someone but think how often you have been unkind to another person. "the lest you do unto one of these, so you have done unto me."

*Some think they can find the happy medium, a balance between good and evil, your mind then becomes a centre of conflict. The mind is free only through understanding that good and evil grow on the same tree, *and has it roots* and *that root* is in man's mind only. It is the discerning what is made up in the mind and seeing that it has no foundation apart from man's mind, therefore it has no foundation in Truth. Truth is not made up in the mind, *And what is made up in the mind cannot be Truth. But Truth is, and is now Ever-present.**

A Livingness that is yours and mine. Why is it then that this Livingness is not giving expression to Itself in freedom, in Love and goodwill? Is it not because of our divisions, of our beliefs, our separateness? It is easy to see the cause. But if you do not see the cause then you are caught-up in the cause and you cannot be free.

Is it not a fact that our leaders today, all over the world, are immature. Why are they immature? Because they have not yet seen the cause of the misery existing in the world today, that's why they are immature. They try to

settle things on the same plane. You try to settle the material suffering on a physical plane. What do you do? We bomb people, we destroy a town, we kill them one after another. We take all their food and burn everything they have got. And then we think that we can satisfy them by giving them other food and clothes. What a fallacy!

Do you think that their mind can do it? The mind cannot do it either because the mind would be caught-up in separation. The mind is still caught-up in destruction, still caught-up in fear, still caught-up in the desire for security. And this desire for security causes you to do all these various things and there is no security external to yourselves. There is none. The only security is in the Love of God. In that Livingness that is common with everyone of us. That is the only security we have, we have no other.

Truth knows nothing of good or evil, past or future. Truth is the living expression of Life Itself every moment, moment to moment, in which there is no separation, no death, being Eternal. In this ecstasy there is Infinite Love and Wisdom. Your actions then will be in accordance with your living in the present always and the rewards for such action are phenomenal.

Jesus said clearly, "it is out from the heart of man that evil comes." And when we look into the heart of man we will see what is in his heart. And what is in the inner will be expressed in the outer. If his inner is fed with selfishness, if his inner is fed with separateness, with beliefs that are antagonistic to other beliefs, with nationalities that are antagonistic to other nationalities, with ideals that are antagonistic to other ideals, we will see clearly then the cause of your trouble. It comes from the heart of man that is conditioned.

With this serenity there is joy of living, there is no need to control or analyse because you are aware every moment, thus you free yourself from all the virtues you think you should have or not have which fill you with conflict through strain and fear.

The person who tries to be virtuous is always antagonistic to others. Virtue comes through understanding yourselves and finding out that which is really true.

When you are free from all that bundle of virtues then there is no fear, no opposites, there is just Love and Wisdom, and in Reality that is all there is to be truly creative.

Love and Wisdom. All other things are packed away. Your so-called virtues are a hindrance to the expression of the Christ Consciousness.

As long as you are caught up in false values of right and wrong, east and west, *then* there can be no realization of the one Life in which there is no division, no time, no distinction, no opposites. When you grasp the true meaning of this then your action will be pure action in accordance with your realization of the One and *the* One only, then there is no reaction.

When a person lives amongst you there is always a tendency to react. There is always a tendency to despise. There is always a tendency to criticize but when that person leaves this earth, that criticism and all the rest of it dies away but yet that person is still alive. There is no difference five minutes after you're dead and five minutes before you are dead, you still contain your own conditioning in your mind.

And not until such time as you pass from this earth plane still conditioned you will be still conditioned when you leave it because it is in your mind. You take your mind with you. Don't think that you are going to free yourself immediately after you leave the physical body, by no means. That freedom is easier naturally because you got rid of that physical organism through which you are thinking and feeling, which is in a slower and deader vibration. There is an expansion of consciousness when there is a release from the physical. But unless you know that release while you are in the physical you don't know anything.

And until such time as the mind is completely freed from all its stupidity, all its self-creations, knowing what it created itself is not the Truth. Today there is a so-called Spiritual revival but those people are as still as ignorant as they were before the revival and they will be just as ignorant after the revival is over. It makes no difference to the individual. Matter of fact it can make no difference at all, it only makes them more bigoted and narrow.

A true revival is the individual beginning to understand themselves. So they can see why they are antagonistic to others, why they hate others, why they kill others, why they despise others, why they criticize others, why they are hateful to this and hateful to that, why and how they are conditioned. That is true revival! Then they will reach the Christ. The true Christ, the Living Christ. Not a Christ that exists in your mind as an idea. But a Living Christ that is in every soul. That Living Christ is expressed by Jesus, the

man who realized it. Christ is the Spirit of God manifesting in man. The Word that was in the beginning, that Word was God and God was that Word and the Word was made flesh.

If you are continually occupied with the self where there is attraction, repulsion and continual struggle, then the Life that is free cannot be realized. You put yourself in a cage which separates you from others and there is no relationship which brings true happiness.

How are you going to understand yourself? The easiest way to understand yourself is through your relationship to others. How you react to that person. What do you do, you treat him as you treat a piece of furniture. Do you kick them about? Do you despise them? Do you use them for your own ends? There can be no relationship.

But only true relationship comes when we see all these things that are preventing the true relationship between one another. That relationship is Love. "Love your neighbour as yourself."

It is a true fact that your thought is limited by the lack of understanding of your true Being now. To understand that which is limitless, unconditioned, your mind must not be burdened by the thoughts of the self.

When your mind is burdened with the conflict of ethics you cannot realize the truth of your Being. But if your mind is no longer bound by ethics, by virtues, by distinctions, by separation, by divisions then you will comprehend what I mean by spontaneous action, free from reaction, free from time, free from separateness, in which there is no opposition. "My word shall not return unto me void, but will accomplish that which it is sent forth to do."

Your word can never accomplish that which is sent forth to do when you are caught-up in all these things. The word is free because the word is the Word of the Spirit, the Consciousness of God in man. Knowing what is false, has freed Itself from all the falseness of the self, of all the hates, the separation that exists in mans mind. And in that Complete Unity that exists now, the Word is spoken and as the Word is spoken so it takes place everywhere.

What do I do when people ask for help? Do I go to pray to a God somewhere that is outside myself? "Oh please God send help to so and so."

That would be stupid thing to do but that the majority of the people. They are talking to a God that they have created in their mind in some distant park and they shout aloud, "oh please God do this and do that."

What do I do? What does the Master do? He said, "at this very hour your servant is whole." Why? Because he was conscious in Reality. That Reality that exists everywhere and there is nowhere where It is not.

In your physical plane you have a broadcasting station. Messages are sent out into the ether. The ether becomes magnetized everywhere. All over the earth, right as far in the stratosphere right away down in the bowels of the earth right across everywhere, the whole of the ether is magnetized. The ether that penetrates through this table, the ether that penetrates through these walls, the ether that is everywhere is all magnetized with that vibration. And everybody can hear it at the same time all over the world in but a moment. There is no space.

The person who really knows his true self exists in the Spirit in which there is no space. And his very thought becomes Spiritual and exists and what ever he says, the Father does for him, that is the Father. The Father exists in His own Perfectness. And in that Perfectness there is no evil, there is no sickness, there is no death. And in that State of Consciousness the Word is spoken and every portion of the earth, and even the whole Universe, is responding to It. Yes the stars existed, many thousand of light years distance from us is experiencing the thought of the truly Spiritual man. Because there is no separation anywhere and there is no death, there is just Life. The Life, Infinite Life, in which there is no division, no separation.

I wish the whole world could know It, could understand It. Then you would not be caught-up in the revivals of any religions towards some other kind of religion.

When I was in India I saw these revivals. I saw people being trampled to death. Hundreds of them trampled to death. Because those people were encouraged through their emotions to rush to a particular shrine. And in the rushing to the shrine they trampled those who were also rushing to the shrine.

The thing that makes me see how wonderful it is when the man who is struggling towards the pool, the healing pool, and Jesus came along and he

said, "what is it thou would want?"

He said, "they are all rushing to the pool to be healed" but he said, "I can't reach there."

But Jesus said, "you don't have to enter the pool, the Life is here and if you believe now, you shall be healed." And at that very moment the man saw and he was healed.

Oh, I wish that the world would know of the Truth that would set it free. But how difficult it is to release people from their conditioning. You will find it difficult when you talk to one who is really conditioned. And if you are being conditioned yourself you will see how stupid you were. Look back and see.

[In] Reality there is only the present, in man's mind is the past or future, therefore to understand we can only do so in the present *and* not in the past or future. Therefore this understanding cannot be postponed. Only when we free ourselves from false values shall we be enlightened, this requires discernment, in the present, of our motives, thoughts and reactions which are of the mind. Then we will readily see that ignorance is not the absence of learning but the confusion and conflict of values.

You are confused wondering what is right *and* wrong? Are you continually caught-up in this conflict? Are you an imitator, trying to mould your life after a pattern? Have you created an image of what you think Reality should be, and are you carefully fashioning yourself after it? And thereby losing the substance of Reality?

If you imitate, by what means can you realize this enduring happiness of the Ever-present Life? Life is Ever-present, Life is not separation but is unbounded unity, you cannot understand this *when* the mind is occupied with distinction, division, separation; only by seeing the false can you realize the true.

Perhaps you will say it is difficult. Because in my daily life I see division everywhere. In my daily life I this and I see that everywhere. But the fact is, if you see it then you understand it you will be no longer caught-up in it. Even if it does exist it has no Reality.

Is it not so that only when you are *ignorantly*² poor that you set up an authority and worship it, you want to lean on someone because you are

unequal to the task you want to shelter in the comfort of an idea, this is not Reality, it is but an illusion.

Life is Real, Life is the only Reality, It is complete in Itself expressing Itself freely when the “individual self” becomes nothing. *Then Reality can express Itself.* You can never know what It is but you will know that It is Real, and your mind will no longer be agitated by the worship of virtues and the horror of sin. Nor will you follow [in] the narrow path of ethics which prevents your understanding.

God is not sinful. When we reach that Reality we will see it exists in the mind of man only through his own divisions, his separations, his hates, his angers. The secret is discerning the false.

When you mould yourself after a pattern there is fear. To be without fear you must know yourself to Be, understanding your vanities, jealousies, envies, cravings, longing, hopes, regrets and fears. Fear disappears when you seek understanding *free* from the illusion of time.

If we can perceive our emptiness and understand it, then we can dissolve the cause of our emptiness, then there will be true understanding of Life in the present which is Eternal. Then the ever-expanding consciousness will always be the Reality while all external to Itself can be discerned with Wisdom.

It is the one Infinite Life that is ever expressing Itself in Love and Wisdom, *and in that Life there is no separation, there is no division*, only when you limit Its action through narrow bigoted beliefs do you prevent Its freedom in your own Life here and now. This separation in the mind of man is surely coming to an end. That specific current of Life flowing from the Supreme Fountain of Life Itself through the majestic angels of the Sun world is now asserting Its Presence upon the earth which It created. This Life is charged with knowledge and understanding heralding in the new incoming age of man’s understanding.

John 10: 34-36 Jesus answered, “is it not written in your law, ‘I said, you are gods?’ If the law said that they were gods, to whom the word of God came—and scripture cannot be broken—do you mean to tell me, whom the Father consecrated and sent into the world, ‘you are blaspheming,’ because I said, ‘I am God’s Son?’”

I am God's Son. What a wonderful Truth.

BENEDICTION

Beloved Life, Thou art Real to those who lose themselves in Thee.

When I expressed my individual self I did not know Thee for I was caught up in the worship of virtue, the horror of sin and was full of fear.

When I perceived I was following a narrow path of ethics, a *plan* that led to emptiness then from within me Thy Silent Voice spoke in the very depth of my Being,

“I am and I am the only One, there is none other beside Me. I live only in the present which is Eternal, there is no other time, and thou art one with Me. It is I who live, you live in Me and I live in you. Seek not virtue or reward, then My Wisdom and Love will be yours.”

I thank Thee, O Beloved “One,” I know now that Life alone is Real.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 30th March 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The full paragraph in the Lecture Notes reads: [*When your thought is not understood or dealt with, without fear, without condemnation, you try to focus your attention upon a particular idea in opposition to your conditioning, thereby creating a conflict which is more harmful. You will see now that you are not thinking but are caught up in a useless struggle which can never be creative.*]

2. Ignorantly. In the Lecture Notes the word is *inwardly*.

Lecture 10 (6th April 1954)

THE EVER-PRESENT IS THE ETERNAL

“John 13: 14-15, “well, if I have washed your feet, I who am your Lord and Teacher, you are bound to wash one another’s feet; for I have been setting you an example, that you should do what I have done to you.”

The Reality of the Universe is realized only when we see that It is entirely Spiritual and Eternal and what seems to be otherwise is but appearances and not facts.

The Substance out of which all form is created is Universal and cannot be destroyed, only the form changes and dissolves back into the Universal Substance out of which it arose.

In the form there is continual change but the Life and Substance remain stable and Eternal.

Our Solar system was created out of this diffuse non-self--conscious ethereal substance occupying boundless space—the Mind of the Infinite. Yet there is a directing power within, which is responsible for all forms created—the Consciousness.

We cannot divide that which is indivisible. Division is but an appearance and is not fact. This truth must be grasped firmly, otherwise the truth of our Being, which is a fact, is lost in appearances. When we think in terms of parts—division instead of the One Whole which alone is creative, we lose that understanding that we are one with the Whole.

The stupendous work of the condensation of the Cosmic Substance is continually taking place and the dissolving of this condensation is also continuously taking place in an active Universe, the one Life Force is operating in both. So colossal is this work that it is beyond the imagination of the human mind.

The mind of man can comprehend some of the activities and we know, through our very limited scientific knowledge, that there can only be the one Substance behind all forms and also one mental action both in the passive and the active phase of which one acts upon the other.

This is not the duality that is always present in the mind of man when he lives in separation. This Universal activity is always making or undoing to make something else. Man with his limited understanding is causing havoc in his own life through conflict of opposites.

Success in life or failure is derived from the state of mind. It is the state of mind that leads to happiness or sorrow. Remember I am not talking about material success, I am talking about real success in which happiness takes first place. The mind that is taken up fully with the external world is lost in fear and desire. This conflict is always present and is the cause of breakdown in the body and mind, because it is not in unison with the Whole, as is the case with the Universal operation.

Desire is an attractive force and fear is its enemy, they are always present when man lives in separation, they are both active in the mind that is not matured through understanding. But understanding only comes through experience and when experience is rightly interpreted it leads to true understanding and freedom, and freedom comes only through self-knowledge.

Understanding leads to real service free from conditions. what I mean by this is, most people serve only because of their conditioning, some serve because they want approbation, some serve because they think by doing so they will be rewarded in some way or another. There are hundreds of ways in which people serve, not for service alone but because of their conditioning. Everyone is seeking freedom one way or another, but can never find it through the external.

You cannot cheat the Infinite, the law of compensation is always in operation, within oneself is the answer. When one is free through self-knowledge, to him the self means nothing. Then the Whole which is the Father, as Jesus said, works to perform his own deeds. There are few who have reached this state, nevertheless it is in this state only where there is true service, free from conditioning.

I am placing these points before you because we have in the past learned a great deal about the mind and this has misled us. We have been told by the ignorant how to approach the Deity so that our desires for material possessions would be fulfilled. But this has led to disappointment, while living in the world of opposites—having and not-having, health and ill-health, success and failure, good and evil etc., etc.

Until we pierce the veil of outward appearances that hides Reality, we will not experience the Divine Creative Spirit of the Living Presence which always lives in the present. Reality does not live in the past or the future for these things are made up only in the mind. When we understand this we will understand the world of opposites in which we flounder.

If you will look into your mind you will see that your prayers are merely desires of the self and are never free of fear; only through understanding the cause of fear is fear removed. When we live in the present there is no fear. Then the will of the Father is done in me. This alone gives that perfect happiness that is promised to all mankind, and it is the Living Presence of the Ever-present within that guides you, it is not some being afar off that you make up in your mind.

The Forces of Life are tremendous and these Forces are always operating from within according to the realization of the Truth of the oneness of all things. We will then be less interested in the result and more in the doing. There is more pleasure in the action than in the possession. We achieve our success and happiness which generate good health when we benefit others as we benefit ourselves.

Generous thoughts are always filled with vitality, selfish thoughts contain the germ of their own dissolution. The Presence exists only in the present. **If you will recognise that the Presence is the only source of supply then you will not fulfil your own needs at the expense of others.** When you adjust your consciousness to this great Truth you have found the pearl of great price.

The majority of people are incapable of thinking for themselves, they follow another and become imitators, they accept the ideas of others and repeat them parrot fashion. This is quite apparent to those who know. They also see how millions are held in subjection because they cannot think for themselves.

Creative thinking requires discernment and understanding of our thoughts, feelings and reactions in the present. Those who conform are unable to think, they just accept what another says with the result that they become sheep driven into pens, each pen being a different religion or a different nationality, a different group, taught to be antagonistic to each other, so that they can be exploited by those who are crafty enough to know the weakness of the human mind.

There is too much worshipping and too little thinking, and too much preaching and too little understanding, too much reaction and too little action. If you want to understand you must clear your mind of all that is false. Get to know what a belief is, what your images are, then you will drop your ideas of the many deities and images you believe in, and which you worship at the shrine. The God that is external to yourself is no God at all, it is just an image, you create in your mind. The Presence is not an image, the Presence is the Living Reality within you.

To know Reality you must remove those hindrances that prevent Its expression, then you will get that deep knowing of the Wholeness which is creative. "Son, thou art always with me and all that I have is thine." As long as we limit the Presence to the narrow boundaries of our own conditioning in which we are enslaved, we will never know that Creativeness that the Master had. But if we will discern the falseness of our own images and beliefs which we accept from others and that which we make up in our minds then we shall free ourselves, and in that freedom is Creativeness.

The Living Presence is alone creative. Are you trying to force It into a mould of your own making? "The will of the Father is done in me," "I do the Fathers will," the Master said. This is the Creativeness that we must have before we can do the things he did, and this Creativeness is the greatest power in the world.

There is only "One" out of which all things are created and in this "One" we live and move and have our being. Paul says in Romans 8: 38-39, "for I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God,..." Paul saw here the vision of the Eternal Life within

himself which was the Living Presence of God from which nothing could separate him, this was his Livingness which was his real Self.

Most people crave for immortality and this craving brings about their exploitation. But when they realize that they are immortal this craving ceases, so does their exploitation. In this understanding there is peace and freedom.

There are thousands of people who may be rich in material things, with title and rank, but are poor in thought, they have an inward poverty that cannot be satisfied, so they cover themselves with things as a means of covering up their inward poverty. But the more they possess the worse the conflict and confusion is, while this inward poverty remains.

Not until they can discern their thoughts, feelings and actions can they remove this craving. When once a clear understanding of the self is gained, this nothingness of the self with all its hideous adornments falls away. How true are the words of Jesus when he referred to the lilies in the field, “that Solomon in all his glory was not arrayed like one of these.”

When we dissolve away all this falseness we will arrive at the source of our creativeness—the essence of our Consciousness. Herein is the Spirit of God which in Its wholeness is everywhere. It envelopes everything and is in everything. This being so, it is reasonable to hold a true relationship to one another as the most practical thing that any practical person can hope to have.

This can only be done when we understand our own conditioning and how it has come about and when this is seen for what it is it falls away and the Real that is Ever-present takes its place, for It is Eternal and Ever-present.

It is left to each one to choose whether we remain infirm and weak through ignorance or become a powerful force for the up-building of ourselves, and others, through understanding the cause of our weakness and infirm state of consciousness. Through misunderstanding and ignorance of our true Being we have been seeking in vain, through conformity, through craving, through looking without instead of within, through the ignorant desire for things instead of for that which creates all things.

The statement, “if we love we shall be loved, if we hate we will be hated, if we laugh the world laughs with us, if we cry we cry alone” is not very far wrong. But if we have that inner Reality we will not be affected by the pessimist or the optimist. We will have that inner awareness of the Omnipotent and Omniscient Omnipresence, the “One” Eternal and Ever-present that is the Reality in each one of us.

We must free ourselves from the positive-negative, giving for getting, possessive-loving and heartache, desiring to have and fearful of getting which has bound us in a prison of our own making. We can only free ourselves by seeing the cause of our own misery.

Then and then alone can we realize the presence of tremendous power of the indwelling Spirit that is in each one. To know that there are no privileged few, and to see all stripped of conditioning, material, pomp and rank, to see each one as a child of God, free of all self-conditioning, this is true freedom for all.

Those who are ignorant play with the playthings of the illusionary passing parade which can never satisfy their inward craving because their inward poverty remains. We can sympathise with them for they have not yet found that which is the greater.

The Universal Life, the greatest, does not act from hate, anger or jealousy, neither can it be flattered, cajoled or moved by sympathy or pity. It works only, through those who have cast off the burden of conditioning. They appear to be favoured but it is not so, for God is no respecter of persons. It is because they have found the source of all things. But the moment you worship something objective to yourself or some other person outside yourself you are dwelling in the illusion that has trapped the unenlightened for centuries.

Truth is beyond all personal allegiances. Step out of all these illusions and see how magnificently you can thrive on your own strength in the recognition of your oneness with the Infinite Life, the Presence that is always present within you.

John 15: 16-17, “you have not chosen me, it is I who have chosen you, appointing you to go and bear fruit, fruit that lasts, so that the Father may grant you whatever you ask in my name. This is what I command you, to love one another.”

BENEDICTION

Whatsoever I do unto my brethren I do unto Thee, O Ever-present Life.

When I was blinded by the self Thy Presence was not revealed to me.

I found that the self was poor in heart and that the comforts of the self are but pangs of ignorance.

Blessed are those who serve Thee by serving others, for this is the key to Thy Treasure, O Holy One.

Noble achievements and dreams of Love are empty without Thy blessing, Beloved One.

To those who yet do not know Thy Eternal Living Presence, health and sickness, Life and death, good and evil are traps for their unwary feet.

When we awaken to the falseness of the world-painted screen of illusion then we will behold the Reality of Thy Presence which exists within us and is our Creativeness.

Then we will know whatever we have done to one another we have done unto Thee, O Divine Omnipresence.

Lecture 1 (13th April 1954)

DEATH CANNOT DESTROY LIFE

“The God of Peace will soon crush Satan under your feet.” Romans
16: 20

If I say to you God is Love, God is Wisdom, you will accept this without question because you believe it to be true. Yet no great truth can be of any value to you by the mere acceptance of it, a mere belief, for a belief is not thinking.

You must learn to think clearly and this can only be done when you are free from attachment, free from beliefs, for no one can do your real thinking for you. If you accept what others say, you conform to their thinking and you can no longer think freely, thus you imitate and you think in terms of what you have accepted from others.

With right thought-feeling there can be no reaction to beliefs, ideas, prejudices and the like. Most people try to escape from thinking correctly by succumbing to conformity and tradition, this is truly ignorance.

Therefore if I say that God is Love and Wisdom and I still retain my prejudices, I do not understand what I am really saying. I can only find the truth of this within myself. If I have no love for my fellowman and still say that God is Love, I make God relative and myself a hypocrite. But when I find that I am Love, free from all prejudices and separation in race and creed, then only will God who is Love be a “Reality” to me and I will be His son.

We are all human beings in whom the Presence of God is the only Reality. Now this Presence is never in opposition to Itself in any other human being. Then where does opposition arise? Opposition arises from our beliefs, from our own tradition, from our separation in creed and race.

Surely it is not difficult to see that this is all in the mind of man caught up in limitation.

When the mind is limited in this way it is impossible to grasp the truth of our Being. Only right thinking leads to this and freedom, and with freedom comes “Creativeness,” “Wholeness.” Therefore all limitation is born of ignorance in the mind of man and unless he frees himself from this illusion he will die in his ignorance. It was to free man from this colossal ignorance that the Master came and when I read his words I can see clearly what he meant when he said, “do you not see how nothing outside a man can defile him by entering him? It does not enter his heart but his belly and passes into the drain (Thus he pronounced all food clean.)” “No,” he said, “it is what comes from a man, that is what defiles him. From within, from the heart of man the, designs of evil come.” Mark 7: 17-21.

Therefore it is to discern what is in the heart that counts. God can only be a Reality to you when you have love in your heart. This can only happen when you “Love your neighbour as yourself.” But you will not understand this till first you have thrown off all limitation, all that hinders the true expression of the Spirit from within.

When we see that the world condition is but the outward expression of our own inward thought-feeling, systems, conferences, etc., will not bring about order and goodwill. The thing to do is to change within, then the outer will change also, for our inward conflicts express themselves in outward disasters. Only a radical change of the human mind and heart will bring about a change in the individual and in the world, for we are the world.

A man said to me the other day, “I will be glad when I am out of this world with all its misery and strife.” I said: “The present is the Eternal, the now is ever existent. How can you escape into the future when the now is Ever-present. If you do not understand the present now, will you understand the future? What you are now you will perpetuate, if the present is not understood; understanding only comes through the present. Postponing the issue does not bring comprehension.”

If we look to time as a means of freedom it will never come. It is but a useless conflict leading to illusion. In death we seek immortality. We are caught up in birth and death and we crave for the timeless. Death does not

lead to immortality. In Life, without death, is there immortality. Believing in death we cling to Life so we struggle creating opposites, this is not understanding.

To hope and believe in immortality is not expressing immortality. Belief and hope must cease then immortality can be realized. When the mind is quiet, free from opposites, there is creative stillness, in this Silence you will know that which is birthless and deathless.

John 8: 43-46, “why do you not understand my speech? Because you are unable to listen to what I am saying; you belong to your father the devil, and you want to do what your father desires; he was a slayer of men from the very beginning, and he has no place in the truth because there is no truth in him; when he tells a lie, he is expressing his own nature, for he is a liar and the father of lies. It is because I tell the truth, that you do not believe me.”

The Devil was the father of death, so whatever God is the Devil is not and since God alone “**Is**” the Devil is not. Since God is Being, the Devil is not Being. Since God is Life, the Devil is not Life. Death does not exist in Life, therefore the Devil is the liar. It is here where we see the great Truth the Master showed us. So it is precisely the non-existence of the Devil that makes up the Devil. The refusal to accept the Christ as the only begotten Son of God makes up the Devil and Death. Separation makes up the Devil, dogma makes up the Devil, anything where there is separation there the Devil is for it is not Truth.

But in Reality there can be no separation therefore only unity exists. It is not until we understand that the Devil is separation, do we realize the Truth that sets us free.

John 8: 58, “truly, truly I tell you,” said Jesus, ‘I have existed before Abraham was born?’”

Here also the great truth “I am” represents Absolute Eternity, a timeless existence. “I am” stands for the name of God. It was this that his hearers could not understand. Jesus was speaking from Eternal Life the Timeless state of mankind.

Life is, and Death is not. Here was the message of the Master to those who believed in Death, their father was the Devil the Father of lies. But

anyone who was able to recognise the Spiritual Principle of Life which the Master was showing, had Eternal Life. “They had already passed from death to Life.”

“My Father,” Jesus made the Universal Living Intelligence personal, an individual expression of himself and by this means made a conscious personal intercourse with God not in the relative sense as we are speaking but as a living Reality. Now the denial of this Universal Living Intelligence in Jesus was the root of Death to those who did not “believe in me and in Him who sent me.”

There are those who are capable and those who are not capable of realizing the Ever-present Life Principle, for those who affirm there is a Devil in reality deny the Absolute God, and to deny the Absolute God is to affirm a principle the opposite of the Spirit of Life, the Devil, and in this sense in relation to the human plane the Devil is said to have the power of death.

Anything that separates God from man or man from man must be utterly false, therefore we have to discern these things in the light of the Master’s teachings and in the light of our own awareness of the Truth of the Eternal Now.

We limit in our minds the operation of Spirit Life by ‘before’ and ‘after,’ by past and future. When we deny the Life in the body we limit the Ever-presence of the One Life and it can be none other than the “One” Eternal Now, and this is what Jesus was showing, and those who could “see,” understand, became Sons of God and not sons of the Devil (Perdition). “For unless you believe who ‘I am’ you will die in your sin (your ignorance).” John 8: 24.

If you believe in separation you must die in your ignorance. Anything that separates one from another is an illusion. If anyone lives in separation, that one cannot think correctly. I have realized this immortality, this Ever-present Life in and out, before and after; past and future are all one in the Ever-present Eternal Life, NOW.

If you can see all that hinders you, with all the subtle varieties that prevent you from living in the present, you will begin to realize the Eternal.

If you look into your mind you will see that past, future, good, evil are but images, mental ideas which are relative and can never be part of the Ever-present Reality.

‘Resist not evil,’ in other words do not fight or struggle with these hindrances nor pacifically endure them but become conscious that they are false. They are hindrances to the clarity of thought which alone leads you to freedom.

You can become free only by examining these hindrances with your mind utterly free from all attachment, free from prejudices, free from ideas or beliefs; comparisons do not bring understanding. If you are suffocated by demands of loyalty with the fulfilment of certain duties which demand conformity you will be incapable of true understanding. It is only when you are unattached can there be true discernment of what is in the mind.

The Presence requires no effort to express Itself, neither has It to discipline Itself into action. It is true action and in this there is freedom for the individual who realizes It. This is the Christ that Jesus showed to us and it is the most important thing in your life and in mine.

“He who has sent me is true so I tell the world what I have learned from Him.” John 8: 26.

BENEDICTION

I slumbered in the arms of Thy “Infinity” while the feeling in my craving heart prevented me knowing Thy Eternal Presence.

I awoke and waited in the Silence of Thy Being and there burst forth the soul melodies of joy.

I then removed all sacred rituals that separated Thee and me, which lay so long locked in my memory, and now I know that within my Soul is Thy Throne of Eternal Peace, O Beloved ‘Infinity.’

Lecture 2 (20th April 1954)

THOUGHT IS THE EXPRESSION OF THE CONDITION OF CONSCIOUSNESS

“Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart:...” Prov. 3: 3.

We are so often bound by paralysing suggestions that come from our crude thinking, suggestions that are accepted and acted upon without question. We are subject every moment of our lives to these paralysing suggestions, the product of our race thought, while we ourselves are often caught up in the process because we accept without question and act upon these suggestions, the result of which we are well aware of.

Mind is a substance that can be changed by the thoughts that are sown in it and matter is mind substance in form. Therefore mind is a Spiritual substance that can be changed by the power of thought.

Impressions of fear, worry, sickness are given to us daily, while emotion is often the main cause of those spontaneous suggestions that enter the mind. Like seeds they fall while the individual is unaware that they are being sown.

Our opinions have a strong suggestive influence upon us. Our race feeling and antagonisms leave a deep impression on our minds. Our minds, like the earth, are fertilized by fear to receive the seed.

This substance, mind, accepts truth and error and is governed by truth and error, the fruit shows which of the two governs.

If mind is directed by the Wisdom of God no bad results can follow, but if it is directed by error and ignorance it shows forth the error.

Wisdom works by law like the law of mathematics, but error has no law. Therefore the destruction of the error comes by the introduction of truth.

Matter is not destroyed but the error is dissolved because it has no life or intelligence in it. It is man's own creation.

Now let us 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 transformation is the second, so we see what is produced.

The mind controls the brain, the brain is mind in a negative form which responds. It is the instrument through which physical expression takes place.

The cells of the brain have a definite action upon their corresponding parts of the body. For instance, when we think of an arm or a leg or an eye there is a definite reflex action takes place between the two, causing action according to the intensity of the idea or thought in the mind.

The mind interpenetrates the brain and by the process of ideas, impulses are created in the brain cells, energy is released in a particular area of the body revealing a change in the tissue structure through chemicalization.

When Wisdom and Truth are in the mind, healthy impulses are created. When error is dominant so is the same process in action. Wisdom dissolves error because Wisdom is Eternal and true, while error is just an idea, a belief that has no Wisdom or Law in it.

Life is the Active Principle, not the brain or body for they have no power of their own, they only transmit what you feel and think. Therefore I say that "the Truth" is your salvation.

The prophet spoke of the two Trees in the Garden of Eden—the Garden of the Soul—the Tree of Life and the Tree of Knowledge of Good and Evil. You are told to forsake the one and cling to the other so that you would be saved. Forsake the one in which good and evil grow together and cling to the Wisdom that is Life.

The word "fire" does not mean the substance to be consumed but the process of consuming it, the fire is subject to our direction.

The power that governs mind is Spirit, Consciousness. Spirit is Wisdom that knows the Truth and applies it.

A thought may be sown in the mind while we are in ignorance of the Truth and it comes forth. A peculiar sensation is produced in the chest, the consciousness enquires and the answer is "bronchitis," so the Spirit in man

is disturbed and tries to get rid of the enemy. This disturbance is the effect called disease. Now if no name had been given to it or fear existed the idea or tree would have died of itself. But immediately you recognise it you give it power in your ignorance, though it has no power but the power you give it.

When we recognise a thing that exists, even if it be an error and we try to fight it so we battle with it. Now why not use Wisdom and Truth and see what happens. The error would die of itself, because it was not watered by ignorance and recognition.

We take an opinion for the Truth, an opinion is often made up of mind directed by error. Truth is the destruction of this error.

Most people assume that mind is one thing and disease is another. The theory that mind is one thing and disease another has left the people in darkness and has caused more misery than all other evils put together.

To put a person in full possession of his faculties is to remove the burden that binds him, these burdens are the effects of error having control of the mind. The error is made of mind, and matter is mind modified, therefore belief in the error produces its kind.

The Intelligence Itself contains no opinion, for It Itself is Eternal and Ever-present, when we discern the error and recognise the cause, the error will disappear. In the Intelligence is the perfect idea. It is the beginning and the end of all things. Disease is but the offspring of man's mind in ignorance of the Truth. Disease has no Intelligence in it,

When disease comes to us it is the result of a chemical change, the understanding of this should lead us towards the scientific law that will put us in possession of a knowledge of ourselves and will eventually put an end to the evil which man through his ignorance, thought he was subject to.

You may ask who was the founder of this Science? The founder of this Science was Jesus, The Man of Galilee.

Now because Jesus healed the sick, this of itself is no proof that it is a science. But because it was done there must have been a scientific law behind it, for there is no such thing as an accident with God, and as the Christ was God the knowledge and Science was also there.

When he was accused of curing disease by Beelzebub or ignorance, he replied, “if I cast out ignorance and disease, through ignorance, my Kingdom or Law will not stand. But if I cast out ignorance and disease through the Science of the Law of the Christ of God, then my kingdom will stand for it is not of this world.”

When others cast out disease cured by ignorance there is no Science in these cures and although the cure existed, yet not knowing the cause, the world was none the wiser for their cures.

The Christ is known to be the Son of God. Jesus who knew himself to be the Christ must have known the Science, and his science was “The Kingdom of God,” therefore it was not of the world of ignorance but of the Truth of Eternal Life **NOW**.

To enter into the Christ Kingdom was to enter into the knowledge of the Law of Life. This is the Light that shines in the darkness and the darkness comprehended it not.

The new era is about to dawn when man will begin to see something of the true meaning of Life which is the “Christ” and is in you and me. Within Life Itself lies the secret of all things great and small. In Life is the Science, the Wisdom of God, that is perfect now. When this is understood the thought created in ignorance or error will destroy itself.

Our growth cannot be measured by the present standards of man’s thoughts. If we could but see a glimpse of the tremendous power of Life that is inherent in us all, the world would change overnight. Yet man clings to his ignorance even though he reads the Master’s words, and the words of the prophets. His ignorance blinds him to the great inherent glory waiting to blossom forth of its own free will when man understands the unlimited state of the Christ Consciousness inherent within himself.

Thought is a wonderful thing but thought does not originate by itself. Consciousness is the moving factor in every thought, and the consciousness in man is the means through which every thought, every action is produced.

When the Consciousness begins to realize Itself and understand the Science of thought in action, It sees the Science of the Law of the Christ, the only begotten Son of God, who does what He sees the Father do. It is the Spirit of my Father in Heaven that does the work.

The natural Laws are but the expression of God's Will in man. These natural laws are perfect in themselves. Harmony is the foundation of our being and perfect relaxation of mind and body enables this condition to manifest.

The Divine image held in the Consciousness of God is out-pictured through the consciousness of man, by the Intelligence of God. This is the Science of Life in action and a protection and a guide for us through Life if we will but know the Truth as the Master showed us.

“He that has ears to hear let him hear.”

BENEDICTION

O Perfect One, Thou art the Essence of my Being, made in the image of Thy Perfection.

The errors I made have dissolved away, for it was in my ignorance that I allowed the seed of weakness to grow.

But now Thou art just behind my eyes with which I see.

Thou art just behind my ears with which I hear.

Thou art just behind my touch with which I heal.

Thy Eternal Sweetness is just behind my prayer.

Thou art behind my love revealing Thy Self in my caresses.

Thou art just behind my kiss, O Beloved Perfect One.

Lecture 3 (27th April 1954)

YOU LIVE IN THE ILLUSION OF THE SELF FAILING TO REALIZE THE DIVINE POWER WITHIN

“Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.” Prov. 4: 7.

God is Creative Spirit ever Present and Present everywhere and Eternally now. This must first be comprehended before the mind can become a channel for the unlimited Creative Power to manifest through the individual.

In Him Who is Infinite must exist all Life, Consciousness and Intelligence. Truth is a name given to the Science of the expression of Life, Consciousness and Intelligence.

Therefore God knows no want, neither is He subject to time, space or circumstances. When this is understood by the individual mind, the individual mind conceives the unlimited state of man. God being Infinite, man must be the expression of the Infinite God, in man the Divine Spirit manifests. Therefore man must share the resources of the Divine Spirit. Man must also live and move and have his being in the Infinite and must therefore share the Creative Power and potentialities of the Infinite who created him.

Thus there can be only “one” Father of All, Who is in all and through all and is All. “Call no one your father on earth for one is your Father who is in Heaven.” These words now have a true significance for us all.

Now, our true position in the Universe is that of a son or daughter of God, made in His image and likeness. To this each and everyone of us must

cling, to make that complete harmony so that individually God can express His Creative Power through us. Separation is the great illusion that hinders this true expression.

As His children therefore we are in Reality pure Spirit, not subject to ills which the mind of man thinks he is subject to. If the soul of man or woman is disturbed it is because fear has entered the mind and the real Truth is for the moment not realized. Yet in pure Spirit we live and move and have our Being. “Be ye perfect as your Father in heaven is perfect,” is the saying of the Master who knew the Life of God in mankind.

Now let us ask ourselves this question: What is breath? Breath is Life, the soul continues to breathe whether in the physical or out of it. The soul never ceases to breathe because the Spirit is the Life that animates it. The food we eat is also Spirit substance because there can be nothing else, God being Infinite in nature, of this the consciousness must become aware, and aware of Itself.

My consciousness is the Consciousness of the Infinite Spirit expressing Itself through me, the Consciousness or Creativeness of God must express Itself through the Consciousness—the Creativeness in man. When we are aware of this, that this is so, our whole Being is subject unto this Law of thought and action.

The prophet says, “the Spirit of the Lord is upon me,” meaning that he was aware that the Spirit of God was actually working through him. His words may have been tinged by his own beliefs, thus inspiration is always according to his capability to receive, free from limited ideas or beliefs, free from opposites, free from prejudices, antagonisms and separation.

Therefore our differing beliefs are a hindrance to the Spirit’s true expression. It is our belief in the evils we think we are subject to that is the cause of sickness, worry and fear. Understanding the Truth is the key to freedom. Ideas create their opposites, we must be free from opposites. When I say “health” the opposite, “ill-health,” rises up to combat it because the mind is full of opposites, When the consciousness is not aware of its source even hope, peace, love etc., create opposites in a mind that lives in separateness. Now the Science that eliminates opposites from the mind is understanding of the Divine Truth as Jesus taught it.

When I claim all that God has I make my claim, knowing that by doing so I am expressing His Will in me. Thus His Creative Mind is in action through me. But this is not so easy as it looks, because the mortal sense-mind is concerned with the things of this world and not with the things of the Spirit.

We must discern the things of the outer with the deeper sense of our Spiritual relation to Him, our Father in Heaven, otherwise we can never be free. The question is how can one be free from a problem that is disturbing.

To understand and solve a problem we must give our undivided attention to it. Both the outer and the inner mind must take part in the solving of it. But most of us try to solve it superficially with no knowledge of the inner Reality that is capable of creative action in regard to it.

Most of us are educated in the nationalistic spirit, we are brought up to love our country in opposition to another. Therefore we regard ourselves superior to others and so on. This is implanted in our minds from infancy. We are proud of our inheritance or we may develop a feeling of inferiority in regard to it. This is the outer layer of the mind and we will see how stupid it is when we begin to realize the great significance of the inner Reality, the Real world in which we all live and have our being.

Now this nationalistic spirit feeds on vanity, the assertion that we are of this or that race feeds on our puffed-up egos. Then we are ready to kill to defend what we think is our race or tradition.

By identifying ourselves with our self importance we hope to become greater, but we only become poorer.

Remember, the nationalistic Spirit is used for economic purposes, for fear and hatred, to unite one section of people against another. When we become aware of this problem and its implications we perceive its effects—war, misery, starvation, destruction, confusion, controls and limitations.

The denial of human unity breeds endless wars and brutalities; economic and social division and tyranny, sickness and misery. If we understand this with the thin layer of our outer consciousness only we will still be caught up in tradition, opinion, fear or conquest.

Not until the deeper layer of consciousness is brought into action can we free ourselves from this unwanted destruction. Neither can we free

ourselves from disease and want until we begin to realize the inner reality that is Universal, all powerful, free, unlimited and Eternal.

Therefore what we have to do is to watch every response, every stimulation of nationalism or of any other hindrances. Each response must be thought out widely and deeply with our inner knowledge dissolving away that which is a hindrance to our health, happiness and perfect abundance in unity with all peoples upon earth.

When all these hindrances, conflict and sorrow are deeply and wholly understood they are dissolved away because they are not of the perfect Life that the Master spoke of and which we are trying to understand. This is the hidden law awaiting true expression in mankind.

What I have in mind to do is to reveal the teaching of the Master as a true guidance for us in this twentieth century. The new testament contains all the teachings of the Master which consists of twenty-seven separate books which include the four gospels Matthew, Mark, Luke and John.

The first three gospels cover much of the same ground but the fourth, with quite a different feeling, stands out by itself.

It is said that Matthew wrote his gospel for the Jews in the Hebrew language. St. Mark was the companion and secretary to St. Peter and had composed his gospel from the oral teaching of St. Peter.

It is said that St. Mark's work is moulded upon the teachings of St. Peter which shows the salvation of all nations through the teaching of the Master Jesus.

The gospel of St. John, the fourth gospel, was written in Ephesus and is universally accepted as the work of the disciple whom Jesus loved. Therefore the gospel of St. John gives a clearer picture of the Master's words and works while on earth.

Much criticism has been hurled at the actual text of the work done in these four gospels, but even so those who have a knowledge of the mind of the Master can readily see what he meant.

There is also controversy over the original authorship composition, date and the historical character of the several writings, this we are not concerned with. What we are concerned with is the Truth as it applies to ourselves and the world today.

I could labour through all these textual criticisms but it would avail nothing. What I want to show is the inspiration in these gospels.

In every inspired work there are two elements, the human and the Divine. The difference in the inspiration depends upon the prominence of one or the other of these elements.

The words of the Master when understood reveal a higher state of inspiration than any of the other prophets.

Jesus took up the work where Moses left off and expanded Moses' initial conception of a people founded upon the recognition of the unity of God into a conception of a people founded upon the recognition of the unity of man as an expression of the unity of God. This is the nucleus of the Fatherhood of God and the Brotherhood of man.

Moses no doubt had in his mind the true conception of the unity of man as the true expression of the Father-God. So he spoke about the prophet to come that would be like unto himself. For he knew that as the human race unfolded it should be led along the path towards its goal.

As all great seers of all ages Moses foresaw what would happen as he looked down the ages, for God had made all things plain to him. Therefore he knew that a great prophet like unto himself would come forth to lead the people of the world into the Truth that would set them free.

Jesus must have known Moses and Elijah for he would not have recognised them on the Mount when he took three of his disciples with him to converse with them. He must have also been told before about his mission, for Moses and Elijah were his Spiritual guides. This is nothing new to us who know about Spiritual communication. I myself have had such guidance although many may not believe me, neither would they have believed Jesus if he had told the people of his time. In fact they were much less informed than we are today about Spirit communication.

This is why I am sure that Jesus knew that he was the prophet Moses spoke of and when we begin to understand Moses we will begin to really understand the words and works of Jesus. In Luke 4: 24, Jesus said, "verily, I say unto you no prophet is accepted in his own country," meaning, "I am like the other prophets for I am rejected in my own country and am obliged to give my blessings to strangers."

What Jesus conveyed in his own words is just what scientists have explained today. The physical scientists explanation of ether corresponds to the substance which the Master called water.

The movement of the Divine Will within will enable man to reach a height not yet even contemplated today.

John 13: 34-36, “I give you a new command, to love one another—as I have loved you, you are to love one another; by this everyone will recognise that you are my disciples, if you have love for one another.”

BENEDICTION

O Divine One, Thy Wisdom is searching the ether for hearts attuned to Thee.

The Kingdom of man’s mind has been clogged with illusion and has not yet heard Thy call.

Yet the downpour of Thy Love will wash away the embitterment of race, colour and class prejudices.

And in Thy Everlasting Pool of Wisdom and Understanding we will bathe and there wash our ignorance and cruelty away.

And over the dark paths we have trod, carpet them with Thy Love’s roses so that those who follow will inhale Thy fragrance as they tread, pointing the way to Thy Palace of Peace and Freedom, O Divine One.

Lecture 4 (4th May 1954)

THE SPRING OF LIVING WATER IS WITHIN*

“Where can I go from Thy Spirit? Where can I flee from Thy face?” Psalm 139: 7.

When we fear an idea we cause it to condense so that it might be seen with the physical eye, then we identify ourselves with the result and believe it to be a reality with all its horrible characteristics we produced in our minds.

An idea in the mind becomes active. When you create an idea about any particular part of the body, whatever it may be, we cause an activity in the cell structure of the brain associated with that part of the body, and impulses are sent through the nervous system to that area reproducing the idea. That is when we fear an idea we cause it to condense so that it might be seen with the physical eye. Job said, “what I feared came upon me.”

There is a power within us that is creative. And if we hold the ideas that are false then we will find them being reproduced. But you will see that these things are false. They have no existence in Reality, they do not exist in God, they do not exist in Life. But we create the idea, then we fear the idea and produce the idea because we fear it. Why do we fear it? Because we concentrate upon it. We become consciously aware of the idea in the mind and it begins to reproduce itself.

It is quite easy to understand that. For instance, in experiments that I used to carry out quite some time ago, upon these things, about thought and the activities of thought. And a person was put into a suggestive state. Now here was a cold piece of steel. And you said, “here is a red-hot iron.” You put on the hand, the cold piece of steel and ‘feel the pain’ with the great idea that it was burning them. Take the cold steel away and there is a burn on the hand. How does that blister come on the hand? It comes on the hand because of the idea in the mind. Transformed to the brain through the brain cells. The active principle in the brain cells have the nerve active right on

that particular piece of skin and reproduces there a blister from a cold piece of steel. It was the idea that was condensed through the process I have shown you.

Matter and mind are the same. If we want to retrace matter back to the source, you will see that it comes from a substance that is invisible. Matter that we know of is nothing more than atoms. Little whirlpools of energy. These little whirlpools of energy are brought into form, to create and build the idea, that is the Divine Idea. The Divine Idea is always the Perfect Idea. But man interferes with the Divine Idea and therefore creates for himself the false. But if he knew that the Divine Idea was Perfect in Itself, he would leave it alone, but he does not.

Now, matter we know of then can be dissolved back to that substance which we know as atomic substance. It can go further still. It can go back to that, what we call, Intelligence because energy can not exist without direction. An energy is Intelligence in action.

Take it back further and you will see that it is Mind-Substance. A Substance in itself that is Perfect. There is no flaw in It. You can call it the Mind of God if you like. And it must be so because God being Infinite in nature there can be no other Substance but His. Being Infinite in nature there can be no other Consciousness but His. Being Infinite in nature there can be no other Livingness but His.

This Substance being Perfect in Itself without a flaw because It Is. It's a Substance out of which everything has been created, even the bodies. Consciousness and Life is the Creative Principle. The Idea is created by the Creativeness of the Infinite. Infinite Creativeness that comes into operation. Then it becomes active in this Perfect Substance and as the Substance comes into form, the etherons which are interpenetrating the atoms, form up in the atoms then become form, further later and reduced and condensed, and the Idea becomes condensed in, what we call matter, and it is reproduced as the Divine Idea Perfect.

The Substance is Perfect in Itself. The Intelligence that created It out of that Substance existed before the body was formed and will exist after the body has dissolved away into the Substance out which it was created.

So you see, that Life existed first before the body was created, It created the body out of the Substance. And after the form becomes Perfect in Itself

and after it has been used according to the Divine Plan, then it dissolves back into the Substance of which it was created but Life remains the same. Life existed before, Life will exist after. That is why Jesus said, “before Abraham I am.”

Abraham was the form, the name, the form but “I am” was before Abraham. “I am” was the Light. So the Light existed before Abraham and the Life in you and me existed before Abraham because there can be no division in Life. There can be no division in Substance.

I want to draw this to you now so that you will understand what I am going to say later on.

We must discern what we are doing, see how we are formulating in our minds the things that destroy our health and happiness. Then we will see that the only power these formulations have is the power we give to them.

Matter does not create, for matter is the expression of mind in action. By our ignorance we have closed our eyes to the Creative Power of the Living Spirit—the Christ within—and in which lies the Creative Force of the visible natural world including mankind. *And by Him everything came into being and nothing came into being except by Him. Showing clearly that the One Spirit is not divided. That the Spirit alone, One Spirit, the Word that was in the beginning was with God and that Word was God. And naturally then that Perfect Form is now existing in man.*

Some will ask then, “how is a child born in such and such conditions?” Because the parents before has the cause of it. They existed in the flesh, the malformation in the seed, was that material that was built up and through that the child was born. The Life Itself within the Child, no matter whether the form was wrong, the Life is Perfect in Itself. And as the form dissolves away, the physical structure dissolves back into the substance, that all that is form is dissolved away and Life then is Perfect. Because Consciousness alone is Life.

Now you think that your happiness comes from external to yourselves, you are wrong. Happiness comes from the realization of the Truth that you are not separated in anyway from Infinite Life. Happiness comes from within.

Now a lot of people will blame other people outside themselves for their conditions. They are conditioned, naturally they are conditioned, everybody's conditioned. But if you want freedom you cannot blame anyone outside yourselves otherwise you can never be free. Freedom comes from within. It's your thought-feeling-reaction that causes yourself to be bound up. What is your thought-feeling-reaction? You will notice clearly and distinctly if you then are caught-up or conditioned in anyway, your thought-feeling-reaction will be according to your conditioning because you will be expressing your conditioning. But if you recognize your thought-feeling-reaction in the moment it will fall away, you will not be caught-up in it.

Now think what your thought-feeling-reaction is, think of it, somebody says something to you, something about you. You get wild, go into a temper and so-forth. Why do you go into a temper? Because somebody said something about you. But supposing they did, what does it matter, if you were free you would not react. It is because you are not free you react. Now you blame the other person for your troubles, don't you? You blame the other person because you got into a rage and you fell down you had a stroke and you do all these things and you go to hospital and the rest of it, and you blame the person outside for this, but it is not so. It is your thought-feeling-reaction that caused all the difficulties.

Jesus, when he was on the Cross, he knew perfectly clearly in his own mind that he could not in anyway condemn any person. Neither could he be annoyed at what they were doing to him. Because he said, "forgive them for they know not what they do." He was not conditioned by that thing. Now, think how you are conditioned when anybody says something about you. Why? Because you are trying to protect your conditioning, that's all. So therefore, we have got to see that our freedom comes from within and not from without. So if any person says anything to you and you react, you must discern your thought-feeling-reaction and then you will understand your conditioning, and it will drop away from you. Then you will not have strokes, you will not have this and you will not have that.

For instance, a very great friend of mine died on Sunday. He became very sick, I went up to see him. He was lying in bed, the doctor said, he couldn't live. Well I treated him there and then and he got better. It was his heart. He went for a holiday right away down to Durban and he came back

and was completely well. When he came back the doctor saw him and said his heart was perfect. Now he played the bag-pipes. So he lent his pipes to someone and you know what a Scotsman is with his pipes, so he did something to his pipes. Anyway he went into a violent temper and he fell down on the floor. A few minutes later he was paralyzed down one side. He was taken away to the hospital and he died. Now he didn't die of heart failure. He died because of that temper. He committed suicide, absolutely committed suicide, that's all he did. He killed himself with his temper. I am going to his funeral tomorrow and I'm going to be one the pallbearers, not that I could care about going to a funeral, a funeral means nothing to me. But they expect me to go and therefore I go but the matter of fact, I always think the dead bury the dead.

But nevertheless, I want to show you this most important thing, how you can be caught-up, how you can commit suicide. Therefore by understanding our thought-feeling-reaction we realize that we have our happiness or misery in our own hands. If this is understood now, we have immediate release and much of the suffering of the world that is happening in the world today.¹

In the general conception among most people and even with those who should know better, the cause of disease lies in the body. That is what most people think. But Jesus shows this to be wrong. We have set up standards of our own in regard to causes of ill-health, unhappiness, our rights and wrongs, and the condition of the world in general. We look upon these conditions as being external to ourselves. But as soon as we see that the cause is within ourselves our attitude changes. Only then can we be freed from these things.²

Everybody says in the world today, "look at the world, the world is in a mess." Yes, the worlds in a mess but so you are in a mess because the world is you and me. What we see external to ourselves is what is happening within ourselves. The outer always becomes what the inner is. The inner becomes the outer.

And if you look into your own hearts and minds you will see the cause of this strife in the world is in ourselves. There is a struggle going on; there is hate, there is envy, there is separations, there is different religions, different political groups, different nationalities, all battling with one another. This is

what is happening everywhere; economics, nationalism, religion, groups, all these things are separation. And therefore separation is the cause of all the misery in the world today.

By our belief that these things have a power outside ourselves we ignorantly sustain them, because we fail to understand ourselves. We must realize that happiness *does not depend* on the external world, but lies within ourselves. It is only when we see that the effects which bring about unhappiness are from ignorant directions given to the mind and which we embrace, do we begin to understand the cause of our misery.

Now think of the ignorant directions that are given to the mind everyday. You go to one particular society, one particular group. One is talking about the other then it comes to individuals, it's the same. You go to church on Sunday, somebody will have a new hat, that will be the topic all week. You have then different nationalities, different groups and you begin to talk about one another, and then antagonisms, hates begin. This is the ignorant directions given to the mind. A politician will get up and he will give you ignorant directions to your mind which causes separation and distrust and antagonisms between man and man.

You will go to church on Sunday and you will hear a person talking about another religion. People who attend one church and another will pass each other on each side of the street. They will not even speak to each other, I know that. In Scotland you can see it just as bad as there is in any part of the world.

One man was excommunicated from the church because he drove his sheep on Sunday. Well he did not need the church anyhow. But the church needed him. So you see, the boot is always on the other foot.

You can see then how we are ignorantly directed. Our minds are ignorantly directed and we can see then how our miseries are created. That is because you cannot think for yourselves.

We formulate opinions, beliefs which can be changed and are changed as new knowledge is revealed. But that which is changeable is not Reality. The Eternal cannot be changed for He is Ever-present with us, *now*. Yet we cannot realize this till we have discerned that the changeable is not the Real.

So you have an idea in your mind of God, your idea changes. The Christian religion interpretation has changed so often that not is not the same religion at all. The teachings of Christ is the only thing that has remained stable because it's the Truth.

But no one understands the Truth because they all have ideas about it and ideas are changing continuously therefore you see it is not the Truth. Because if an idea changes its not the Truth because the Truth is unchangeable and the Truth is not an idea.

It is an established fact that we improve by changing our fixed ideas of sickness and death to those of health and Life. But even this is of the mind. *One will say, think of health and you will be healthy. But if you think of health there is always the opposite, there is always the ill-health. Why do you think of health? Because you are ill-healthy that's why you think of health. You would not think of health if you wasn't ill-health. If you did not have ill-health you would not think of health would you? Because you would be free. There is always the opposite in the mind, that's why you think of the opposites. Now you try to put the positive in the place of the negative so you think of health but ill-health is there all the time. So you got two ideas in conflict with one another and the battle is going on in the mind. When you know what is in the mind is not true, its false. What you know is not Real, its your own creation, therefore it falls away. There is then the realization of that which is beyond the mind when you know what the mind is made up of. Not until we understand what ideas are, can we rise above them and thus be freed from them. These are figments of the mind. Reality does not know good or evil, sickness or death; man alone creates these beliefs which bind him in sorrow and conflict.*

When we experience Truth-Reality through understanding ourselves we have no opinions about It, *but what is an opinion about anything, its just an opinion about it but it is not it. You create a formulation and the formulation of your mind is not a thing, is not the thing itself. So therefore you have no opinion because you know. When you experience that which is beyond the mind, then you know. Although you do know what your body is made up of, you will know that the form is there for a specific purpose. But you will know the Life is you, the Consciousness that is you, that is beyond the form, beyond the mind, existed before the form, before Abraham, I am.*

Life existed before the body was created and will exist after the body is dissolved into the substance out of which it was created, and that will be you, the Real you. And that is what you find. You find after all the images, the ideas, the beliefs, the things that you create in your mind is discerned clearly and seen for what they are. Then you reach that which is beyond the mind, which IS NOW, now and always existing because It is Life, It is God. That is the Reality. But the majority of people are afraid because they have an idea of death. They create an idea and they believe the idea.

When we fear an idea we cause it to condense so that it might be seen with the physical eye. Then we identify ourselves with the result and believe it to be a reality with all its horrible characteristics we produce in our minds. If we do not understand ourselves how can we understand anything else, for the root of understanding lies within us.³

To understand myself I must understand my relationship with others, my reactions, my fears, my antagonisms, my beliefs etc., and how all these come about. When I understand myself I will see why I act the way I do. I will see how I have been conditioned. I will see that I am reacting to protect my conditioning or expressing my conditioning—my beliefs, my opinions, my fears, which all have their roots in my own mind.

Look into your mind and see how you act. What do you say, you get annoyed, why do you get annoyed? It is because you are conditioned that's all because of your belief. You fight because you have a belief and you fight for that belief. You will even kill for that belief. But what is it, what is a belief? How do these come about? Everybody's got different beliefs therefore it cannot be true. Because Truth is not divided and Truth is not a belief. Truth is the Livingness in you and me. That's the only thing we have in common with one another and that's the only Reality there is.

If my mind is controlled by my fixed ideas, my beliefs etc., I am already dead. *There is no life in me. That's why Jesus said, "let the dead bury the dead."* But if my mind is flexible and free I will surely enter the stream of Life that carries us on to full maturity. In this way I will understand my relationship with others, with the world, for in me as in everyone else is the Whole. I am the result of the Whole—Infinity.

I am the result of Infinity. There is nothing outside Infinity. Infinity must be everywhere, there is nowhere where Infinity cannot be. In the smallest

particle of substance Infinity must be because there is nothing outside Infinity. And Infinity must be everywhere in the smallest particle, in the very atom itself, in the very nucleus of the atom, in the very etheron, so Infinity must be there too. There is nowhere where Infinity is not. All is Infinity. I am in Infinity, Infinity is in me. Jesus said, I am in the Father and the Father is in me.”

This is the Reality we have no opinion about, no doubts about, this understanding alone will bring about the necessary and vital change in the individual first and then in the world, for the world is what we are. If you look deeply into this you will see that we make the world what it is, as we sow so do we reap.

And if the body is destroyed and passed away dissolved into substance out of which it was created, the inner structure remains. There is an inner body we call the soul. The soul is the inner structure of the body. The soul is built first, the body is built after him. The soul remains after the body has dissolved away because the soul leaves the body. Consciousness leaves the body and with it it takes its ‘clothing.’ The soul is the ‘clothing’ of the Consciousness and can move in space too with great activity much easier than you can when are in a body. The body is condensed into a lower vibration. You move about now with greater speed than you did a long time ago. You move through space at probably very soon a thousand miles an hour. But the soul can move at the rate of light, a 186,000 miles per second and even greater speeds than that we will travel when we understand the electro-magnetic principle which is behind all creation.

Look deeply into your minds and you will see that it is your thought-feelings that make society what it is. *Your thought-feelings that makes society what it is.* Society is the projection of ourselves and so is the world.

Go to some of those meetings, those social meetings, and you will hear people talking about one another. They will say nasty things but to the people’s face it’s, “how do you do dear,” “how are you dear, most very pleased to see you, you are looking lovely you know.” And the minute they turn their back it’s, “who do they think they are...” So it is, is that not truth? So it is.

When we are brutal, antagonistic, perverse, greedy, envious, we create in body and circumstances just what we are.

To study oneself requires undeniable honesty and patience and this is by no means easy, for it requires alertness and keen observation of every thought-feeling, especially our motives and feelings towards others. *That is when the echoing of our conditioning is seen in our thought-feelings to others. If you are then aware of them then the echoing of your conditioning is there. You can hear it, you can see it, then you can understand it. And you would see then what a giddiest thing the self is. Why? Because you are living in separation.* Otherwise there can be no true relationship, only through true relationship can we gain our freedom and happiness.

True relationship is truly a Love relationship. Where no one allows anybody else to say anything about any person that is derogatory in anyway. To feel then in that way, especially in that way, because that person is yourself.

Our hidden self has taken years to build, *yes from infancy*, and most of our motives are hidden *beneath* a series of misconceptions, which we believe to be real and which is our conditioning. There is a whirl of activity and inward confusion, resentment and prejudice, and we are torn by conflicting desires. We praise, we assert, we deny, we accept, we condemn, *reject*, all because of this conditioning *of* which we believe to be true. Not until we have seen how false it is and how it has come about can we be free from it.

I always take my cue from the Man of Galilee, although I might not follow in his footsteps always, but I know that he is my cue. And when I read what he says I can see what is behind it. I could see when he said, "I am before Abraham." I could see what he meant there too. I could see that the Eternal Life, I in the Father and the Father in me. Therefore Father being the Eternal Life, the Eternal Being Eternally, it must be Infinity. Because you cannot separate one particle of matter from the Universe. You cannot take one particle outside the Universe. You cannot separate anything from the Universe, from the Whole, its impossible. And he saw that too. He could not separate even not a single consciousness from the totality of all Consciousness. Because you could not even separate a particle of matter from the totality of all matter. He was clear in his thinking because he was free, and clear thinking comes through freedom.

You cannot think clearly if you are caught-up in your conditioning because your thinking will be merely your conditioning. But if your conditioning is dissolved away and understood then your thoughts would become pure, and pure thinking comes through freedom.

When we find ourselves caught up in our conditioning we must slow down our thought-feeling-reaction, like a slow motion picture, to see what is happening on the surface. Then only can we study the movements of our minds; as we study the movements of our minds we will see what *the mind* is made up of.

We will see what these movements are and how they come about. I am giving you this great secret, yes, the pearl of great price too. It is something more than idea in the mind because an idea in the mind is not It. Everything I say to you is to eliminate from your mind all your ideas, your beliefs, your things that are hindering the expression of Reality.

When you believe a certain way you must discern why you believe in that way. If you are antagonistic you must *discover* why. If you disbelieve you must deal with your beliefs in the same way.⁴

Belief and disbelief must be dealt with exactly the same because they are both the same. A fellow came to me the other day for treatment. Somebody sent him along. I think he came along against his will anyway. He came to me and he said, "you know I'm an atheist."

I said, "you have another belief too, I suppose?"

And he opened his mouth wide, "eh!"

I said, "you have another belief. Yes, atheism is just a belief like any other belief."

He said, "You don't believe?"

"Well believing and don't believing is just the same, its in the mind isn't it? You will never know what's beyond the mind when you live in your beliefs and your disbeliefs."

He said, "but I haven't any faith."

I said, "neither have I, not the faith that you've got, you're talking about. Your faith is fear!"

"What!" he said.

I said, "yes, your faith is fear. You're afraid, that's why you are an atheist, you're afraid. Look at you, you are suffering with your stomach, you are suffering with all your nerves, look at you. You're jumpy, you are all upset. That is what is wrong with you, you're conditioned. Who has done it? Yourself, you're caught-up in yourself. Do you think you could have any faith in a mind like yours? Never. It does not come out of a mind like yours."

He began to think and he began to get well. And that's the only way you do with some people, is to tear them to bits. Tear their minds into scrap to show them exactly how they are conditioned. When he went away I thought he would not come back but he came back alright. "All right?"

"Much better." He wanted to know something more.

"All right, we'll learn more. More about what you know so that you will be able to know what you know does not mean a thing."

He said, "I read too many books."

I said, "Yes, but I need to read books after book but that does not make any difference. And the books you read reaffirms your conditioning, doesn't?" He looked at me again. "Yes according to your conditioning. According to your disbelief, so you read all the books, to what? To confirm your conditioning that's what you are doing. You only want to confirm your conditioning. To make it more real to you but all the time it's a damn lie, the whole thing."

And you will see the same too. You will see exactly that same way. Your mind will become clear and you will realize what it is, you will see clearly. Never mind about the body you would give me that. He (Jesus) told you not to bother about the body, that Life was the best and greater than anything. So he said, that is the whole thing. Most people are caught-up in their bodies. Most people are caught-up in their minds, they are caught-up in their conditioning. "He who seeks to save his life will lose it but he gives up his life will retain it."

There is no escape! Knowing the self is the way to freedom, to Reality. There is no escape, there is no other way.

To merely control our thought-feeling, to apply a brake to it, to merely say that this is wrong and that is right is a waste of precious time and effort.

If we are merely engaged in controlling our thought-feeling there can be no understanding of it. It is the understanding of it that frees us.

Not controlling your thought-feeling. You will say to yourself, "now I mustn't say that, oh I mustn't be angry. No, I must express love now. Oh yes I must express it with you." You hypocrite! That's all it is.

Why, you don't mean to express love? You have got no meaning, you have got no hope of expressing love, why? Because you are caught-up in your antagonisms. How many people have told me that, "that you must express love." All the time they are quarrelling inside, hating, criticising, condemning.

Unless you see what you are doing. Unless you understand why you are condemning. Unless you understand why you are prejudiced, unless you understand why you are antagonistic, it's because of your conditioning.

The merely engaged in controlling our thought-feeling there can be no understanding of it. It is the understanding of it that frees us.

If you desire to concentrate you have already found out that your mind wanders. One thought is never finished before another jumps in. No thought-feeling is ever finished or understood in this way.⁵

Trying to control or resist this wandering instead of examining or understanding it only makes you more thoughtless, narrow and petty in an effort to protect your own conditioning. You only struggle to protect your ignorance. You don't struggle to protect the truth, you only struggle to protect your ignorance. You only struggle to protect your beliefs. You only struggle to protect your conditioning. The Truth requires no protection and you know it. When Truth is known the struggle ceases.

You must look into your mind and see what is there. Then it slows down by itself. But if you use or analyze, you only create opposites. But if you discern every thought-feeling without restraint, without comparison, without judgment of right and wrong, seeing completely what the mind is made up of, you will become aware of that which is unchanging because you will have discerned all that is changing. That which is is always there, it is Eternal and Ever-present. You do not create unity, it exists now. You do not create Life, it exists now. You do not create Wisdom, it exists now. Then how will these things come into being in you? By eliminating all that is

hindering the expression of that which Is. And that is by discerning your conditioning, the things that are hindering the expression of Reality. You will become aware of that which is really significant, that which is Real.

Then follow this up with awareness of the Real Self not as a separate self but as the whole. This will lead to freedom, free from mental confusion, beliefs, opinions and separation. You begin to “Know.” Then you *will* give expression to Reality and not to your conditioning which is stupid, petty and narrow.

This is being religious in the fundamental sense of the word, not dependent on *any* particular organised religion for this will make you irreligious which leads to separation and strife through your beliefs.

If you look into your mind you will see that you are responsible for separation which is the cause of dissension, economic disaster, wars, starvation and oppression.

Do not label yourselves with names, for are you not followers of the “One Life” that is in all. *We have names all over the place. This society, that society, everything else society, this group, that group. And are we not all antagonistic to one another? When you understand this you will understand him who showed mercy and compassion to all, who refused to be limited by any nation, church or society.*

True religion is above all nationalities, above all creeds, *it* is the way to the realization of the One in All and All in One—the way to peace and happiness and world prosperity and so for the individual.

When we all become truly religious in the true sense of the word there will be peace in the soul and peace in the world as the result.

We must have that inward peace, that Wisdom and Love of the Christ Spirit that is awakened in all souls that are freed from separation.

And is never awakened in a soul that is not freed. It is only awakened in the soul that is free. If you are bound, the Christ Consciousness cannot be awakened because you are still living in separation. There will not be the “Ones,” the Love, the Wisdom because you are caught-up in something external to yourselves.

These words of the Master sum up the ways of those who preach separation and creed. “Yes! It was about you, you hypocrites indeed, that

Isaiah prophecies—as it is written. This people honour me with their lips but their hearts *are* far away from me. Vain is their worship of me, for the doctrines they teach are but human precepts.”

Here Jesus was showing the unreality of tradition and creed, which means so much to most people. People worship pomp, ceremony and tradition. It is all merely lip-service, where love and affection are sadly lacking while antagonisms, strife and separation are in evidence.

Right thinking goes beyond religion, creeds, tradition and nationalities. Right thinking is freedom while conditioned thinking is oppression. We see this daily, but few comprehend the danger in it, most people are bound by nationalities, by religion, by politics, which they follow blindly so, like sheep, they are led to the slaughter.

Only through self-awareness do we discover our conditioned thought, do we discover that we are merely copying another, that we have acquired a habit of thinking which is erroneous and disastrous to ourselves and others.

Only when we are free do we see all *these* things in their true perspective. Then there is no confusion in the mind that has truly discerned what the mind is made up of. Only then that which is Eternal and Ever-present is given free expression.

“He who has sent me is at my side. He has not left me alone for I always do what pleases Him.” John 8: 29

BENEDICTION

“I am that I am.”

On the many branches of My Tree of Life I have sung *My* Song in the hearts of men.

As My song was echoed in the green leaves—the souls who heard Me realized their Oneness with my Life. Then My Life alone was food to them.

Yet through the centuries of time My Timeless state remains; that is why sleeping souls in the world of time can still awaken unto me.

The rhythm of My Song stirs the hearts awaiting to hear My Voice calling, “come into My Cosmic Freedom.”

‘So I arose and went.’

Let us enter into the Sanctuary of the Silent Healing Power....

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 4th May 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.
- 1. The full paragraph in the Lecture Notes reads: [*Matter does not create, for matter is the expression of mind in action. By our own ignorance we have closed our eyes to the Creative Power of the Living Spirit—the Christ within—and in which lies the Creative Force of the visible natural world including mankind. Therefore we have to realize now that by understanding our thought-feeling-reaction we have our happiness or misery in our own hands. If this is understood now, we have immediate release and much of the suffering of the world will be done away with.*]
- 2. The full paragraph in the Lecture Notes reads: [*It is the general conception among most people and even with those who should know better, that the cause of disease lies in the body. But Jesus shows this to be wrong. We have set up standards of our own in regard to causes of ill-health, and unhappiness, of rights and wrongs, and the condition of the world in general. We look upon these conditions as being external to ourselves. But as soon as we see that the cause remains within ourselves our attitude changes. Only then can we be freed from these things.*]
- 3. The full paragraph in the Lecture Notes reads: [*When we experience Truth-Reality through understanding ourselves we have no opinions about It, “We know.” If we do not understand ourselves how can we understand anything else, for the root of understanding lies within us.*]
- 4. The full paragraph in the Lecture Notes reads: [*When you believe a certain way you must discern why you believe in that way. If you are antagonistic you must also discern why. If you disbelieve you must deal with your beliefs in the same way. If you are prejudiced you must also understand why.*]

5. The full paragraph in the Lecture Notes reads: [*In your desire to concentrate you have already found out that your mind wanders. One thought is never finished before another jumps up. No thought-feeling is ever finished or understood in this way.*]

Lecture 5 (11th May 1954)

PURE THINKING IS CREATIVE*

“Behold, is not Life much more [important] than food and [the] body than clothing?” (Aramaic version) Matt. 6: 25.

Jesus was showing his disciples something very important and that was, that there was something beyond food, something beyond body, something beyond mind. And that is what we have to find also. Fact, we reach that State of Consciousness where we become Creative.

Consciousness will always remain after you have discerned every thought, every emotion, every reaction. And you will find Consciousness remains after the mind is emptied of all these things, there still remains the Unknowable. But what is beyond the mind is Unknowable yet is the only Reality, the only Creativeness.

It is the Uncreated that is Creative, the created is not Creative. But when we realize this we will see that we have within ourselves the same Power, that same Consciousness that is behind all Creation because there can only be One there cannot be two.

If there was another Consciousness besides Infinite Consciousness then the Infinite could not be Infinite. Therefore when we empty our minds of all the things, all our thoughts, all what we have gathered, our memories, emotions, experiences, to discern them all and we can see that they are not the Reality, that they are not the thing that is created. Because an idea, a belief, a thought is not Creative.

Where did your thinking arise from anyhow? Your thinking arises from your memories, from your experiences. And it's your memories that bring

good, and indifferent, bad and good whatever the case may be. Your memories are the things that cause antagonisms, faiths, joys so you see they are all mixed up in your mind. Therefore you have got to see the duality of the mind before you can free yourself from opposites and duality. And this duality is the most important thing in your lives as far as you are concerned because it causes all the conflicts.

It is the rigid mind with fixed ideas that is ignorant. This is the type of mind that cannot understand because it can only reflect its own conditioning.

If a mind is conditioned then a particular way and cannot see anything else because it is a rigid mind. You have certain ideas and beyond those ideas you cannot think. If your ideas are rigid then you cannot explain beyond them, you cannot think beyond them. In fact you are afraid to, for the simple reason, you are afraid to lose your conditioning. You want to fight so you maintain your conditioning. That's what happens therefore you maintain your conditioning.

When you begin to understand you will realize that most minds are filled with the ideas of others and are incapable of thinking for themselves. Most so-called intellectuals have their minds stuffed with the ideas of others and it is difficult for them to do any original thinking. They may be well read but what of it, they are conditioned by it and are merely expressing their conditioning.

There are millions of this type of people in the world. No doubt you will come up against quite a number of them. They have read all sorts of books and have got all sorts of ideas in their minds about this and about that, and they think that it is real. And they all quote this and quote that but what use is it of it, they are only quoting their own conditioning, they are conditioned by it. Now, if anything new comes up they are reluctant to accept it because of the fact, that they are still conditioned and they are lazy. They do not want to cast aside that which they already have over their minds because of the fact that they are conditioned. That type of individual you can read easy. They are stuffed up with so many ideas of others and become a sole copy in their own feelings of superiority, when all the time they are really foolish.

An understanding mind is one that is pliable, while without pliability of mind there can be no understanding. When one has an understanding mind

freed from fixations it is easy to detect the mind that is fixed and rigid, for there can be no truth in a rigid mind.

Because Truth is beyond mind. If you maintain a certain idea about Truth, about God whatever the case maybe, and you hold on to that rigid idea and nothing can move, you know that you have not got the Truth because its an idea. And because its rigid in your mind you maintain the idea and you can never get beyond it because you think that is truth when it is not Truth. An idea is not Truth because Truth is not Truth, while water is not water. It is not until such time as you begin to see that that you begin to break up these rigid ideas so that your mind becomes pliable and free.

Truth is always unfolding the mind that is aware of its own conditioning. *A mind that is aware of its own conditioning Truth will unfold because the mind becomes pliable.*

The Intelligence that built the brain and the body, the nervous system, is an Intelligence that knows how otherwise the body could not exist. Who could build an eye? Who could build the ear to hear? Who could build all the mechanism to give the voice? Spirit built the body. Life is Spirit and Spirit built the body. But Spirit is Intelligence. And that Intelligence is working through the body continuously. Under these circumstances then we see that Life that built the body is an Intelligent action. Because It is behind the whole of the Universe. And because It is behind all Creation It must be behind also the creation of man. But man can think, he can become conscious, he is no longer just a puppet, he becomes conscious of or aware of his own consciousness. That awareness comes only when the mind is cleansed of all its thoughts, the mind is cleansed of all that is made up because Truth is not made up. What you make up about Truth in your mind is not the Truth. Truth is freedom. But if you have a rigid mind there is no Truth. Truth, that is the moving power in the Universe, must also be the same in man, for there can be no separation in the Life that is animating the Universe and is acting in mankind.

As man frees himself from his conditioned thought, Life unfolds man's Divine Nature. *What is it causes then, your troubles, your anger, your hates, your envies, your antagonisms? Is it not your memories or your experiences? Is it not the self with all its greed, its desires, its cravings? These are the things that are unspiritual. And if you belong to any*

particular spiritual organization and you still maintain your antagonism, you cannot be Spiritual. If you think then by conforming to some rule of any particular spiritual organization and that by conforming to this rule that you will obtain your place in heaven, you are then only building an illusion for yourselves because it cannot be. Heaven is a State of Consciousness where It is freed from all these things. When the consciousness is free from rigidity, when the consciousness is freed from anger, hates and memories then there is heaven. Because there is no longer antagonisms, there is no longer hates, there is no longer these things that create envy and struggle in man. Christ that is Eternal and Ever-present and knows nothing of death, sickness or health, success or failure.¹

Because these are opposites. Jesus said clearly, “unless your eye be single.” Unless you do not see double, unless you do not hold opposites, if you understand opposites then they will drop from you.

Only the consciousness that is freed from conditioning is “aware of **Being**.” “Being” is now! Being can never be realized through becoming for becoming is always in the future and the future only exists in the mind. *Where does the future exists? Think of it now, the future, only in the mind. You can easily see it when you search your mind. Where is the past? Only in your mind. Where is the future? Only in your mind. But the now, the Ever-present now is NOW. It’s a Livingness is It not? NOW, at this very moment, NOW is your Livingness. But if then you try to stand in your mind you experience that particular moment of Livingness, but it is past, it’s a memory, future has not come, its in the mind. Still that Livingness is Eternal and Ever-present—Now. And in that Livingness is the Christ, the Eternal Christ, which does not live in opposites nor is It caught-up in hates or envies, in these sort of things. Because It does not in any way remember. Because of the fact that memory is the cause of hates, jealousies and lives in opposites. You have joy in one time and sorrow in another. You have success you have got health and ill-health. You have all these various things because they live in the mind, they come real to you of course, they are very real to the mind. But after all they are not really real.*

You know why they are not real? When we trace things from their source we get a better understanding. Science has given us the key as far as matter is concerned, showing that there is no division in matter anywhere. The

divisions of matter into the Substance postulated as ether, the ether of space. Which interpenetrates everything and out of that Substance everything is created. Everything's electrical because the atoms itself is energy which is then made electrical a small whirlpool of energy which has a positive and negative force. It has its nucleus which becomes active, throws off part of itself in small electrons which revolve around in space and create a whirlpool in this ether. In the ether mind you. It's a whirlpool in ether, so minute that you cannot see or feel, yet in that is the most dynamic energy, in the minutest particle.

And the story is that energy encased in its smallest piece becomes a tremendous force. Now this Substance is everywhere, there is nowhere where it is not. Now there is no flaw in that Substance. It is Universal. You can call it Universal Mind if you like as a name but a name means nothing. Yet out of that Substance all form is created, you, me, everything. The body is created out of this Substance. But in that Substance there is something else, there is a Directing Power. A Directing Power that is working, creating an Intelligence, becomes energy in movement. So right within the very ether the form is created. The etherons then come into operation. Gathered together the atoms surround the etheron until such time as reduced in vibration so becomes a physical fact. So you and me are produced out of this Substance and will remain in this Substance and this Substance still retains and holds us. But Life then, there existed this Intelligence, existed before it created the body out of the one Substance. That Life will always exist because It is Consciousness.

Now you see clearly, this is the great fact, that the Substance Itself is Universal. The Intelligence is also Universal. The Consciousness is also Universal. It is Infinite in nature and there is nowhere where it is not. These three make up the trinity of Infinity and out of these three everything has been created.

If there is no flaw in the fundamental Substance how is it that there is flaws then after the form was created? These flaws come about through man himself. The self does this. The mind of man does this because the mind of man creates thought according to his conditioning. And when he is conditioned, he thinks and is caught-up in his conditioning, and

consequently his conditioning is expressed and he can only think according to his conditioning.

Therefore you see that you create in your own bodies exactly what you feel, your thought-feeling-reaction. Therefore is it not necessary that you must continuously in the Ever-present discern your thought-feeling-reaction, so that you will not be caught-up in it? And if you are caught-up in it you create those conditions. If your thoughts then are the result of your conditioning you will be expressing that conditioning and therefore the body responds. Is not your body the sounding board of your thoughts and emotions?

You see then that the body is mind materialized. And you have the power to create disturbances. You have the power to create, yes, in your own children up to the third and fourth generation because of your thoughts. But as man becomes more freed from his condition, he becomes more Spiritual in his nature. More loving in his nature and becomes more Christ like. And as he becomes more Christ like his thoughts will be that of that nature. He will be giving expression to the Real thing. His thinking will be really Creative. And as this Christ Consciousness becomes more evident in human family, the soul will be built up finer and wonderful generations of people. Our civilization in a thousand years after this will be entirely different to what we are today. Because we will be going along towards the development of the Christ Consciousness which already is in man.

But what is hiding the Christ Consciousness? Is it not your conditioning? Is it not your intellect? It's your intellect then that is causing the hindrance of all the expression of this Christ Consciousness in man. When you begin to discern your thought-feeling-reaction and you see how stupid you are, it passes away from you. If you do not see how stupid you are you will be still caught-up in your conditioning. "Being" is now! Being can never be realized through becoming for becoming is always in the future and the future only exists in the mind. Becoming is not a reality, it is but a belief. "Being" is now and is realized only when one is freed from past and future, freed from conditioned thought, through understanding what conditioned thought is and how it comes about.

So "Being" is not fact, a belief. Being is not a belief, you will see this, a belief is something that you have created in your mind but Being you

cannot. Being is something that is beyond the mind. But you reach it and in that feeling it is tremendous. But you must reach it only one way, as Jesus says, "you cannot enter any other way except through that Gate," the Gate of the Christ Consciousness into the Father.

When you are "aware of Being" you will still see an outside world. You can be aware of your physical body and when you close your eyes you will hear all the sounds of Life, but you will only be "aware of Being," when you know all that is relative.

And even all the sounds of Life is relative because that was created. Don't think now because that after you can feel the sounds of Life that you are clairvoyant or clairaudient or whatever the case may be that that is the Truth, it is nothing of the sort. That is senses. That is senses that you already have that are hidden, which have not come into operation because of the density of your own brain and thinking. The density of man's thought prevents him from using those senses that he already has, so that she calls clairvoyant is clear sight and clairaudient is clear hearing.

There is a vast difference between one that is "aware of Being" and one that is merely becoming. The one that is becoming is caught up in time, but the one that is "aware of Being" is no longer caught up in time for he knows that time can never reveal the Timeless. That which is now can only be revealed when all that is relative is understood. In freedom alone is the Ever-present revealed.

In freedom alone. Now why are we not free, that is the point? Because you are caught-up in your mind, in your thoughts, in your beliefs, what you have read, what you think is true. If you follow that, you cannot be free.

The Yogi practice is one of concentration on the inner senses where he becomes unconscious of the outer world, but even this can never reveal "awareness of Being." *Even the greatest Yogi, no matter how far he goes, as far as the expression is concerned he will not be aware of "Being."* Because he is caught-up yet in the senses, in the inner senses, which he has developed naturally. And he can tell you many things. He can probably look back into your life and tell you when you were born, your infancy. He would look ahead and probably see predestination, he would tell you that too. He would tell you all these things but that is not Reality, that is still relative. Consciousness permeates all states and goes beyond mind and can free

Itself from conditioned thought. This state the Yogi calls *the Samadhi*. *He frees it from conditioned thought. The highest attainment is called Samadhi, a state where there is a state of bliss. Where Creativeness begins, it has not become active. He lives in Samadhi, in a state of suspension, between the Creativeness that really Is and the relative world. He is suspended between the two. Now, those who go beyond then unite those two, become Creative also and know the difference between the relative and that which is Real. And the Creativeness becomes so powerful because It is Consciousness, he becomes aware. That is truly the Master. That was Jesus. That was Masters too in Tibet. These who realized the tremendous force that is hidden up in mankind. And you will see the highest attainment of the Yogi but this is still not an awareness of Being. Because the known can never reveal the Unknown, the created can never reveal the Un-created—that which alone is Creative. Only through awareness of Being does the Creative become truly creative. An awareness of Being. So wonderful is this awareness of Being beyond mind. I cannot tell you what It is. I can only know that when the mind is freed from all these opposites, from all beliefs, from all antagonisms, from memories and experiences. You go even beyond that, you leave these all behind because you know what they are. And in that awareness of Being becomes the tremendous force because It is Life Itself freed. You have now broken down the bars and doors of your own prison that you created yourselves, then you are free, free. Then I and the Father are one in Reality, not merely an idea in a conditioned mind, but actually creative now, one with the Creator of All.*

This is pure thought that is not conditioned by past or future, health or sickness, success or failure, good or evil, God and the Devil, for those are seen as products of the mind that is caught-up in opposites and is thereby conditioned. *So when you think, when you say, "God and the devil," you create it in your mind, isn't that so? Its only in the mind you have got that. You don't know what God is and you don't know what the Devil is. Because it is in your mind, you created an idea of God. You create an idea of the Devil. But God is Infinite in nature, where can the Devil be? But God is Infinite in nature and there is nowhere where He is not. There cannot be anywhere outside Him where the Devil can exist because God is Infinite in nature, there is nothing outside Him. Then the Devil must be in the mind of*

man. But the Devil is very real, yes, he is very real, the Devil is the self. The self in man that's the Devil and hell is the mess the Devil makes. The hell is the mess the self makes. And hell is the mess we are all making just now in the world today because of the self.

Do you think our conferences will come to anything? No, I say to you our conferences will end in nought, in nothing because of the fact that everyone goes there with their conditions and go there with the idea to protect their conditioning. They will not see the cause of the misery of their conditioning. How it could be removed instantly so that mankind could be freed from all the misery in the world today. But that will not happen because our leaders are immature. They are not mature, even the highest of them are not mature, they may be intellectual but what of it. They maybe well read but what of it. They maybe political giants but what of it. All these things are in the mind. But Spiritual Truth is not in the mind. Spiritual Truth comes only into operation when the mind is understood and all in the mind is understood. The cause of antagonisms, the cause of wars, the cause of miseries, when these things are understood then only does the Spiritual Man come forth in all his glory. The Christ is freed from all this and is one with the Father in Reality, in Spirit, now and for ever.

Because of the fact, I knew perfectly well how Jesus thought, I know perfectly well how Jesus acted. I know exactly how he thought, I know exactly how he acted. He was entirely action, there was no reaction with him. If we continually react we always react. When you are continually reacting you are always in trouble. You are always worried, you are always upset because you are reacting all the time to conditions. What is it that frees you from reaction? Action of course. When action is truly born in you It is Spiritual in nature. It is an action that comes into operation unconsciously, in which you do not at all, it is something else that's doing it.

Transformation takes place within you. Transformation is action but it is Spiritual action. You do not transform yourself from yourself inside out upside down. But as you are now seeing what is false there is already transformation taking place within you. That transformation is brought about by the Spirit. It's the Spirit and Jesus knew it and that was how he was transformed from a son of man to the Son of God. And so what he did all can do, he said, "what I do greater things shall you do."

So it is true. If we could only see clearly the tremendous force that is waiting to come into operation—in action. But what are we doing? Always reacting and preventing the action, the true action of the Spirit. True as you are sitting here now there is coming about a transformation. You are changed but you do not know how you are changed. You didn't change yourself. You cannot change yourselves at all, the self cannot change the self, the self is the self all the time. But as the self is understood there is transformation. And the Christ alone can transform man. Thought cannot transform man. Belief cannot transform man. Ideas cannot transform man, only the Christ can transform man. And the Christ comes into operation as soon as we understand ourselves.

There is an Intelligence active in the body that we are not aware of, but which is the action of the Creativeness within. We digest our food without knowing it, inhale Prana, oxygen and hydrogen and other elements. The heart is unconsciously pumping our blood to the remotest part of the body carrying all the elements in it to replenish the cells and take back the waste given up so that the cells are kept in perfect action. The impurities are eliminated from the body through the lungs, the skin, the kidneys, the bowels while the body is maintained at an even temperature, even in winter and summer, by this internal adjustment.

It is the Intelligence that *is maintaining* all this activity so that we can express ourselves in the body.

This Intelligence is the Active Principle of Life *and* performs what the Consciousness is aware of. Consciousness, Intelligence and Ultimate Substance are the Trinity of Spirit, *the Trinity of Infinity*. It is when the Creator and His Creation become one do we realize our oneness in which there is no separation. The created is always relative to the Creative, yet must exist in the One. *The cause of the Substance.*

Again we see clearly, the Life that created the body existed before the body was created. And will exist after the body is dissolved into the Substance out which it was created after the Life has expressed Itself according to the plan, Divine Plan which is Nature's plan. The why of it is locked up in the Infinite and no one can know what the Father Is. Yet we know that we are.

The Father has Life in Himself so He granted *His* son to have the same Life in himself. *As Jesus said, "what I see the Father do I do likewise."* His words were the words of a Master who was "aware of Being."²

And I know that these words are true. The word itself means nothing. It is only when you arrive at that State of Consciousness you know he was true and you know what the Master means at that time.

To most people these words merely create an idea in their conditioned mind, so they attribute to the Master a power that they do not possess themselves. The Master said, "these things I do greater things will you do if you will but believe (understand.)"

There is no machine created that can match the human body and there is no power outside the body doing all these amazing things, thus you must admit that it is all done from within.

It works from within outwardly.

The most intricate machine created by man is created from within man himself. Thus we realize that the created can never match its Creator. While the created is in a continual flux, the Uncreated remains stable, *unchangeable*. While the created is relative the creative remains Eternal. *That is why, the Life that created the body existed before it created the body and will exist Eternally even after the body has dissolved away. Consciousness and Life are synonymous. Therefore consciousness in man is that Eternal Reality that remains forever, while his body dissolves away into the Substance out of which it was created. When any malformation in the body is dissolved into the Substance there is no malformation. It has gone forever because it cannot exist in that Divine Substance, that Universal Substance which is the basis of all form. Only through the "Awareness of Being" is this understood.*

When we become "aware" we *will* realize that there is but one Consciousness and that the Subconscious is merely the hidden part of our consciousness. Thus we are in constant touch with a source of Inspiration, Genius, Intuition and a limitless source of Love, Wisdom and Power, for "the Father and I are one."

We are continually in contact with this tremendous limitless source of Love, Wisdom and Power because of the fact, that I and the Father are one.

The very fact that I can speak, that Spirit alone has Voice. Spirit alone can create Voice. Life alone can express Voice. Life created the mechanism through which the voice could be created.

When I am standing before you here now I do not think what I will say, it would be stupid for me to think what I would say to you. If I tried to memorize something that I would say to you it would not be true it would be no inspiration. You would feel how flat it would be and I would feel flat too because I was trying to memorize my words and what would it mean? Merely words without anything behind it.

Its the Truth, I and the Father are one. The Father within me, He speaketh. That is a Truth when you know that Spirit alone has Voice. You don't speak from memory. You don't speak from conditioning. You don't speak from anything else except that you know God is making His expression through you, that Life is speaking. Life is expressing Itself. As Jesus said, "I and my Father are one." "Know ye not that I am in the Father and the Father is in me." "Its the Father whoever remaineth within me. It is He performing His own deeds." What a wonderful, wonderful thing. Is not it grand to be able to know that someone knew this and gained that before showing the way that we can also gain it through understanding.

Now you will readily see that if you are caught up in ideas, images, beliefs, tradition, you are bound by them and there is no longer the freedom through which you become "aware," because you will think and act in accordance to your beliefs, your ideas, your traditions, your limitations.

I spoke to some people today and I spoke to them and they answered me in their limitations. It is useless trying to make any explanation. Not until such time as they themselves really realize what their conditions were and how they were conditioned.

Therefore that which is binding in the mind is the prison in which we live. If we merely change our ideas, *one idea for another, one belief for another*, we only substitute one prison for another.

Some change from one religion to another, some find orthodoxy rather restrictive so they take on some new cult, this is not understanding and will never lead to freedom. The new prison may be a little more comfortable but it is still a prison, in which there is limitation, in which there is no understanding of what the mind is made up of.

Now I am not giving you a new religion or a new way of living. What I am trying to do is to take everything away from you that is preventing the expression of Reality. If I give you a new pattern to follow then it would be of no use because you would follow the pattern and you would be expressing then my conditioning which would become your conditioning.

So I have no intention of giving you a new religion or a new cult or anything of the kind. And I don't want you to accept what I say, by no means, I want you to challenge what I have said otherwise it would be of no value to you. If you don't think about what I tell you it will be of no value to you. If you just accept what I say to you because it pleases you according to your conditioning, well, its of no value to you. If you reject what I say because of your conditioning then it is of no value to you either. But if you think about what I say to you and begin to discern what is in your mind then it is of value to you and that is the way of transformation. Transformation that you do not create. It is transformation of the Spirit Itself. Transforming and changing these things that are false, dissolving away into nothingness where they belong because they are merely an illusion.

To free *oneself* there must be true discernment and understanding of what is in the mind, we must know what ideas are, what a belief is and why we believe as we do, then we will see how our beliefs come about.

We must understand what rituals are, then we will see that they are mental and not spiritual. *You repeat a ritual yet it is mental is it not? You memorize it and you talk it, you speak it off, is that not so? It is mental, there is no spirituality in a ritual.* You may repeat your ritual ten thousand times but it will not give you the understanding that leads to freedom, in fact you get further bound up in your beliefs, *that which is binding.*

We must know what tradition is, we must see that it is a drag that we must discard before we can be free.

We must see that we are living in the past. And we are always giving expression to the past now, at this very moment. And we can never know the Living Present when we are giving expression to the past at this very moment, we are giving expression to our conditioning. And I hope you can see it. Its most important that you do.

We must see and understand nationalities and how they separate us, we must see all that tends to separate man from man. Then we will see that

these things, even our treasured beliefs, have nothing to do with Truth-Freedom, but only limit us causing friction, wars and misery. Even an idea of Reality is not Reality. If we are not aware of our own conditioning we can never be free nor can we express our true nature which is the Christ-Spirit that is one in All.

Most people are not aware of “Being,” the proof lies in the multitudes that float in the sea of ignorance, tossed by every whim, idea or emotion and are drowned in the effects. *We see a revival in ignorance, fifty, sixty thousand people, but they are just as ignorant as they were five minutes before. And what happened before when these revivals came, the churches were full for a little while but then in a very short time they were more empty than they ever were before. Because people still maintain their conditioning. They did not understand they were swept up by the emotion. These things do more harm than good. The only good that can come to man is through his understanding. Understanding himself, his own emotions, why he flares up that way, why for a few moments that he prays and next few moments he is at his brothers throat. One time then he will pray and the next time he is the devil. Is there any hope for civilization under these circumstances? I don't think so.*

If each one of you students becomes an individual who can explain this conditioning to those around you, you have done more good than all the revivals in the world because the end is nought. Just the same as all our conferences will end in nought. Don't think through some organized religion that you are going to gain heaven through some form of virtue by your prayers, still while you contain your separateness, your divisions. Because how can you enter into Wholeness if you are divided? How can you enter into Infinity if you are divided? So they rush here and there to find health and happiness, they try to change their environment in the effort to free themselves. They try to demonstrate health, wealth, etc., but still they have not the key that opens the door to freedom, so they flounder in their own conditioning which is increased through their efforts in the wrong direction. In their ignorance they rush to those who claim that they can teach them, but all they do is to put them in a rudderless boat and leave them still subject to the storms and waves in the sea of ignorance.

Jesus said to his disciples, “ye shall not be called Rabbi.” That means to say that ‘you will not be called a Rabbi, a teacher.’ And he was telling his disciples because of the fact that he had already chastised the Pharisees for posing as teachers of men when they did not know the Truth.

So it is that once we realize the inner value, the true value, of the Christ. The true value of the Christ, not merely an emotion or affected of an idea of Christ but the true value of the Christ within. Then you will have discerned all that is preventing the true Christ from manifesting. Then when you understand true values you can help your brother and not before. Don’t give him an idea that will be of no value to him while he still maintains his separateness, his antagonisms and the things preventing the Christ from manifesting.

If you listen to most people you will hear them speak of their God as separate. Their God is a relative God who can do nothing because their God is afar off, separate and outside themselves.

When the individual Consciousness says I am sick, I am well, I am a failure, I am a success, it is caught up in opposites that are in the mind, this is the error—unaware of “Being”—so to the individual Consciousness, sin, suffering and death are real. But in “Being” there is no sense of error, nor error of sense. Therefore there is no destructive element, because in Being there are no opposites, nothing to overcome, nothing to conquer, therefore no fear, no doubt, no sin, no good, no evil. These things only exist in the mind that is conditioned by them.

So in Reality there is none of these things. You have seen them, you know them what they are but they have passed away. They dissolve into nothingness, nothing to conquer, nothing to overcome.

If you then try to conquer something, you will conquer and conquer again and you have never overcome it. How can you overcome something? You do not overcome it because you overcome it and overcome again and conquer it and conquer it again. But once you understand it, it falls away from you. There is no such thing as spirit that’s conquering anything. There is freedom. There is Creativeness. Oh, if you could only come to this point. This thing that I know is so mighty and so wonderful.

Now, if Truth and error commingle they produce health and sickness, good and evil, life and death. Then who can say whether Truth or error is

the greater? Only through true discernment of the false does the false fall away for it has no existence except in the conditioned mind. Truth is beyond mind.

The power to see and hear does not originate in matter. It must originate in mind otherwise there could be no cognition of what you see and hear. If we are unaware of Being then the mind is caught up in the error that the body is subject to, all manner of conditions. Then we believe that the mind has no say in the matter, *but* the mind has all the say in the matter and the flesh has no say.

Because the mind and disease are one and the body is the thing that shows it.

We call the body physical matter but science has proved that the body is mind in formation and the directing power behind this formation is Life and Life alone has consciousness.

The ignorant mind makes all things start from the lowest instead of from the highest. *Supposing* now that we reverse the process and see the formation from the source of all things—the Divine Consciousness in which there *is no separations*, no opposites. So in tracing all things we constantly ascend in “Infinite Being” where there can be no separation, no error, no opposites. Then the physical consciousness, the illusion—the cause of error—dissolves away and the consciousness of Reality takes its place *because it is there all the time*. The body has no life apart from the one Life that is Eternal and Ever-present. So if we cling to the body we lose sight of the Real Life that is free even while in the body. “I am the Life,” *Jesus said*. He who sees me sees the Father. “I am the Lord thy God,” **now and forever**.

BENEDICTION

O Mighty One, Thou didst not yoke me to the demands of the flesh but to understand them.

Now that I do understand this I no longer whine with complaint.

With Thee I have everything and no longer crave as I did in my ignorance of our oneness.

I shall not disagree with any man who has not found himself, for everyone must find the way unaided.

Thou didst water the yielding crops that grew without man's aid. All that man did was to plant the seed and Thou then moulded the earth and sprinkled it with sun and rain.

Now I am *confident* that all is mine because we are one. For Thy seed is mine and mine is Thine, O Infinite One.

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- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 11th May 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The full paragraph in the Lecture Notes reads: [*As man frees himself from his conditioned thought, Life unfolds man's Divine Nature—the Christ that is Eternal and Ever-present and knows nothing of death, sickness or health, success or failure.*]
 2. The full paragraph in the Lecture Notes reads: [*The Father has Life in Himself so He has granted the son to have the same Life in himself. "What I see the Father do I do likewise."* Those words were the words of the Master who was "aware of Being."

Lecture 6 (18th May 1954)

HOW DO WE APPROACH REALITY?

“Get Wisdom, get understanding: forget it not; neither decline from the words of my mouth.” Prov. 4: 5.

The fact is that most people are approaching Reality-God while antagonistic to one another. How can the one God, Who is Divine, be approached while separation and hate is in the heart?

The cause is not difficult to see. It is because my God, your God, my ceremonies, your ceremonies are superior, I am a Christian, you are a Jew, I am a Hindu, you are a Mohammedan.

Here we see the irreligious so-called Spiritual man is causing more separation and strife in the world than one who has no religion. The so-called Spiritual man is more dangerous because he is pursuing his ideals, which divide man against man. In fact, ideals divide man more than things divide man.

Is it not a fact that those who have leanings to the Left and those who have leanings to the Right are merely pursuing ideas? It is because one thinks his ideas are more important than the ideas of the other that makes both live in separation, which leads to conflict and hatred. Reconciliation is only possible when we see what ideas are and how they divide us. When we give up the delusion of our ideas we will find that there is but one God who lives in everyone of us, then man will appear in God's likeness, loving his neighbour as himself. This Eternal man will include all the attributes of that likeness, having dominion over all things as a natural result and not supernatural, as we are asked to believe.

Jesus never claimed any supernatural powers, all his powers were natural as they are natural in us, when we realize the Truth of our Being as he did. The natural only appears supernatural to the one who lives in separation.

When we realize the Truth of our Being we are freed from the bondage of a material existence in which we struggle. It is only when we realize our Spiritual birth that the Divine Principle of our Creativeness dawns upon us, we will then have that Immortal state of ‘I and the Father are One’ in Reality, not merely an idea or a belief in the mind.

We can only realize this fully when we understand what ideas and beliefs are and how we are separated by them. We will then truly see that not a blade of grass nor a flower, nor a tree grows, nor a bud blooms of its own volition. We will see that there is nothing on earth that has not its source in the Infinite “One.”

We will no longer ask what our trouble is. Is it my lungs, is it my heart, is it my liver etc.? We will understand that we are Immortal Spirit, the body the instrument in which we experience our life on earth, the flesh having no say in the matter. We will no longer be mute before ignorance, neither will we mingle with error, but will correct it through the Truth of our **Being**.

We will understand our psychological cravings, our demands, our conflicts, our fears. We will no longer determine to possess much or little, we will intelligently deal with these demands because we will know that the ‘Father and I are One,’ our creativeness being the natural expression of our Being—His Being.

We will no longer seek to possess power, nor will we be self-assertive, for we will have found the Source of our Creativeness in Reality—in Love. We will live in the Ever-present Being in which there is no want and will be able to give from a never-ending Source of Supply.

We will no longer be seeking security, for the mind that is seeking security is ever in fear and can never know the joy of Creative Being. The very basis of our security is in **Knowing** and not in seeking. The highest form of our thought-feeling is in knowing—in Divine comprehension—and not in aggression or self-assertiveness. This is truly security.

Our power to create will be in accordance with our Realization of our Oneness with the “All” in “One” and the “One-in-All.” There is more in this than is comprehended by the physical consciousness. Only when inner transformation takes place is this realized. The outer will always be what the inner is.

Are we not grappling with the problem of mass murder, hunger, misery and destruction on their own level, only to create further misery and catastrophe, because we are only concerned with re-organisation of greed, ill-will and ignorance and there is no end to the confusion and antagonism.

We may rebel against these conditions or we may shut our eyes and minds on them, we may even try to escape from them, but there is no escape, no solving the problem except through understanding the cause and intelligently dissolving the cause through right-action. Right action can never come except through transformation of the inner, for what the inner is so will the outer be.

The mistake we make is that we believe that material means will eliminate material suffering. Only by understanding the cause can such suffering be eliminated, for if we do not know ourselves to be the cause, further misery will surely come.

If we are not aware of our own creations we can never eliminate our own suffering. We cannot separate ourselves from the misery because we are part of it. The responsibility is ours whether we like to believe it or not. It will still remain until we deal with it at its roots, and the roots are deeply rooted in ourselves.

When we are transformed through awareness and understanding we will see that evil is not a power in itself, it is but our misdirected energy and is soon betrayed when we begin to understand the self, who is the cause of the evil. It has no existence except in the self. When this is realized it will fall away for it is the mockery of the self.

We may seek an escape through the idea that we are one with God, but this does not relieve us of our conditioning, nor the misery we create, for we will still be caught up in our conditioning.

There can be no release, no freedom through the mere idea that we are one with God. Freedom can only come when we discern clearly and

fearlessly all that is conditioning us and how it comes about. Then we will understand the meaning of freedom. But if freedom is merely an idea without transformation of the inner, then the outer will remain.

It is very clear to me and I am sure it must be to you now also, that if the reformer or the contributor to the solution of the problem which is also his own, has not radically transformed himself, if he has not the inner realization of true values then what he contributes will only add further conflict and misery. It is the inner transformation through awareness and understanding, and only that alone, that is of any value in solving the problem of the world today.

The present misery and degradation of man is brought about by man himself. It is obvious then, that if anyone is eager to transform the world that one must first understand himself or herself, for are we not the world? Have we not made the world what it is? If we merely plan to reform the pattern of conflict without understanding ourselves we will only increase the ignorance and sorrow.

We all desire Eternal values, but few have realized that before these come there must be an end to the conflict within ourselves. Peace and happiness do not come out of war and misery, but by the cessation of the causes of war and misery. Then that peace that is not the result of war and misery but is an Eternal value will come into being. It is only when this peace comes into our own souls will it come into the world and not before.

Now, many will say I am not interested in the world, I am only interested in myself. But we are the world and the world is us. There is no separation.

The cause of the effects that are taking place on the other side of the world is rooted in you and me here and now.

If we will not understand the causes of perpetual antagonism, strife, war, confusion and misery, they will never cease in ourselves or in the world.

The effect of our thought-feeling-reaction on the body is little understood. The mind and body are one and the same, one is but the product of the other. Body is mind materialized, the invisible becomes

visible. Similarly is the effect of the causes within ourselves on the world little understood.

It is often by suffering that we are wakened out of our mortal dream to see the causes that perpetuate our suffering. Then the less we think about material means and the more we realize our Divine Nature, the sooner will we have that peace which is an Eternal value and is not the result of conflict. Man can only have this, and so will the world, when man transforms and adjusts his mind through the understanding and awareness of his Being now, and not in some future time which is but an illusion of the mind.

“In the lips of him that hath understanding wisdom is found: but a rod is for the back of him that is void of understanding.” Prov. 10: 13.

BENEDICTION

I wandered far in the forest of beliefs and ideas and could not find my way.

Although I prayed much I was still ignorant of Thy Presence, because my groping mind was filled with fear and confusion.

In my despair I heard Thy Silent Voice from within say, ‘You are blinded to My Presence because of your ideas,’ then I saw the Light that shone before time began and followed It.

I forsook the forest of ideas to bask in that Eternal Peace.

I saw others praying as I did, my love went out to them to help them see the Light that shone from within for I knew that Thou alone waited patiently to reveal Thy Self to all, O Lovely One.

Lecture 7 (25th May 1954)

DEPENDENCE LEADS TO CONFUSION, SORROW AND CONFLICT

“Upright men are safe, through their honesty, but crafty men are caught by their own schemes.” Prov. 11: 6

We are the expression of Life, the expression of the Living Presence, which is not an idea and which is not dependent on any outside agency. It is the Living Presence that alone has Consciousness, is Eternal and Ever-present, and is responsible for the building of the body.

So we see clearly that the Intelligence that built the body existed before It created the body and will exist after the body is dissolved into the Substance out of which it is created.

The Intelligence and the Substance in which forms are built remain Eternal for there is nothing outside the Eternal, we live and move and have our Being in Eternity. Yet we depend on others and perpetuate the illusion of our dependence on others. We hide behind this illusion while we repeat the phrases ‘God is Love, God is Wisdom, God is Life.’ God can never be a Reality to us when we hide behind the illusion of dependence or the authority of another.

We depend upon what others say, we allow others to influence our thinking. We let tradition, beliefs, creeds, nationalities rule our lives, unaware of the fact that these things are the cause of our separation, our limitations, our confusion, our sorrow and fear.

Now, what is the remedy? The remedy, as I see it, is that we must do our own thinking, free from tradition, free from beliefs and limitation, free from separation. This is the only way to know that we are one with the Father of All.

We must discern the cause that keeps us in bondage, we must discern this illusion clearly otherwise we can never be free.

Freedom is now, but the illusion of dependence keeps us in bondage. Jesus knew himself to be one with the Father, free from all limitation, this we can also know. Now, the Livingness that Jesus knew was not something in the future, but was Ever-present in the Now. The future is but a belief, an idea in the mind, therefore freedom, this Livingness in the future would always be of the mind, it would ever be an idea and never a Reality.

When we begin to discern that it is not our family, our church, our nationality, our belief, our tradition that keeps our hearts beating we will see beyond these limitations. We will see that It is something that is Ever-present and within us that is doing this wonderful thing and not anything external to ourselves.

We will realize that it is the Life that existed before time, Life that is beyond the mind that is making us alive, making us Living Being.

We can have due regard to our family and all that makes up our individual surroundings. We can learn true companionship through understanding and loving each other, but we must not get our values confused.

It is quoted that Jesus said, "he who comes to me and does not put aside his father and his mother and his brother and his sister and his wife and his children and even his own life, he cannot be a disciple to me." You may read this in the Eastern Text, Luke 14: 26.

The meaning of this which has puzzled most people is, that unless we see beyond this relationship we can never know the Real, that Living Presence that is behind all and in all, the Living Christ.

If we are caught up in the worship of the external we will be lost in illusion and can never know the Real, the Living Presence, that is within and which alone is Creative.

We must steadfastly refuse to worship family, nation, church or any idol or any external representative of the Christ-hood whatsoever.

We must worship the Father in Truth in Reality. If we worship the external we become slaves and are bound to the illusion of separation.

Awareness of the false is freedom, but this awareness does not come nor can it be induced from the outside, making you dependent upon some stimulation. All stimulations are similar in effect, whether you take a drink,

look at a picture, whether you go to a concert or a religious ceremony, or work yourself up over an act, however noble or ignoble. Stimulation breeds dependence and stimulation, whether worthy or unworthy, causes fear and apprehension which leads to illusion and not to freedom and Truth.

I hope you have already come to know that organised religions, politics, cults, nationalities and tradition become fetters which bind individuals into groups, who become fiendish in their beliefs, which cause strife and misery. This wolf in sheep's clothing must be discerned and understood.

It is difficult for many to withdraw from all these things for the simple reason that these people cannot think for themselves because of their fixed ideas and dependence upon these things. They can only think with the background of separation, beliefs and limitations, whether they be religious, political or nationalistic. These cause the mind to be warped, narrow and bigoted. So conflict arises which further contracts their thought-feeling which causes further misery.

So it is necessary that we shall be constantly aware of our thought-feeling-reaction to extricate ourselves from the net of the illusion of dependence.

If we rely on others to give us cheer, hope and courage, however noble they may be, we become lost in dependence and separation.

Groups which have a beginning and an ending are always in opposition to each other causing struggle and pain, which is of no avail. We must seek into that which has no beginning and no ending, in this only will we find freedom and happiness, and the journey towards this lies within ourselves. Every other way is a distraction leading to ignorance and illusion.

Are we not trying to solve conflict and sorrow on its own level? This has led to further sorrow, conflict and frustration. But if we journey on, being constantly aware of what is taking place about us, discerning that which is preventing the expression of the Ever-present Presence that is Eternal and true, then our journey will be a revealing process, an experience which is constantly liberating and creative.

Reality comes only when the mind and heart is stilled—freed from bondage and illusion. What we crave for is not Reality. Reality is that Ever-

present Presence and in this Presence all division, all distinctions, all craving, all illusion dissolve away.

The question is—do you want to be free? If so, then the Ever-present Presence alone is freedom and this freedom is now. It is immediate when we strip the mind of all the illusion of separateness.

The way is—by discerning our thought-feeling-reaction in the present. If we are not aware in the present we will be caught-up in our thought-feeling-reaction and further bondage is the result.

Now, to experience this freedom we must not be dependent on any authority or individuals however learned they may be. Neither must we be dependent on any organisation, for dependence of any kind creates uncertainty and fear, thus preventing the experiencing of the Real.

In the world today there is little or no creative understanding in high places. What hope there is, is dashed to the ground through separation which causes conflict, sorrow, confusion and bloodshed.

Only through a knowledge of the self, which is the cause of this conflict, will we be led to that which is beyond the self, to that which is calm, undisturbed, serene, which has the assurance that is not dependent and which is Ever-present. We do not create the Ever-present but the Ever-present becomes creative in us through understanding.

In this Creativeness we become aware of events, and as we watch we become conscious of the Inner—the Inner that is Love, which is the Intelligent Expression of Reality, and as the inner becomes realized the outer becomes clear.

Then the evil will be seen as the expression of man's mind in confusion and has no existence except in the mind of man.

When this is understood we will be able to see the outer with its cunning deceits, its deceptions, its un-realness in which so many are drowned. Ignorant of the cause we accept public opinion which rules our thought-feeling-reaction, this is truly ignorance.

It is common to hear people rebel against these conditions which they themselves unknowingly make. They never give a thought to the cause of these conditions which arise from their own thought-feeling-reaction.

Surely then the most important thing is to discern our thought-feeling-reaction and to understand it, then only can we free ourselves.

If one follows a particular belief, that one will accept anything that will conform to his belief. But if something arises contrary to his belief he will reject it without question. So people squirm and wriggle without thinking and their ignorance remains.

There is no distinction, no separation with those who realize the Immediate Presence. All are alike, the first and the last and the last and the first are all the same, for they are one in the Living Presence. There cannot be separation, therefore no distinction. All are in the Kingdom of the Ever-present Love. The last to realize It is just the same as the first, for we all are in It now, but do not realize it because we are caught up in separation and distinction.

Then, let everyone take part joyfully in building the Temple of the Living God to the glory of the Father and the Brotherhood of mankind.

BENEDICTION

O Blessed One, in my ignorance I sought Thee in the outer but could not find Thee.

It was only when I saw the outer was unreal did I seek deep in my Being to find the Pearl of Great Price.

The beliefs in which I thought I could find inspiration I found were chaff before the winds of fear and doubt.

It was when I spread Thy Wings of Love beyond the boundaries of separation didst Thou leap into my heart with joy.

Then I knew Thee as the Christ within, the only Real, O Blessed One.

Lecture 8 (1st June 1954)

BELIEVING AND DISBELIEVING ARE OF THE MIND, SO IS THE BODY MIND MATERIALIZED*

“I came that they might have life, and that they might have it more abundantly.” John 10: 10.

If we are caught up in emotional reaction there is no understanding; emotional reaction arises from fear, hope or despair, whether it be a religious revival that promises a heaven or a hell, or any other kind of craving.

We must realize that these things merely condition us, and there is no creative understanding.

These conditions are brought about by the human mind and have nothing to do with the creativeness of man, which is Divine and alone creative. Man has lost sight of his true creativeness because he is caught up in his emotional reactions.

Now his emotional reactions is, you will see, that the thought is the self and the self is the thought. But what did you do? You put your thought over there and look at and you will say, you judge it and so-forth and you don't want to claim it because you don't like it. But really that is the self, otherwise, your thought and yourself is not separated, although you think it is. You are trying to see your thoughts separate from yourself and look at your thought as something that is ugly, yet you do not know that it is the self. But immediately you see that the thought and the self are the same, the whole thing falls away because you know what is the self.

The self cannot exist in Reality. The self is your memories, your thoughts, your experiences, what you have learnt, what is made up in the mind, your thought-feeling-reactions, all that is the self. You make up that, that is made by you but you do not make Reality—Reality Is.

Now, when Jesus went into the wilderness he clearly saw the self and he called the self, Satan. “Get behind me Satan” because the self is always in front. And when he saw all the self and his thoughts and all that was relative, then there was God. Complete in Itself he did not have to create the Father—the Father was. And when the self was removed the Father was there all the time. Therefore Jesus recognized at once that he was the Son of God, he could not be anything else.

When the self is removed there is the Creativeness, there is Reality. Now if you look at the self you will see what it is made up of. But you don't like it because you would like yourself to be something different than what you really are. But when you know your thoughts and so-forth you will see that you are the same as nearly every other person.

We will take for instance, a so-called religious person who thinks that he is very religious and he is spiritual. That is why he doesn't discern his thoughts, he doesn't know that his thoughts and he are one. But his thoughts are the same as yours or anybody else's thoughts. How do they rise? They rise from his experiences, from his thought-feeling-reactions, his memories. That's what his thoughts arise from and that's the self. Look and you will find that the self is nothing more than, you are a bundle of reactions, a bundle of conditioning but the Reality is none of these. Reality is beyond mind, beyond all that you ever created in your mind. Therefore you cannot create Reality. You can only create an idea of Reality which is false. Just as the word God is not God. The freedom comes immediately you then see that your thoughts and the self is one. And you will find that everybody else is thinking the same way as yourself, having the same thoughts, the same emotional reactions, you are all struggling because you are lost in the saddle.

Jesus gave us the example and I know that it is true. Those forty days and forty nights in the wilderness, was the greatest thing in his life because he discerned everything that was false. And when he found that all these things were false, then there was the true, there was the Real—is the

Creativeness. "The Father that ever remaineth within me is performing His own deeds."

But what is it that covers up all this? What is it that is preventing the expression of this Reality? Conditions keep it out; beliefs, antagonisms, it's nationalities, it's clubs, it's society, it's organized religions, it's politics and all these things that the self is caught-up in. Remove the self then you have the Real.

People are craving or praying. Now what is prayer? You only pray when you want something. You only pray when you are in that trouble. You only pray when you are in doubt. And what is your prayer? It's really a mental thing. It isn't Spiritual at all. Your emotional reaction you say, "oh Father in heaven," and its an idea is it not? And so you pray. Naturally if you pray sincerely you will really get what you pray for. But Jesus said, "when you pray believe you have received it and ye shall have it." That's what he said, he put it aside. When you pray believe you have received it and you shall have it. Naturally if you pray properly you will get what you pray for. But you will know that prayer is not Reality. What is Reality?

Proper prayer, a real prayer is dissolving the self understanding the self, so that the self moves away and there is Reality, there is prayer. So that the Real comes into being. That is real prayer. A real prayer is real meditation. But your meditation is meditating upon an idea to the exclusion of all other ideas. True meditation is discerning that which is false, so that you are cleansing and eliminating from the mind, the things that are hindering the expression of the Truth. You do not create the Truth. Just as you do not create the law of mathematics but you work with it. You do not create Truth but It is.

Jesus had the answer all the time, "it was the Father who ever remaineth within me." "When you have seen me you have seen the Father." Now, he did not mean the outer self, he meant that Whole expression of his body because no one creates the body except Life and Life was in the body, and therefore the only power the body has was Life. There is not one particle of the body has any power of its own. Not the smallest particle of the body has any power of its own. But you give it power. Why do you give it power? Because through sensations. You have sensations. And in these

sensations the body is talking back. But why is the body talking back? First of all, it was you that created those sensations in the first place.

When you are healthy and free you don't bother about your health do you? Its only when you are in ill-health you get to struggle, is it not?

But Jesus saw clearly that he and the Father were one. And his body was the temple of the Living God. And in that way he recognized that he and the Father were one. Not as an idea of the fact, but the Living Expression of It, because an idea of it was worth no value to him.

Why are you afraid to die? If you knew Life you would not be afraid to die. Because you don't know Life you are afraid of death. But death and Life are the same thing. The moment is past, its dead. The moment that is NOW is Life. And when you live in the Present you will know that. And when the mind is cleansed of the past and the future, hope and despair, then you will know Livingness, you will be alive. But because you live in the past and live in the future you are afraid of death. Because you do not know Life you do not know NOW, you do not know the Livingness.

Oh, if I could only give you this clearly. But I cannot give you an idea of it because yet to give you an idea only spoils the whole thing. But if you listen to me, you will find through your listening, there would be transformation. If you try to make an idea of what I say there will be no transformation because it will still be in your mind.

What I am trying to do is to eliminate from the mind the things that are preventing the expression of Reality. And you do not create transformation. You do not transform yourselves. You don't! What happens is, once you recognize, once you realize and see what the self is and you see your own thoughts. And know that the thought and the self cannot be separated. And you discern your thoughts as they arise, Living in the Present, because its all the past that is rising up in the present is it not? Your memories, your experiences.

And if you discern these things in the present you will find to be aware of them in the present, they will fall away. But if you are caught-up in them and you would know when you are caught-up in them because you have your emotional reactions. But there is no emotional reaction when you are not caught-up in your experiences and your memories, the past and the future.

Some live in hope, others in despair. When we see these two impostors are the same we will drop them.

Is it not a fact that we are influenced by our experiences, our memories? We hope for the future and we despair for the future because of the past. This state is not “Living” because we make the future and the past more important than the Living Creative Presence *NOW* that can only be known in the present and not in the past or the future, which is of the mind.

We create our own conditioning *when* we begin to struggle whether it be in the body, mind or circumstances. They all arise in the conditioned self, so we fail to see our own creations and thereby intensify the error.¹

So we create the thought then we fear the thought, we intensify the error. But if you see that the thought and yourself is one, that the self and the thought is the same, you will not fear it any longer because you will know, it will drop away, the fear will pass from you.

What is your thought now? They arise only when what you know, they don't rise with what you don't know. So they can't arise from the Unknown, they can only arise from the known. And if you know the known then you will be able to realize the Unknown because you will know the known. But the known can never reveal the Unknown. No matter how much you know, all knowledge in the world can never reveal the known. Knowledge will only be a hindrance to the expression of the known as long as you know what knowledge is and see that it is binding. You will use knowledge according to its true value. But you will not give your value, that is Eternal, because it is not.

It is because we make the future so important that we are willing to sacrifice the present for the future. That is what all the ideologists, all the people who build Utopias are doing, they are willing to liquidate you and me for the future. All political parties, all ideologists, organised religionists dangle a hope or a fear in front of us which we pursue and are destroyed in the pursuing.

Unless we can see the whole process of the desire for this inward and outward security that is driving us to destruction, we will never know the Truth of the Living Presence.

We are caught-up in this desire and we are rushing here and there and hither and thither.

You crave for Spiritual things just as you crave for material things. Its just the same, it means craving and craving is of the mind. Believing and disbelieving is of the mind.

The tremendous and wonderful Truth you arrive at. The transformation that takes place is so revealing. It gives you more happiness than anything else in the world, anything external to the self, could ever give you. Because what is external to the self, your happiness arising from that, has a beginning and an ending. Then you are always looking for more happiness from the external, you leave one and you go for another, and on and on and on it keeps on going. When the happiness is gone it is passed into the experience, it is passed into memory. And you are caught-up in the external looking for this happiness you are thinking you will get. And it is like the carrot dangled in front of the donkey, its always in front of him but he never reaches it.

So there is the donkey, you are the donkey with the carrot in front of you and you all chasing the carrot but you never get it.

Transformation comes when you see all that is useless, then there is a true happiness because immediately you seek for security in the external there is always insecurity in the internal. And if you have insecurity in the internal, in the inner, there will always be insecurity in the outer. That is true is it not?

So when you are seeking for security in the outer there is always insecurity is that not so? And it is within you that insecurity is. And if that insecurity is the inner self, you will see, that that creates insecurity in the outer self and there is always a struggle.

We find ourselves bound and we do not know the cause because we look outside ourselves for it.

*We struggle with thoughts that enter the mind when we wish to be quiet. These thoughts we think are foreign to our nature so we try to banish them. The truth is that only thoughts that are not understood rise to disturb us, these thoughts are the result of our own memories, our experiences, our hopes, our fears, our beliefs which are our own mental creation. *They are**

yourself. So we try to banish them. How can you banish yourself when the self does not know itself. So you struggle with your thought. We try to banish them but instead of getting rid of them we further struggle with them, creating more conditioning.

We become emotionally caught-up in them. Our thought-feeling-reactions become stronger and stronger and we are further conditioned.

Calmness does not come out of struggle when struggle ends. Calmness is not the result of struggle. Calmness is an Eternal thing, the sea of calm. The wind comes up, it causes ruffles on the sea, causes waves. When the wind ceases there is the calm. So is there Creativeness when the mind ceases to have conflict. When the mind ceases to live in opposites, when you know what opposites are.

It is necessary to become aware of the movements of the mind and understand them without struggle, then they will dissolve away. If we are aggressive, quarrelsome, nagging, jealous, envious, selfish, egotistical etc., we must see these false movements as they arise, not merely search in the past for the cause. *So most people are searching in the past. When all the past is now expressing itself now at this very moment. Its like a person walking backwards instead of walking forwards. So they want to go forwards but they are always walking back and they can never reach their destination.* When we see these false movements are of the self then we will begin to know the self, and knowledge of the self is the first step towards freedom.

Then you will know the self. You will know what the self is. That is the first thing in virtue is to know yourself. Not just to build an idea of what you think you are and try and hide behind that idea. That's not virtue but that's what every person is doing. Your virtues of the mind. But if you see yourself in your true colours, every portion of yourself, without being afraid. But the reason why you are afraid is because you think that your thought is separate from yourself when it is not, its one and the same.

When we see what experience, what memory, what beliefs, hopes and desires are, we will discover what is Real. But this cannot be discovered by those who seek an end, for there is no end, no result. *You are looking for a result. You can't have a result. If you are looking for a result you can never*

be free because your result is in the mind. The result is a mental thing not a Spiritual thing.

The more you discern your own thought-feelings-reactions then you know what the self is. So they pass away from you and leave you free. That is transformation. Am I going to give you an idea of God, an idea of Reality. How can I give you an idea of Reality when I don't know what Reality is? But that's what everybody is trying to do is to give you an idea of Reality and you are further caught-up in your conditioning. Only a renewal from moment to moment of the Eternal and Ever-present Reality. When we come to the realization of the Ever-present Living Creativeness, living in continuity moment to moment, the future becomes a dream of some fanciful state.²

So you are always living in the future. That is what people are hoping to do because we are always living in some fantasy in the future.

We must have knowledge about the self before we can transform our nature. The self is the intellectual, *the* emotional side of our nature, and is a limitation, a hindrance to the expression of the Ever-present Creativeness which is Wholeness, Completeness now. We must discover what is of primary importance and have the capacity to pursue it.

What I am telling you now you can't make an idea of, try and you will see, you can't make an idea of what I am telling you. And that the beauty of the whole thing. Because if you make an idea of it, you have lost it, there is no transformation

Ignorant of the mechanism of thought we try to overcome one thought with another, keeping both active, which is the cause of conflict and duality. *So we are moving backwards and forwards from one to the other.* When we understand how our dual thoughts arise we see that both are our own creation, being the result of experience, memory, fear, belief, ideologies and the like. Confused thought rises only in a confused mind.

So all the time you have one thought you try to cover it up with another thought but the first thought is still there. You try to shake it away and you say, "oh no it cannot be me." But Immediately you see that the thought is you, it drops away from you. It doesn't come from any outside source.

No one can understand your mind but yourself. There is no pattern to follow. The mind that is confused becomes more confused when following a pattern, for all minds are alike yet different. All have memories, experiences and fears, but our reactions are entirely different. No one can do this work of discerning but yourself.

But you rush to this person and rush to that person to discern your thoughts. To think what you are thinking, to give you an answer to your thoughts. That's the most ridiculous thing I've ever heard in my life. But that is what is happening all over the world today. And its suppose to be good intellectually, science. It's the science of the rabid that's all it is.

Unfortunately most people accept suggestion as a means of understanding, but this leads to frustration.

So a suggestion is given to you, appellative. So the suggestion hinders the expression of Reality. It lasts for a while but not for long.

When there are difficulties in the mind, body and circumstances, it is no use trying to escape from them, we must face them with confidence for this is an opportunity to use our creativeness—the Christ Consciousness knows no limitation. Yet every sensation must be dealt with carefully and not ignorantly denied otherwise it will rise *up* again and again in the nature.

So people say, "I deny it." They have it in their mind and they keep on denying the thing. Don't you see that they are denying their own thought. How can they understand the self when they deny it? Only by discerning the thought and seeing what it means then they will know what the self is, then they are free.

There are certain cults that tell you to deny these things and they are putting you further off than ever. That is why these people never get better. They make affirmations. They make great confessions of their wonderful results but ten minutes after, they are just as bad as they were before. Notice its all in the mind. And what is in the mind is only a creation of self-created thing, it's the self created, that's all it is but that's not Creativeness.

The confusion of mind is out-pictured in the individual and in the world, for what the inner is so is the outer. Is it not so that we quarrel over systems, religious beliefs, ideas, which we think will give us more security, so we

cultivate war, destruction, and misery. Instead of getting security we get the reverse.

If we depend on a system for security, then there will be insecurity. Those who are concerned with Utopian systems are only concerned with ideas and not with people. *People are second to consideration. The ideas more important. The idea of God is more important than God Himself to most people. As far as God is concerned, means nothing to them. But the idea of God is a tremendous thing to them. And each and everyone has a different idea of God. So they fight because they cannot reconcile their ideas.* This breeds separation and distinction and destruction. One with a fixed idea is a danger to the people, for surely the day will appear when retribution will come.

So you quarrel with another you are led into the trap of illusion.

As long as we look for security through ideals, economical, political or through creeds and dogma, there must be separation and discontent which brings about insecurity.

Today the world is torn into different nationalities, different beliefs, different ideologies, each promising security. Now there can never be unity through beliefs or ideas, these cannot bring people together. It is only by seeing how these things separate people will unity come, *and* unity which is the true foundation of the world is Ever-present now and is not created by man.

If we see the things that are disuniting the people of the world, unity will come and not before. But I hear people calling, "unity, unity, the world will come..." It all hooey. Its all but stupid nonsense. It will never be. All the prayers in the world will not bring it. The only thing that will bring it is for the self to know the self. So that that which is hindering the expression of unity can be removed.

Understanding only will bring Peace and Love which is the basis upon which we must act, so that the Christ can speak the word of power from within. When this is done there will be an unfolding of the Real Self that is every other self.

True awakening comes through understanding that which is false. Only then can we free ourselves. The outer is ever renewed from the inner. If the

inner is fed on ignorance and ill-will, so will the outer be likewise. Only when the inner is renewed every moment from the Ever-Present Life that is Eternal and Whole will we free ourselves from our mental and physical limitations.

So we see man is the cause of his own misery.

It is well known to the observant one that the world is run by the immature. If we can see the futility of ideas and beliefs that create division, understanding would surely come and with understanding the enlightenment of the whole human family would bring peace and happiness, individually and collectively.

But what do we have? We have greed. We have nationalities. We have separation. We have all our different ideals. We come to the conference and we try to reconcile our ideals but we cannot do so because we are conditioned by them. Any person conditioned by an ideal is immature because he is following an ideal and not Reality.

They sit around the conference table, in the back of their own minds they are looking to what they can get. All the time we are conditioned by their craving, by their greed. And after we have the quarrels and after we destroy part of the world, what do we do? We try to cure those things in the same level. We think that by destroying houses and people and clothing and all that sort of thing that we are going to compensate them by giving them houses and clothing and food. If you do not see the futility of that then the world will never come to that unity which we are looking to, that is a certainty.

Is it not a fact that we cling to our conditioning and defend it with all our might against others who are also conditioned, and whose conditioning we think is not in accordance with our own? How can there be any solution to any human problem individually and collectively, under the circumstances when each individual and group is at war with the other through conditioning.

If we could look at ourselves and see how false [we] all are to ourselves and others then we would discover that “Something” which is living moment to moment, which is not a belief, *not* a conditioning but an actual Livingness which we have with everyone else.

Then when we find that common denominator, that same thing that unites everyone together as one Whole, then we will have that which is true.

The Christ that was in Jesus, that came to show man the fallacy of his ways, that Christ is still Living. And if the Christ lived two thousand years ago he must be still living today because the Christ is the Spirit of God, Eternal Ever-present.

And if what the Christ did two thousand years ago, that same Christ can do today, now at this very moment. But the only way that Christ can do it is when the heart is emptied of all enmity and falseness. Then the Christ will manifest in your heart and mine and everyone else. In that way alone can Peace come, not by prayers, not by these emotional reactions, not by these revivals of ignorance but by true understanding of man himself, his own self. The cause of the trouble is man himself but man does not know it. He always puts the blame outside himself therefore the cause can never be found. Only when man sees that the cause is within himself then can the cause be found and removed and not till then.

We perpetuate the memories of past and blind ourselves to the Ever-present Life. So we struggle with one another, with our problems, our aches, our pains, our fears, our hopes and end in chaos. This state will continue till we see the falseness of our ways.

When we wake up to the ways of the self with its memories, its beliefs, its antagonism, fears, *hopes*, and *all the* distractions of the self, we will become horrified at the destruction we have created. *Because we have created that destruction. We destroyed Hiroshima with an atomic bomb. We are responsible for all the carnage and misery existing today, in the wars of the past and the wars that is taking on at the present. You cannot escape anyone of you from the responsibility of this carnage, of this destruction. Not one of you. Look into your minds and you will see that the cause is there. You support the past.*

When we wake up to the ways of the self with its memories, its beliefs, its antagonism, its fears, its hopes, and all the distractions of the self, we will become horrified at the destruction we have created, not only in our minds and bodies but in the world at large. Not until we become horrified at the ways of the self will there ever be freedom and security, individually and collectively.

When the self sees the self for what it is, it will pass away. You think you are Spiritual, of course I understand, you change, you go to church on Sunday, you pray. You carry your bible under the oster. You wear black cloths and you do all these sort of things. You go down on your knees to pray and in your heart, what's there? The self.*

When we allow the past to influence the present then our future will be the past. *That is real is it not? And the past has been horrible enough while the future will be continued. The future will be the continuity of the past.* So we will perpetuate our illusions to the destruction of ourselves. Only when we see the false will the true appear to us and not before. Then let us live moment to moment, living each moment in the present, free from the past or future, otherwise we will flounder in our dogmas, creeds, beliefs, ideologies or in philosophy, which is also a product of the mind.

People read the philosophies of the past. And they come to me with this great philosophy and I read it and I say, "yes, but its all mental, its all of the mind. There's nothing shown there to guide you from yourself, to show what the self is. Its giving you an idea, philosophising on God. Is it only creating an idea? Philosophising on God does not help you at all. You still remain the same person. The same self remains because the self has not been discerned and understood. You are even afraid of your own thoughts. You try to banish them. You try to run away from them but you can't. The more you try to banish them the harder they cling to you. And the more that you run away from them, they run just as fast because its yourself. And you can't run away from yourself, you can only discern yourself."

We do not create Reality, we are one with Reality and cannot be separated from it, for Life-God is not divided.

BENEDICTION

O Mighty One, the sweetness of Thy Perfume in the human heart has not faded. It is the evil-smelling self that has temporarily obliterated Its beauty.

The ignorant self is the cause of all ill-health, unhappiness and separation and is lost in a world of illusion.

When I awakened to this illusion I found that Thou were patiently waiting to express Thyself in me. Then I was free from *my* struggle.

Only when my struggle ceased did my soul find that which I was struggling for.

O Ever-enduring Love, may Thy Perfume awaken *in* the hearts of all to perceive the beauty of Thy Presence Everywhere, O Holy One.

* *Armpit*. (Scottish).

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 1st June 1954, at 7.45 pm. No recordings exists of the Johannesburg lecture.

1. The paragraph in the Lecture Notes reads: [*We create our own conditioning then we begin to struggle whether it be in the body, mind or circumstances. They all arise in the conditioned self, so we fail to see our own creations and thereby intensify the error.*]

2. The paragraph in the Lecture Notes reads: [*When we see what experience, what memory, what beliefs, hopes and desires are, we will discover what is Real. But this cannot be discovered by those who seek an end, for there is no end, no result. For that which is Real is not a result. Only a renewal from moment to moment of the Eternal and Ever-present Reality. When we come to the realization of the Ever-present Living Creativeness, living in continuity moment to moment, the future becomes a dream of some fanciful state.*]

Lecture 9 (8th June 1954)

THE FAITH THAT MOVES MOUNTAINS IS THE EXPRESSION OF THE CHRIST CONSCIOUSNESS*

["I was born when there were no abysses, when there were no fountains full of water; ere he sunk the bases of the mountains, ere the hills existed, I was born,..” Prov. 8: 24-25.]

“Where is your faith?” The Master asked his disciples.

There is more than that, one would imagine. But Jesus who had been teaching his disciples, no doubt, the faith that was in the mind is no faith at all. Because the faith of the mind was a faith that lived in opposites. But [what] Jesus was talking about, was a faith of the Christ Consciousness that has been freed from opposites. Freed from the mind, the turmoil and conflict, through understanding the mind itself and all its fabrications and contradictions.

So when he asked his disciples, “where is your faith?” It was a challenge to them and it is a challenge to everyone.

Now the faith that most people have is a faith in the mind. They ask and they think by asking, that is the faith, while all the time they have also the image of not having. So if they have faith in having while the image of not having is dominant. So the faith of not having causes fear. So the faith is having and the fear is not having. So you see, that you have faith and fear in the mind in opposition to one another. Just as you have the opposite of having and not having.

When you pray, your prayer is really a suggestion to the mind. Real prayer is something that is beyond the mind. Because Jesus said, “when you pray go into your closet.” That meant to say, away from the turmoil of

the mind into that secret place where alone dwells the Almighty. In that state where the consciousness is freed from the mental fabrications you have through fear. You fear the ideas which are built upon fear are dominant. Because fear has a tremendous force and a tremendous power upon the mind. It is always going in the opposite direction. And when one has that fear, an image based upon fear is much more powerful than an image built upon faith. Because fear has much more power over the individual than faith.

Faith is a hope but a hope is always in the future. And in the future is nothing at all, merely a mental thing. If you look into your mind, you will see, that hope is a mental idea. And that means hope in the future which does not exist at all. And in the mind you have also hopelessness. So you have hope and hopelessness all together also in the mind. Both of them are in the mind.

If you live in hope you do not Live at all. Because the only moment of Living is NOW at this moment. But when you Live this moment, completely this moment, then there is faith because there is no fear, there is no hope, there is no future, there is no past.

The past is always influencing you now and clouds the Ever-present. And what you are doing really is not giving expression to the Presence, that is Eternal and Creative but you are only giving expression to your past. And unless you discern your thoughts, your images and your feelings, both in faith and fear at this very moment, if you do not discern them, then you will be giving expression to the conflict between the two. But if you are discerning these things and knowing them for what they are, you will see what the self is.

The self is merely a bundle of images, a bundle of ideas, a bundle of hopes, desires, memories, experiences. These things are clouding out the Ever-present unless you discern them. And when you are aware you are discerning these things as they rise to the surface. And as you discern them you see that they cannot exist in Reality, it is not a Real thing, it is merely the self that in itself has no foundation at all. So that is what Jesus said, "I of my own self am nothing."

So that by knowing the self is nothing, then at that moment, at that moment you know the self is nothing, then there is Creativeness. Then there

is **faith**, the faith that Jesus taught his disciples. And that faith is tremendous power because there is no opposition to it. It is at that moment and what happens at that moment, the whole Universe comes into operation to fulfil. At that moment it's gone. That moment has gone, its finished, it is actually created now at that very moment. Without opposition there is no conflict. And Jesus knew that continuously and that's how the faith that Jesus had was the Christ Consciousness.

The Christ Conscious man left, is a freedom. A freedom from the mind that is held in bondage. It is held in bondage through opposites, to hope for the future, to the past. If you look into your minds you will see, you are merely living in the past and the future. The mind is full of all these things but you think they are real.

Knowledge can never reveal the Ever-present because the knowledge is always binding. Knowledge will never reveal that which is beyond knowledge. Knowledge is of the mind but Wisdom is not.

Wisdom is a Creative force that comes that very moment, if you get beyond knowledge. So therefore beyond knowledge is something that is Eternal Ever-present, that Wisdom that is Creative. Jesus was clear in that moment, so he asked his disciples that question, "where is your faith?"

"I was born when there were no abysses, when there were no fountains full of water; ere he sunk the bases of the mountains, ere the hills existed, I was born,.." Prov. 8: 24-25.

Showing that there was no beginning. If there was a beginning there would be an ending. That which has a beginning must have an ending. And that which has a beginning, has an ending, is not Real. There is no Reality because its relative. Reality never had a beginning and never will have an ending.

The Life that created the body must have existed before It created the body. It will exist after the body has dissolved into the substance out of which it was created. Life is the only thing that Lives moment to moment. The body is always changing but Life does not change, Life is like electricity, in itself is free in the atmosphere. You make it relative by making it do things but no one knows what electricity is. We know the laws on how

to acquire and form electricity into certain forces, into certain forms such as light, power etc. But you can never use up the whole electricity because it goes back again. Any form whatsoever goes back to the substance out of which it came, so does everything else.

Fear and faith are on the same yardstick with most people. One moment they measure with faith, and the next they measure with fear. When one is up the other is down and vice versa.

This kind of faith is of the mind, in which fear and faith exist as opposites. It is the see-saw of human existence devoid of understanding.

Real faith of which the Master spoke is the faith that is not of the mind caught up in opposites, but a faith that comes when the mind is understood with all its opposites, its confusion, its ideas, its wants, *its* cravings, its having and its not-having, its fears, its hopes and all its other numerous contradictions.

When these are discerned and understood you are no longer caught-up in them, then a knowing comes, an awareness of the Real, you do not know what it is, but you know with assurance that It is.

Words cannot describe the Indescribable, neither can words describe the Faith that is not of the mind, but which is the expression of the Christ Consciousness.

You cannot tell me what consciousness is. You cannot even describe consciousness. You cannot even make an image of it, can you? Try and make an image of consciousness.

This knowing has no opposites because it is creative in Itself. Without this knowing we react to the external, not realizing that the external is but a result. But this knowing is not a result.

It is not the result of anything. It's a knowing that comes when the mind is completely silenced, when the mind is free from opposites and confusion. When those confused ideas, conflicts, beliefs and so-forth are understood. There is no longer any conflict in the mind when the opposites are extinct. therefore there is a quietness comes, a stillness that is not in force. You don't force the stillness. You try to force your mind into a stillness. That's not a stillness at all you still have conflict. Not until the mind is clearly discerned, knowing what it is and knowing how the formulations come about. How you

build up those formulations, how you build up those beliefs, what your faith is, what your hope is, what your hopelessness is. All these things are to be understood then there is no longer confusion, anxiety, fear. Then there is a quietness in itself. Its like the lake when the winds cease, the lake is calm. So it is when conflict ceases, the mind is calm.

In that calmness, in that silence, there is the knowing because its surface can only be found in a mind that is freed from conflict. You could never know when your mind is in conflict because you will only know conflict.

This knowing I am speaking about is not the knowing of something that you know all about. It is a knowing that comes when you know all about what you know and then know that it is not real. I cannot make it plainer, for words cannot describe this knowing, yet It is within everyone.

What you know about, you know, but that's not the knowing, that is knowing something about what you know. But when you know all about this thing, you know and yet know that it is not Real. Then there is a knowing beyond that that you cannot describe, its an awareness. It's a knowing, I can't give you a word, you have to find it out for yourselves because no one can give it to you.

It is the Christ that possesses the mind and body and not the mind and body that possesses the Christ. *But that's the very thing that people do, you possess the Christ. You put the cart before the horse. The self is trying to possess the Christ. But the Christ is always external to the self then. The Christ is the Livingness in man. It is the Spirit of God in man. And the Spirit of God is free.* When the Christ Consciousness is awakened It assumes Its true place where all else is subject unto It.

Jesus said, "I choose you, you didn't choose me."

Now, Consciousness is something you cannot define, you may try but you will not succeed for Consciousness will merely be defining something external to Itself and still not know what Itself is, It can only know that It is. It is this knowing that I want you to experience.

You can experience this knowing only when the whole content of the mind is understood. Then what is in the mind is seen as that which is

external and not Eternal and what is in the mind does not matter very much whether it is true or not.

The Christ Consciousness becomes one with the Father of all and knows *the* “Oneness” in all. This is *the* true Creativeness because Love must dominate every action that is creative, otherwise it cannot be creative. *There is no creativeness in hate. There is no creativeness in want. There is no creativeness in hope. Think now, when Love is present there is Creativeness. You do not know what Love is. Its not an idea. You cannot make an idea of Creativeness and you cannot create Creativeness.* Love is Creative and is beyond the mind. What is of the mind is not creative because it exists in opposites and must dissolve into its native nothingness. But that which is Creative remains to create, because Love is God and God is Love, “whatsoever you do unto one of these *so* you do unto me.” *That is Creative.*

Without this knowing and understanding we react to the external so our creative power is turned in the wrong direction so the things we fear we get. “What I feared came upon me,” *said Job.*

But every other person finds the same thing. Now, if you discern in your mind what fear is and what faith is, you will see they are merely mental expressions of experiences and memory. You are living in the past and the future. You see the past and the future merely in your mind, you are giving expression to the past hoping for the future, when all the time this very moment is the creative moment. And what is Creative in that moment is Eternal. Remember it’s Eternal because Creativeness is Eternal. And what is Creative in that moment freed from opposites, freed from faith and fear, freed from craving, having and not having.

There is a moment which is entirely clear and free when the mind is understood, when all these opposites and contradictions are understood. And in that moment then it is Creative and Eternal and nothing can prevent that Creativeness manifesting. No man, woman or child or angel in heaven can prevent it taking place. Because the whole Universe comes into operation to produce that Creativeness. And when that Creative condition is created just as man was created, life was created. Life created creative man, that Life that existed before the body was created, created the body.

But what creativeness creates you know it is relative. You must not hang onto your creation. If you hang onto your creation you have lost your

creativity. Again you are lost in the opposites. Then you will live in the opposites once more. You will be afraid that your creation will fall away consequently you are caught-up in fear and faith once more. You are back again in the same position as you were before.

You must be clear on this point, you never hang onto your creations because Creativity alone is Real. That which is created is not Real. It is like the body has a beginning and an ending. It is like your experiences, has a beginning and an ending. Like your memories have beginning and ending. Anything that has a beginning and an ending is not Real.

So therefore I show you clearly and distinctly, now discern your minds. Understand the opposites that exist in the mind. See where your faith is. If your faith merely is the existence in the mind as fear, then faith and fear is the same thing. Just like believing and not believing is the same thing.

Through lack of this knowing and understanding we unconsciously use our creative power against ourselves. This is probably the biggest factor in creating our unhappiness and ill-health.

The reason for this ignorant reaction is because most people believe and act in separation. So man divorces himself from his Divine inheritance because he lives in separation. He lives in his beliefs, his traditions, his groups etc., which are merely mental *images*, ideas, and the recognition of his oneness is lost in this illusion. In this way he becomes impotent while the outer rules him.

So God created man. Man created his memories, his beliefs. Man created his own conflicts, that's the self. The self comes into operation and the self then gives itself a form of reality. Because it hangs onto various things. It hangs onto the past, hangs onto the future, that's why it gives itself a reality. But immediately you come to the moment, this moment that is Creative, the self does not exist! It can't exist. Both memories and hopes have gone. They have dissolved into this native nothingness. Showing that the self is the cause of your misery. You are living in separation in the past and the future and never Living in that moment that is Creative. That is your faith. That is the faith that moves mountains.

Life is Spiritual and our birth is a Spiritual fact. The Truth is—the Christ is manifesting in the flesh, yet invisible to mortal eyes. Because of this, man worships idols, symbols, which have no power or Life in them. So

man repeats formulas which he thinks is prayer. Only when he discerns how false these are will he arrive at the secret of the Living Christ within. Only by understanding the false and knowing the true does transformation take place. Therefore revival of the ignorance does not change man, only the Christ within can do that.

And transformation comes about not by man himself, that man can't transform himself, the self can't transform itself. It when the self begins to dissolve away that transformation takes place. Transformation is merely the expression of Reality coming into being.

When man believes in a God and still retains the illusions of the self with all its hideous fabrications he cannot be a true disciple.

Is it not so that we quarrel over our beliefs, our ideas and ideals and have murdered each other because of them, and we do not know whether they are true or not? *Isn't it very stupid? I think it is the most colossal stupidity that man could ever know. Because he cannot reconcile his differences in his beliefs, his ideals and his ideas. We murder one another because of them and then we do not know whether it is true or not.* Nor does it matter. It is only when we discern what these things are and how they make us murderers do we drop them.

Now these illusions, ideas, concepts which we accept and imitate are created by others who are ignorant of the truth about them, and the truth about them is that they are false. Any fool can see that, when he begins to think for himself. *But it is the most difficult thing for some people to think for themselves because they are imitators. They are caught-up in their belief and ideas of others. They can't throw off that imitation and they are afraid to think for themselves. Because they believe what they actually have already accepted as true. It becomes a belief, an ideal. Yet they do not know how that ideal and belief has come about. Only by discerning these things do these things pass away. So the mind becomes freed from the illusion of belief, imitation, acceptance, rejection. You understand the whole process of the mind and the process of thinking. And you will notice that your thinking is merely the expression of the past, of your experiences, your hopes and so-forth. It is not the expression of Reality. Only when we think and discerned and understood is there Reality.* "The blind lead the blind and all fall into the ditch." *How true Jesus was when he said those words.*

We must give up the idea of 'becoming' otherwise we *will* never rid the mind of fixed ideas and beliefs. *Why? You are becoming because you have fixed ideas. You are trying to become that idea, is it not? That's like the donkey that is always chasing the carrot in front of it, never catches it.* Only when the mind is empty of all these illusions will we know that '**we are now.**' Then we do not need to worry about getting there by this route or by that route, by this creed or that dogma for we are already there but we do not know it.

We do not create Truth, *a lot of people think they do*, we only create a concept of Truth according to our own conditioning which is not Truth. *So are we conditioned by a particular form, religion, nationality, whatever the case maybe, we are conditioned. Therefore we create our own ideas of Truth, what Truth should be. Don't you see how very stupid it is. As a matter of fact I see more intellectual people who are the most foolish people I have ever met. Because they have created ideals and they are pursuing the ideal to the destruction of themselves and others.* Truth is Eternal and Ever-present. Only when we dissolve the illusions of the mind do we find that which is Eternal.

If you cannot love your neighbour as yourself then you have not found the Truth for your neighbour is yourself. *Knowing that there is only one Life and Life is indivisible. Now what is it that hates? It is the self that hates the other self. It is the self that hates the self. And why does the self hate itself? Because it does not like its own self. That is why you try to criticize another self. Because that is deeply rooted in yourselves, that is why you criticize others. But if you notice that in that criticism is the echoing of your own conditioning. Then you will turn that criticism upon yourself, and that is virtue. But trying to create an idea about yourself but you are not, that's not virtue but everybody's doing that, and that's what they call virtue. But that kind of virtue can never solve any problem, can it?* For there is only "One," "There is none other beside Me." We live and move and have our Being in Him who is Infinite Love.

By our reactions to the external and lack of understanding we are caught-up in the external, thus we cause our own misery through our ignorance. Yet the Living Christ within is waiting to manifest in all Its

power and glory. This is our only security, this is the faith that Jesus knew and it is ours also.

There is no security in the external for here we are caught up in the stream of unconscious reactions, in fear and anxiety which leads us away from the Christ within who *is* alone all-powerful and creative. *Creating for security in the external causes insecurity in the internal, isn't that so? If you create for security in the external you are creating insecurity inwardly are you not? So if you create insecurity in the inward so you create it in the outward. So the cause of your creating for security takes away your security. There is no security in the external. There is only security in the Creativeness that is freed from opposites and fear and hope.*

Don't forget this hope mind you. Although (to) Paul hope meant hope. It was not hope, it was Love more than hope. But even as Paul said that word hope, I know that that was in the mind. I know that hope was in the mind. I know that Paul now, if he really knew he would come and say, that the idea of hope was not the hope that he thought of. But a hope that was beyond the mind, a Love that was greater than anything else. And look into your own minds, you will see, that hope is always in the future, it is not in the Living Present is it? It takes you away from the Living Presence.

Jesus said, "when you pray, believe you have received it and you shall have it." Believe you have it and you shall have it now at the present, NOW, at this moment. He never talked about hope in the future. "Let it be quite plain that God has always been manifest in the world." "And the Christ of God is the Love of God manifesting in the flesh."

If ever you see true Love you will know, that's the Christ Consciousness manifesting in the Self.

When we no longer live in beliefs, in separation, then only will we know that God is all and *is* all. *But if you believe in separation, then you are living in separation are you not? That is in the mind. You will note that you are living in the mind, don't you see? That separation is of the mind and it can't be Real. That is a belief, that is an idea, is it not something that is mental? It's not Spiritual is it? It's your own creation is it not? And what you create is not Spiritual. You cannot create anything Spiritual. Because what you create has a beginning and an ending. Therefore it cannot be Spiritual, it cannot be Real. Only that which is Spiritual is Real. Now put*

that in your pipe and smoke it. Our false beliefs must disappear before the Christ Consciousness will manifest, then we will know the faith that moves mountains through experiencing that faith in practice.

Our state of Consciousness is ruled by our conditioning when we do not understand our conditioning and how we have become conditioned. *Its only when we know that, that our consciousness is freed.* The outer will always reflect our state of consciousness. It is easy for the one who has freed himself/herself to see how another is conditioned. But in that seeing there must be no condemning or criticism. In this way only can you free another.

Because if you saw another's conditioning, condemning that conditioning, you could not be free yourself. The nothingness of the conditioning must be seen. The error must be seen, must be seen and seen there. And when it is seen, when its grasped and it's seen for what it is, an error, it passes away. You don't bother about an error again when you correct it, do you? It dissolves into its native nothingness does it not?

The law of mathematics is expressed through the mind. The mind does not create mathematics. The law of mathematics is expressed through the mind.

It is only when we know ourselves are we free from criticism or conditioning, for what we see in another is but a reflection of ourselves. Therefore the only virtue criticism has is, when it is turned upon the self.

What the inner is so shall the outer be, when we know this we can avoid much unnecessary suffering. Those who acquaint themselves with this understanding can specify with authority knowing that they are exercising powers bestowed upon them by the Almighty.

Now, we do not make the mistake which most people do, making this recognition of the Almighty a mental idea which is relative.

If it is merely a mental idea of the Almighty, it is nothing. I wish I could actually demonstrate that very moment that is created. But you cannot do it. Demonstration is a lie all the time. People talk about demonstrations but they are all in the mind. It's all got their opposites. They are all in confusion. If you can demonstrate now you would be able to demonstrate at any time. But because you demonstrate by a little bit of luck sometimes your fear and faith becomes confused and you probably see a little bit of your

own suggestions coming into operation, therefore you think that you have demonstrated. But let me tell you this, its an illusion.

And it is a very dangerous thing to dwell upon these things. Most people are talking about their demonstrations. I tell you its absolute rubbish, that's all about it. And anybody who tells you about it, you will know that they don't know what they are talking about. Look into your own minds and you will see, it is merely a mental creation is it not?

The realization of the Christ Consciousness is not some-thing apart from us. It is not relative. When we talk about the Christ Consciousness or God we put Him in a relative position and this makes Him merely an idea and not a Reality.

Now we are talking about God, we put Him in a relative position, we only create a mental idea of God, which is untrue, which is false. Now you are listening to me and I don't want you to make an idea of what I am saying to you as I have often told you. I don't want you then to come away and say, Dr. Murdo MacDonald-Bayne said not so and so, I am the authority for that particular thing I have said to you. I am no authority. There is no such thing as authority. If there is any authority it must be an illusion because there is no such thing as an authority.

What I am trying to do clearly is to show yourselves up. So that the self will pass away and there will be transformation. And if you listen to me only with knowing the self and understanding the self, then you are truly listening. But merely listening to some idea or make an idea out of what I am saying, then its of no value to you because one idea will just be superimposed upon another idea which maybe a little bit less. So I better say, that these ideas are superimposed upon one another, and they are of no value to you. If you make a relative thing of God then God becomes relative and merely a mere idea.

That's the Truth, the Living Truth, its not an idea it's a Livingness, an Awareness. When thinking has ceased, your past and future does not exist. Living is moment to moment. In that moment It is Creative. Not an idea at that moment, it's a Livingness at that moment. That's what Jesus knew. He knew that moment. The moment that passed was dead. He knew that Life and death were Real. As in death there is Life. And because he Lived he knew, he understood. That's why he said, "let the dead bury the dead."

They put him in a relative position and that makes him merely an idea not a Reality.

Words can never reveal the Real, you may search the Scriptures but you will not find Eternal Life in doing so. You can only find the Real when the false is completely understood.

Then we can speak the word of power from within. Knowing that our word will not return void but will accomplish that which it is sent forth to do. “At this very hour thy servant is *healed*.”

Jesus was conscious in that moment in the Father, in which there was no separation, there was no division. His very consciousness was the Completeness of the Father; Living in everyone, was Complete, was necessary. And in that Complete Knowing at that moment there was no blemish that decided to feel it. I have experienced this myself. I have seen it done. Its come into my own life. I have seen it with my own patients, in many of them. In its continuously complete cures.

With this action comes knowledge which is not imitative, for this action is liberating and creative. Doing, creates self-reliance, but knowledge which is imitative is binding. “Book upon book weighs down our weary shelves, the only point of ignorance is centred in ourselves.”

There are millions of people in sickness and misery who are ardent followers of the personal Jesus, but they have not made the great discovery of the indwelling Christ.

There is no special state of learning required for one to renew the mind and body. Learning is mostly a hindrance being purely mental. But the Intelligence that built the body existed before It built the body and knows how to take care of it, much better than all the learning one can have.

When you try to reason it out you try to make it a mental idea. Let me tell you this, that as long as you are trying to make it the mental idea and reason it out in your mind, you have lost it. It is NOW. You are merely trying to escape or trying to get a road to escape from your misery, your self-imposed misery. But you cannot escape from your misery. You have got to discern it and see it and know it, that it is yourself. And your thought and your misery is yourself. You cannot separate yourself from it. It can only die when the self dies too. And the self dies when you begin to know what the

self really is. Then that which is Real is there all the time, the expression of It. "I of my own self am nothing, it is the Spirit of the Father within me that doeth these things."

The laws of Nature are easy to understand and will serve us in exact proportion that we understand and observe them.

"The first is Love the Lord thy God with all thy heart, with all thy soul [and] with all thy strength and the second is love your neighbour as yourself." Very simple. I am told by the majority of people that it is very difficult to do, especially the second one. But you cannot love your Lord thy God unless you do love your neighbour, that's the Truth, you see. So you cannot love God unless you love your neighbour. There is no getting away from it. To bad if you can't do it but I think you would like to do it but its impossible. The one is tied up with other. There is no escape. Therefore to do unto others as you would have them do unto you is not a mere command, but the Law of Divine Protection.

"Choose instruction rather than silver, and knowledge rather than rare gold; for wisdom is better than rubies, no treasure is equal to her." Prov. 8: 10-11.

BENEDICTION

O Faith, where art Thou?

I read about Thee in all the holy books but could not find Thee there.

But when I realized that those words were written by another like myself I searched within for the answer and there did I find Thee waiting to serve.

O Faith that is not of mind, Thou art so mighty but only as mighty as I am mighty in Thee.

Thou didst serve me well when I freed myself from my mental concept of Thee. For in my mind was the fear that Thou wouldst fail me.

But when I saw that fear was my own creation, *I* knew I could not create Thee, for Thou were beyond my mind, waiting to serve me, then knew that Thou art the Christ within, O Mighty Faith.

* The recording starts here at this point. The Title of the Lecture, the biblical quote and the first two paragraphs are missing from the wire recording. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 8th June 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 10 (15th June 1954)

GOD BEING INFINITE LIFE THERE CAN BE NO DEATH

“Seek ye Me and ye shall live.” Amos 5: 4.

Jesus said, “let the dead bury the dead.” Meaning those who believe in death are already dead. When the prophet said, “an eye for an eye and a tooth for a tooth,” he did not mean that we must apply the Law ourselves, but meant that the Law of balances would extract in proportion as we dealt out to others. “With the measure with which one measures it will be measured unto him.”

**Supposing now you are conditioned. Conditioning is your memories, your experiences, your hopes, your desires, your fears and all these things are mixed up together, that's your conditioning. Now that is in the past, it's in your mind, is it not? What happens? That conditioning is always expressing itself now. But if you do not know there is this conditioning that is expressing itself now, you're caught-up in it, you are merely expressing it. You are experiencing your images, your ideas, your fears and all your troubles and tribulations. These fears that are deeply rooted in yourselves from your infancy, your beliefs. All these things are expressing themselves now are they not? So you cannot be expressing Reality while you are expressing that conditioning now. But if you are aware at this moment that you are expressing that conditioning, you will know that it has no power of its own, and in that awareness it falls away from you. And in that awareness you are beginning to express Reality.*

A belief in your own importance, that's a belief. It is merely a belief like any other belief. Its like a belief in hell, a belief in the devil and all of that stupid thing, a belief.

A man came to me today and he said, “you know, for a long time I read a book about thinking constructively. And I started to think constructively,” and he said, “things went well for a while and then all of a sudden everything went all to pieces, and I with it. What happened?”

I said, "I'll tell you what happened, why did you want to think constructively? Was it not the fact that you were thinking destructively? You were thinking because you had a fear and you were afraid. Therefore you put another thought in its place to hide the fear and for a time you built up a structure in your mind and it was wonderful. But the structure could not last. Why? Because it was built upon the foundation of your fear. You could not have put a positive in the place of a negative, it's an utter impossibility. What you did, you see, you were afraid of your own inability. You were afraid, you realized you had an inferiority complex. You felt it, it was strong. Then you read a book and you said, 'why if you think constructively you overcome all these things.' So you started to think constructively now and all of a sudden you were building up the medicine of constructive thought, and you thought you were free. And all of a sudden the foundation toppled down and you were worse than you had ever been before."

He said, "that is true."

"You had no foundation. What troubles in your mind anyhow? In the first place, you have in your mind an inferiority complex. A belief in your own inability to do this and to do that. So you built up a structure, a philosophy. A philosophy of constructive thoughts. And you hid behind this philosophy all the time this thing is nagging at you, is it not?"

"Yes."

"Course it is. Now if you had in the first place recognized the fact, that these thoughts had no power of their own. And you realized that was conditioning and how your conditioning had been brought about from your infancy, from your childhood. Your belief in a religion, your belief in this and your belief in that, don't you see it was all a belief. So consequently, what are you doing now? Are you not expressing your conditioning at this very moment? Are you any better for your constructive thought?"

He said, "no I am not, I think I'm worse."

"Of course you are worse. Why are you worse? Don't you see then it is perfectly clear? You cannot build a positive in the place of a negative. Because the negative is always be there. You have got to discern this negative understanding and it falls away. What is Real you do not create. When the false falls away from you, the Real is there, the something you do not create. Its better to discern all those thoughts even the positives, the

negatives, your beliefs and all the rest of it, your mind becomes freed. There is silence. When there is no conflict there is silence. And in that silence then, there is Reality, that which you do not create. It is a Real you that is really created because you know your mind. You know your positive thoughts and your negative thoughts are in your mind, your belief got in your mind. No matter whether it's a belief in God or a belief in anything else, it's in your mind. Your positive and negative thoughts were in conflict with one another. But I knew all the time when you talked to me about your negative thoughts, your positive thinking, I knew that you would eventually fall down."

"Well," he said, "I read those books and you would think that those people who wrote books on those things would know what they are talking about."

"Exactly that, the very thing they don't know what they are talking about. That's why they write books."

Now you see, by the time I had finished with him, I stripped him bare of everything. He came back at me several points about belief in God, the hell and the devil in the Bible and everything.

He said, "but the Bible is the word of God."

I said, "who told you?" I said, "that is merely printers ink and paper is it not? Its called a holy book. Exactly, but the people who wrote it were inspired, naturally, but it was written by men. The Gospels you are talking about were written a hundred and fifty years after Jesus was crucified. And they were written on hearsay. Not an actual presence of what was taking place, there and then." But I said, "when you know the Truth you will know the words of Jesus are correct. At the present time you cannot tell me what word is correct in the Bible. It is thought because you are conditioned by your belief. You believe that your religion is better than every other religion. How many other religions have you got in the world? How many denominations have you got in your Christian religion? How many people are battling against one another because they think their particular form of this so-called Christian religion, whatever it is, the various cults of these particulars are better than yours? What are you? Are you a catholic, a protestant or what are you? "

He said, "I'm a catholic."

“Well,” I said, “you think that your religion is better than the protestant religion.”

“Yes,” he said.

“Well, the protestant thinks that his religion is better than yours. So how are you going to get you out of it? Don’t you see that your belief is the cause of your trouble. Now what is it expressing itself now, that’s the point I want to get hold of? What is expressing itself at this very moment? Is it not your conditioning? Of course it is because you do not know your conditioning, you’re caught-up in it and you must be expressing your conditioning. Your past is now functioning here at this very moment, now. And will go on functioning and you will go on expressing your conditioning until you realize what your conditioning is. And you will never be free no matter how you try to be free. No matter how many words or thoughts you may construct in your mind and think it is a positive thought, you are still bound. Freedom does not come by creating a constructive thought and putting in place of a negative thought. Freedom comes only through recognizing your conditioning, how they have come about. And as you see it is merely a mental thing and not a Spiritual thing, it passes away and transformation takes place immediately. It is not something in the future that you have got to become but it earns you immediate transformation immediately you recognize your conditioning. And as your conditioning falls away Reality you do not create, that which is Real in Itself, comes forth. And your conditioning is merely hiding It, that’s all. You have been to psychiatrists, you have been to all the various specialists and you find you are still bound. How do you feel now? “

He said, “I’m beginning to see all that is holding me back.” I said, “yes, you are beginning to see in your mind. Yet that is not the Truth. Beginning to see, you must be beginning to understand your conditioning first, that is not beginning to see, you have no reason. But you cannot escape through reason. You can only escape by discerning your thought at this very moment, what your thought is, what your emotion is, what your feeling is and you will know it is your conditioning. Freedom only exists in understanding yourself. Understanding yourself with all its hideous contradictions, its beliefs, its jealousies, its fears. The only Reality is NOW. You do not create that which is Real, It’s a Livingness. It’s a Spiritual thing,

Its a Livingness. It's a Power of Its own that is Eternal and Ever-present. What is in the mind has a beginning and an ending. And what has a beginning and an ending is not Real. Your conditioning has a beginning and an ending. But that which is Real, no beginning and no ending because It is Ever-present. And that which is Ever-present has no beginning and no ending. And only that which is Ever-present is Real. Reality comes into being through transformation. Transformation comes into being through discerning of your own conditioning, now. Recognizing your own thoughts, emotions and feelings at this very moment because moment to moment is Real. Reality only exists moment to moment. When that moment is past it becomes a memory. It is always existing moment to moment. What's in your future is in your mind. Past and your future is in the mind. But if you will look it is always expressing Itself NOW. And to recognize what you are doing NOW is your salvation."

The Universe is proved to be made up of a substance exact in nature to that which makes up ourselves. Therefore the Creator and created are one and there is no separation anywhere. With this understanding we never become the victims of any circumstance.

Most people do not realize the importance of this fact, otherwise they would accomplish things consciously which could never be attained through mere human effort. We must have confidence in the Creative Power in which we live and which lives in us. "Know ye not I am in the Father and the Father is in me."

We must make ourselves independent of other people's efforts on our behalf. Dependence on others has been the cause of much unhappiness and disappointment and has brought distrust [and] failure into many people's lives.

We must work from within outwards not from out in, "whatsoever I see the Father do I do likewise," *Jesus said*. This means that we no longer wait for others to act for us but become creative, co-operating with the [All-]Creative Life—the very Livingness that makes us alive. This Livingness is not something apart from us, but is the very consciousness that makes us Conscious Beings.

When the mind is freed from its conditioning and its past and its hopes, as I said the other night. When you live in hope you are really hopeless.

That's why we live in hope because we are hopeless. But don't you see, its in the mind, you are not Living at all.

You can only Live NOW. You cannot Live in the past or the future. You can only Live at this moment. And if this moment is not Creative then you have lost something that is tremendously important to you. And why is it not Creative? Because you are giving expression to your memories, your hopes, your desires, your fears which is your conditioning itself. Now you will say these thoughts belong to you which we realize that the thought and the self is the same, you cannot separate yourself from the thought. And immediately you recognize that you will see you are both the same and then there immediately is tranquillity.

There is no longer looking at your thoughts that is separate from yourself and beginning to fear your thoughts. You no longer fear your thoughts you created some time ago. You no longer fear your conditioning because you are recognizing it is self, as a self created thing. Then there is tranquillity, there is peace. There is no longer fear.

The fact is that you separate your self and look upon them as something separate from yourselves, then you will begin to fear them. Because you look upon them and say, 'they cannot be my thoughts.' But they are really yourself. Not only your thought but yourself. And as soon as you recognize that the better. And when you see that there is freedom.

Are you afraid of what you have created yourself? First of all you created a negative self. You're afraid of it, you think, you say, 'oh this is terrible, oh I couldn't think that thought.' Then you create another thought, you create a philosophy of constructive thinking. And you think now, oh that's wonderful because it could lead you out of your troubles. And you look upon this thought as something separate to yourself too. But don't you see, its really the self in confusion and conflict.

Beware of the people that tell you about this thinking constructively and to fear your own thoughts. They themselves are caught-up in them and very badly too. That's why they are building a screen hoping that they can escape themselves by talking themselves out of it or writing themselves out of it but they can't do it, they are only writing you into it.

When we talk about this "Livingness" we make it relative, but our "Livingness" is not relative. This is the mistake that most people make, they

make It an image in the mind. It is when we discover this we begin to realize the Reality that is Eternal and Ever-present within us.

Most people in the world today are dominated by example. They follow a pattern, they look to an authority external to themselves. *They look to the priest, the parson, the prime minister, the political agent and so-forth, and what are they? Aren't they a bundle of expression of force of that authority and they can no longer think for themselves? You carry a pattern, you follow a train of thought that suits your conditioning. But if it doesn't suit your conditioning you immediately deny it. And are you any better off because you deny it or you accept it? Are you not much the same?*

No matter what religion you belong to or what political party you belong to, you are all the same, exactly all the same, you are conditioned by it. And as soon as you see how you have been conditioned by it, it drops from you and you are free. What are you expressing anyhow? Is it not you are expressing your conditioning? Are you expressing Reality? I don't think there is any warrant to expressing Reality now. Not one, because you are caught-up in your own conditioning, even in fear, in your troubles, in your trials and tribulations.

Most people in the world today are dominated by example. They follow a pattern, they look to an authority external to themselves. The past is of more importance than the Living Presence. They are limited by so-called facts. Under this conditioning there is no Creativeness.

We must transcend our experiences of the past. Although experiences are useful they are a hindrance when we make them a true guide to our lives. Only when the Living Presence is our true guide will we enter *into the* realm where others fear to tread. In this way we are automatically endowed with unlimited resources.

The true sower is one *who* knows the self with all its fears; its cravings, its contradictions and knows how false the self is. The self is merely our thoughts, beliefs, experiences and memories of the past by which we are conditioned. *And which we are now expressing at this very moment. And as you look into your minds you will see, you are merely expressing your conditioning.* When this is clearly understood, our realization of “that” which is not of time comes into being, then our faith increases in proportion to our realization.

Most peoples faith is the result of fear. Most peoples faith is because they want something, that's why they pray. So you pray to God because you want something. But Jesus said to his disciples, "when you pray, believe you have received it then you shall have it." He put everything at this very moment, you have it NOW.

Supposing now, that your mind was freed from want, freed from conditioning. Are you not right at the moment in the Spirit, which is everything? If you plant a seed in the ground you know absolutely that the intelligence that is working through that seed and the intelligence that is working through the ground will unite for the growth of that seed, to bring it forth one hundred fold. And you find that it grows through the night while you are asleep.

*If you are truly aware, then your prayer is something that is established NOW in the Infinite Presence. That Living Present. And the whole Universe will unite for the purpose of expressing that according to the seed you have sown. So is the seed in the ground whether corn or a potato so it will grow according to its kind. It's the same growth, it's the same Creative Principle existing in the seed that is existing in your own thoughts. In your own prayers but that thought must not be something in the future or hope or fear. But actually establishing, **knowing**, that at this very moment it is already created. "What you pray for, believe you have received and you shall have."*

There is no difference in the Creativeness that operates in the ear of corn and the Creativeness that operates in man's consciousness when he is aware of this Creativeness. Yet most people have failed to see this mighty Truth.

A well ordered individual is one who intelligently co-operates with the All-Creative Life in the present and which is continuously expressing Itself in man now, and knows no past nor future because It is truly Creative in Its Omnipresence. Thus a well ordered society can only come through individuals who understand themselves.

I have said before, did I not so often, that all the conferences will end in nothing. How often have I told you that? Everyone comes with their own conditioning, with their own wants. When you do not see what is hindering the settlement of all these things as long as they are conditioned. As long as

each individual is conditioned at the conference by his own conditioning, his wants, his greeds and so-forth, his nationalities and so-forth, there can never be a settlement.

Was the Treaty of Versailles a settlement? No. What came was just another war. You think our conferences now taking place at Geneva is a settlement?

With no understanding of what is taking place around us we unconsciously allow ourselves to be destroyed because we allow ourselves to be controlled by leaders who are ignorant of the causes of strife and misery. You cannot after butchering a country and destroying people, houses and everything, then going and giving them clothes and food and building houses for them, that that is going to compensate for the disaster. Are we ever going to get out of this conditioning, of the conditioning, by that? You cannot settle things on its own level. You must go beyond to see the cause of these things first. Then by knowing the cause, these causes can be removed. The result—Peace of course. A Peace you cannot create. A Peace that is NOW. Then is it not true that the blind lead the blind and they all fall into the ditch?

All civilizations flourished from small beginnings, but became smothered in their own acquisitiveness. Each civilization has failed to see the causes of its own decay, and this will continue until man awakens to the false then only will the true and lasting peace be established individually and collectively.

Remember individually and collectively. Because the individual is the foundation of the collective people.

Is this decay not already eating at the roots of our civilization because of its beliefs, ideas, its divisions in nationalities, in dogmas, in groups, in ideas? If we cannot see the cause of the rot in the roots of the tree of our present civilization the crumbling will come for certain and great will be the fall. Its no use looking outside yourselves for it. Don't think that the settlement can take place in the Houses of Parliament. Because each one is conditioned by his own desires, by his own ideas, his collective group which he represents. Who is responsible then? The masses of course, the individual, you and me. We have advanced on the material side but the Spiritual side is completely wanting.¹

A religious revival is not Spiritual, nor is it understanding, in fact this makes us more bigoted and narrow. *A group of people who are conditioned gather together because they are conditioned. They are seeking an escape of course, that's why they are conditioned. That's why they gather together. And they listen to somebody who will say, 'who will stand up for so and so, wave your handkerchiefs?' People will rise up and they will wave their handkerchiefs. And you say, 'look at that now, everybody standing up for Christ.' Just imagine, and in their hearts they have not understood themselves. They have merely been caught-up in a wave of emotionalism. And have become more bigoted than they have been before. Only by showing how one is being conditioned and how one is expressing that conditioning at this very moment is there freedom. Not merely waving a flag because a band goes by and because you belong to a certain nationality or you build a monument and worship at it. The understanding the self with all its divisions, that enables us to become Spiritual. Then we will see that the only thing we have in common with one another is our Livingness which is the only Reality, all else is illusionary.*²

Man has looked upon the created as a means of power and has lost sight of the Creativeness within. We crave for things and in this craving we destroy ourselves. Because man's mind is focussed upon things created, he is dominated by circumstances and things. Man has enslaved himself by allowing effects to determine his state of mind. *The effects of his own causes determine his state of mind. Is this not the vicious circle we are in? Thus he is controlled by the effects of the causes he created.*

When we see that individual and world conditions are the same, which is merely *an* outward expression of our inward thought-feelings, we will readily see that systems, conferences, ideas will never bring about order and goodwill. The only remedy is transformation within through understanding the false and with this inward change the outer will change also. *We do not create transformation. You do not transform yourselves when you drink and transform something. As like a fellow who drinks a bottle of whisky or fills himself with beer and then he comes a raving lunatic. He has transformed himself, of course, by liquor. But why has he transformed himself, is it not trying to escape from something? But Real transformation you do not create. It comes about as a natural result of the discerning and*

understanding the self with all its conditioning. It is our inward conflicts that are expressed in outward disasters. Therefore only a radical change in the human heart will bring about real civilization which can only be made up of individuals who understand.

We look to the future with hope but is this not another illusion? *Is hope in the future, if something will change? We hope that there will not be another war. But everybody's talking about dropping atomic bombs next time the first war begins. The first fellow in gets there first. We have the atomic bombs waiting to be dropped everywhere in a few moments. We have aeroplanes that can fly up in the stratosphere to carry those bombs and drop them down on poor innocent people that know nothing at all about war. And we will laugh and we will jeer and we will be happy to see in the headlines that an atomic bomb has fallen in such and such a place and has wiped out so many millions of people. And we will go on with our daily tasks. Why? Because we are responsible but we do not want to think we are responsible. But we only probably know our own responsibilities. But we are merely responsible for this destruction of millions of people they have never seen or heard. Its alright to be over there. But they will never drop in your own backyard with your own families and your relations and your friends. Then there will be weeping and wailing and gnashing of teeth. Millions have spoken, 'how dare you do that sort of thing.' But can you protect yourselves when you are brought up and caught-up in this carnage, when you believe in this carnage. When you are consenting to this carnage. If we do not understand the present now, we will not understand the future, what we are now, we perpetuate; understanding only comes in the present, postponing the issue does not bring freedom.*³

Many think that it is giving up the little things that matter. Little things do not matter very much, we must see the great vision. We are blinded by the small petty things that people do. *People talk about you. Little tit-bits they hear about you, you say about other people. Can't you discern how you are conditioned, that's why you hate.* When we understand ourselves we will understand why others act the way they do. Only little people are taken up with little things, so do not waste your time trying to combat them. When the big vision comes the small things all fall away and disappear into nothingness where they belong.

How many little people are there in your society? Are they not all little people? Look around and you will see how miserly their minds are. Is there any freedom? Do they understand their conditioning?

We must understand our beliefs that cause fear, belief in the power of sin, the devil and hell etc. *And* the only devil is the self and *the* hell is the mess the self makes. *And* when the sun rises the stars disappear so when we see the false we will realize the truth of our Being, then the self will dissolve away and *the* Wholeness will take its place. Then we will be the likeness of Him who made us in His own image and likeness.

Yes we created the perfect masterpiece. This perfect masterpiece is created by Him in Himself and by Himself. But what have we done? We have plastered over that masterpiece by our conditioning. We have smeared mud and blood upon it. Not until such time as we begin to clean it off will that Real masterpiece be seen once more.

Therefore our security lies in the great Truth that the Master showed—that Love is the true Creative Power in the Universe, a love beyond the physical, a love that is beyond the family circle, a love that is beyond ideas or beliefs. This Love is deep and simple and nothing can change It. It is Eternal and Ever-present. God is Love. Then Love alone is our security. *Think, how Love alone can be our security. “Love your neighbour as yourself.” What a Wisdom. What a wonderful Truth. Yes, the Man of Galilee told the world, but has the world copied it? Has the world accepted it? Has the world even understood it? No. When Love alone is our security, nothing else can give us security. Love only manifests when we dissolve all the false things that are hiding It.*

The prophet Isaiah says in chapter 66 verses 1 and 2, “Heaven is my throne, says the Eternal, my footstool is the earth. Where would you build a house for me, where would you rear me a home? Such buildings I have made myself already, they are my own, says the Eternal.” (Moffatt).

That is you and me.

If I say God is Love and I still retain my prejudices, my divisions, I do not understand. If I have no love for my fellowman and still say God is Love I am a *downright* hypocrite. But when I understand myself, free from prejudices and separation in race and creed, then only will God, who is Love, be a Reality to me. *I can only realize then that Reality, it can never be*

realized before because I would be caught-up in my conditioning. But then only will God, who is Love, be a Reality to me and I will be His son.

And that is what Jesus was, His Son of God. Free from prejudices, free from hate. "Forgive them for they know not what they do." His last words. Yes, those last words, there is no condemnation, there is no hate. There was no envy. He wasn't conditioned by the trials, tribulations, the injury and the pain.

Truly, truly he was the greatest man the world has ever known, there was no greater. And he says these words,

"It is what comes from a man that is what defiles him. From [within, from] the heart of man the designs of evil come." (Matt 7: 21.)

There's where the devil has existing in the self. And not something outside the self that you are afraid of. And immediately you know that the devil is the self you have no longer any fear of it nor of hell either. There is a freedom from all fear. Just as Jesus freed himself from the self. As he said, "get ye behind me Satan." So the self disappeared.

Then truly he was the Son of God. And we are all Sons of God when the self disappears. When we understand the self. Your memories you will not forget. They will be with you. And they are with now in the present whether they are subconscious or conscious. But if you are aware of the relative moment you will know whether you are giving expression to those memories, those fears, those beliefs that are hindering the expression of the Love of God. But once you see they belong to the self and the self has no foundation whatsoever. Because the self cannot exist in God. God is Wholeness and therefore there is no separation, the self is separation. And when the self is seen as something that is separate then it cannot be a Reality. And in that way it passes away into nothingness and with it all its fabrications. You will know them for what they are, self created conditioning.

Oh the freedom. The Love that comes from the soul that is freed from all these things, from hate, from envy, from different religious sects, from different political groups, from different nationalities, from these hates and all these things that separate the Livingness. We are all in common with each and everyone of them, then can we see those things, they pass away. "Forgive them for they know not what they do." The Love that comes into

your soul. The Love that begins to express Itself in your voice, in your heart, in your mind only comes when you have understood the self NOW. Not trying to search for the cause of your conflict in the past or thinking in the future that you can be freed.

There can only be freedom at this moment through discerning and knowing your conditioning now. NOW at this very moment—that is faith.

BENEDICTION

O Eternal Love, Thou art not divided. In Thee there is no evil for Thy Omnipresence is Love Divine.

Evil exists only in men's mind and heart who professes Thee but does not know himself.

It was the self that sat on the throne of ignorance that was the cause of all my misery.

I was blinded by my beliefs, by my ideas to Thy wondrous Ever-present Love.

It was only when I understood the ways of the self did I hear Thy Voice calling from within my Being, "come unto Me I will give thee rest."

Then Thy Love blotted out all the illusions of my mind.

Now I am aware of all that hinders Thy expression in me.

O Mighty Love, I am Thine and Thou art mine for evermore.

(Epilogue)

Before we leave I want to make this announcement, that next Tuesday, I will be showing you the pictures of Tibet. Slides in colour that I took in my journey over the Himalayas. I have asked you to even bring some of your friends be allowed to come in. Not too many of them but just your special friends. That will be next Tuesday evening.

Then I am going for a holiday at the end of the month. And I will be back one of these days amongst you again.

Now don't be troubled. Don't be worried when I am away because everything will be alright. A lot of you are beginning to worry what you are

going to do when the Doctor goes. Remember that there is a Living Life, the Livingness in the Spirit, is with you always.

And I am not away from you, I am with you. In fact Jesus said, “I am with you even unto the end of the world,” which is perfectly true. There can be no separation, no division. I always think and look into that mind that is so mighty and grand. I could see the freedom of that mind. I could see that Wisdom alone was being given expression to that mind that was true. Just as every other mind is freed so does the Wisdom come.

Therefore I know that Jesus is with me at this very moment. I know that the Christ, the Living Christ of God, is with me at this very moment and is with you too. I know that the Christ that Jesus revealed is the same Christ today who was 2000 years ago. And I know that that Christ is the Livingness of God—the Love of God, that is deeply rooted in the heart of man. And comes out and shows Itself in all Its glory when we understand ourselves. Not merely a revival of any particular religion or religious belief, that does not lead you to faith. Only as Christ showed, as Jesus showed the Christ in himself, was free from nationalities, free from beliefs, free from religious sectarianisms, free from high, free from low, it was the same everywhere. To him all was the same, in that way alone does the Christ dwell in your heart then. Jesus said, “love thee one another as I have loved you.” So may I also say this to you, that you love one another as I have loved you.

(So Ends the Pretoria Lecture Series 1947-1954)

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 15th June 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The paragraph in the Lectures Notes reads: [*Is this decay not already eating at the roots of our civilization because of its beliefs and ideas, its divisions in nationalities, in dogmas, in groups, in ideas? If we cannot see the cause of the rot in the roots of the tree of our present civilization the*

crumbling will come for certain and great will be the fall; for are we not more advanced in the science of destruction than any previous civilization. We have advanced on the material side but the Spiritual side is completely wanting.]

2. The paragraph in the Lecture Notes reads: [*A religious revival is not Spiritual, nor is it understanding, in fact this makes us more bigoted and narrow. It is in understanding the self with all its divisions that enables us to become Spiritual. Then we will see that the only thing we have in common with one another is our Livingness which is the only Reality, all else is illusionary.*]
3. The paragraph in the Lecture Notes reads: [*We look to the future with hope but is this not another illusion? How can we escape in the future when the conditions we have will be perpetuated because of our lack of understanding now. If we do not understand now the future will merely be the past, a continuation of our misery. If we do not understand the present now, we will not understand the future, what we are now we perpetuate; understanding only comes in the present, postponing the issue does not bring freedom.*]

JOHANNESBURG SERIES
(Final 9 Lectures)

NOTE:

The following 9 Lectures were the last given in Johannesburg, in the Auditorium at Escom House, on Thursday nights at 7.45 pm. (between 15th April and 17th June 1952) and not given in Pretoria due to the Johannesburg Series usually being 9-10 Lectures ahead of the Pretoria Series. No original sound recordings exist of these Lectures.

Lecture 1 (15th April 1954)

DIVINE SPIRIT IS ALWAYS FREE

“My son, you and I are always together, all I have is yours” Luke 15: 31.

Everywhere, individually and collectively, there is a struggle going on, spiritually and materially. There is the struggle for possession, for security which brings conflict and separation, and there is the struggle for the acquisition of virtues which becomes a vice.

With all this struggle the world becomes the arena for spiritual and material dominance which creates opposition, quarrels and conflict between individuals and groups.

Man has separated the material and spiritual yet the one is but the expression of the other, there is only one Source from which all things come. Therefore division only arises in the mind and this is the cause of struggle.

Some people despise the materialist because they think themselves spiritual, but all come from the same Source. Those who think themselves spiritual are not one bit better than the materialist for all are caught up in the struggle of the mind. All are in conflict, one with the other. Therefore there is no understanding either with the material or the so-called spiritual.

Wherever there is craving there cannot be understanding. Some desire truth for material ends, some think that through the repeating of a ritual they become spiritual. All this comes from ignorance of the false that blinds one to the Truth of the One in All and All in One.

Some look to the future while they are bound by the past, thereby failing to realize the Ever-present Reality, “my son, you and I are always together, all I have is yours.” So man lives in opposites and is in conflict within himself and with others.

Is it not so that we struggle with disease while we hope for health, we struggle with want and hope for plenty. It is only when we realize that all this goes on in the mind that our ignorance is revealed. If there is conflict within, that conflict will be externalized, even the denial of the external does not eliminate the conflict.

Only by understanding does the conflict cease, then Creativeness comes into being. Only when we come to understand that we are the creators of the conflict can we dissolve the cause. While we are imprisoned in our own conflict we cannot be creative. But when we become aware that we ourselves create our own prison can we break loose from it.

Being prisoners we are perpetually concerned with what is Truth, what is God. In the intensity of our suffering we try to imagine what is Truth, what is God, what is freedom. Still caught-up in the mind with ideas of right and wrong, with all the various opposites, we are lost in the illusion we ourselves create.

The first thing we must do is to understand the mind with all its opposites so that we no longer struggle with opposites. Then we will live in the present without struggle, without limitation, without fear of the past or the future, “my son, you and I are always together, all I have is yours.”

If we make this merely an idea we will still remain in our ignorance, because Truth is not an idea, Truth is a Living Reality that is Ever-present. The Spirit is always free. It is when we realize this freedom through understanding our struggle do we free ourselves. This is an experience and not an idea of the experience. If it is an idea of the experience than we will still be in the struggle of opposites.

Our thoughts arise from our fears, from our conditioning, but pure thought is only possible when all illusions have been discerned and understood.

There is no mental effort required when we are free from opposites and in this way only do we realize the resident Cosmic Power with which we are always united. It is when we concentrate on things do we lose this realization.

The Cosmic Presence with which we are always united is the only Reality. “He that cometh to God must know that He is.” This is when we

look away from the Living Cosmic Presence and look upon appearances as real do we get lost in the illusions of the mind in which we struggle.

The Presence is all there is, there is no division, no separation in the Presence that is the Reality in everyone of us. Now some try to realize the Presence by meditation while the mind is in conflict, but this means only struggle again. Neither can we realize It by living on carrots or turnips, nor can we realize it by going round in rags. Nor can we realize it by sitting on the mountain top. Only by true meditation can this realization come, and true meditation is discerning the false. Then the Creativeness comes into being without struggle, without effort. True Creativeness is effortless.

Only in our effortless Creativeness is all fear removed. Craving, fear and limitation are of the mind and you can easily see this when you look into the mind without struggle or fear. There you will see where opposites exist. It is our struggling that prevents the expression of the Indescribable Ever-present Reality.

Our true Creativeness can only be expressed when we do not compare, judge or condemn where there is no birth or death or memory of the past to hide It. In our discerning of the mind we will see that there is no distinction, no separation, no cults, no differing creeds, no right or wrong, except in the mind. When this is seen freely then that which prevents the expression of our effortless Creativeness is dissolved.

Is it not so that our minds are saddled with memories, pregnant with scars of experiences of the past which is ever giving continuity to its own scars and conditioning the present? It is this that is binding us, and there can be no true expression until this is discerned. When we live fully, experiences do not leave traces behind, for the present is Eternal and free from such conditioning.

How can a mind that is conditioned with memory, with division, understand a mind that is unconditioned? The Spirit is always free, beyond all value, beyond all comparisons. How can a mind that is divided realize that which is not divided? How can a mind that is caught-up in beliefs understand that which has no beliefs? How can a mind that is caught-up in separation, in tradition, right and wrong, high or low, understand that in which these things do not exist? We must see how false are all these things before we can realize that which is truly Creative.

In Luke 14 verse 26 (Eastern text) I will repeat the verse again because it contains one of the most profound sayings of the Master, “he who comes to me and does not forsake his father and his mother and his brother and his sister and his wife and his children and even his own life, he cannot be a disciple to me.”

The verse has created a bit of difficulty to many because their minds are caught-up in separation. But when we see the wonderful truth Jesus was revealing, the light dawns upon us, father, mother, sister, brother and the self is limitation and separation, unless we put aside even this limitation which we cling to we cannot be a disciple of the Christ of God that is in everyone of us.

He also says, “salt is good, but if the salt lose its savour with what can it be salted?” meaning the Spirit is all but if we divide It in our minds It has lost Its value to us, with what then can we restore Its value?

In Luke 15: 1-3, “then the publicans and sinners drew near to him to hear him. And the scribes and Pharisees murmured, saying, ‘he receives even the sinners and eats with them.’”

So Jesus told them this parable, the parable of the shepherd and his sheep in Matthew 18: 12-14,

“What do you think? If a man should have a hundred sheep, and one of them is lost, would he not leave the ninety and nine on the mountain, and go in search of the one which is lost? And if he should find it, truly I say to you, he rejoices over it more than over the ninety and nine which were not lost. Even so, your Father in heaven does not want one of these little ones to be lost.”

Here again the Master was showing that the fold was one fold and not even one can ever be lost, for the Father is the Father of all. Here he shows that there is no separation except in the mind of man which makes up the division. It is this division that is preventing Wholeness from manifesting in us all.

Only in understanding our divisions can we find the great Truth of our unity and it is this that gives rise to the recognition of the interior power which is beyond the mind, beyond our reason. We try to make intellectual statements about this realization without avail. But this Livingness is not a

mere statement, no statement about a thing is the thing itself, our statements are merely relative, but our Livingness is not relative, It is a Reality.

We may search all the holy books and there we find statements but what of it, if we do not understand ourselves we will never realize that which is not a statement. Jesus himself says, “ye search the Scriptures for in them ye think ye have Eternal Life, and they are which testify of me. You make a mistake”—meaning in effect, you suppose that reading of the Scriptures can in itself confer Life. What your Scriptures do is to make statements of that which “I am.” Realize what those statements mean and you will see in me the Living example of the Living Truth and this can be found when you have discerned your own falsehoods. “I and the Father are One,” is the Truth of our Being.

Seeing the false in ourselves only will reveal that for which we are seeking. There we will find that the building power of the Universe is the same Spiritual faculty which is reproduced in ourselves and by which all Creation exists.

True discernment and Divine reason remove mental obstacles that hinder true expression of the Real, so that the Supreme Innermost will work in accordance with our conscious realization of the Truth of our Being.

It is the same Living Power that is behind all humanity and Its activity can only function fully in us from the conscious Realization and intelligent use of the Law pertaining to It. “Love your neighbour as yourself.”

The recognition of the Innermost Creative Power must always be preceded by a purified and enlightened mind which makes you and me the Temple of the Living God.

This can only be done when we see that there is no separation except in man’s mind and this ignorance must be destroyed through a purified and enlightened mind. Then the realization of the Divine Presence will be a reality. Jesus saw that he was the reproduction of all the principles which give rise to the manifested Universe. “I am in the Father and the Father is in me.” So the Temple of the Living God must include all in which there is no division.

Proverbs 25: 4, “take dross from silver, and the silver shines out pure;...”

BENEDICTION

O Divine Spirit, Thou art ever free.

While I struggled in my mind I did not know Thee.

In my ignorance I divided Thee into so many parts and lost sight of myself in others.

In the self-created prison of my mind I was perpetually concerned with an idea of Thee.

I read all the holy books, the statements there confused me because I was myself confused.

Then I saw. "He that cometh to God must know that He is." Then I knew that Thou wert beyond my mind.

As I looked into my mind and saw all therein I knew that Thou wert not there, I had merely an idea of Thee.

Only when I gave up all ideas of Thee didst Thou reveal Thyself to me. Thou wert my Life, my substance, my All. Then I knew we were one, O Divine Spirit.

Lecture 2 (22nd April 1954)

THE TEMPLE OF THE LIVING GOD REPRESENTS THE MACROCOSM AND THE MICROCOSM

“My Word was in the beginning, and that very Word was with God, and God was that Word.” John 1: 1 (Eastern Text)

When we begin to realize our oneness which this verse denotes, “the Word was with God and God was that Word,” we realize that the Consciousness of God and the Consciousness in man means the same thing. We also see that the Universal Mind can inspire the individual mind when the individual mind has discerned and emptied itself of all its false ideas and beliefs. Only then does the individual mind become the avenue of expression of Reality.

Although Creativeness is not in mind, the mind can lead one to It through Divine reason. It was in this way that Moses was inspired to reproduce the Tabernacle, the symbolic representation of the Universal Truths. The same truth received a more permanent symbolization in Solomon’s Temple.

I Kings, Chapter 7, verse 21 indicates there are two pillars set up by Solomon at the entrance of the Temple, one on the right hand called Jakin and one on the left called Boaz. What do these signify? The English ‘J’ stands for the Oriental ‘Y’ and Jakin is therefore Yakin which is a vigorous expression of the word Yak which means “One,” thus signifying the principle of unity as the foundation of all things.

The Universal mathematical elements throughout the Universe are evolved from ‘1’ and resolve themselves into ‘1’ again the mathematical element is not the Living Life but only the recognition of what Life gives rise to.

To balance the mathematical element we need the vital element of the voice and here we have the pillar Boaz which means Voice. Voice is

symbolic of the living expression of the Creative Power, “the word was in the beginning and that very word was with God and God was that word.”

The meaning is significant for to enter the Temple we must enter through these two pillars whether it be the Temple symbolic of the Cosmos or of the individual—the Temple of the Living God.

It was this that Jesus referred to when he said, destroy this temple and I will raise it up in three days. The Pharisees thought he meant the synagogue, but Jesus was referring to the Temple of the Living God, not a heap of stones which was called the temple God by those who did not know the Truth.

Dogma and creed is the narrow bigoted way that leads us into the building made with hands. But Jesus was showing the way into the inner of the Building not made with hands, and wherein all the mysteries will be unfolded to us in a regular, order of succession as we begin to discern that which is not true.

The meaning is clear, the way cannot be through churches and priests but through unity and Life which is the Living Christ within. “He that climbs in some other way is a thief and a robber.”

The opening of these inner mysteries is not for mere gratification or curiosity nor for material gain as most people desire. It is for the increasing of our Life-giving in Love and Compassion and this can only be done when we have found the secret locked up in our own hearts.

Jesus must have been versed in the knowledge revealed in Solomon’s Temple for he was the great prophet of his time and in fact of all time. In John 10, verses 1 to 4, he says, “truly, truly I tell you, he who does not enter the sheepfold by the gate but climbs up somewhere else, he is a thief and a robber; he who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep listen to his voice! he calls his sheep by name.... he goes in front of them, and the sheep follow him because they know his voice.”

This means that the Living Christ or God is the shepherd, the only begotten son of the Father who gives Life to all who live, the gatekeeper is the Father and the name of everyone is known to God and not a single one of these little ones can be lost. They know His Voice, they know the Christ

within and they will not follow a stranger. They will turn from him who preaches separation. So those who follow the stranger are the goats.

Anyone who lives in separation is a stranger is he not?

Jesus was speaking to the Pharisees, they being strangers to the Christ of God within because they taught tradition and rote. Jesus says, "I am the gate. Whoever enters by me he will go in and out and find pasture," meaning when the Christhood is reached all is possible and one can go into the Father and into the relative world and there also will he find pasture, all the good things that God has prepared for him.

He says, "the thief only comes to steal, to slay and to destroy. I have come that they may have Life and have it to the full," meaning that the one who binds another through dogma and creed leads one away from the unity of the One in All and All in One. But the Christ of God is the fullness of the Spirit of God in man.

"The hired man who is not the shepherd and does not own the sheep deserts them when he sees the wolf coming, he runs away leaving the wolf to scatter them, just because he is a hired man and has no interest in the sheep."

The hired man is one who does not know, so he preaches separation and this separation scatters the sheep because separation is tradition and rote and knows nothing of the Living Christ of God within that is the only salvation, so he quotes Isaiah. He says, "yes, it is about you hypocrites indeed that Isaiah spoke as it is written, 'this people honour me with their lips but their heart is far away from me, vain is their worship of me for the doctrine they teach is but human precepts.'"

In Isaiah 29: 13, "since this people draw near me with their mouth," says the Eternal, "honouring me with their lips, while their hearts are far remote; since their religion is a mockery, a mere tradition learned by rote;.."

Jesus also says, "I have other sheep too which do not belong to the fold, I must bring them also and they will listen to my voice so it will be one flock, one shepherd," meaning all nations, all peoples of the world will eventually listen to the voice of the Christ within, so that there will be one flock and one shepherd, the Christ of God, the Spirit of God in each and everyone when all realize the Truth.

Then he said, “this is why the Father loves me because I lay down my life to take it up again,” meaning giving up the life of the self to retain the Eternal Life that is the Reality, showing that there is no death to those who have realized the Christ of God, the Spirit of the Eternal God within.

He also says, “no one can take it from me. I have power to lay it down and also power to take it up again,” showing that the Life of the Father is in the Son and that Life being Eternal is the only Reality in the Son and not the self which is but a facade, therefore the Father and the Son are one, united in Eternal Life.

The Universal Life and the Life in the Individual are one and the same for there can be no separation except in the mind of man. And in the fulfilment of his words he says, “I and the Father are One.”

They took up stones and stoned him. Then he said, “I have let you see many a good deed of the Father, for which one of them do you stone me,” and the crowd retorted, “we mean to stone you not for a good deed but for blasphemy, because you, a mere man, make yourself God,” and Jesus answered thus, “is it not written in your law ‘I said you are gods?’ Do you mean to tell me, whom the Father consecrated and sent into the world, you are blaspheming because I said I am God’s son.”

How clear is this statement to those who understand and you understand now.

The majority of people have lost all feeling for humanity, they have only an outside authority, they are responsible only to a group or class or dogma to which they belong.

Is it not so at this very day and hour that most people have lost all compassion for humanity because of their ignorance of the indwelling Christ? This has made them inwardly poor, they look to priests, to politicians, to some economic planning that will give happiness and prosperity. In these there is no hope.

Only within the realization of the Christ of God is there creative understanding, compassion and Love. Without this there can be no goodwill between man and man. Only by right means can this be brought about, wrong means only bring emptiness and death. Love, Peace and Joy come from within and not from without.

Do we not deliberately organise murder which only brings catastrophe upon ourselves? Are we not the creators of our own misery, degradation, corruption and destruction? Once we are engaged in the organised murder of others we bring into our own lives a host of other disasters.

We give preference to false values and disregard Eternal values so we try to excuse ourselves by saying it is an act of God. God's purpose is Living not killing.

There seems to be no end to this ever-expanding desire for conquest, for possession, for power, to protect our ideologies. This destructive action on our part will only lead to further misery and strife.

John 3: 11, "truly, truly I tell you, we are speaking of what we do understand, we testify to what we have actually seen."

BENEDICTION

O Divine Spirit, it has been revealed to me all that hinders Thy expression.

With Love I have discerned the false, now fear, hatred and struggle have disappeared.

Now that I have seen man's inhumanity to man I will remember Thee always then my action will be Thy Will, O Beloved.

Thy Presence is now my happiness and my inward poverty has disappeared.

I can only Love with Thy heart in mine, O Divine Heart.

Then I will be Thine as Thou art mine, O Divine Love.

Lecture 3 (29th April 1954)

FREEDOM IS NOT CREATED

“For I give you good doctrine, forsake ye not my law” Prov. 4: 2.

There is no difference between the giver and the receiver. It is when there is a difference, there is separation. When there is separation there is dependence, when there is dependence there is distrust and enmity.

In our dealings with one another there must not be a gulf of separation that causes dependence on another. It is only when you realize the other is yourself that you see beyond the self into the oneness of everything, then only is there Freedom.

When we are conditioned by want, by having, by not-having there is no freedom. Freedom from want, freedom from separation, freedom from sickness is obtained when all conditioning is understood.

Some try to meditate to gain freedom, but instead get the reverse. Some follow a system, but to follow a system merely shapes the mind into a particular pattern which binds you. When the mind is free from conflicts from the false only then does freedom come.

If you drive your mind into a particular groove you get into a rut and then into the ditch. If you pursue a particular system you may and may not get what the system guarantees but this is not freedom.

The mind is conditioned by following a system and this leads to illusion, not to freedom, only a mind that is free can discover the Truth. Only when you understand the process of the mind can you be free and meditation that leads to freedom is one of discernment.

If you try to discipline the mind through a system you thereby hypnotise yourself. Is it not so that the mind clings to systems, beliefs, to formulas which you endeavour to follow, thus you perpetuate the illusion with the result that you are more bound than before.

Real meditation leads to freedom and real meditation is to discover what is beyond the mind and not following a particular pattern which prevents understanding. To understand the mind with all its believing, its disbelieving, its accepting and rejecting, requires awareness of what these are.

If you are caught up in any of these you must see how and why you have been caught up. When you observe this then there is true meditation and true meditation leads to freedom. True meditation is the means we use to free the mind from the conditioning of any system, belief or formula.

If you feel you want a formula, a system, a belief to follow, you can never be free.

True meditation leads to Creativeness and to be creative the mind must not be conditioned with all the conglomeration of mental conflicts.

You will see that one must be free from all beliefs, disbeliefs conflicts and conditioning of any kind before you can think clearly. You must not be caught-up in your thought or in the manifestation of your thought for this again will be a prison of your own making.

You must be aware of the whole process of thinking and from where it arises. Thought arises from the self, from its memories, its experiences etc. This is self-knowledge and this alone leads to freedom. So therefore true meditation is a means to freedom. True meditation is the beginning of self-knowledge—the knowledge of the self with all its conditioning.

To merely focus your mind on an idea, an image, a phrase, and excluding all other thoughts will not reveal what is in your mind. You may learn to concentrate on an idea but this is not freedom. Exclusion is not freedom.

Without knowing the process of your own mind, without knowing what your thoughts are you are bound by them. Without being aware of your conditioning there can be no freedom. Creativeness-freedom needs clarity of mind and not a mind that is in conflict through not understanding what the mind is made up of, otherwise your meditation will merely be an expression of your conditioning.

You may try to focus your mind on an idea or image to the exclusion of all else but you will find that other thoughts arise to create conflict. There

can never be quiet in the midst of conflict. This is what you get when you try to focus your mind on an image or an idea. You may say that you are practising a system but this only leads to failure.

You spend much energy in the wasteful battle of conflict and gain nothing in the end. You may produce a mental image, a picture of some kind but this is not meditation that leads to freedom and the discovery of that which is beyond the mind. That which is beyond the mind is alone Creative.

If in your meditation you open up to each thought as it arises and understand it, then the mind will not revert to any particular thought. It only reverts to a thought that is not understood. That which is not understood is repeated over and over again and the mere exclusion will not prevent it. So concentration which is exclusive is not meditation that leads to freedom and Creativeness.

One can isolate oneself through the practice of a system, but the mind can never be free through isolation however wide the idea may be. Therefore this kind of meditation is only a process of self-isolation, self-enclosure, in which you carry your private memories, experiences that cause conflict, because they are not understood. The mind can never be free with this conditioning.

Yes, you may force yourself into a state of self-hypnosis by the constant repetition of words but this only dulls the mind and when this state ends the conditioning is made more apparent. The mind must be free before true understanding comes.

Concentration through discipline is not meditation, nor are the various forms of prayer. The mind that is forced to be still through will or desire can never be free, for that mind will not understand because it will be caught-up in the illusion.

But if we can understand all these things, all the various tricks that we learn to quieten, to hypnotize the mind we will discover that they are the ways of the self, then this discovery is the beginning of meditation that leads to freedom, for we shall no longer be caught-up in the things that bind us.

We must be impersonally aware of the self in relation to others and things as we would be aware of somebody else. Then in that awareness is the echoing of our conditioning observed without condemnation, without judgement, without fear, free from such conditioning. In this there is the discovery of the self and the more we are aware of the self with all its own creations the more freedom is reached. In this freedom there is neither conflict nor illusion.

We cannot cultivate freedom anymore than we can cultivate Love. Freedom comes into being not through the search for it, but when we understand the whole structure of the self with all its desires, its prejudices, its cherished illusions, when these are discerned and understood and how they have come to be made up in the mind, they dissolve away and what remains is Reality-Freedom-Love.

Therefore meditation is the discovery of the Real that is Whole and where no separation exists. No system can reveal It, no discipline can reveal It, for It is without conditioning of any kind and only when our conditioning is dissolved is It discovered. This is true meditation.

When you see that your conditioned thought has a beginning and an ending in the self, being the product of the mind in bondage there is Silence, not a silence that is willed or the result of hypnotization, but a Silence that is not of time.

In this Silence there is Creativeness. The Timeless which is Reality which is the Uncreated, cannot be created, but is wholly Creative in Itself and is not conditioned by memories or experiences and where conflict does not exist.

So without understanding the ways of your conditioned thought, merely to force your mind to meditate is a mere waste of time and effort which only creates more illusion.

To know the ways of the self in bondage is the beginning of freedom. Freedom reveals Itself when there is an understanding of the self and the thought of the self.

To the thinker who does not understand him/herself, meditation has no meaning because whatever you think is in accordance with your own conditioning and that obviously is not Reality. Only when the self

understands the whole process of its conditioned thought is there the capacity of being free and then only does the Timeless come into Being.

Meditation therefore is the means and the means and the result must be the same. The means—the beginning must be the freeing of the self from all conditioning so that the result will be freedom, not further binding. Therefore Wisdom, Love and Understanding come through true meditation.

“The realm of heaven is like a trader in search of fine pearls; when he finds a single pearl of high price, he is off to sell all he possesses and buy it.” Matthew 13: 45.

BENEDICTION

O Eternal One, in Thee alone I am free.

When my mind was full of conflict I was bound in my illusions.

When I observed these were my own creations and not Thine, O Eternal One, they fell from me. Then I felt Thy freedom that is Eternal and Ever-present.

I no longer fear my own creations, neither do I condemn nor criticize myself for in my joy I saw how unreal they were, they then died in me never to appear anymore.

O Eternal One, my joy is in my freedom, one with Thee.

This is my meditation, O Eternal Beloved.

Lecture 4 (6th May 1954)

THROUGH FREEDOM IS THE LIVING ABSOLUTE EXPRESSED

“Neither shall they say lo here! Or lo there! For the Kingdom of God is within you” Luke 17: 21

Only by firstly understanding the Science of Life can all sciences be truly understood. Life created the brain, the nervous system, through which all the relative can be understood.

The majority of people have begun at the wrong end. They merely have an intellectual smattering of the Science of Life, which is mostly misleading. They accept what others say, so they look outside for Life-expression instead of within.

There are many inquisitive curious scholars and uninitiated philosophers, who make statements which seem wise, but are merely ideas, beliefs, that confuse the mind. When we reach that state of understanding through action and not by mere beliefs and ideas, we are able to explore the glorious Realm of Creativeness which reveals the Living Essence behind all Creation.

The hindrance today is orthodoxy, tradition, beliefs without understanding, and being dogmatic lead to separation, strife and misery.

Although all religions have a common goal their ways and means are different. This has led to strife and bloodshed in the name of God. Some ignorantly believe that God is pleased to witness these cruel deeds done in His name.

We must also look beyond the occult, for even this is a hindrance and distraction from the Real. We must march beyond the occult without interruption, transformed and transmuted through understanding all that is less than the “One” brilliant Light of the Spirit.

It is not what one knows that counts but what one does.

The Science of Life is an intelligent process where health of mind and body can be maintained, as well as discerning all that is hindering the expression of the Kingdom of God within.

The discovery of Truth is gained not only by the manipulation of the invisible energies that pervade the Universe, but by understanding all that is in the mind. Without this true practical knowledge the scientist, the philosopher is greatly handicapped.

No dogmatic, theological or scientific discovery or philosophical deduction can give that joy and bliss of the Absolute indissoluble Essence of Existence that satisfies the soul through experience and action. When we feel and Know this existence beyond the senses, beyond the mind, above the gross debating room of reason or intellect we gain the wisdom and illuminating limitless power of the Kingdom of God within. The way is not easy yet it is simple.

When the self is understood with all its desires, hopes and fears, it fades away leaving the Absolute Essence of Life, the Kingdom of God within unconditioned.

The experiencing of 'I and the Father are one' is so great that no words can describe this Reality. We gain access to the entire Universe and the secret is concealed within. "Neither shall they say 'lo here' or 'lo there' for the Kingdom of God is within you."

In this way we gain a conscious experience of Love, Wisdom and Power beyond mind, revealing an omnipresent, omniscient, omnipotence of Spirit and Life that is ours now.

We prove that Immortality is not a myth or a mere figment of the mind, for we experience that Reality **IS** and that all the relative is harmless. In our conscious experience of Reality we become harmless to everything and everything becomes harmless to us.

We live in peace with the whole Universe for the Universe is but an expression of the Kingdom of God which is within ourselves. Even the wild beasts become our friends and approach us without fear, because they sense no intention to harm. For Love, Wisdom and Power radiate from the Kingdom of God within.

We will not discriminate between various living beings, but will see beyond the form for we will experience that we are not separate from any living thing.

Our Consciousness becomes aware of Itself as the directing power in all things, great and small, for that same Life animating the Universe is within ourselves, not as an idea in the mind, but a Consciousness that is aware through experience and action.

We will realize that injury of any kind disturbs the balance of Creation and reverts back to us. We learn that the great Law of ‘Love your neighbour as yourself’ is not merely a law in itself but is our Divine protection now.

Our minds become illumined and free from illusion through our discernment of all that is false, so that the omnipresence of the Kingdom of God will be revealed in every word and deed.

When this transformation takes place through understanding we are consciously and firmly anchored in the Absolute Essence of Being. Our minds freed become the great searchlight reflecting the Rays of the Divine Spirit from the Kingdom of God within.

Just as a powerful lens can focus the rays of the sun to melt the heart of a diamond so will our consciousness dissolve that which is false, melting away the ignorance and suffering of all those who seek our service.

Our pure thought becomes a Creative Force and our words create immediate results. Our thought and word carry the healing power that gives instant relief. Our thought and words, charged with the Almighty Power of the Kingdom of God, dissolves away ill-health and weakness and allows the natural health and strength that already is to all those who seek in earnest, for it removes sadness from the heart and allows the joy of living to express Itself.

Our speech and voice will give expression to the Radiant Light of Truth and the magnetic Essence of Love and Wisdom. Our lips will never utter a careless or injurious word. Our tongues will have lost the power to wound. Our word will not return unto us void, but will accomplish that which it is sent forth to do.

With self-knowledge, confusion and conflict will cease. The duality of mine and not-mine, the me and the not-me will disappear. Thus the conflict

of opposites will no longer be.

When we free ourselves from conflict and error the Divine Consciousness expresses Itself through us, for we will have found the Source of our Being and the Universal supply which is always at our disposal.

We will realize the One Boundless storehouse of the Almighty and can requisition according to our capacity to receive. What we receive we will enjoy with others so that our capacity to receive will never be blocked by the craving of the self. Lack in the minds of most people is the tragedy of the human race.

We will realize that the body is the expression of the Intelligence that built it. Our batteries will be filled with Divine Energy. Therefore we will not create evil thoughts to accompany our sex instincts but will feel that Divine Expression of Love which is beyond the physical, yet it is also given expression through the physical. Then our nervous system will no longer be in conflict with Nature, neither will the human mind be caught up in the conflict of good and evil, but will cling to Life which is our salvation.

We will discover that most people's troubles arise from being caught-up in duality. This also causes nervous tension, emotional habit patterns which show themselves in a neurosis affecting the mind and body of the individual in so many different ways.

Our glands will secrete the proper fluids that Nature intended. We will no longer allow fear, worry, anxiety to affect our glands, bringing about disruptive emotions which have a ruinous effect upon our circulatory system. To seek the Elixir of Life we must drink from the Fountain of Immortality.

Our Voice will give expression to the Creative Word that was in the beginning and is now the same as it was in the beginning, for it is beyond time. What is in time is relative—beginning and ending—and passes away, but that which is Eternal is Ever-present. Love, Wisdom and Power, the Trinity of Life, is manifesting here and now.

“Instead of bronze, I will bring gold to you, silver instead of iron. I will appoint peace as your governor and justice as your ruler.” Isaiah. 60: 17 (Moffatt)

BENEDICTION

O Mighty One, Thy Ever-presence in me is the secret of Truth.

As a child takes from its mother's breast so do I take my Life and Substance from Thee.

From my infancy I was fed from the Tree of Knowledge of Good and Evil which blinded me to Thy Ever-presence in me.

It was when I saw that the Tree grew up in my own mind did I cast it aside. Then Thy Essence of Life filled me and I ate of nothing else but that which I took from Thee alone.

O Mighty One, Thy Love and Wisdom have raised me beyond time and space to abide with Thee for evermore.

Thy Kingdom is within me, O Mighty One.

Lecture 5 (13th May 1954)

GOD, MAN AND THE UNIVERSE ARE ONE*

“I tell you truly, in so far as you did it to one of these my brothers even to the least of them you did it to me” Matt. 35: 4

The latent hidden desire in the soul is to give expression to the Infinite Creative Power. Yet this desire is clouded with ignorance because the Truth that God, man and the Universe are one, is not realized. But the mere idea of this is not the Truth either.

The cause of this ignorance is that nearly everyone looks to some power separate from themselves, not realizing that the Livingness within is the Life Force of the Infinite which is behind all Creation.

Life alone has Consciousness and must be the consciousness in man. The Active Principle of Life is Intelligence, a knowing how. This activity is released in its free perfect state when man is conscious of God, man and the Universe being one.

The Law of Life is, that full recognition must be given to It through freedom. In this way alone are we creative.

The self is the hindrance to Life's full expression, therefore it is necessary to understand the self and the ways of the self which prevent Life's full expression.

Right thinking only comes when we know ourselves, and to know ourselves we must be aware of all that is in the mind which makes up the self. Our ideas, beliefs, desires, fears, antagonisms, our complete thought-feeling-reaction must be discerned as it affects us in the present, otherwise we will be giving expression to our fears, our antagonisms, our beliefs, etc., which is our conditioning.

If your thought is moulded into a pattern, your thought-feeling-reaction will be within that pattern. Your thought shapes itself according to your background. But to give expression to Life's Creative Forces there must be

infinite pliability of mind—a deep basic stillness where all in the mind has been understood.

Now this pliability and tranquillity is not the outcome of conflict, belief or disbelief. It only comes into being with true understanding and with understanding comes self-knowledge. So you see, without self-knowledge we merely live in a state of contradiction and uncertainty.

Jesus said, “it is the Father who ever remaineth within me, He does the work.” The mystery of the power of Jesus is understood when the Laws pertaining to the Life Jesus called the ‘Father’ is realized. Jesus knew that the Life Consciousness within himself was the Father. This could not be an idea, for he said, “I am the Life,” ‘the Father and I are one.’ This could not be the product of the mind but an actual consciousness in Life Itself, free from reaction.

When Jesus saw the imperfection in man he knew that man himself was the cause, so without self-knowledge, what we think-feel has no basis. For without self-knowledge enlightenment is impossible.

The Truth is distorted by ideas, theories, concepts, beliefs etc., that limit and confuse the mind. Therefore to understand the complex, the mind-heart must be extremely simple so that the mind can be freed from all these distortions, otherwise there can be no expression of the Real which is beyond the mind and which is unlimited and free.

There existed in the East over two thousand years ago great sages who founded a great school of wisdom known now as the wisdom of the ancients. The great sages of Persia, the Magi, were a branch of this great school, also there was a branch in ancient Egypt, known as the great therapeuta¹ of ancient Egypt. St. Anthony of Alexandria² of the 2nd century was one of its adherents. The history of these great sages and their great work is still in existence.

The methods with which these sages worked are similar to those which the Masters of the East use today. They were able to make direct Spiritual contact with great sages who had passed from the earth world and also made contact with those of the inner spheres, who revealed to them the means of the practical expression of God’s Creative Power in man. The pyramids of Egypt were built by their instruction.

Now these schools existed before and after Jesus was born, he was the eldest son of Joseph and Mary. Records of these schools and much of the writings of the ancient law are still intact beyond the Himalayas in Tibet, although much valuable material was burnt by the order of King Constantine, so as to preserve the myth of Religion. Nevertheless the Truth is kept alive far away from the ignorant minds who would try to destroy it.

Unless the mind is freed from illusion, from images and ideas about what God is, what Truth is, there can be no understanding. Through understanding only will we give expression to the Creative Spirit of Love in man.

The continuous striving to be something one imagines one should be, to ensure Eternal Life and all the illusion that goes with it, creates a constant struggle, this struggle ceases only when we realize that it is hindering our true expression. This true expression can only be a Reality to us when we free our minds from the past, the future, from preconceived ideas that blunt the mind-heart.

The Real comes from within when all illusion is dissolved, therefore transformation comes through understanding. Transformation is action which we do not create, it is the expression of the Real when all hindrances are dissolved away.

I may talk about Reality, you may talk about Reality, but what we say and think about Reality is not Reality.

Jesus said, “he who believes in me believes not in me but in Him who sent me and he who beholds me beholds Him who sent me.” John 12: 44-45.

He who beholds the Living Example of Him who sent me will find the same Livingness in himself. This is the Truth that Jesus was giving to the world. He also said, “for I have not spoken of my own accord—the Father who sent me, He it was who ordered me what to say and what to speak, and I know that His orders mean Eternal Life. Therefore when I speak, I speak as my Father has told me.” John 12: 49-50.

Here was the Spirit of God in man freed, speaking. It was the Christ of God speaking, for Spirit alone has voice, God being all there is, created us out of Himself, His Spirit-Consciousness, Intelligence and Substance moulded into form revealing Himself in His own Creation.

Here is the great Truth, the pearl of great price that all are seeking but cannot find because the blind lead the blind.

What is keeping people ignorant of this great Truth is because an idea of God is presented by the blind to the blind, so they all fall into the ditch.

In many books for children and adults, God is represented as a bald-headed old man with a long white beard and flowing robes to hide his body. All this stupid ignorance is the froth from a deluded mind, which should have been discarded long ago, but still we have it in an enlightened age. Is there any wonder that we have sceptics and scoffers in our midst today when we are asked to accept such rubbish or be damned to a place called hell, a place which does not exist except in man's own mind.

A man came to me the other day for healing. His first words to me were, "I am an atheist." So I said, "so you have another belief, too." You should have seen the surprised look on his face. Naturally I soon showed him that believing or disbelieving were the same thing.

He said, "I have no faith," I said, "Neither have I." Then I explained that when he understood all that was in his mind was self-created ideas he would drop them, and only then could the Real be experienced.

Faith is limited by the mind full of confusion and opposites, such as health, ill-health, fear and faith, good and bad. That is why self-knowledge is essential to Freedom and Faith.

Heaven is a state of consciousness acquired through the realization of the Oneness of all things—God, man and the Universe being One. The Universe gives rise to the individual and the individual, who understands, gives expression to the Universe. The unity of God and man cannot be denied, God being Infinite in Nature, we do not create this unity because it already **is**.

It was the wisdom of the ancients that Jesus gave expression to. The Bible tells us that there is nothing can compare with it.

But if you try to comprehend the Truth with a background of Christianity with its changing interpretations, when one idea is worn out a new one is created, you will live in ignorance of the Truth.

If your mind is confused with the differing concepts such as Buddhism, Mohammedanism, Theosophy etc., the reaction will be confusion, because

you try to conform to these ideas and judge everything on what you have accepted, whether it be true or not and it does not matter whether it is true or not, it is all mental. It is not spiritual. Therefore right thinking leads us towards freedom and Truth.

Truth, Reality, God, the Father are but names we give to Life, but Life is not a name. All those words and ideas are relative and are not Truth. All the talking in the world about Truth does not make Truth-Life a Reality to you. We must find Reality in ourselves, as the Living Expression of Life Itself—our Livingness that cannot be named. This is what Jesus was showing to man, but man rejected the Divine gift and will still suffer until he finds it within himself.

If you try to pattern your Life after what you have read or heard from others this will only lead to conflict, sorrow and confusion because your Truth will be merely an idea, a theory, which covers-up the Real, and your conception of Truth will be a continual movement from one illusion to another illusion, from one teacher to another, which leads to further conflict.

You cannot define Reality for there is nothing with which you can compare It. It is beyond mind, only when the “I myself” loses itself in the Whole and the nature is transformed will there be an expression of Reality.

“I have not come to judge the world, but to save the world.” John 12: 47.

BENEDICTION

O Infinite Creation, the Rhythm of Thy Eternal Voice is heard everywhere.

The Infinitude of form which is born in Thy Mind-Heart beats with everlasting joy. It is this Love-Joy that throbs in my Soul.

I have listened to Thy Voice—the Christ within—saying “I am in you and you in me and me in them.”

Now I know that He who beholds me beholds Him who sent me, O Infinite One.

* This particular Lecture Notes titled “God, Man and the Universe are One” is similar to one given previously in Johannesburg and Pretoria (31st July and 14th October 1952 respectively) as recorded in the posthumous book “The Secrets of the Science of Life: Lecture Notes 1952, Part2” (2011). Murdo has re-edited the previous to give the appearance of a new Lecture as presented here.

1. *Therapeuta* [Therapeutae]. Early Jewish aesthetic hermits and communities described by Philo of Alexandria in the 1st century AD who lived in Egypt. They practiced solitude, ritual cleansing, prayer, fasting, etc. Philo saw them as examples of the contemplative existence. Apparently, their community was deeply involved in Jewish allegorical and mystical readings of the Old Testament and Apocryphal works, such as *Enoch*.
2. *St. Anthony of Alexandria (251-356)* [a.k.a. Anthony of the Desert, Anthony of Egypt, Anthony the Great, Anthony the Anchorite]. Was born into a wealthy Egyptian family. He was leader among the Desert Fathers, who were Christian monks in the Egyptian desert in the 3rd and 4th centuries AD. Anthony is notable for being one of the first ascetics to attempt living in the desert proper, completely cut off from civilization. His lifestyle was remarkably harsher than that of his predecessors. Here he remained for some 13 years where he is credited with assisting in a number of miraculous healings. The term given to him as “Father of Monasticism” is misleading as Christian monasticism was already being practiced before him in the deserts of Egypt. However he is regarded as the “first master of the desert and the pinnacle of holy monks.”

Lecture 6 (20th May 1954)

IN FREEDOM IS THE REAL

“Before destruction the heart of man is haughty, and before honour is humility” Prov. 18: 12

When we try to become virtuous so that we may ensure a place in heaven, we are led away from the Ever-present Reality which is within us.

In our seeking we pause when we think we have found the Truth but this only lasts a short time, and the hunt begins again with renewed effort along the path of illusion, because we fail to understand ourselves.

Book after book we explore and digest in the hunt for the Truth, so the mind becomes more and more confused. Only by understanding that which is not Truth will a book be of value. If we are merely looking for confirmation of our own conditioning, we will be caught-up in ideas and beliefs which is not the Truth of the Ever-present Living Presence.

Most people are slaves to tradition in thought and religion with the result that they are still perpetuating the past which is preventing the realization of the Living Presence.

Most people say they believe in God, but the world has not benefited by this belief, for are we not still fighting because of our ignorance of the Living Presence being the only Reality which is now?

Division in man is the result of this ignorance, we have the rich and the poor, the high and the low, the educated and the uneducated. Our social structure is built upon master and servant, the high class, the middle class, the low class and so on. These divisions are the result of this ignorance, they are based upon material values which set man against man.

Our social system breeds endless opposition and antagonism and there can be no end to the conflict until our thought-feeling frees itself from this conditioning by understanding the cause of this separation. Only then will we realize our fundamental unity.

We try to grasp Reality, at the same time we build up in our minds a competitive aggressive attitude for achievement. We are hypocritically righteous, and by our prayers we strive for reward in heaven while we live in separation. We think by constant abiding by the rules of some organised religion it is possible to reach this heaven we have built up in our minds as being the finality of a virtuous life; while all the time we maintain this constant division between man and man. How ignorant still is the mind of man!

The old are those who want to settle back, they want security in their souls, in their work. They want certainty in ideas, in relationship, in things. The young are those who have the spirit of enquiry which makes them want to know the truth of anything, of any political action, Left or Right, of any religion, East or West. But if we are bound by tradition or by what another says we will never be generators of the new world or creators of a new civilization expressing the Truth of the Living Presence.

What is essential for old and young alike is to live fully and completely, and to live fully and completely there must be freedom which is not the acceptance of any authority.

There can be freedom only when there is virtue. But virtue is not imitation, virtue is not ethics. Virtue is creative Living which comes through freedom which is in itself virtue. Virtue cannot be cultivated for that which is cultivated is not virtue, nor does it come through practice or praying. Virtue comes through freedom and freedom comes through understanding.

Maturity does not come with age, maturity comes with understanding, there can only be understanding when we seek our ideal. There can only be understanding when we ardently enquire. When we fail to enquire ardently we are old even if we are young in years.

The wise do not think in terms of division, but the immature, the foolish, are caught-up in social, political and religious divisions of man. Those who become conscious of this division and know it to be false and stupid discard it from the mind-heart.

We must perceive the misery and humiliation that is caused through this division in our material world, caused by greed and ignorance that creates a world torn with strife and separation. This perception should make us aware

that neither through time, prayers or good deeds can we free the world, which is ourselves, from the misery we create.

Our good deeds and prayers are but a form of aggrandisement for self-satisfaction to cover up our inner poverty, which can never be satisfied with prayer and good deeds while we maintain in our mind-heart the cause of world misery.

We look to books to free us, but from them we merely get ideas, because many who write books on truth have themselves merely ideas about truth, but an idea of truth is not Truth. The Truth is the Everlasting Reality of our Livingness, and can only lie understood in the fullness of the present, discerning everything that is false. Then we will know that we are now, not merely that something we are trying to become in the distant future which is but a passing fantasy. When we separate the saint from the sinner we become hypocrites because our division remains.

If inspiration is drawn from another it breeds dependence and fear, and prevents understanding, and puts an end to communion with Reality.

In Matthew 23: 8-10, Jesus tells his disciples, “but you are not to be called ‘rabbi,’ for One is your teacher, and you are all brothers; you are not to call anyone ‘father’ on earth, for One is your heavenly Father; nor must you be called ‘leaders’ for One is your leader, even the Christ.”

Jesus said this to his disciples after he had taken the Scribes and Pharisees to task for posing as teachers of men.

The mind that is forced to conform becomes impliable and thus the whole of our society is based upon compulsion. Through compulsion there can be no understanding however subtle that compulsion may be.

Wisdom creates confidence and extraordinary pliability of mind and this is not for the exclusive few. All can acquire it through understanding what conformity is, through understanding what tradition is, and through deep enquiry, which leads to love and affection. What is necessary is to keep the mind-heart free so that Love and Wisdom manifest without hindrance.

When you love someone there is neither high nor low, there is no difference, there is just love and affection. This extraordinary flame is free from opinion, free from tradition, free from conformity. It Itself is the extraordinary Flame and in Itself is Its own Ever-present Eternity. Love is

not a memory or an idea, It is not a concept, but a living expression of Itself—the Real.

If in your mind-heart there are inherited theories of high and low, right and wrong, if your mind-heart is filled with religious theories to which you must conform, then there is no room for Love and Wisdom.

The world today is suffering from chills, fevers, pains, panics and booms, wars and rumours of wars. The world has a temperature, it is up and down like the waves of the sea. What is wrong with the world is that which is wrong with man himself, for he is the world.

We must go to the mountain top and view things from above. By our insight, our Divine Reason, we will see our mistakes. We will see that man himself is the cause of world chills, panics, booms and wars etc. All our conferences end in nought because we have not discovered the cause within ourselves. Then the way will no longer be clouded in mist, for the Creative Power will manifest Its own Divine Nature when man understands himself and realizes that God, man and the Universe are one. Here lies the Spirit of Power, the Creative Power in man. “He who has ears to hear let him hear.” The prophet Isaiah says, “is not wisdom calling, knowledge raising her voice? On the high ground and by the roadside on the streets she takes her stand, by the gateways opening to the city, at the entries, she is crying out: O men, I am calling to you, my appeal is to all men! O heedless souls, learn insight, O foolish folk, learn sense. Listen, I have a mighty message, my lips open with right words. I utter what is true, false lips I loathe, all I say is honest, and nothing is false and wrong. It is all plain to a man of sense and true for those who are intelligent. Choose instruction rather than silver and knowledge rather than rare gold, for wisdom is better than riches, no treasure is equal to her.”

BENEDICTION

O Divine Mother, we are all Thy children and each one is my brother and sister.

Teach me to Love my brothers and sisters as Thou lovest all.

Teach me to serve others as Thou dost serve all.

Then I will find my happiness in the joy that Thou hast in Thy Love, O
Divine Mother of Mine.

Lecture 7 (3rd June 1954)

A WISE MAN IS A FRIEND TO HIMSELF

“Body and soul may fail, but God my strength is mine, my own for evermore” Psalms. 73: 26.

Creative Being alone is Real, and is the true living expression that lies within all and is All. But when we look to others for hope and guidance we become empty and poor. We turn to books, to teachers, to inspire and strengthen us and we are ever hungry, ever-seeking, ever finding, while our inward poverty remains. We look to the future for salvation remembering the past, while the Ever-present Reality is never realized.

A teacher is only a teacher when he instructs you to look within to find that which you are seeking, when he makes you realize the nothingness of the self then only can Creative Being be expressed. In Creative Being alone is there the silencing of conflict and sorrow.

Separation and inequality will always be maintained as long as there is high and low, the pupil and the master, the sinner and the saint, the king and the tramp. As long as there is craving to become there will be ignorance of the Ever-present Eternal.

In Oneness there is completeness. In Creative Being there is but One. Through the understanding of what is false there is Creative Being. There is “One” only and there is no separation except in the mind of man. Then we realize what is hiding His Creative Being in us then there is Creative Being. In this alone there is freedom from sorrow and conflict.

When we seek the authority of another we are bound by that authority. Only in utter freedom from all authority, freedom from separation, freedom from opposites, is the Supreme found. Then we will live in the Timeless. We will view events as they pass before us but will not be caught up in them. When we are caught-up in events we are no longer free, for time can never reveal the Timeless.

There are those who go to church, those who worship, but in their mind-heart they are antagonistic to others, who do the same thing. They live in separation, but in separation there can be no Creative Being. They live in their ideas, their beliefs, which they think are real while all the time they are false. Creative Being alone is Real. Being is now, Becoming is always in the distance.

In trying to become there is always antagonism against others, trying to become.

The parable of the marriage feast in Matthew chapter 22 is symbolic of the Divine Marriage where the individual becomes conscious of the oneness of the Universal Consciousness. This is the Divine Marriage and the feast is ready for all to partake.

Wherever there is distinction the Divine Marriage can never be realized. It states that the King sent his servants into the byways and gathered good and bad alike. Thus the marriage feast was supped with guests showing that sinner and saint alike were entitled to the feast when clothed in proper robes. This robe was the Robe of Love, showing that Love was the supreme factor, not merely a robe of office or one who belonged to any organised religion.

The Robe of Love is the only robe one could wear to this banquet. In other words there can be no union between the individual and the Universal except through Love, loving your neighbour as yourself.

This is also made very plain in the parable of the Prodigal Son, there is nothing remembered against him by the Father and he partook of the feast where all were merry and happy with one another.

The older son did not enter because of his antagonism against his brother. He remembered his brother's wrongs while the Father did not. Therefore the Robe of Love in which memory dies must be worn by all who attend the feast.

If the Ever-present is overshadowed by the past there can be no realization of Creative Being, there could be no living in the Timeless. To live in the Eternal Present there must be death to the past, to memory. In this death there is a Timeless renewal free from memory of the past, free

from fear of the future. In the Timeless which is Ever-present there is no separation, only Creative Being, which is Love.

God created us in Love and unless we wear the Robe with which He created us we cannot partake of the feast prepared for those who love their neighbour as themselves.

Jesus said, in other words, only in the death of the self there is Life. Give up your life and you will retain It. Life has no dogma or creed. In seeking Life you must be free from beliefs, for beliefs prevent understanding that which is preventing Love from manifesting.

Jesus also showed that it was the dead that feared death, the Living did not fear death. The dead are those who are burdened by the past, by memory, by time. But for the Living, the Ever-present is the Eternal; the self must die to the Eternal Life, the self, the maker of time, must yield itself to the Timeless. This understanding can only come when the whole being is deeply and silently aware. In this serene unmoved state, the Eternal remains forever the Creative Being in the individual.

Clear thinking can only come when there is freedom from attachment, freedom from authority or beliefs, for no one can do your thinking for you. If you accept what others say, you conform to their thinking and you can no longer think freely. Thus you imitate and you think in terms of what you have accepted from others. In this way there can be no understanding of what is false, therefore no realization of that which is true.

With right thought-feeling there is no reaction to beliefs, ideas, prejudices and the like. Most people try to escape by succumbing to conformity and tradition but this becomes a prison in which they live.

Surely it is not difficult to see that this is all in the mind of man caught-up in limitation. When the mind is limited in this way it is impossible to realize Creative Being. Only right thinking leads to freedom and with freedom comes Creativeness, therefore all limitation is born of ignorance.

It is to discern what is in the heart that counts. One must look into the heart and see if antagonism, separation and the like is there. If so, you must understand how it comes about. The Eternal is Real to you only when you have love in the heart without respect of persons. To love one and hate

another is not love, it is division and division is limitation. To understand this you must first throw off all limitation, all division.

When we see that the world condition is but the outward expression of our inward thought-feeling, we will realize that conferences will not bring about order and goodwill. What is required is transformation through understanding what is false, what is limitation, what is division etc. We do not transform ourselves, transformation comes as the result of understanding what is preventing the Real from manifesting.

If we look to time as a means of freedom or transformation it will never come, it will merely be a useless conflict leading to illusion in which there is no freedom.

In death we seek immortality, so in conflict we seek freedom. If we are caught-up in death, in time, how can we realize the Timeless which alone is freedom from all illusion and conflict. In life without death there is immortality. Believing in death we cling to Life, we struggle creating opposites, while living in conflict we seek peace creating confusion. Our beliefs and hopes must cease before we can discern the cause of our ignorance and misery.

We preach about the devil and hell but who is the devil and where is hell? The devil is the self who lives in separation, in division and hell is the misery the self creates.

If we look outside ourselves for the cause we will never be free, for the cause is within us and unless we discern the cause we will perpetuate the past with all its hideous effects.

In Reality there can be no separation. Reality is Eternal unity and peace. We do not create unity and peace, only when separation and discord cease does the Real come into being, this is Creative Being.

Jesus made the Universal Living Intelligence the living expression of himself, by this means he revealed the Father of Love, the Father of Life and not death.

The denial of this Living Intelligence was the root of death, the nothing of the self was the revealing of that Living Intelligence that is Ever-present.

If we can see all that hinders, all the subtle varieties that prevent the Ever-present Livingness manifesting in us we will begin to realize the

Eternal.

“He who has sent me is true, so I tell the world what I have heard from Him.” John 8: 26.

BENEDICTION

When I lived in my ignorance I was blinded to Thy Presence.

Thou wert not deceived by the mockery of prayer yet Thou art easy to move with Love and Sincerity, for Thou art the Fountain of Love and Sweetness.

When my dream of separation passed I awakened in Thee to find all clothed in the Robe of Thy Love.

Ever since, O Beloved, I have discerned all that hinders Thy expression in me, now I hear Thy Silent Voice only, O Eternal One.

Lecture 8 (10th June 1954)

WITHOUT A SENSE OF COMPLETENESS MAN IS UNEASY

“A reproof entereth more into a wise man than an hundred stripes into a fool” Prov. 17: 10.

When there is a search for outward security there is inward insecurity and when there is inward insecurity there is outward insecurity.

The man who clings to hope is dying, because to him what is important is the future—not what **is** but what **will be**, a man that is living in hope is not living at all! He is living somewhere else in the future and living in the future is not living now.

We always think in terms of opposites, we seek a state in which there is no disturbance because we are disturbed. If we find out why the mind is disturbed we will understand why we hope.

The moment we are uncertain we fall into a state of hopelessness then we develop a philosophy of hope, but when we see the Truth about hope, there comes freedom from both hopelessness and hope.

We are afraid of not being something, we must discern that the thought and the thinker are not separated, but what do we do? We look at our thought distinct from the thinker and we fear the thought. Hence we become a bundle of collective responses with a particular group of memories, both inherited and acquired.

The self must strip itself of all conditioned thought and the self alone can do this. The self must discern its own ways, for the self and the thought are one and the same. When this is understood there is tranquillity.

The self is a bundle of memories and experiences which are continually being projected because these are not discerned and understood. There can be no expression of the Real that is Ever-present in the now while this conditioning remains because the present will not be realized.

We have inherited ideas of right and wrong, what is spiritual and what is not spiritual. We have built around us conclusions which we call understanding. You will see that these conclusions are a hindrance to understanding their conditioning—our conditioning. So through fear we adhere to a ritual through which we try to escape. So we are further conditioned.

Our conclusions become a wall which we build around ourselves, so we are imprisoned and while in our prison we build and destroy, contrasting and modifying, suppressing and renewing. This is merely an expansion of the self with its thoughts, its fears, its contradictions. Only through the awareness by the self, what the self is doing and undergoing, can this conditioning be dissolved, only thus can the self free itself from all illusion.

When the self is seen as merely a bundle of memories, experiences, limitations, beliefs, conformities etc., only then can there be freedom from this self-enclosure—the prison the self makes for itself. Only with the understanding what these are is there freedom.

When the self is imprisoned it prays to a God outside itself, that is why the believer can never know God—the Unknown—and since most people believe in a God outside themselves they will never know God. But the non-believer in God, which is another form of belief also hinders the discovery of the Unknown, because all belief and non-belief is but a process of the mind. Belief is the result of the known, it is part of the known which is a memory. Memory says I do not know God, it is something unknown, so memory creates the Unknown and then believes in it as a means of experiencing the Unknown. It is only when the mind frees itself from its own fabrication can the Unknown be discovered and this discovery comes from within and not without.

Therefore conclusions are a hindrance to understanding because they bind the self. The conclusions and the self are one and not separate. When this is understood there is transformation, there is a dropping of all conclusions so, the mind becomes infinitely pliable and only with an infinitely pliable mind is the Real discovered.

Conclusions are fixtures which the self creates to bind itself with, so the self is the cause of these conclusions. Therefore the self must discern what these conclusions are before freedom comes.

With conclusions we form resolutions. A resolution not to do or not to be this or that is stupid, we merely build a wall around ourselves which prevents understanding. But if we are aware we will discover the ways of this and that or of any other hindrance that binds the self. When we are ever watchful in the present we will find the ramifications of the self at the different layers of consciousness. To be jealous in any layer of consciousness, high or low, is to be still bound by jealousy.

From the more superficial envy to the more subtle form in the mental or spiritual is a hindrance to the true expression of the Creativeness within. **Creativeness is a state of being that is not the outcome of thinking.**

We may speculate about the Creative-the Unknown but we cannot think about It. When we are thinking about something we are probing into it. But such thinking does not bring Creativeness, what is knowable is not Reality. What is known is ever receding into the past, into memory and what is past and what is memory is not Reality.

The Eternal is the Ever-present in which there is no memory, no past or future, there is the Eternal **Now**, this is the only Real, and this can only be discovered when the self has dissolved away with its hopes, its fears, the past and the future, its separation and all the other contradictions which are but illusion of the self, caught up in its own conditioning.

When we look into our minds we can be aware that our thinking is the result of the past, of memory, the influence of this conditioning and limitation. Our thoughts are the result of our conditioning, influenced by the thoughts of others, by leaders in religious, political and economic fields of exploitation. All these are not instruments of Truth, they are the reverse, they merely condition and limit us when we succumb to them. If we would discover Reality which alone is Creative we must become more aware of subtleties of influence and our response to it.

When the past ceases to influence the present there is Creativeness which can be experienced in the stillness of the mind. The self will then understand the self with all its contradictions and limitations. When this is understood, that which is beyond the self will be realized. Although you cannot know what It is, you will know that It is. You will know that you can never make the Ever-present Reality an idea, you can create an idea in the mind but that is not Reality, which is the only Real, but you will know that

you can never be separated from It, because you are Eternally in It and It is in you, freed from the past or future. The 'I' has lost itself in the Infinite One.

As long as there is desire to become, desire to achieve a result there must be contradiction and wherever there is contradiction there cannot be a quiet mind that is essential to understanding the whole significance of Life.

Thought which is the product of time can never find that which is Timeless, can never know that which is beyond time. The very nature of our thinking is in terms of the past or of the future, and therefore can never be fully aware of the present, therefore cannot be completely aware of a fact in the present as long as thought, which is the product of time, tries to eliminate contradiction and all the problems that it creates, it is merely pursuing a result, creating further contradictions, trying to achieve an end. Such thinking only creates more contradiction and hence more conflict, misery and confusion in us, and therefore around us.

The self is seeking happiness, through material, mental and spiritual means. This is the cause of exploitation of the self. When the self seeks happiness external to itself it becomes the creator of the exploiter. The exploiter does not come into being suddenly, it is not the freak of nature, but is the result of our demands for material, mental and spiritual satisfaction in which there is no freedom and that which you seek you never attain.

What we rebel against is the result of our own actions. Some think by killing they will destroy the evil. They think by killing or imprisoning a few whom they think are responsible for the evil they will destroy the evil, but they only add to it.

Wrong means will never establish right action, there can be no peace by merely murdering those who are murderers. As long as we divide ourselves into groups, nationalities, different religions and ideologies there will be the aggressors and the defenders, then the defenders become the aggressors.

Evil cannot be overcome by evil, or by other opposing desires that lead to further aggression. Only by understanding the fundamentals of human existence can peace come to men and the world.

In organised religious institutions there is desire for position and acquisition, but Spirituality is all-inclusive in which there is no distinction, no division, no desire for position or acquisition. To remain free from this net of ignorance you must maintain the freedom of your own thoughts. Understand your thoughts and feelings and refuse to become a slave to imitation and tradition or to the authority of the less informed than yourself.

The world's conception of Life is based upon selfishness with all its subtle ramifications, and its illusion, its fears and contradictions. Man unconsciously acts through fear and becomes irresponsible. This leads to chaos and disaster, this is not the result of clear understanding.

Conscious action through understanding and adjustment leads to pure thinking which leads to pure action in which there is no longer selfishness, aggression and murder. There will be an understanding that the Presence is not in opposition to Itself at any time in any individual, nation or group.

We will discern that good and evil are not entities in themselves, they are simply words with which we indicate the result of our own actions. Those actions are predetermined by the character of our thinking and the cause of the thinking is the ignorance of the self in bondage, therefore an understanding of the self is paramount in the elimination of the sorrow and conflict in the world in which we live.

To become aware of that which hinders the true expression of Reality is of importance to us all.

In John 16: 2-3, the Master says to his disciples, "they will excommunicate you; indeed the time is coming when anyone who kills you will imagine that he is doing God a service. This they will do to you, because they have not known the Father nor me."

BENEDICTION

O Father of Love, when I pray to Thee thinking that Thou art one and I another I do not understand.

O Father of Mine, if I look for Thee elsewhere than within myself I am lost in the illusion of separation.

O Father of All, Thou art the one Life that makes all brothers and sisters.

O Divine One, there is nothing else for me to be for I cannot be a portion of Thy Infinity. I am forced to be the Truth because there is nothing else but Thee, all else is illusion, O Holy One.

Lecture 9 (17th June 1954)

OVERCOMING IS NOT FREEDOM

John 15: 12 “This is my command: you are to love one another as I have loved you.”

The Christ Consciousness is Freedom and Freedom comes when all the false, all the me, the ‘I,’ is understood. When the ‘me’ (the ‘I’) is not understood there is always the overcoming, but anything that has to be overcome has to be overcome again.

When we conquer our enemy we have to conquer him again and again, that is why wars continue. The moment you vanquish one desire there is another desire to be vanquished, so that which is overcome can never be understood.

Overcoming is merely a form of suppression and we can never be free from that which is suppressed; so the overcoming of fear is merely the postponement of fear.

The greatest fear is the fear of death and our problem is not how to overcome fear of death, but to understand the whole process of death and it is not a matter of young or old. Many are outwardly alive, but inwardly dead. It is not merely in adhering to a belief whether one continues or does not continue that solves the problem.

After all what is it that continues? If we can really understand that, if we can understand what it is to die from moment to moment and knowing death we shall know life because the two are not very different. But if we know how to live, there is no death. Most people do not know what living is, and so regard death as a negation of Life and therefore are afraid of death.

But if we can understand what living is, then we shall know of death in the very process of living. To find this out we must understand what is meant by continuity. We have a craving to continue but what is it that

continues? It is the name, form, experience knowledge, memories, that is what the self is, is it not? That is what the 'me' is, is it not?

To divide ourselves into the higher self and the lower self, is merely a belief and does not matter much. You may say you are a spiritual being, but that very assertion is part of the process of thinking-believing, which is the conditioning response of memory. There are others that say that we are not spiritual beings, we are just the product of environment, which is also merely thinking-believing.

You **are** your memories, your experiences, your thoughts and at whatever level you place your thought process you are still that and you are afraid that when death comes that process that is you, will come to an end or you may believe that you will continue in some form after death and come back in the next life. This you will see is merely an expression or your belief, it is part of your mental process.

Now a spiritual entity obviously cannot continue because it is beyond time. Continuity implies time—yesterday-today-tomorrow. Therefore that which is timeless can have no continuity, only that which is of time has continuity.

To say that I am a spiritual entity is a comforting thought, but in the very process of thinking about it, it is caught-up in the net of time. Therefore it cannot be timeless and therefore it is not Spiritual. So what we have is merely our thinking which is also feeling, with all the appendages, that is what we want to continue because we know nothing else. You do not know the Unknown, so it is the known you want to continue, so we are afraid that it will come to an end.

Now that which continues cannot renew itself, that which continues cannot be reborn-renewed, it can merely have a continuity and obviously this is not Reality. There is Reality-Creativeness only when that which continues comes to an end. But we are afraid to end, so we are afraid to die. We want to carry on from yesterday to today-tomorrow. We build up Utopias and sacrifice the Living Present to the future, liquidating people because of the desire to continue.

If we will examine very closely we will see that what continues is merely memory in various forms and because the mind clings to memory it

is afraid of death. But surely in not accumulating, and only in dying is there that which is beyond time.

The mind cannot formulate or conceive that which is not of time. It can know only that which is of time, because the mind is the result of time, of the past. As long as the mind is afraid of coming to an end it clings to its own continuity and that which continues must obviously decay. Our difficulty is to die to all things that we have accumulated, to all experiences of yesterday, to our beliefs, to our ideas. After all that is death, is it not? The man of knowledge can never know the Unknown which is beyond time because knowledge is of time and can never reveal the Timeless, the Unknown.

It is only when we die from moment to moment to the things of yesterday and understand the whole significance of continuity that there is the Unknown, the Real. That which continues can never know the Truth—the Unknown—the New, it can only know its own projections.

Most of us live in time, therefore yesterday and tomorrow become far more important than the Living Present—the Eternal. There obviously must be chronological time otherwise you would miss your train, but as long as we are caught-up in the projection of the mind which is psychological time there is no ending, only when this comes to an end is there immortality. We must die to the moment that is past and live in the now always, than in death there is Life.

Creativeness is not a matter of time, nor does man create Creativeness, neither can time create Creativeness. Creativeness is not the mastery of a technique. One can master a technique by constant practice through accumulating, through knowledge and experience, but the perfection of a technique does not make Creativeness. You may practice the violin, the piano, and be able to play expertly but that will not make you a Creative musician.

Technique will not bring about that freedom in which the 'me' is absent. It is only when the self—the 'me'—the 'I' is absent that there is Creativeness.

Technique merely emphasizes or distracts the self, modifying or enlarging it, and surely that does not bring about Creativeness.

As long as the mind is in conflict with what it has produced or is producing there cannot be a Creative state. There cannot be Creativeness where there is conflict. As long as the mind is caught-up in opposites there can be no Creative Being. As long as there is desire to achieve a result there must be a state of conflict and such a state denies Creativeness.

How is it possible to achieve Creativeness? It is not possible to achieve Creativeness! What we must do is to understand conflict, which denies Creativeness. The understanding of conflict is the understanding of oneself. Then we shall see that the mind becomes very quiet without striving and when the mind is silent, free from the anxieties and demands of the self, only then is there a possibility for Creative Being.

Creativeness can never be cumulative, Creativeness is only from moment to moment. It is not within the field of time, that which is within the field of time is not Creative. Creativeness is timeless, but we would like to hold it within the field of time in order to express it. Only when the mind is entirely still, silent, with a Silence that is not induced, is there the Timeless, the Creative.

So what is important is not to try to create Creativeness, but to understand the whole process of conflict in the mind. When the self dies there is Life, so is there Creativeness. Just as the lake is quiet when the wind ceases so there is Creativeness-Life when the problems the mind creates come to an end.

“I of mine own self am nothing, it is the Spirit of the Father within me that doeth these things.”

BENEDICTION

O Mighty One, I myself am nothing, with Thee I am all there is for Thou art not divided.

When I reasoned divinely and observed the false I cleared the way to Thy Presence.

In Thy Presence I saw no evil because Thou art the only One, evil I saw was of my own mind.

I saw there could be no reality in personality because Thou alone art Real and Indivisible.

I saw there could be no Reality in sin because Thou art all there is and there is no sin in Thee, only in the mind of man does sin dwell, and the mind of man is false.

Truth is all there is, Truth is Indivisible because there is nothing else to divide it.

Truth is unchangeable because there is nothing else that can change it.

When I discerned what blinded me to the Truth I died with the false.

Now the Truth has set me free. Knowing that the self is the error, believing the false to be true, now the self has died, Thy Life is mine for Evermore, O Blessed Eternal Living Presence.

ADDITIONAL MATERIAL
(Johannesburg Series)

Lecture 1 (16th June 1953)
(Johannesburg: 2nd recorded version of Lecture)

HAPPINESS

“Then said he, ‘unto what is the Kingdom of God like? *And whereunto shall I resemble it?’” Luke 13: 18

Jesus couldn't tell what the Kingdom of God was like to others. He only experienced It himself. And it is true that everyone must find the same thing within themselves and not outside them. Because of the fact, that the Kingdom of the Truth, the Kingdom of God, is within man. “The Kingdom of God is within me.”

Now, the great truth is that we breathe now not in the past *nor* in the future, when we realize this we know that our living is from moment to moment.

Now I would like to ask you a question just to see how you would react to it. Where is yesterday and where is tomorrow? Have you got the answer yet? Its nowhere, its in your mind. Does not exist except in your mind. Can't!

The past is but a memory, the past is in your mind, tomorrow has not come. So when you think about it you will see that yesterday and tomorrow is just in your mind. The only time is now at this very moment. The only time there is, is this moment when you are living. That moment then that is past is but a memory, an experience. The moment that has not come is just a hope. But a Living Expression is NOW which is Reality, which is greater than anything else in all the world because It is created. And you can only create in the NOW, not in yesterday or tomorrow. But people are always thinking about tomorrow and always remembering yesterday.

Therefore if you Live NOW, at this very moment, you Live NOW, you can have no hate, you can have no jealousies, you can have no rights or no

wrongs, you are actually Living in the Living Presence.

Therefore where is these other things then that is not in the Living Presence, where are they? Are they not the formulations of your own mind and they are not Truth? Truth is a Living Expression at this very moment. And without understanding this you will always be living in the past or living in the future.

But if the formulations of your mind can be dissolved away, then at this very moment you are alive and Creative. But if your mind is full of formulations you will never be conscious of this actual Creative moment because It is Eternity.

I will ask you another question now. Where is the Creator and His Creation? The next question I will ask you to answer with this question. Is the Creation outside the Creator? Where is the Creator and His Creation? Is His Creation outside Himself?

Can't you see clearly then, that God being Infinite in nature, there can be nothing outside Him. Its an utter impossibility. And therefore Infinity must be fill boundless space. There is nowhere where It is not.

Science have proved to us through their postulating of a name of a substance, which they call ether, that fills space. Ether that carries sound and light. It carries vibrations. And without ether we would have no vibrations at all, we would not be conscious of them. We would not conscious of the light of a star nor would you be conscious of the sound of my voice. Nor would you be conscious of a broadcast, that is broadcast from a central broadcasting station and circulates the world in less than the quarter of a second. How is it then that it reaches the highest point in the stratosphere? It will go down into the bowels of the earth, it will cross completely around the world all at the same time, why? Because of the ether. Because the ether is magnetized. And the magnetization of the ether carries the vibrations in all directions at one and the same time. It is just the same as a broadcasting station.

If you are conscious of your Creativeness then your thoughts will be pure if you Live in the Ever-present. If you live in your conditioning and you are conditioned by your formulations, you are conditioned by your reactions to the external or to people and to things, and you are always reacting, you will be conditioned. If you have certain beliefs you hold onto,

certain ideas that you hold onto, you think that are true, they become a fixture in your mind. You are conditioned by them. Your mind is no longer flexible. Therefore you will be expressing your conditioning and you will not be Creative.

If you have hates and jealousies you are living in the past are you not? It is a memory of a reaction but you still hold onto it. Therefore you see that every moment that you live you still are living here at the moment being aware, aware mind you, aware at this very moment you are Living in Reality because Reality can only express Itself through your awareness that is from moment to moment. But if you hold in your mind enmities, jealousies and hatreds then you are conditioned and you will be expressing those things, and also you will be creating in the ether a vibration according to your own thoughts and feelings.

You will know now that if you are conditioned by the past or if you are conditioned with your hopes for the future, you will know that you cannot create at this very moment because this moment is the only time you can create from moment to moment. And if your mind is cleared of all the things that are hindering the expression of this Ever-presence, then I say you are free. Freedom comes only when you are free.

The enraptured feeling attained from the fact (not an idea of the fact) but the fact that we draw our every breath from God, in this knowledge we have no past memories *no* rights or wrongs, only filled with the great Love-Life which is expressing Itself in the Ever-present.

Some may say that this is impossible in our daily lives, but the fact is *that* you can only live by the breath of God and not by any other means. Jesus said, “you do not live by *breath*² alone but by the very word that flows from the mouth of God.”

When we understand this there is no death; Life and death are one, for there cannot be one dead particle in the whole living Universe. What the ignorant see is death, what the enlightened see is transition.

There is always a change taking place throughout the whole Universe and the only thing that is stable in the external or relative world is change. But that which in Itself is created is unchangeable.

The electricity is not affected or is it limited because it creates light. So neither is the Life in you in any way limited by the expression it has within you. For the Life in you is in no way separated from the totality of all Life in the Universe because It is one. You cannot divide Life. What is there to divide It with? Can you divide Life? You only assume the illusion of that division by seeing your neighbour separate to yourselves.

But It is the one Life that is manifesting everywhere. And It was this that Jesus and the great prophets saw and that was the Power.

When life is then divided in the mind, the individual is conditioned by his own illusions and is limited by that illusion. But if he can cleanse the whole of his mind and see and experience his Living moment to moment, he will be free and he will be as the Christ at this very moment. "At this very moment you will be with me in Paradise."

Here is then the great secret of the mighty power of the Masters, is of the fact, that there is no division anywhere. They have so cleansed their minds of all that is separation. So that at that very moment of their Creativeness, they are like the great gigantic radio station that is sending forth this vibration into the atmosphere and into the souls of people all over the world.

A great many people think that everything happens by chance. And it is a chance here and a chance there. Now nothing happens by chance. There is no such thing as happens by chance. And a time will come when you will see why, and the crackpot of the various things that happen to you in your life. The various things that happen to nations and people. Because of the fact, there is a power of unity that is working through the whole of the nations and the people. You may think that there is separation in the minds of the people, but you see, that is only a process of bringing people together, although you think and see that there is division. Eventually there is certain things that happen through the process of evolution. Because evolution is a process that is continuous all the time and nothing can stop the process of evolution. You think you can put your finger on and stop the process of evolution, you cannot do so. When you try to stop it you only increase it. When you try to suppress it, it gives it a greater incentive to go forward.

It is the same thing with the natural elements. If I want to fly from here to London, I get on an aeroplane. If there was no resistance to the

aeroplane I would never reach London. But it requires that there is a resistance to the aeroplane. It rises into the atmosphere and with that resistance it is carried on its way to London. Without resistance it could not reach its destiny.

You will see many things that are happening today but behind the scenes when you have wisdom and understanding, you will not look at the immediate but you will look at the thing that is coming forward gradually moving you step by step.

Take this earth as it were 300 million years ago, it was a ball of fire. And out of that ball of fire then came the various vegetation. For a while you will see that this ball of fire became active and created an atmosphere around it. And this atmosphere, of course, which is etheric in its nature was caused to become gas. These gases were two great gases which were forming the atmosphere with oxygen and hydrogen. And after a while these great gases that surrounded the earth became liquid. And it rained for a million years. A million years is but a moment in Its in Eternity. Now after that, then it cooled down on the surface, you will see how evolution came into existence, as it cooled down in the surface the water still poured upon the earth. And gradually, the sea came into operation because it took from the earth material and the rocks into the sea, the elements and the sea became a substance, a water, with all the elements in it. And the sea is the best water. It is a water that is natural in itself because it contains the elements of the earth, the fire and the water. And you see then, gradually the vegetation came into existence. And as vegetation comes into existence so life started in the fluid. Just as life always starts in the fluids. Just as the amoebae,³ the small cell of life it first starts in fluid. And it gradually came out of the sea and moved onto the earth and lived in that vegetation. Gradually that vegetation becomes greater and greater before then the earth was swarming and teeming with life.

But life cannot come from death. Life must come from Life. And there can be nothing existing except that the Life exists first and last. And I tell you then there is no death but there is transition. This transition is as it changes processes of the relative world but the stable thing behind it all is Life and Consciousness Creativeness, and that is what you and I have within us. And that's the only Power that man has and not until such time as

he cleanses his own mind of all his formulations and his beliefs, there he will find freedom. In that freedom in his mind he will have Peace. And in that quietness of the mind he will experience that Creativeness that is beyond the mind. It does not exist in the mind, It is beyond the mind.

If we would understand Life we must avoid the narrowness of conformity and free ourselves from the dictates of others, religious or otherwise, however learned they may be. Truth cannot be found in any book or in words. Jesus said, “ye read the Scriptures and ye think ye have Eternal Life. Ye make a mistake.” *They are thinking that by reading the Scriptures that they could find Eternal Life. And you know perfectly well too, that by reading a book you cannot find Eternal Life, you can only find It in yourself. And you will find It moment to moment. Not in the past. Not in your mind of a memory nor in a hope for the future. Because if Life does not exist now it never will. And if Eternity does not exist now it never will. And because that in Itself Reality exists at this moment then it is immediate when we cleanse our minds of that which hinders It.*

I cannot but explain it in words. But it isn't an intellectual argument we would want of our minds. But I want, as I speak, for you to experience in the deeper strata's of your own consciousness, a feeling and experience what I am saying. Not merely keep it as an intellectual thing but in the deeper strata's of your consciousness to feel It and to know It. In that you will experience It. That is why I speak to you, not that you will take away some intellectual idea of what I am saying but experience It in your own deeper realms of your own consciousness. Because in the depths of the consciousness there is Peace, there is Creativeness. And as the superficial layers of consciousness are dissolved away which are caused through your reactions. There in the deeper layers of your consciousness, there is the quietness just as it would be in the very depths of the ocean. Yes there is Peace. In that depth of the consciousness you can experience what I am saying to you. Do not try and make it an intellectual idea that you can carry away with you and think if I said was the Truth. To you Truth is not an answer yet. But if you can experience this in yourself then I say you will know, not before. So then, Truth can only be found when all these things of the mind are dissolved away. Then you will live by the breath of God,

moment to moment with no past or future, giving expression to *the Love and Wisdom*, the Ever-present Now.

Life is more important than words or beliefs or dogmas, they are of the mind. We must liberate ourselves from the belief in authority, from tradition etc., for if we are bound by these things we will never know the Ever-present Life, we will merely be expressing the memory of the past with all its conflicts, its sorrows, its rights, its wrongs. *Oh God, can't you see to Live in the Present is to Live in Love and Wisdom.* How can we express the Love-Life in the now when our minds are burdened with the accumulations of the past?

How can we express the Ever-present if the past is hiding It? Are we not living in the prison of our own conditioning? And no matter what we think about God or what we may say, *you* only create other ideas which help to build our prison walls.

All the time we build an idea on a belief about God it becomes a prison wall. We have to break that prison wall, that belief because it separates you from another. Not until you have found the depth of your own consciousness, the one Life that permeates every individual, then you will know that you must Love your neighbour as yourself first before you can Love God. Before you can understand the Love and Wisdom of God.

What I am saying to you is not a new doctrine, nor am I forcing upon you any new or old authority, for this would just be another limitation, only when we free ourselves from all these limitations can we free others by helping them to free themselves by discerning the false.

Now this is not easy for we have to question the things that we hold dear and precious. In the first place, we have to invite doubt so that we can separate the unreal from the Real, then only that which is of Eternal value will remain.

So, it is difficult for most people to do so. How difficult it is, as Jesus said these words, "for a rich man to enter the Kingdom of Heaven," he said, "its easier for a Camel to pass through the eye of a needle."

And it is much more difficult for you to pass with your precious ideas. The things you brought upward from your infancy. But you have to part with them before Reality can be revealed to you because you will only be

expressing your precious ideals are for you when you were a child. You were then carried along with your parents and you followed a particular belief or religion. And now in your mind you are so fearfully afraid that if you just do a single thing wrong against that religion, you are damned in hell forever.

You have so many different mortal sins that you become like a rabbit running from one hole to another where the weasel is chasing it. And so it is the same thing, it's the weasel that's chasing you from one hole to another because you cannot discern that these things are formulations of the mind. And the things that are most precious and most dear to you, you must examine freely and discern them and understand them and how they come about. And when you know how your conditioning comes about then you can free yourselves and not before.

The ecstasy of liberation and true happiness does not exist away from us in some faraway Kingdom, neither is it obtained through isolation in some faraway place on the mountains or by the sea.

This liberation, this happiness is freedom from all authority, from all beliefs, no matter what they may be, for only through liberation comes true happiness. In this liberation you give expression to the Love-Life that is Ever-present, with no memory of past, *no memory of rights and wrongs.*

But the expression of the immediate Presence, the Livingness, the God that knows no right, knows no wrong was not divided by Himself or divided in Himself. One Whole and Complete. That is the great wonderful Truth you will find within yourselves.

When the mind is freed from all fears there comes a peace beyond our understanding because it is not a peace we gain through [mental gymnastics but peace that comes through discerning all that is false,]* that which is preventing the expression of the Love-Life now. In this alone lies the Love, Wisdom and Power of God.

The great Masters, the prophets are people whose only expression the great Creativeness from moment to moment. But can you do it? You think you can. Can you think you can do it through a mass of formulations in your mind? You are looking through glass dimly. But you must cleanse the glass before you can see clearly, that's the mind. The mind must be cleansed of all these things that are hindering the expression of the Love-Life.

If you said you are a kind person and unkind to another person. Unkind to one and kind to another then you say that you are a kind person. Have you ever examined why you are unkind to one and kind to another? Is it not the self that is the cause of all this trouble?

*If you hate one person and you love another person, can you say that you are a loving person? You may be in love with a person and you may hate another person but that is not a State of Love. A State of Love is existing in the very Presence. And you will know that when you exist at this very moment, there can be no room for anything else but the Love and Wisdom of God Himself. Because It is God Who is Living, not you, **It is God Who is Living**. I and the Father are one, that's the Christian experience, not a platitude or an idea of It but a Livingness of It.*

The question that some will ask is how can one be in love with Life if Life is a burden, or how can one learn to have no fear, for is not fear born in us?

The answer is quite clear. Immediately you begin to understand your burden it will begin to disappear. The moment we accept the fact that you are afraid, not of Reality, but of ourselves, fear will begin to disappear also.

Immediately you begin to see that your self and your Father are one, that is the first step to freedom. But you think that your thoughts are external to yourselves and then you begin to become afraid of it. But if you see that you are your own creator and that the creator and his creation are one, fear begins to disappear because you are no longer afraid of your own creation.

Is the Creator afraid of His own Creation? But you live in an illusion of the past and the future, not in the Present. Therefore the past and the future you are afraid of. But where do the past and the future exist? Does it exist anywhere except in your mind? Of course, it doesn't! Only in your mind. And you are the creator of the past, the creator of the future. Man and not God created yesterday and tomorrow.

If I say I have no burden, I have no fear, I am deceiving myself and am caught-up in the net of both, my deception is my conditioning. *Because if I am conditioned, I am afraid but I am conditioned by the past and the future, I am afraid. But if I say, "I am not afraid," while I am afraid, am I not deceiving myself? Am I honest with myself? I must find out why I am afraid,*

not saying I am not afraid. You are living in opposites. You say, "I have courage," all the time fear is in your heart. You tremble in your boots and you say, "ohoo, I've got courage, I'm very courageous, Oh, terrible, courageous." Some wonderful courage you have got, when you are shaking in your shoes.

How can you understand if you don't understand why you have fear. It's no use in saying, "I have no fear," I will be deceiving myself. But as soon as I know myself and my burden and my fears, then they begin to disappear. Then only will I realize that which in Itself has no fear, no burden, being Ever-present.

And if I live in the Presence at this very moment always, I will have no fear. Jesus always said, "fear not." Fear not, he lived in the Presence. When Peter walked off the boat onto the water, Peter for a moment saw the Master doing it, so he said, "ask me to come to you." and other words. And Jesus said, "yes, come on, come on the water!" Like an ordinary person would do so. But Peter walked on the water and took two or three steps. He thought to himself, 'why, I'm on the water. What if the waves and the water would break and I would sink.' And immediately he did it, he sank. He was afraid. Fear overtook him. But fear did not overtake the Master because he was Living in the Presence, the Ever-present.

Oh, if you could know, that there is no past or future, its in the mind. The mind that causes these things, the belief of them, the conditioning of them.

If we are not in Love with Life we will be in sorrow and conflict. To be in love with Life is to live every moment of Life. This frees us from the pains of the past, from the fear of the future. If I do not love Life [I will wander into]* the deep waters so that I will have to struggle, but when I understand myself my struggling will cease.

Why do I struggle? Don't I struggle against myself? Am I not the cause of the struggle?

When I understand myself the self will disappear, then the self alone is the cause of my fears and my burdens. Jesus said in other words, "cast the burden upon me my yoke is light and easy to bear," so we must cast the burden of the self before we can continue in the Ever-present Love-Life, giving expression to It every moment, and this can only be done by being

constantly aware every moment. Then I will love Life as Life loves me. I must love Life in Its entirety because it is not divided. *So to love Life, I can't live a bit of Life. I must love in its entirety, its Wholeness, its Completeness. Therefore I must love humanity. I must love my brother, my neighbour as myself.*

You have not realized the meaning of the Master's words but if you listen to me and you will experience it in your own consciousness, deep in that realm where feeling is. Jesus said, "love your neighbour as yourself," I must do this to free myself from the past and the future. I must live in the Present not in the past and the future. To Love God because I can't Love Him in the past or Love Him in the future. I can only Love Him NOW at this very moment. And when that moment is past it is but a memory. But the moment is always renewing Itself, that is Eternity and that is freedom.

The Creator and His Creation are one, and cannot be otherwise, therefore if I love my Creator I must love His creations too, for they are one. "When you have seen me you have seen the Father."

Life is not divided, but we divide Life into Spirit and matter. Life has no problems, only man is in bondage of his own making. Therefore happiness can be translated into the physical. Any other happiness in some distant place is but a fantasy and is not worth having.

Its always in the distant and it never comes.

If I say we will be happy when we die we will always be postponing that which is ours now. *Even when we die we want to die again. So you will be happy because you think that only when you die you will be happy or in somewhere else. If you can only see that there is no death and experience the fact that there is no death then most of your troubles will disappear.* Happiness through freedom can be achieved here and now in the activities of our daily life, through understanding.

Because we have divided Spirit and matter we imagine that Spirit dwells in some far off unknown locality and in this locality only can there be happiness. But this is truly ignorance of the Ever-present Life-Love now.

For if Infinity exists, never can we know locality. There is no such thing as a place apart from a place. Here and now is your conscious awareness.

The Kingdom of Heaven is within you. The Kingdom of God is within you, not in some far away locality.

When we get beyond these ideas and beliefs that hide the Ever-present Love-Life, we will know It to Be, now, and this Being is our Being now, not in some far distant time or place, for is this not denying the timeless the Ever-present Reality? If this is properly understood *then* happiness can be attained immediately.

It is not by transcending the world that we can help the world, which is at present in bondage of **our own** making. As long as Life is held in the bondage of ignorance so will there be imperfection. Therefore to neglect the material as we try to do, we will never solve the problems of the world which is our own problem, for we are the world.

It would be useless for me to talk to you about happiness if you have no desire for happiness. You could never know affection, if your heart did not respond to Love. Neither would you understand if your heart did not ache, neither can I give you a pill to swallow that can give you understanding.

You would never know sorrow unless you have suffered. It would be useless for me to try and teach you if you have not suffered. Freedom only comes through understanding, and understanding comes when you have a strong desire to discover Life, when you are really suffering, really searching, when you are intelligently in revolt at limitation.

Then at that time when the search is finished and the mind becomes peaceful, and in that moment you will strike, it will come like a flash yet it will pass. You will try to recapture it but it is gone, you try then to recapture it but how stupid is that. That is not the way. It is [to be] continually aware and in that awareness there comes those moments to moments of Eternity. You begin to experience in your deeper realms of the consciousness, you begin to Know and in that Knowing, the past and the future do not exist anymore because their happiness is the expression of your own creativeness. My word shall not return to me void but shall accomplish that which it is sent forth to do.

If you are content to stagnate in conformity, in tradition and the like, you will never know freedom, *it* is living in the Ever-present Love-Life and which is true happiness.

Life is “One” for we cannot divide Life. Now there is no ordinary or extraordinary in Life, this is but an attempt to divide Life. Immediately we do this we are caught up in limitation.

There is the extraordinary individual and the ordinary individual. The only difference between a person and another person is expressing Life, is that one has cleansed the mind so that the Infinite can express Himself clearly while the other is caught-up in his own conditioning.

Life which has no form expresses Itself in form. But that which is created in form returns to that which has no form. Life takes on form in order to function, but Life is not limited by the form it creates. This is the realm of *the Absolute Peace, the Kingdom of Happiness.*

Electricity is not limited because it creates light. My consciousness is not limited because it creates thought. My only limitations are my reactions, not my actions. Reaction is of the mind, action comes from something else. And if you are only reacting to what I am saying to you then it is of no value. But if action comes therefore transformation will come and that is of value. And transformation does not come from intellectual ideas but from a deep feeling that you have within your own consciousness, deeper than the surface fuelled strata's of consciousness but in that deeper state of consciousness, there is the feeling and that feeling there is immediate transformation.

You will see in my method that talking to you is entirely different to anybody else. And I am only teaching you as I have been taught by the great masters that know. And all I say to you is this, that when I was taught, I had to feel not the words but the feeling of the word. To know within myself the Truth and of the Truth and understanding of the word, not the word itself.

The Creator and His Creation are one, yet He is not limited by His Creation. Jesus said, “the flesh has no say in the matter,” neither has it when you begin to understand. No truer words could the prophet have said, in other words, Wisdom is greater than silver and gold, and that no treasure was like unto Her.

Science tells us that matter separate from energy does not exist. Energy is Intelligence in action. There is but one Substance underlying all form and all form must be of that Substance. Therefore we are surely intelligent enough to realize we cannot divide that which is manifesting and that which

is manifested. *Can you divide the manifesting from the manifested? Can you divide matter from ether? Can you divide matter from energy? It is a scientific fact that you cannot.* Nor can we divide the inner from the outer or the outer from the inner, nor can we separate the visible from the invisible, nor can we separate *the* cause from effect.

You cannot separate light from darkness, can you? Think in your own minds and you will see how impossible it is.

When we understand this we are free and freedom is creative, without limitation. The Bible says God is all there is and there is none other but He and by Him and through Him all is created.

To accept the outer and disregard the inner, or to accept the inner and disregard the outer, we divide ourselves. Yet the flesh has no say in the matter.

Form alone is not Reality, Reality is behind and within the form and no form can come into being except through Reality. *That is the Word that was in the beginning and the Word was God, the Word was with God and that very Word was God, and that Word was made flesh. But the flesh has no say in the matter. Therefore the Word remains Immortal. Form is not Reality. Reality is behind and within the form and no form can come into being except through Reality.* Therefore to attain the power of our Creative faculty we must not seek that which is formed, but realize the Life that is behind and in all form and *is* the cause of form. This is our Creative Reality.⁵ “Things are not made out of that which is seen but out of that which is not seen,” Paul says.

When this freedom is reached we will rejoice that we are not merely physical but Spiritual. The souls that have perceived something of *the* Light behind and within all men have been over-whelmed by the knowledge of their possibilities. They have come to the understanding of the Omnipresence that fills boundless space, knowing nothing of past or future but Eternal Present in the Everlasting Love-Life now. The whole human race must eventually come to this understanding before the world's problems can be solved.

“And *as* the scribe said unto him, ‘well, Master, thou hast said the truth: for there is *but* one God; and there is none other but he. And to love him

with all the heart, with all the understanding, with all the soul, with all the strength, and to love his neighbour as himself, is more than all whole burnt offerings and sacrifices.’ Jesus saw that he answered discreetly, *and he said unto him, ‘thou art not far from the kingdom of God. Because he makes you enter into the Kingdom of God because of the fact, that you see, Jesus knew this. This internal Ever-present Reality of which he was himself. That he couldn’t be separated from Life. That he was Living every moment, in that every moment was his Living and there was no death. Death was the moment that was past therefore he knew that there was no death. Death and Life are in the same cup and he drank by the cup. And no man after that durst ask him any question.’* [St. Mark 12: 32-34.]

Neither of them could. How can you ask a question about the Truth? No one can tell what the Truth is. I can only tell you what is not true and what is not the Truth. And when you have found all that is false then you will find the Truth. I cannot give it to you. I cannot give you a pill that will give understanding. But you will have to understand yourselves and all these things that make up the formulations of your own minds; your greeds, your cravings, your hates, all these things, the past and the future must be discerned clearly. And you must understand and see where they are and how they come about.

And in the cleansing of the mind there is the freedom, the Living Expression of the Living God, the Love and Wisdom and the Intelligence of the whole Universe. It brought the Universal into being. And the same power that is manifesting in me is manifesting throughout the whole Universe and I am in no way separate from It.

When my mind is cleansed of ideas about the thing, an idea of the fact that it is true, then it comes a Living fact in my own experience. You must also do so because my experiences will not give you that experience. It will be of no value to you. It will still be an idea, still be a formulation of your mind. The time will come when you will experience that It is greater than all formulations. Greater than all mind because it is Creation Itself.

BENEDICTION

O Beloved “One,” in Thee there is no division, no separation. When I discovered that Thou didst create me within Thy Self and Thy Self alone is my Love-Life I was freed from all limitation.

In this freedom I found true happiness for I saw Thee everywhere, and was no longer afraid.

In my mind arose the seed of separation through the desire for power of the self which was the great illusion.

In my ignorance of my true being I pursued a state of isolation contrary to Thy will.

O Beloved One, when Thou sent Thy son into the world to reveal Thy Love-Life within man himself man did not heed him because man was caught up in the ignorance of Thy Ever-present Love-Life. *He was ignorant of that Ever-Love-Life therefore he could not accept Love Itself.*

The words spoken through Thy son have penetrated my mind and now all that hinders the expression of Thy Love-Life has faded away into nothingness.

Now Thy Creative Consciousness beams through me for I know it is Thee alone who worketh in me, O Blessed Creator of Mine.

* A small break in the wire recording occurs here.

* A small break in the wire recording occurs here.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Johannesburg Lecture given in the Auditorium at Escom House on Thursday night 16th April 1953, at 7.45 pm.

1. In the Lecture Notes the paragraph reads: [*The enraptured feeling attained from the fact (not an idea of the fact) but the fact that we draw our every breath from God, in this knowledge we have no past memories of rights or wrongs, only filled with the great Love-Life which is expressing Itself in the Ever-present.*]

2. In the Lecture Notes the word is: ‘bread.’

3. *Amoebae*. (Amoeba, amoebic). A tiny one-celled organism able to change shape because of the movements of cell processes. They live in fresh water or soil or as parasites in man and animals.
4. The next sentence in the Lecture Notes is missing from the recording. The full paragraph would then read: [*When I understand myself the self will disappear, then the self alone is the cause of my fears and my burdens. Jesus said in other words, "cast the burden upon me my yoke is light and easy to bear," so we must cast the burden of the self before we can continue in the Ever-present Love-Life, giving expression to It every moment, and this can only be done by being constantly aware every moment. Then I will love Life as Life loves me. I must love Life in Its entirety because it is not divided. Jesus said, "love your neighbour as yourself," I must do this to free myself from the past and the future. To Love God I must love my neighbour first.*]
5. The word in the Lecture Notes is 'Faculty.' The full paragraph reads: [*Form alone is not Reality, Reality is behind and within the form and no form can come into being except through Reality. Therefore to attain the power of our Creative faculty we must not seek that which is formed, but realize the Life that is behind and in all form and is the cause of form. This is our Creative Faculty. "Things are not made out of that which is seen but out of that which is not seen," Paul says.*]

Lecture 3 (30th April 1953)
(Johannesburg: 2nd recorded version of Lecture)

**THERE CAN BE NO PERFECT ACTION WHERE THERE IS A SENSE OF
SEPARATION**

*“My teaching is not my own but his who sent me.” John 5: 16.
(Moffatt)

The present is the only time there is, I have often spoken to you about this, but I know that the great significance of this truth has not fully dawned upon you.

Starting from the beginning, all know that there is but “One” God and there is none other beside Him, there is no other “Being” no other force. There is but one “Being” and this “Being” is our “Being.”

There cannot be anything else—its an utter impossibility. What you invent and what you create in your mind is your own formulation in regard to it. It has no existence outside your mind, only in your mind is these formulations you create in regards to the Life, Infinite Life, that is One and not separate. There is only One and therefore when there is one Being there can't be two Beings. There can't be your Being and the Infinite Being—there can only be one Being. And that is why Jesus said, “It is the Father whoever remaineth within me is performing His Own deeds.” He saw clearly, that there was no separation between him and the Life. And he said clearly, “I am the Life.”

Now when you begin to see clearly also, that your own formulations that you create in your mind are but your own creations and they do not exist outside your mind. Other people will have formulations of their own and they will be very often in distinct opposite to yours. Therefore you have conflict and you have ideas. Ideas about this, ideas about that, consequently you create strife.

Now if there is confusion there cannot be truth because there is no confusion in Truth. But when you rid your mind of the confusion you have

created in it, then there is Truth. Truth Is, it does not have to be. You do not have to formulate It. It is an actual Living Presence and It only exists in the Present. It is always Present, that is why It is Eternal and Ever-present. Realize the importance of what I am saying. The significance of the Truth that there is only the Present. There isn't the past or the future because there is no such thing as past or future except in your mind.

Your memories is the past. Where is the past and where is the future, can you put your finger on it? Of course you can't. But you can in the present, the Living Present, is NOW. That's the only Living Presence there is. The past is dead, the future has not arrived. You will see that both the past and the future are in your mind, they're experience and memory, and then there is hope and despair one or the other. Therefore you are always living in the past, your experiences, your memories, your hopes and your despairs. But you can only create now. You can only create at this moment. You can't create in the past, you can't create in the future. It is only NOW that you can create and that is your own Creativeness and that is the one Being.

The one Being. The Master knows this. The Master experiences the Ever-present and the moment its past it's a memory. The Living Presence that counts. If you could only realize this, the great significance of it, then you would dissolve the past, you no longer worry about the future, but you would be Creative now, and you would be giving expression to that Being, that is One.

But how can you do this, that is the question? Can you do it with your minds filled with antagonisms, your minds filled with beliefs, your mind filled with hatreds and jealousies and all these things? But your mind is that and then you will say, "that you are a child of God." Why do you say you are a child of God? It becomes only an idea to you. You can't experience yourself being a child of God when you have all these things in your mind. So don't you see, what is happening to you is this, you create an idea of yourself as a child of God and bring it into your own prison in which you live.

Now the next question is, how am I to get rid of this prison that I am in? By seeing what this prison is. Watching carefully, discerning my own thoughts, my feelings and actions. And I become aware every moment. And in that awareness then, the Absolute, the Infinite functions and in no other

time. Only in the Present does the Absolute express Himself in you, only in the Present, no other time. Time must give way to the Timeless.

It must be so, for it cannot be anything else. If there is but one “Being” then we are that “Being,” therefore that Being must be you and me for there is only “One.” *No separation.*

If you are troubled with the past or have fears for the future you are not “Being” now.¹ You can think only in the present, you *can't* think in the past or the future. You can think about the past and think about the future, but is this not conditioned thinking? *That is not Creative.* For the past and the future can only be in the mind. Pure thinking is creating in the present, not thinking about the past or the future.

But Living now. That Creativeness exists. What a tremendous force it is but how many people pass it by.

Some people are always harping upon the, “if it had been this or that, things would be different now.” It is this “if” of the past that is preventing the present from being what it should be in your life.

I don't think there are any mistakes at all in Life, that's your experiences. Nothing can destroy Life. Life is, no matter what you do. You may think to take your life, you may cut your throat but you do not destroy Life. You may push yourself out of the physical but you are still you, you will still be alive. There is no possibility of exterminating the Life that is in you, it will still be you. Because you did not create it! And you did not create that 'Being.' And what you did not create you cannot destroy. It is only what you can and do create that you can dissolve away and that is the self, the outer self, the self where all is separation and these things exist, the past and future exist in the self, it does not exist in that which is Being.

You cannot call the Infinite good in the sense that there is evil. Good and evil cannot exist as opposing each other, they exist as opposites only in the mind.

You have the idea of good and you are struggling all the time with evil, you are creating opposites. As I told you the other night, you have the idea of success and you are struggling all the time with failure. You have the idea of health and all the time you are struggling with ill-health.

*Well I say to you, “what the devils wrong with you?” Can you understand then, the most important thing is this, is Being. Being NOW at this very moment—**Being**. I find myself when this great wonderful Truth of the Infinite Being is completely held in my consciousness. And my consciousness becomes the expression of that Being, I feel the whole of my Being thrilling with that Eternal Ever-present Life. Age then disappears from the scene altogether because it does not exist in Infinity.*

I saw a lady today, came into see me today, and she said, “why doctor, you are no older than I saw you eighteen years ago, you are just the same as you were eighteen years ago.”

I said, “I hope I am, perhaps I’m a little bit better.” But I am the same person, I am the same you, the same me. And I will always be that same Being because I never created that Being. But what is it that holds that Being in check? What holds that Being in check is my ideas of a Being, ideas of a God, a belief in some religion, a belief in some outside God somewhere in the sky, a belief in tradition, a belief in a country or a nationality, that’s what hinders that which IS Eternal and Ever-present, one Wholeness expressing Itself.

There is no such thing as a negative power which is not of the All-One Originating Power. The negative power does not oppose the All-Originating Power, but is a complement of it just as the North Pole and the South Pole are inter-related to one another to create attraction, the one force creates them both. *The one force is operating in them both.* It is the same in the atom, the electron is the product of the proton.

The electron is not a separate force from the proton. It’s a complimentary force. It is the proton itself in activity. It is the one force that is creating both forces. The force that is ever-expanding and the force that is ever-contracting is one force, that which creates the balance in Nature.

Similarly, Life is a higher form of action. All energy is the same mode of manifestation of the “One.” *That’s why the prophet said, “the Creator and His Creation are One.” So all energy is the same mode of manifestation of the “One.”* It is always making something and in so doing it may unmake something else. What is known as negative force is the operation of the Cosmic Law of transition from one form to *another*. When we understand this we see within ourselves the same Law in operation.

There is no such thing as the destruction of anything in the Universe. There isn't one dead particle anywhere. What you see or assume as dead is a form of transition from one form to another.

The whole Universe is the expression of an Intelligence. And at one time I could say that matter is a conglomeration of atoms and all matter is atomic. But I will go further and say that all form is an Intelligence in activity. That Intelligence expressing Itself in which there is no separation and there is no dead particle in the whole Universe. Therefore the forces in operation are the twin forces of the One force of the one Being. Which we see and we call change. Then the ignorant say it is death but the intelligent and those who Know, know It is Life.

In the ordinary sense in the mind of man, good is that which gives pleasure *and* bad is that which gives pain, whether outwardly or inwardly, whether inside or outside the skin. *This* is a fact, is it not?

Pleasure is what you want, so obviously you call it good. What you do not want you call bad. Don't let us fool ourselves and spin a lot of words about good *or* evil or God and the Devil. *But* if God is, the Devil cannot be, therefore it is the non-existence of the Devil that makes up the Devil. God being Infinite *in nature* there can be none other than He.

Talking to a person today and we were talking about "hell." And I said, "where is hell?"

Says, "way down there."

I said, "well, I think a way down there, right through the other side, is the other side of the world, is it not? And where is God then, where is heaven?"

He said, "well its up there I think."

So I said, "now, really truly, is God Infinite in nature?"

"Oh yes," he said, "Absolute Infinite in nature."

I said, "there can be nothing outside Him then."

"Oh no, there is nothing outside Him."

Then I said, "being Infinite in nature, He must be everywhere, there is nowhere where He is not?"

He said, "no, God is everywhere."

I said, "well, God must be the devil. And the hell must be in God too because there is no outside Him at all. So how does it exist at all. How do you arrange that heaven is up there and hell is down there and you are somewhere in the middle?" I said, "now, if God is always Absolute, He must exist all the time and there is no time when He is not?"

" Yes. "

"Well He must exist in you as well as in me and He must exist in every other being. And if there is a devil He must exist in the devil too, and He must exist in hell. Therefore where is your hell and the devil now?"

He said, "but the angel was cast down from heaven. It was the angel that became the devil."

I said, "where did he become the devil? He couldn't become the devil inside God because God was everywhere. Therefore he couldn't become the devil inside God because God must be within him."

"But that was the angel that fell..."

I said, "now, where is heaven?"

He said, "heaven is up there..."

I told you, "that heaven was within you. Now did the Master not say, 'the Kingdom of Heaven is within you.'"

He said, "yes."

"Now," I said, "who is the angel?"

He said, "they are as the angels now."

"Don't you see that you were born angelic because of the Spirit of God within you. You are the angel that fell! And when you recognize this fact, but how did you fall? Because you saw two powers, one God and one the devil, and you were confused. And you couldn't judge which was the right one or the wrong one. And you don't know where the devil is now, you don't know where God is now, therefore you are completely confused." And I said, "what religion do you belong to?"

And he said, "I was brought up a catholic."

"Alright," I said, "you were brought up a catholic. Now, do you know any person who is a protestant?"

"Yes," he said, "plenty."

“And do you believe in their religion?”

“Oh, no!” he said, “I wouldn’t believe in their religion. Their religion is terrible.”

So I said, “now, but they think your religion is to, the same thing, they think your religion is terrible too. What about the Hindu’s, what about the Mohammedanism?”

“Oh,” he said, “they’re heathens.”

So eventually I said, “well now, you have got to try and rearrange your thoughts because Jesus said to you this word, ‘you must love your neighbour as yourself.’ And every person is your neighbour. And if you can’t do that you cannot Love God because to love your neighbour is to Love God. Now to despise one because his religion is different to yours, therefore it is all in your mind. You have created in your own mind, the whole thing is a fabrication of the mind. A fabrication of the mind which you believe is true.” “Now,” I said, “cleanse the mind of all this formulation and fabrications and God Who is Living in the Present, the very moment, He will express Himself through you, and you will become alive, Living, you be the Son of God, NOW.”

Change took over his face. I don’t know that it is possible for him to lose all he has learnt since his infancy. But it is necessary that we should resolve all the things that we have formulated in our minds. So that we can give expression to that which is not formulated, that which has no form, that which is Uncreated is the only Creativeness there is. That which is created is not Creative. And that which we create in our own minds about the Infinite—is not the Infinite. The word God is not God. The word thunder is not thunder. The word water is not water. The word of a thing is not the thing itself. Therefore we must discern clearly what we have formulated in our minds.

And when we discern clearly what we have created in our minds and we will see how false it is, then when we see the falseness of it, it falls away completely because it has no foundation whatsoever in Truth. It has no foundation that will stand because it is a formulation or falseness created in man’s own mind. Its like the Tree of Knowledge of Good and Evil that grows out of the mind of man. And the prophet says, “take hold of the Tree of Life

and this will be your salvation but do not eat the fruit of this Tree of Knowledge of Good and Evil lest you die in your ignorance.”

Experience is essential to your freedom. Through experience you begin to realize what is behind the individual. Without experience you would be dormant, asleep in your limitation; yet experience without discernment and continual adjustment in the present is but a repetition of error, which brings frustration and misery. But through continual adjustment, through experience and understanding, there is freedom.

We say we do not want war, but we encourage all that breeds war. Being conditioned we create a society after our own likeness and having created such a society it turns and exploits us, so it is again the vicious circle. There can only be a sane society when we ourselves are sane, and this goes for all governments, councils, national and international.

You may laugh, but we are insane! For *we are not clear thinking human beings,² and if we are not clear thinking human beings we are insane. And that is what insanity is, is it not? But I have known people who have been quite sane and expressed some different expression or ideas of Infinity and they were counted to be insane. Why, Galileo said, “that the earth was round,” and they said that he was insane. And they put him behind bars in case he would do some damage to the world. And then of course, a little later on, the thing has changed and we all know that the world is round. But who put him there? Was it not the fathers of the church that put him there? They said the earth was flat and it couldn't be anything else but flat because they said it was flat. So if you said it was round, you were insane. So it is the same all the time we see that going on. The man who took his iron boat down to the river to push it onto the water to make it sail. The people said he was insane and they looked upon him as a lunatic. But he still went on and they laughed and so-forth taking his iron ship down to the sea and putting it on it but when they saw it floating on the water, they couldn't believe it.*

We are not clear thinking people. Now examine in your own mind and see if you are really sane. If you act in such a way to have enmity and anger, hate and jealousy, antagonism and you then accept this society, you go out, you create guns and munitions and you start firing at some people you never saw in your life. You didn't know them from a bar of soap but you

were glad when you put a bullet through his head. Is that not insanity? What is insanity if that is not insanity?

You say you have got to protect your country. Protect your property, protect your lives. But what are you protecting? Is there anything to protect? Of course there is not, there is nothing to protect. Life is one Whole expressing Itself. It is the only Power existing. And when man knows it and understands it, there is nothing to protect, as all that protection is an illusion. The Present is the only Living time there is no other power. It's the greatest of all powers because It is God Himself. The whole world is caught up in this appalling catastrophe of antagonism and conflict that leads to war and destruction and we are the cause.

A sane person does not want to break it up, he sees the cause of *the* antagonism and conflict, and begins to dissolve it, first in himself. Not until he dissolves it in himself can he help others to do so.

To say it is my country and I must protect it is not finding the cause but adding to the conflict.

Therefore it is not a new plan or a new council we require to make us sane, but to know what we are in ourselves. What the matter with us is, that we are caught up in imitation. We wave flags, we listen to speeches *that* have no real understanding in them. We just become stimulated through imitation which has all the indications of insanity.

So the world is a gigantic lunatic asylum. And a great many of the people who are in lunatic asylums are much more sane than many of them who are outside. And when we begin to see clearly in our own minds and hearts, and search them diligently what is false, then we will dissolve the falseness. And that which is clear and distinct, that which in Itself is Being, that which is Creative and Living will express Itself now. Not in the past or in the future but a Living Presence that is NOW and there is no other.

How can we expect a sane society when we are not fully awake, when we are half-alert and unbalanced? If we are in confusion do we not create a society that is confused?

Many people rebel against *their* past experiences; they fight, they struggle and *they* become emotionally upset, this is the way to frustrate the present, so they become confused. If you are not confused you are tranquil,

you are peaceful, you will not wait for another to tell you what to do, you will immediately dissolve the cause within yourself.

You require no direction as far as that is concerned.

When we are confused in mind, we are confused in body. Most of our illnesses come from confusion of the mind one way or another, *because* the body is but mind materialized.

It's the materialization of the mind. It has no power of its own but it takes on the form of our thoughts.

When we succumb to conditioning we call the result bad or evil, so we create further conditioning and we resist, *what we call*, good. We create opposites within ourselves through misunderstanding the Oneness of the Spirit in Its complete expression, *in which there is no good or evil. It is that Itself that is beyond. If there is good you must say there is evil because everything must have its opposite in the mind. If you say then that the Infinite is good then you must say there is an evil. But how can there be an evil force and an evil power opposing good? It is an utter impossibility. There can be no negative force opposing the All-Originating Power.*

We must see clearly then, as Jesus said, "let your eye be single." In that Singleness, in that Oneness there is everything. Everything. What is Mine is thine what is thine is Mine. When we understand the cause of our conditioning it dissolves away and immediately we are free of opposites.

When all our experiences are dissolved in the present by living in the Presence now, all the forces of our true nature, made in His likeness, come into being. When we live in the past or the future we live in the illusion of separation, and this means struggle and disappointment.

If you live in the present, this very present now, can you have hate? Can you have jealousy? Can you have anger? Can you have antagonisms? Can you have death? Can you have any of these things? It is an utter impossibility. If you Live this very moment in the Present and continue to Live each moment in the Present, renewing Itself always because It is the Presence of the Almighty then there is no death. There is no antagonisms, there is no hate, there is no jealousies, there is nothing of these things, they arise out of your mind from your memories that condition you which you identify yourself with.

Jesus Lived in the Present every moment of his life then there was no death. There was no hate, there was no jealousies, there was no anger, there was just the expression of that One Living Life. And the more I read and study his words I see how unconditioned he was in every thing he did. And that is the Power that is within you too. And within all of us when we can dissolve the false. But we cannot dissolve the false until we discern the false and understand it, how it comes about.

It is the Infinite Life that is always present and is the only power there is, It is Ever-present in the individual and is not separated in another. When this is known through experience and is not merely an intellectual idea, all fear, all sense of right and wrong, all hates, all that frustrates you in the present is dissolved away. **This is freedom.**

To attain freedom you must see clearly and very definitely what is false, so that it drops away. To discern what is false you must examine deeply and observe everything that you are doing, thinking and feeling. Out of that will you not only discover what is false, but out of that will come a new vitality, a new *Living* energy that will make all things anew in mind, body and circumstances.

In fact everything will change from that very moment. I have proved it. I have experienced it.

I have been in some of the tightest corners in all the world. I've roamed the East. I have roamed in some of the great dens of the East. When I was in the Secret Service in the East, I was associated with all the cut-throats. I've been through, what you call, really 'hell on earth' and these places. Yet I was convinced and knew and with this power that I really had, I had it since I was child. And when I was a child I knew I had it and that's why I was fearless. I tell you I could give my parents a few headaches but that were the things I used to do. I could climb the highest tree in the place. I jumped in front of the Flying Scotsman, the express train, took the heel off my boot. I dived off the back of the ship into the deep Loch³ and did all those sort of things. I did everything you could think of as a boy. I jumped into the 'Ministers Pool,' it was great big whirlpool in the river, when you got into the whirlpool you could never get out of it. I jumped into it and proved it was possible to get out of it and all these things. And of course, in my early life in the East, I took risks that no other person would take risks. I was

dressed as an Arab, I would go with the Arabs, I knew all their haunts and so-forth, and yet I had no fear. I had no fear at all. I could tell you many stories but still it shows you this, that I know, that there is through experience and experiences, that's there is nothing can harm you, there is a power that is tremendous.

When you conform to a pattern you will live in limitation, and if your pattern is not unfolding there is frustration. The Infinite Mind is complete Being now, in which there is no limitation, no pattern to fill; this Being must be our Being, there is none other.⁴

There is no pattern to fill. There is nothing to follow. That which IS, is NOW. Its an Expression of Itself. You do not create It. It is a Living Expression of Itself NOW at this very moment. And in you it is moment to moment renewing Itself Eternally. The moment is past is a memory. That moment now is an experience, it's past, but here is the Living Expression of the Almighty God, there is no other God. All this Truth is tremendous.

But I know you have not grasped the great significance of it. Too many of you, you feel it is intellectual. You grasp it in your mind but it must reach the deepest rear of your own consciousness and there feel it. In that you shall experience it. You do not experience it while it is an intellectual thing in your mind, it is only an intellectual thing. 'Its reasonable, its good, it can be true,' that's what you say in your intellect.

But I do not want to speak to you and only retain that what I say in your intellect. I want you while I am speaking to you to feel deeply in your inner consciousness the Truth of it and then you have action. What is in your mind is reaction. What is deeply in your deeper consciousness is action, activity. And it is action that brings transformation and not reaction.

In Reality there is no finite being as most people think. There is but "One" Being. We wear down our individual existence in the consciousness through discernment of the false and that which in the mind separates us from Infinity. In this understanding only, lies the purpose of our individual existence. The small "I" loses Itself in the great "I am" and I become "I am that I am," the drop becomes the ocean where there is no separation, no division, no distinction.

In your present personal state this may seem afar off, but in Reality it is an actual fact now, *at this very moment. In your mind because of your conditioning it may be afar off. But the Living Present is NOW, it doesn't have to be.* That is why the present is so important not the past or the future. All great things that have ever been done by man were done when only the present existed, with nothing to interrupt the Infinite having full expression through the individual that is in no way *separated* from the whole.

Your whole being is Life's expression. You do not identify yourself with Infinite Life for you are Infinite Life. *When you begin you say, I indentify myself with Infinite Life, you are putting Infinite Life outside you. You are putting away, you are making It relative. And even when we are talking about it, it becomes a relative thing because we are thinking about it outside ourselves as something separate and distinct from it. But my words are only as a means to bring the realization of your Oneness with It, not to create an idea that makes a separate thing of it but a Living Present that is that which is alive. Good God, I am alive. I am the Livingness of that Eternal Being, cannot be anything else. I am the Livingness of the Eternal Being. Then this when all else has faded away, dissolved into nothingness.*

The story I told you about the saint. The saint on earth he was all the time searching for God. When he left this body he was still searching for God. And he learned all things that could be known. He learned everything was possible to cram his mind with everything he could know. And he reached the great shining light, it said, "what is it thou shall knowest now?" And he said, "I want to know God." Then said the shining light, "know nothing and you shall know God." Then when all that was dissolved away, the knowledge and everything that he had acquired in his whole mind. There the Intelligence that built the Universe, that was behind all Creation, expressed Itself through him. And all was him. He became the Wholeness of everything, not separated in any way but the mighty Intelligence Itself. I am that I am.

I have experienced that. In the Himalayas I remember, in this deep state of discernment when there was nothing left in the mind but a tranquil peace, a peace that couldn't be moved by anything, then I experienced the Oneness of the Universe. So tremendous was that experience that I could not recapture it even if I tried to, it's impossible. Therefore it's often we try to

recapture these moments but that is hindering the expression of the Ever-present. Because you can never recapture a moment of the Ever-present. That which is moment past is memory. You try to recapture that which is Living. But you are alive and Living. And if you Live for moment to moment you will experience this.

I am not going to say you will experience it all at once but you will experience it if you really obtain that gold state of mind, where there is no confusion, no opposites and no formulations of your own to hinder the expression of that which IS. I am the Living God, when you have seen me you have seen the Father. What a Truth. My life is not, my teaching is not mine but Him who sent me. This is what Jesus said. I know what they mean to me, I know they are the same. Your whole being is Life's expression. You do not identify yourself with Infinite Life for you are Infinite Life. To identify yourself with Infinite Life you put Life apart from you. It only becomes an idea which is not Reality. The Creator and His creation are "One."

You cannot separate a part from the whole. Separation exists in the individual consciousness that is not aware....** [This is the illusion that causes frustration. This is "becoming" and not "Being."

While seeking to "become," there can never be a cessation of this continuous struggle to "become," living apart from Infinity which is an impossibility, for there is no separation in Realty.

When the "I" loses itself in Infinity there is no sorrow, no pain, no past, no future, no good, no evil, no birth, no death,] ** ...there is only the presence of the Omnipresence in spontaneous activity. *It is that spontaneous activity that was the expression of the Almighty.* The wall of separation has worn away through the discernment of your own formulations. When this is complete there is no longer any craving for the Spiritual or the material, for the scar of individuality in the Consciousness has ceased to be.

It is the scar of individuality in the Consciousness that is the cause of all struggle, the cause of all craving, the cause of *all* this separate existence, the cause of fear, the cause of hate, the cause of past memories and future hopes and despair.

There can be no perfect action where there is a sense of separation. It is the same mind working through the individual, the same mind that shaped

the Universe before it came into Being. There is no difference in kind or quality, for it is the same and there can be no other *because there is One only*. With this understanding, our thoughts will become the product of that which was in the beginning and will take form and shape as did the Universe, for It is the Father who ever remains within me is performing His own deeds.

“Truly, truly I tell you, he who listens to my word and believes him who sent me, has Eternal Life; he will incur no sentence of judgment, he has already passed from death across to Life.” [John 5: 24 (Moffatt)] *That is the words of a true Master.*

There is not a dead person like people may think but a Living activity, a Living expression of the Almighty at this very moment NOW.

BENEDICTION

O Infinite Being, I was lost in my finite self seeking Thee, afar off.

While I was seeking to “become,” a never ceasing struggle blinded me to Thy Presence.

I gave up the struggle, and, O Infinite Father of Mine, Thou revealed to me that we were One.

Then Thy Peace came in me and in that Peace Thou didst work in and through me.

And as Thou didst fashion the Universe within Thy Being so *do* Thou express Thy Self as my Being.

O Mighty One, I am no longer afraid for I see myself as my brother and my sister, for there is but “One,” and now my joy is complete, O Wondrous One.

NOTES

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Johannesburg Lecture given in the Auditorium at Escom House on Thursday night of 30th April 1953, at 7.45 pm.

** A Large break on wire recording occurs here

1. In the Lecture Notes the next sentence is missing from the recording. The full paragraph reads: [*If you are troubled with the past or have fears for the future you are not “Being” now. “Being” exists only in the present, which is the only time there is. You can think only in the present, you cannot think in the past or in the future. You can think about the past and think about the future, but is this not conditioned thinking? For the past and the future can only be in the mind. Pure thinking is creating in the present, not thinking about the past or the future.*]
2. In the Lecture Notes part of this sentence is missing from the recording. The full paragraph reads: [*You may laugh, but we are insane! For all are not clear thinking human beings, we are unbalanced therefore our society is unbalanced. The whole world is caught up in the appalling catastrophe of antagonism and conflict that leads to war and destruction and we are the same.*]
3. *Loch*. Scottish lake or narrow or landlocked arm of the sea.
4. In the Lecture Notes the paragraph reads: [*If you conform to a pattern you will be in limitation, and if your pattern is not unfolding there is frustration and failure. The Infinite Mind is complete Being now, in which there is no limitation, no pattern to fill; this Being must be our Being, there is none other.*]

Lecture 5 (21st May 1953)
(Johannesburg: 2nd recorded version of Lecture)

WHY DO WE STRUGGLE?

“Peace I leave to you, my peace I give to you; I give it not as the world gives its ‘Peace!’ Let *not your hearts be disquieted or timid.” John 14: 27.

Why do we struggle?

Is it not a fact that we are always struggling because we have faith or we have fear? See clearly don't you that faith and fear are on the same yardstick. You are fearing, you are trying to have faith, and if you are faith you are having fear of something. Well that is not the faith that was really meant when Jesus spoke about the faith, the faith that makes you Whole. His faith was a different faith altogether. And you will see that we always struggle with opposites. So when we have faith we are struggling with fear are we not? And so it goes on continuously.

When we begin to discern the activities of the mind, we find that there is a continuous struggle with opposites which means only one thing—frustration.

With most there is a continuous struggle through reactions to conditions and circumstances that surround them. *It is common in all shades of life, the rich, the poor, the educated, the uneducated, the great and the small.*

Everyone is struggling because they are struggling with opposites. Now it is easy to see what you are doing if you look into your mind. But if you just keep on struggling of course you cannot see what you are doing. But immediately you discern your thoughts, your emotions and your actions and reactions, you see clearly what is taking place.

Most people are reacting only, there is no action at all. You know when you have action, when you are acting, you find that reaction disappears. Your reaction is only on, what we call, the intellectual level, it is in the mind. But in action there is something different, there is something more concrete, there is activity.

Some struggle with ill-health, *some struggle* with circumstances, others struggle with good and evil, and this struggle goes on incessantly.¹

We have the idea of health *and* we struggle with ill-health, we have the idea of plenty *and* we struggle with lack. We *have* the idea of success *and* we struggle with failure. We hold the idea of freedom *and* we struggle with our conditioning, we hold the idea of good while we struggle with evil.

So you see, here is a continuous struggle all the time and why? Because it is the self that does it. Very few people understand this because they are caught-up. It is easy for me to give you an idea or an idea of something but an idea is of no value at all. Because of the fact, that an idea is not the thing itself. And what most people are doing is giving you ideas.

Now what I am trying to do is take all your ideas away from you, all your images and beliefs so that you will not be struggling. And when all this struggling ceases there is something that is Eternal and Ever-present, that is Livingness. That Livingness which is within you is the Reality. That Livingness when It is realized, then you are Living. You are not only merely reacting, creating ideas in response to another idea or an idea in counteracting to another idea, there is a Livingness that is alive, and that is action. You see clearly then that the self is always in the way. And what is the self anyhow?

There cannot be a separate self because there is only one Whole. God is not divided. Life is not divided. Livingness is not divided. But there is a division in mans mind with the self and that self must be an illusion because it is separate and distinct. But the Livingness is not separate. The Life in you and the Life in me and the Life in the whole Universe is One, there is no separation. And that is the cause of most peoples trouble is they are struggling all the time.

While this conflict goes on, we create a greater burden. When one struggle is over another begins, our minds are filled with the effects of our

struggle and therefore are incapable of true direction. How can this turmoil come to an end? *This* is the question. But the answer does not come because we are caught up in the struggle.

Now let us reason this out and see how this struggle *comes about and how this struggle* comes to an end.

When we rebel against anything we struggle, do we not? *That is so*. So we react to our conditioning because we are conditioned. *Is that not so? When we are conditioned we react to our conditioning but how do we become conditioned? Life does not condition you. God does not condition you. You condition yourselves. But how do you condition yourselves? Because you struggle. You rebel, you struggle, you create opposites. You are continually creating opposites in your mind and because you are doing so you are holding onto an ideal and yet you are struggling with the opposite.* Nothing external to us has any power of its own. So the trouble lies within ourselves. We have lost our God-given power of dominion.

On the other hand, if we *understand* the cause we would not rebel but work from within to remove the cause. The cause can only be removed when we understand ourselves, our cravings, our desires, our antagonisms, our greed, our jealousies, *our hates* etc., and how they come about.

It is easy to see how they come about. The great thing is to see how they can end. If you see then what they are, how false they are, they will dissolve away and drop from you and then you are free. But if you start rebelling against the conditioning, you are creating an ideal of something that is in opposition to your conditioning, therefore you hold onto your ideal while you struggle with your conditioning and consequently you create a greater burden.

The Presence is always present and there is no such thing as lack, no evil or ill-health, hate and the like in the Presence; and the Presence is the only Reality, and all there is. *If the Presence is all there is because there can't be anything else. God is not divided. Is there anything else beside God, ask you that question? There cannot be because He is Infinite in nature. Can there be any other Substance but His? There cannot be because He is Infinite in nature. Can there be any other Life but His? There cannot be because He is Infinite in nature. Can there be any other Living? There cannot be because He is Infinite in nature. Therefore don't you see, the whole*

thing lies in the Presence being the only thing there is, the Presence. And because It is the Living Presence, Life alone created everything out of Itself.

First of all we begin to see the substance of matter. We begin to dissolve matter into its atomic form. And we find then we begin to break these things up there is nothing at all, as it were, that you could touch or feel or see, it disappears into nothingness. And what does it disappear in to? When matter is not separated from energy because matter separated from energy does not exist. Therefore we see that energy itself cannot exist by itself, its an Intelligence in action. And this Intelligence is the fundamental activity of the whole Universe upon which everything is built. And Life is Intelligence, that is an active Principle of Life. But then you see there is the dual nature of Life which is not separated from Itself, that is the Consciousness. Consciousness then becomes the core or the directing Power of Life. Whatever you are conscious of so it is unto you.

Consciousness directs the Intelligence to out-picture according to what the Consciousness holds and therefore that is why you have your troubles. You do not see that the law is this, there cannot be anything else, that the Consciousness directing an Intelligence, that is infallible in Its nature, and according to your conscious awareness of that particular thought or image so is it produced. That is the Universe.

*Therefore don't you see, Life Itself is the cause of everything because Consciousness and Intelligence is Life. You cannot see Intelligence, you don't know what It is. You have never seen Consciousness, you don't what It is but you know that IT IS—I'm **conscious**.*

Supposing now that you dissolved away all your thoughts, your images, your beliefs, your antagonisms and your struggling that you have in your mind. What would happen when you dissolved all these things away in your mind? Your mind would become quiet, would it not? There would be no resistance and no struggle. And because there had been no resistance and no struggle the mind would become quiet, not a forced quietness. But some people think that they could sit down in a corner and hold their mind in subjection. That's like putting a little child in a corner. Putting his face to the corner because the mind is continually agitated. Therefore there is no quietness in there because there is continuous struggle. But if you then saw all this in your mind and knew and understood it, what would happen to

this? It would pass away would it not? Because whenever you understand something it just disappears, is that not so? Alright then, your mind becomes peaceful and quiet, not a forced quietness, not a quietness brought about by your willing it to be quiet. But a quietness that is in itself part of its own structure. A part of its own peacefulness and that Peace being Eternal and Ever-present is in the mind. In the deeper strata's of the consciousness, there Peace lies.

When the consciousness then on the outer surface is not irritated, is not affected by your struggle because you begin to understand what it is, it passes away and the deeper strata's rise to the surface. Then that quietness is there and in that Peace and in that quietness Reality is experienced. You begin to experience Reality. And you find that there is no separation between yourself and your brother. You find there that you are the Whole. That the One becomes the Whole because the One is the Whole and the Whole is the One.

When we rebel against anything we struggle, do we not? So we react to our conditioning because we are conditioned. Nothing external to us has any power of its own. So we see how these things have no power of its own therefore everything is created within ourselves. Then how do these things come into being? When this is known struggle ceases.

The problem then is ourselves. But how can we dispense with this self that is the cause of all this misery? We can only do this by seeing how false the self is, with all its make-up which is illusionary. It is the illusion of the self that must be dissolved through deep discernment of what it is.

Therefore there cannot be a separate self, its an utter impossibility. What is that separate self then? I told you before, if you look into your mind you will see what that separate self is; it's your cravings, your desires, your hopes, your pleasures, your pains, all these things belong to the self. All your struggling belongs to the self. All the opposites belong to the self.

*When that which is Real in Itself takes its place through the quietness of the mind, you will see that there is no struggle. There is only a Consciousness that is the controlling factor in all Universe. And the Intelligence, the active Principle, out-pictures what the Consciousness directs—**that's the Law!** And as you see that's the Law then there is no struggle because you Know what is behind all Creation. And you Know*

your own Creativeness is not separate, Infinite, but One. So the Consciousness of God is the consciousness of man.

The Son of man becomes the Son of God when he realizes who he IS.

*...Mary switch that off will you...***

[Recording ends here]

When this is accomplished the self dissolves away and we learn the art of pure action from within, which sets in action ways and means without struggle, knowing that there is no opposing force, no other power, therefore the Law fulfils itself according to our understanding.

Pure action alone brings results without struggle, while reaction to things external is always a degree of misunderstanding. When we discover that we are always fighting reactions without understanding what they are, we will begin to wake up to what we are doing, otherwise we hold on to them. This happens whether they are pleasurable or painful.

We generally accept the pleasant and deny the unpleasant. There is very little difference between the one who is seeking pleasure through God (?) and the one who is seeking pleasure through sensate desires. Are they not both seeking pleasure through different planes of consciousness? The One seeks gratification through God (?) and the other seeks gratification through sensate things.

The so-called Spiritual person says, I do not like theatres, cinemas, physical adornment etc., and follows his ideal. He denies the worldly pleasures and follows his ideal that gives him pleasure. But the so-called Spiritual man is also seeking pleasure, as does the man who seeks pleasure through the sensate things.

Both are stupid because they are the cause of struggle and misery, not only within but without. While the one pursues the materialistic struggle, the other follows his belief, a struggle between good and evil and other beliefs. To him terms become very important. "Your God" and "my God," "your ceremonies" and "my ceremonies." "I am a Christian," "you are a Jew," "I am a Mohammedan" and "you are an infidel." Just as one creates havoc in the world so does the other. In fact the so-called Spiritual man does more harm.

It is easier to deal with the sensate desires in which one is pursuing pleasure, than one who is pursuing pleasure through ideation. The latter is much more dangerous, because he is pursuing his pleasure through his ideas that divide men more than things divide men.

The Left and the Right are pursuing ideas, not things. If they were pursuing things it would be much easier to come to terms. It is because his ideas are more important than things, and his belief is superior to yours and so on, that he lives in separation. The system becomes more important than the distribution of things. It is not things that are dividing men but ideas.

There is sufficient scientific skill in the world to produce food and things for everybody. But the ideas of nationalities such as the English, the American, the Chinese, the Russians and the many different racial antagonisms are preventing man from making plans for world distribution. Therefore the struggle and misery in the world is increased.

When I begin to understand the material I can proceed step by step to the deeper things. There I can find out what is Real and what is false. But when I assume I am different because of my nationality, because of my belief, I will dwell in the illusion of separation which brings struggle and misery into the world.

It is only when I come to that point where I can find out the significance of Life, what it really means to love my neighbour as myself and not a dictionary meaning, not a theological or a philosophical meaning for me to follow, when we come to that point we can discuss the dreams of our ideals with goodwill. Therefore the understanding of what is true and what is false gives freedom and therefore happiness.

It is only when we reach the source of our Creativeness that we can sleep at night undisturbed by our success or failure, our pleasures or pains, by our differences etc. We will sleep peacefully understanding the Law of Creation, and while we sleep the "Lord" is preparing the way. The Higher Intelligence will be active in our affairs.

At first you will perhaps not find immediate results, but to be assured that the Presence is always immediately present is sufficient. One must be careful not to make the mind unstable by the conflict of opposites. "Thy faith hath made thee whole," the Master said. It is this understanding faith that you must have, then the Infinite Life will be given free expression.

When you understand that it is the Father who is ever working in you, you will know that results are assured. “Whatsoever I see my Father doing so I do in like manner.” If you can understand this then there is pure action, which is creative.

It is difficult for the one who is conditioned to discern the difference between pure action and reaction. We must understand that all things external are relative, and what is relative has no power of its own except the power we give to it. Remember that struggling brings frustration and fear.

When we fear, our faith is on the same yardstick. We measure them both by our success and failures so we fail to see the faith that the Master meant, which was the Father within us.

We create ignorantly in fear and faith. What we think in fear and think in faith equally produce because we live in opposites. So there is continual struggle with opposites.

When we are ignorant of the Truth of our Being we hang on the pendulum of both fear and faith, we swing backwards and forwards according to our reactions. But when we know our oneness, our “Being,” we see that these impostors are but reactions to our feelings—our state of mind. Therefore we understand the cause of our struggle and our struggle ceases.

As long as we are ignorant of our Being, unaware of the Presence as ourselves, we will never realize that the Creator and His Creation are one. This is the cause of the reverse action that causes struggle.

Within the Presence (the Life) there is everything, therefore the “Presence” (the Life) creates by becoming the things It makes. “I am the Life.” “When you have seen me you have seen the Father.” This is not merely an idea, but an experience we have when we are “Being” and not becoming.

“The greatest amongst you is the Servant of all.” When the Master said this to his disciples, he had been explaining the law. The Servant was the Presence that knows all things, and is the Creativeness in man. You will see that this Creativeness can only come into being when you love your neighbour as yourself, for the Creativeness of the Presence is in your neighbour too.

If we condition ourselves by hate, by jealousy, by fear, etc., we will express our conditioning.

The great Truth should be our experience, as it was with the Master, “I and the Father are one.” It made him the greatest figure of all time and it can do the same for us, he told us that the things he did, greater things would we do if we would but believe (understand).

The transforming power is within all of us. It transforms our thinking. Our thoughts are turned into projectiles of Love, our faith moving mountains. As we discern all that hinders the “Presence” in us we will give up the struggle. Then the Creative Power of Love will create that which is acceptable to Him who created us in His own image and likeness, then you will be the Son of God,—son of man.

John 18: 37, “so you are king?” said Pilate. “You!” “Certainly,” said Jesus, “I am a king. This is why I was born, this is why I came into the world, to bear testimony to the truth. Everyone who belongs to the truth listens to my voice.”

BENEDICTION

O Son of Man, awaken to the Presence that is Eternal and Ever-present within you.

Then, O Son of Man, there will be no more struggle, for Love shall fill your heart.

The Son of Man becomes the Son of God when he loves his neighbour as himself.

The Divine Design within is waiting to express Itself when you see the false you alone have created.

Then you will be the Son of God, O Son of Man.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Johannesburg Lecture given in the Auditorium at Escom House on Thursday night of 21st May 1953, at 7.45 pm.

** For some reason, unknown to us, Murdo asked that the recording be stopped.

1. In the Lecture Notes the paragraph reads: [*Some struggle with health and some with ill-health, others with circumstances, others struggle with good and evil, and this struggle goes on incessantly.*]
2. In the Lecture Notes the paragraph reads: [*We have the idea of health but struggle with ill-health, we have the idea of plenty but struggle with lack. We hold the idea of success while we struggle with failure. We hold the idea of freedom while we struggle with our conditioning, we hold the idea of good while we struggle with evil.*]

ADDITIONAL MATERIAL
FROM PRETORIA SERIES
(Fragment of a Recording)

NOTE

The following recorded fragment was recently found attached to the end of another recorded lecture. Apparently some of the original wire recordings were reused by recording over the top of a previous recording.

The Full Lecture Note is printed along with the transcription into text taken from the small fragment of this recording.

Lecture 8 (2nd December 1952)
(Pretoria)

WHAT IS AWARENESS?

“Set your heart on the higher talents. And yet I will go on to show you a still higher path.” 1 Cor. 12: 31.

**....is very important indeed because it is what is awareness? And it is difficult for the majority of people to understand what some people think, that the world is thought itself, but it is not. The “awareness” is a Consciousness but it is not a consciousness that is, as it were, thinking but a Consciousness that is passive. In that passive Consciousness then, there is “awareness,” Creativeness.*

Creativeness is in the Uncreated and not in the created. So “awareness” is the beginning of Creation or the Source of Creation. And it is difficult for the majority of people to understand this because you are always thinking of a thought or an idea or an image. An image in the mind which you create then you are caught-up in the image. You no longer have awareness because of the image in which you are caught-up in. But you can be aware of the image and aware of the image and yourself as one then you will be aware. But if you create an image in your mind, as the Christ is aware, of the relative world as it is because it is Creation and understanding that the relative world and the Infinite world are linked together as One. The one is the Uncreated and the other is the created. The same with “awareness.” Awareness is the Uncreated Consciousness within man himself and that which is created is the manifestation.

Now if you are caught-up in the manifestation such as an idea or an image, then you are no longer aware, there is no “awareness.” Because you are caught-up in the created therefore you fear the thing you created yourselves. Naturally you are caught-up in your fear then it starts the vicious circle.

It is so essential then that we understand what “awareness” is. I cannot give It to you. You have to know It yourselves. But if I guide you towards It through words which are relative you will find it as every real student does.

Now Awareness is not analysis. To analyze something you can never have Awareness because you are always analyzing something external and the awareness is caught-up in the analysis therefore there is no Awareness. Therefore analysis is dead, Awareness is Life.

The majority of people talk so ignorantly of that which is within. Do we not talk of that which is within as something that is separate from ourselves? So we create an image of that which is within. But that which is within is not an image, it is not an idea nor a belief.

It is a Livingness, I am the Life. But now don't try and make an idea in your mind about 'I am the Life.' Even my words tend to make you create an idea in your minds regards what Life is. But you do not know what It is. You cannot reason what Life is because It is beyond your reason. You cannot reason what “awareness” is because It is beyond your reason. You cannot reason what consciousness is because It is beyond your reason. Why can't you reason what consciousness is? Consciousness is all the time reasoning something external to itself. Consciousness can never be analyzed because consciousness is always analysing something external to itself. Therefore if you tried to analyze consciousness, consciousness begins to analyze something external to itself therefore consciousness is impossible of analysis. And if you recognise at once that your consciousness and your thought are one and they are not separate because one is the other then you will gain Awareness. Because you will not separate one from the other and be caught-up in the created but you will know that you are the creator of that which is created.

Now, Awareness is most peculiar and it is one of the greatest stories the world has ever known and the Masters take great pains in telling their chelas or giving their chelas a guidance towards it. And that's what I am trying to do this evening, is try to give you a guidance towards it.

Now, an image, an idea, a belief is self-created, so we create an image, or an idea, or a belief in a God according to our own standards, each having a God of his own, separate and distinct from the other and certainly separate and distinct from ourselves.

Look into your minds and you will see that this is so. Then this thing within is worthless to you, it has no more power than an image, an idea, a belief which has no power of its own *because it is a created thing. A created thing has no power of its own only that which is Creative has power. And the Creative is the Uncreated, the Awareness.*

You have seen me when I say 'Awareness' when I become Aware. Now I can create. I can move. I can create. You understand now what I mean? Then I know that I am not separate from that which I am creating. Then I am aware of what I have created and aware of myself as the creator, not an idea of myself but Awareness that is not an idea. Therefore a belief which has no power of its own only the power you give to it, therefore your God is a relative God and what is relative has no power at all, therefore your God is a false God.

Self-made God dies with the self. The self dies but Life goes on. Life is Eternal and Ever-present. And when you look into the mind of Jesus the man you will see everything I am telling you is true. He knew it. He understood it.

The prophet, seeing the truth, says, “thou shalt not have an image before me.” Therefore an image in the mind is just as false as an image of stone or wood or any other kind of image which the majority worship at a shrine, a shrine that is outside themselves.

What I want to do in this lesson is to show you the falseness of “an image, a belief or an idea” of Reality. Without this understanding there can be no love, no freedom, no relationship with one another, only an isolation which we build up through our ignorance of the truth of our “Being.”

We build images out of things external.....

(Recording ends here)

Those who are always talking about the truth and have no awareness of “Being” are in the same position as those who know nothing at all about “truth.”

It is only when we begin to know the process of thought, images and ideas do we find that which is “beyond,” then you will know yourself to “Be” now. This “Being” is a continuous conscious renewal of Life Itself.

When you know yourself to “Be” which is not an image of that which is within, there is “awareness.”

This “awareness” is not a thought, nor an image, nor an idea, it is not something apart from yourself. I cannot put it into words, to put it into words would make it relative, that is why I cannot tell you what it is, even when I am talking, you are trying to make an image of it. But if you can stop your thought-process you will find that which is beyond your thought-process, you will begin to “understand.”

Your thinking or thought-process arises from memory and experience, you can only think about what you know, your experiences, your hopes, your ideas, your memories etc., but you cannot think about that which you do not know, therefore when you stop thinking and speculating about that which is, beyond, “awareness” comes in the silence of the mind.

This then is the real you, that is Eternal and Ever-present, but immediately you begin to think about it, don’t you see you make it relative again? It becomes an image, an idea in the mind.

Life is serious, life is very earnest. It is only the empty-headed and the dull at heart who are trivial and if you are bored with the serious things of Life it indicates your immaturity.

Life and death is a question with which everyone is concerned, no matter who they are, from Kings and Queens down to the most humble in the land.

One may be a high official of the church or of the nation or of the world with titles, wealth, position and red carpet etc., but there is the inevitable end on it all—physical death. So most people are desirous of a continuity, not of Life Itself but of the relative world—but physical death puts, an end to it. Do you understand what I mean now by the “relative”?

Unless we can have true values we are lost in the relative, all our thought-processes will not discover the Real. So the problem is how to have continuity in spite of death.

Now you want an assurance from me! If I do not assure you, you go to someone else or to your books or to the various other forms of distraction for an escape.

This is the eternal problem that eludes the mind and because the minds of the majority are clogged with images and ideas and beliefs the awareness of Reality is submerged, so the task is to free Reality from images, ideas and beliefs that clog the mind.

These images are the prison walls that we create for ourselves. The only escape is to discern them, and all that is in the mind before we can understand what it is, but few have the capacity to do so. Yet it must be done by yourself and yourself alone before freedom comes, and when you are free from all that hinders the expression of Reality, there is “awareness,” the Real Self is **revealed through awareness**. Your Real Self is also within every other Self for there is no separation in Reality. “I am in you, you are in me and we are in the Father,” “the Father and I are one.”

This wisdom can only come when the outer self has dissolved away with all its appendages of hate, envy, greed and superstition. This self is the foundation of separation which is false, having no existence in Reality.

Now, when you try to free some people they only create more images, images of themselves as this and that. It is that which creates the image that is Real. Consciousness is creative, Consciousness is cause! And Consciousness alone has awareness, but you cannot discern or analyze consciousness, it always recedes and what you are analyzing or discerning is relative.

An image has no awareness, has it? Images change, do they not? And the point is lost again! It is not by thought-process that Reality is reached but through deep discernment of that which is not Reality. Then the realization of your awareness, your Real Self, takes place. Now, do not try and make an image of it, because it is not an image. It is “Yourself,” the Real you. “I am the Life,” “the Father and I are one.” This is not an image in my mind but a complete realization of my oneness with the Father.

When we analyze anything we create images about it, but what we analyze or create images about is relative and not Reality. Images are of the mind, but Reality is beyond mind. What is in the mind has a beginning and an ending, but Reality is Eternal and Ever-present.

Yet images do not bind you if you are ready to change them at any moment, when new knowledge comes along. But images have no power of their own but will bind you when you believe in them. Images, ideas and

beliefs will die and fade away, but that which creates remains Eternally and Ever-present. You can go on analyzing till doomsday but that will not lead to the Real, because you will be caught up in your analysis. In discerning the false we must not be caught up in that discernment but be able to stand aside and watch the process taking place.

I felt at this stage of the course a complete lesson on awareness was necessary, so that you can become really creative, and only through that which is creative can true creativeness be established.

Therefore to be aware is not to have an image of yourself but a realization of our true self and not a separate self. This comes only when you have eliminated all images, ideas and beliefs in a God outside yourselves.

Creativeness, which is myself, is never separated from the mighty Intelligence which is behind all creation. It is my active partner with a knowing how, out-picturing what I am aware of—this is creation. Creator and creation are not separate, the cause and effect are one.

When we see the effect we know the cause and when we are aware of the cause we know what the effect is going to be.

This is the self-revealing process of Reality, it fulfils the direction of the consciousness, and the consciousness of man can be none other than the Consciousness of God, God being Omnipresent and Omnipotent and Omniscient. Therefore the Universe is ready to fulfil what you are aware of, “whatsoever I ask of the Father He will do so unto me.”

No one knows what electricity is, but we know that it is, for we see the manifestation of electricity in the form of power, also in the form of lights, millions of them in the city, but only one electricity behind them all. This electricity responds to our direction when we follow out its law of operation.

Here we see an Intelligence in action which is automatic in nature when we act on the law upon which it operates. This is the Universal Intelligence in which we exist, and we consciously or unconsciously direct this mighty power into operation, for and against us according to our understanding.

Is it not necessary then to know that which is false so that our consciousness will not be caught up in reaction to effects external to

ourselves? We know that we cannot destroy matter, we also know that we cannot destroy energy, but we can direct it so that it can transform matter.

We learn that the mighty Intelligence is automatic and responds to the direction of the consciousness.

When you are consciously creative the Intelligence automatically out-pictures the creation. Yet the form can be transformed through a change in consciousness in regard to it.

Now, do not make an image of yourself in your mind, you will lose yourself again.

My Creative Consciousness remains the same always, yet I can transform the form or the image I create. Can you grasp that now? Disintegration is but the transformation from one form to another. Consciousness is cause.

Do not try to image it now. The mind must be still, then you become aware of your awareness. You will not know what it is but you will know that it is, that is why you cannot make an image of it, any image is an illusion and is not It. You can only see the outer self with all its thoughts, emotions and reactions, but you cannot see your Real self. But by understanding your outer self, which is the illusion, you will come to know the Real, not that you will know what It is, but you will know that It is, that it is “you.”

The simplicity of this great truth escapes those who have developed the intellect at the expense of the Real, so they worship the mentality as a God, a God of good and evil. This is the tree from which you must not eat the fruit, lest you die in your sin, that is without knowing the Tree of Life, which is Eternal, which is your salvation, the Ever-present Reality.

In Life alone lies the power to heal, the power to save man from himself. Divine Faith is Life expressing Itself. I am the Life, the same Life in the Father is in me, the same Consciousness in me.

Consciousness is in Its creation, but is not limited by its Creation. If you are limited by your body or your mind then you are not aware of your Real Self. “I am” not bound or limited by my belief or image I create. I direct and control my mind and brain and use them as a means of creation. “I am”

my real self not separate from you or from God, my Father and your Father, “call no one your father on earth for one is your Father who is in heaven.”

If you do not yet grasp or understand you must not worry about the Truth for that is worse than creating images about the Truth. Just see the “not-I” things, the things that are not you, then you will begin to understand. You cannot discern the Real, only the “not-I” things.

When awareness of the Self is realized, things no longer matter very much. Conflicts which were once a reality to you no longer exist now. For the Real Self expresses itself in Love, Wisdom and Power and is capable of solving all problems.

“Love never disappears. As for prophesying, it will be superseded; as for ‘tongues’ they will cease; as for knowledge, it will be superseded. For we only know bit by bit, and we only prophesy bit by bit; but when the perfect comes, the imperfect will be superseded.” 1 Cor. 13: 8-10.

BENEDICTION

The door opened before me because of Thy coming in the likeness of our Father. Everything shone with Life as I understood Thee, O Blessed One.

The ground on which I stood thrilled me because of Thee, and everywhere dumb Nature revealed Thy Presence. Thy touch everywhere revealed Thy Nature and I sank into Thy Perfume of Bliss, O Blessed One.

I beheld Thy Sanctuary hidden within the Silence of my Soul, and upon Thy Alter of Sacredness plays Thy Fountain of Joy, O Blessed One.

With my heart full of Love, I catch and drink Thy Living Water, then I know I need thirst no more, O Blessed One.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria

Women's Club, 4th floor of the Sanlam Building on Tuesday night of 2nd June 1952, at 7.45 pm. No recordings exists of the Johannesburg lecture.

So ends the South Africa Lecture Series. Murdo's last appearance before his students was on 22nd and 25th of June 1954 (at Pretoria and Johannesburg respectively) where he gave a talk about, and a presentation of slides of his trip to Tibet.

This coincided with the release of his book "*Beyond the Himalayas.*"

Murdo then left South Africa on a trip before undertaking his final tour in England where he gave a series of lectures before passing through transition in London on 26th February 1955.



DR. MURDO MACDONALD-BAYNE M.C., PH.D., D.D. (1887 –1955)



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 SPRING OF LIVING WATER

The following lectures were given in Pretoria, South Africa, between 2nd February and 16th June 1954 (The same also being given earlier in Johannesburg, between 14th April 1953 and 8th April 1953). The Lecture Notes could be purchased in blocks of ten prior to the series being given. A full account of these lectures combining the Lecture Notes and a transcription into text of the 18 known sound recordings have never been made public until now. This edition is now the definitive version of the full inner course as given by Murdo to his South Africa students.

In this series of Lectures, Murdo places great emphasis on discerning your thoughts and cleansing the mind of all that is hindering the expression of the true Self. Revealing more of the Inner Teachings of Jesus and the Ancient Ones as given to Murdo by the Masters in Tibet.



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