



Murdo MacDonald-Bayne

THE WORD OF CREATION

(LECTURE NOTES 1952 Part 1)

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(LECTURE NOTES 1952 Part 1)

As Given in Series By
DR. MURDO MACDONALD-BAYNE

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* No original wire recording currently exist of this Lecture.

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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 WORD OF CREATION” *(LECTURE NOTES 1952 PART I)*

The following lectures were given in Pretoria, South Africa, between 5th February and 24th June 1952. (The same also being given earlier in Johannesburg between 4th October 1951 and 3rd April 1952). 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 19 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 goes much deeper than before, the most thought provoking to date, revealing more of the Inner Teachings of the Ancient Ones as given to him by the Masters in Tibet.

NOTES ON THE RECORDED LECTURES

Included in this book are verbatim transcriptions into text taken from the known 19 original ‘wire’ sound recordings from the Pretoria lecture series. The recordings are of good quality. 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 and Murdo’s long pauses have been removed (with the exception of a thunderstorm in one of the lectures and a guy whistling in the background of another.) Wire breaks and 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 6061-79).

1952

Part 1
(Feb-April)

Lecture 1 (5th February 1952)

I SAY TO YOU DO NOT WORRY FOR YOUR LIFE*

“I say to you do not worry for your life, what you will eat, and what you will drink, nor for your body, what you will wear. Behold, is not life much more important than food and the body than clothing?” Matthew 6: 25 (Aramaic version¹.)

There is nothing more ignorant than a rigid mind with fixed ideas, a mind that says it is rubbish because it cannot understand. Most minds are filled with the ideas of others and are incapable of thinking for themselves, an understanding mind is one that is pliable, for without pliability of mind there can be no understanding.

If then the mind has a fixed idea and says this is truth, well it is not truth because Truth is not an idea. But when the mind is pliable it is able to open and receive according to the state of consciousness of the individual.

As the consciousness unfolds or expands, so is the consciousness able to receive more and more of the Truth. But while the consciousness is closed to the Truth, that is to say, has fixed ideas in the mind which are immovable, then there can be no truth whatsoever because Truth is continually unfolding the mind of the individual. The individual is continually discerning more and more of the relative Universe, that which is external to himself. Yet that which is within him, that Unknowable, Eternal thing, remains the same always and that will always be discerning, always will be knowing the external Universe, even knowing the planets and the stars and the movements of the heavens and the angelic world and the great Artificers of the Universe, that Unknowable thing will be discerning all these things and will know them all as things external to himself or herself. Yet it will be that Unknowable that will always remain—Unknowable. Even the great

archangels in heaven are the same because they are experiencing the same thing that you are doing, according to the consciousness, the unfoldment then of the mind. So before unfoldment of the individual consciousness of man, so can the consciousness of man discern all that the Universe is made up from. And how it is made up? The “how” is easily understood, but the “why” remains eternal in that Unknowable.

And you will know then that that Unknowable is yourself, your Real Self, there can be none other because it is you that is continually discerning things external to the self, but that which is discerning, will always remain Unknowable. That is the Real Self, that is me, that is you. Therefore you do not know what It is, but you know this it Is.

Truth-freedom is always unfolding the consciousness that is aware of itself as the creator of thought, also the creator of conditions, and the moving power in human nature. But as man unfolds, his consciousness reveals a Divine nature that is eternal and perfect and knows nothing of death, sickness or health, success or failure.

It knows nothing of these because these belong to the mind which is double.

Consciousness is an awareness of “Being.” When you look with your physical eyes you see an outside world, you are aware of your own physical body. When you close your eyes you do not see the physical world around you, but you can hear all the sounds of life. Still you are aware of “Being.”

This is the great thing that is so essential in your lives.

You can become aware of everything that is external to yourself, but you must also become aware of something that is Unknowable, that which always recedes when you want to discern it or analyze it. And to prove it is true what I am telling you, you can try analyzing this self of yours, what we call, the Real self, analyzing that which is thinking and analyzing that which is discerning. And you will see that what you are discerning is always external to that which is analyzing. And that which is analyzing defies analysis because it always is analyzing and yet it cannot be analyzed. It is an awareness of this Eternal and wonderful expansion of Life that fills the whole Universe.

In fact, we know perfectly well, that ether which is a primordial substance of all matter, in which all matter is built and all forms are built. The very ether, which we call the ether of space, fills all space. Ether is a conductor of all force, thought, electromagnetic impulses, radio, everything. This ether is a conductor of all energy, and physical life too. It is a conductor of your own thoughts. It fills all space between the atoms. It is a conductor of the very force that joins the electron to the atom. It is the conductor of the "etherons." (I coined that name just because I know that there is an ether which we will eventually find out.) We know from the Master's point of view and the study in the Himalayas, that there is what we call etherons.

Etheron is a finer form of atomic structure which is in ether. It becomes the blueprint of the image or form to be created on the physical. Therefore, these etherons become, what we call, condensed and then they bring into (being) the atoms. The atoms we know of that is the basis of all matter in your physical bodies. Then, through the atoms, there is what we call a materialisation of these atoms, being reduced in vibration, which becomes a form visible to the physical eye. And thought is the cause of it all. The thought that is emanating from the mind of the Infinite, the Consciousness of God, always forming, creating in that Consciousness. And that Consciousness out-picturing through the rays of light and sound, a form visible to the physical eye.

You have within you that very power and that is the Power of the Christ. I can see his power is so wonderful. I can understand his great wonderful feats, because he knew the power that set thought in motion. He knew perfectly well that he and the Father was one and this Unknowable Power that created the whole Universe, was responsible for his own thinking and projection of his own thoughts to any part of the world he wanted to at the very moment this shall be, and it is so.

If we could only understand a little bit more how wonderful it would be, yet we will come to that sooner or later, for there is so much to discuss in this lecture that to go into these various things just now, would be taking us off the lecture for tonight.

With continual concentration on the inner senses you can become completely unconscious of the outer world and become conscious of

another world inside, but you are still aware of “Being.” Consciousness naturally permeates all states but goes beyond into *this* state when consciousness becomes aware of Itself and nothing else. *That is a state where everything is discerned in the mind, all images, all ideas in the mind have been discerned, and there is a quietness and peace comes. All thoughts, all emotions, all effects, all reactions have been discerned. You have seen them as things external to yourself, then there is a quietness that comes into the mind, the Masters call “sumhali,”² where the Consciousness becomes aware of Itself, not what It is, but aware that it Is. Then there is a resting period, a period of rest, but soon the consciousness becomes active—there is stirring then of the Consciousness within the consciousness. And in that stirring of the Consciousness within this consciousness there is an eagerness that comes, that cannot be stopped, then the real work begins—your work in the world.*

Remember that this band of people here, can by this knowledge that we have to send waves of impulses of thought into the ether. And these impulses into the ether are similar to what you radio out in the radio station. And you can hear a broadcast in any part of the world at the same time, not only upon earth but up in the stratosphere as well, showing that these impulses are moving throughout all of the ether and the ether is being magnetized by them. And anyone who tunes into the wavelength can receive. So it is with thought.

Our thought is similar. We have the instrument not only of receiving, but of projecting. When you begin to receive, you want to listen, what do you do? You bend your head slowly, quietly. What does that do? It sets your pineal gland in operation, as a receiver, vibrations which then come into the mind, and are interpreted in the mind. Then you begin to know and feel the vibrations, the thought comes into your consciousness and you become aware of it. But when you want to project a thought, what do you do? You stand forward and from this point you direct your power. You direct your thought, it flows from the pituitary, which you have both for receiving and projecting set within ourselves.

These lessons have not been yet known to physical science of what the real value is. They also contend that there are certain forms of growth and so forth that come from these glands, which is true.

The pituitary gland when it is in anyway compressed and sometimes stilted in its form, we find the growth of the individual is stilted, it is a form of projection. But in the ordinary way man has a receiving and projecting set and as we think and as we send our thoughts into the atmosphere, so they go out in ever-widening circles, magnetizing the ether, and awaiting for a resting place. The resting place is mankind. Therefore what kind of thoughts are you sending out into the world; thoughts of hate, envy, jealousy, antagonisms? Or the great thought of Love, that magnetizes the physical body, makes the world environment sort of attractive. Sends that very power away into the ether, and then returns, back to the sender.

Imagine then, what Jesus knew, just think what he knew. From these few words I have told you now, you will realize the importance of what I am going to tell you.

There are subtle states of mind that one is not physically aware of. You digest your food without knowing it, inhale and exhale the Life-giving forces that keep your body alive, pump your blood to the remotest parts of the body, eliminate the impurities from your body and maintain an even temperature winter and summer by a form of internal adjustment. Who is it that maintains your bodily health so that you can express yourself in the body?

You will say that you do not do all this consciously but there is no one outside the body doing *it*. All these amazing things *are done* for you. *And* you must admit that³ *there is no one **outside** the body doing it, there must be someone **inside** the, body doing it. And if you then realize the great importance of what I have said to you, that this Unknowable— unknown quantity, which is the Creative Power in everything, in there is the Power.* There is no machine created that can match this wonderful mechanism that underlies the human organism. Since all machines, even the most intricate, are the creation of the human mind we must realize that the created can never match its creator.

As we begin to understand we will realise that the subconscious is the same consciousness that is underneath. *That the sub-consciousness and the consciousness is the same, one is external and the other is internal, one is in the outer and the other is in the inner.* Thus we are in constant touch with

a source of inspiration, genius, intuition, and a limitless source of Love, Wisdom and Power.

But if you are caught up in ideas, images, beliefs, tradition, the consciousness is bound up in them and there is no longer any freedom, because you act and think in accordance with what you believe. Therefore anything that is fixed in the mind is binding, a prison in which we live. We may change our ideas, our beliefs but this is only substituting one prison for another.

To free our consciousness, there must be a true discernment and understanding of what is in the mind. We must know that ideas are just ideas, we must know what our images are and how they came about. (*Now listen, because this is most important. If you do not do this, your mind cannot be free or have that freedom to expand, to take in the expansion of the Universe. The person who says it does not exist because he cannot understand, is an ass. Because he will not take the trouble to think, because his mind is fixed with fixed ideas.*) Therefore we must know that ideas are just ideas. We must know what our images are and how they come about. We must know and discern our beliefs and why we believe as we do.

Ask yourself these questions. Because unless you do that, you just believe, but you do not know why you believe. You do not know what your images are and how they came about, therefore you live in a world of confusion. Your thoughts then, must be confusion, and you are sending out continuous, wave after wave, of thought impulses, into the ether, that is causing confusion in the world. Are you adding then to the confusion of the world? Or are you adding thoughts of harmony, peace and love into this great ether ocean in which everything exists?

We must understand what rituals are. *Why do you repeat those things you say from a ritual point of view? Why do you make affirmations? You must also understand what rituals are, what tradition is. Do you just follow tradition or have you examined the fact what tradition is? I am not going to tell you that because unless you find it out for yourself, I am not going to answer for you, you find you add the sum for yourselves and you put the answer to it. If I add up your sum and put the answer to it, you will know nothing, but if you do as I say, you will know what tradition is, you will know what your images are, you will know what your ideas are, you will*

also know what your beliefs are and why you believe as you do. Then we will see that these things have nothing to do with Truth-Freedom but only limit the person that is caught up in them. Even the idea of Reality is not Reality. If we are not aware of our own conditioning we will never free ourselves from it.

Most people are unaware of “Being” the proof is in the multitudes that float in the sea of ignorance, tossed by every whim, idea or emotion and are drowned in their effects. They rush here and there to find health and happiness. The one cry is, “how can I change my environment, how can I demonstrate health, wealth, success, how can I obtain the key that opens the door, to all these things?” So they rush here and there to those who claim that they can teach them. All they do is to put them on a rudderless boat still subject to the storms and waves on the sea of ignorance.

That is exactly what they do. They give you no key whatsoever, because they do not know the key themselves.

Is it not so that all these people speak of God as separate and distinct, they make their God relative, something apart from themselves? *And they do the same to you too, and by doing so they separate you from the very Creative Power that is within you.*

Now, matter cannot say, “I suffer, I die, I am sick, I am well, I am a failure, I am a success.” It is the “*individual* consciousness” that is caught up in these things, **this is the error**, being unaware of “Being.” So to the *individual* consciousness sin, suffering, death are real. But to the true sense (call it immortal or Divine, the name does not matter) there is no sense of error, *and* no error of sense, therefore It has no destructive element in It.

Therefore sin or death does not really exist except in the physical consciousness, it cannot exist in that “Unknowable,” it cannot exist in that Infinite Mind, it cannot exist in Reality, it exists only in the individual mind.

But, what do we find? Naturally, when we examine the mind, we find that the mind is double that there are always images in the mind and there are always twin images. There is always good and evil together, health and ill-health, all these things, success and failure, are tied together. When one is up, the other is down, so forth. Faith and fear, one is up, the other is down and when the other comes up, the other is down. They are both on the same yardstick, they both go through one another, therefore you cannot get

rid of the negative by trying to put the positive in its place because it will not go.

How are you going to get rid of all these things then from the mind? You go to any assembly anywhere and the first thing you hear is about sin and death and the devil and hell and all the rest of these wonderful places that people go into. And you come away wondering what it is all about.

You never hear anything of the Christ, the Real Living Christ, that is Living within you, that is the only begotten son of the Father, that is Love Itself. Love giving expression to Itself, with goodwill to all men.

The Christ is the only begotten Son of the Father, that existed in the beginning, because he was with God. He was the word that was with God and God was that word, and that word was made manifest. That same Christ in the beginning, is in you and me, that is the Eternalness of our Creativeness.

If you are shown these things (children should be shown these things from the time they were born), then there shall be no fear in the world. Fear is being built into the child's mind from the very time he is born into his life. The "fear" of sin, the "fear" of death, and everything is "fear." There is always a conditioning. If you do this—this will happen, if you do not do that—that will happen, so that all the time they are conditioned in their lives, looking for these conditions. They are hypnotized from the time they are born to the time they die. Therefore it is true what the Master said, "you die in your ignorance."

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?

Can you, when they are both side by side? Can you tell me which is the greater? Sickness or health, success or failure, good or evil? You cannot tell me which is greater than the other.

*The power to see and hear does not originate in matter, they originate in mind, otherwise there *could* be no understanding of what you hear and see. It is the soul that perceives, the body is but an instrument that the soul uses for its own self-expression. If the soul is unaware of Being then it is caught*

up in the error that the body that is subject to all manner of conditions and that the mind has no say in the matter.

We call the body material but science has proved that the body is mind in formation and the directing power behind this formation is the consciousness.

I would like to go into a discourse of showing you how the body is built. I am closing my eyes and seeing these various conditions of ether coming into form and the body being created. And that same body always returns to the substance from which it came. You cannot take anything outside the Universe nor can you add one iota to it, it is complete in itself.

The human mind makes all things start from the lowest instead *from* the highest. Suppose now we reverse the process and see the formation from the source of all things, that perfect Divine Consciousness that knows no duality. So in tracing them we constantly ascend in “Infinite Being” where there can be no separation, no error, no duality. The physical consciousness, (“*the illusive one*”) the cause of error, then dissolves away and the consciousness of Reality takes its place. *The time is coming yet in this world when this physical consciousness, this consciousness of error, will pass away when the Christ completely fills the individual mind.* (He who seeks to save his life in the body will lose it, but he who gives up his life will retain it.)

Everybody's trying to save their life in the body. They are always worrying about when they are going to die or so forth or what they have got is going to kill them. They are continually wondering when they are going to die and how they are going to die, whether they will die in Africa, or India or anywhere else, and they do not want to die in this place, they want to die somewhere else. So they go on continually in this state of upheaval all the time. And what is happening to their body? The very thoughts created disintegrate the very atoms of the body and cause all, but if you tell them these things they just look at you in wonderment. It is so wonderful they cannot really grasp it. So everybody's killing themselves one way or another.

But if you do not care that you want to save your life in the body, it does not matter, you retain it and the less you care about it, the better it is. Sure it is.

Now, you know very well that in June this year, I will be entering in my 75th year, but I'm as good as any person at 35.... Just come up and try me and see!....No, the less you worry about your life which is so true, but you do not realize the Master's word, you take them, you read them and you say, "well I don't understand it," and you pass it by. You make no effort to fathom the words, the meaning of the words.*

When the physical consciousness gives up the delusion that there is more than one mind, more than one God, then man in God's likeness will appear. The eternal man *must* include all the attributes of that likeness, having dominion over all things as natural and not supernatural as we are asked to believe.

There is no such thing as supernatural, everything is natural. Supernatural is supposed to be something that somebody else has and nobody else has got. You see?

Jesus never claimed any supernatural powers, all his powers were natural and these are natural in us also. "These things I do even greater things shall you do if you will but believe (if you will even understand "Me").

The physical consciousness must free itself from the bondage of a material existence; then the Spiritual (*the Eternal Existence*) or Divine principle dawns upon our consciousness, thus we will have our Immortal Birth that nothing can shake. *That Immortal Birth comes to you now, and that is what Jesus meant when he said, clearly and distinctly, "unless you are born again, this time of Spirit and water, you shall never enter the Kingdom of God."*

What did he mean by that? He meant clearly this, that in form there is separation and distinction but water was the name they gave to that primordial substance that permeated the whole Universe, that pliable substance out of which everything came and everything existed in. Therefore it was Spirit and ether, nothing more than that, the Consciousness of God and the body of God, the one in all and all in one.

We will say with understanding, "I and the Father are one." Can you realize the meaning of this saying fully? Think deeply upon it. When this is understood the earth will be transformed and the darkness of the error of separation shall pass away.

Man will then understand that not a blade of grass not a flower or tree or a bud blooms by its own volition, man will see that there is nothing on earth that has not its source in the Infinite “One.”

We should no longer ask the question, is it our lungs, is it our heart, is it our liver etc.? We will understand that we are immortal Spirit, we are no longer mute before ignorance, neither will we mingle with error but will cast it out by the truth of our immortality. *But you must find that Immortal Birth first. Then these things come naturally to you.*

Jesus was seeing clearly and distinctly, how this great Birth, (this new Birth) of Spirit and water; doing away with all the organs and the physical separation of organs in the body, doing away with the form itself as something separate and distinct, but seeing the Spirit and the Perfect Substance out of which everything is created. These were the two things he saw what must be established in the Consciousness of man, then all these other things will pass away.

I can understand his mind so well, I can see clearly his meanings, and when I think of him sending his thought at that moment, such and such is the case, such and such is the case, so it is. “I and the Father are one.” There is so much in that saying. As your consciousness unfolds, so you see greater and greater vistas of it.

You can only take according to your capacity to receive. As your consciousness unfolds, so your capacity to receive more is given to you. Do not allow then your consciousness to be strung up in small little things that hold your consciousness continually in the relative all the time. If you do, it will be useless for you in the future to try and ever reach that state, where Jesus said, that Immortal State, “when you are born again, this time of Spirit and water.”

We will then understand our psychological cravings, our demands, our conflicts, we will transcend our inner passions, our inner fears, our envies. We will no longer determine to possess much or possess little, we will eliminate intelligently these demands, *to find that we have everything.*

There is no difference between trying to possess much and possess little. One will go to a mountain top and sit for years, and give away everything, he wants little, takes little. Another wants to possess. Both are in the same

boat. One is in the one yardstick and the other, the other. Both are foolish. They have not yet reached that state of true understanding.

We will no longer seek power nor will we be self-assertive, for there will be a peace that passes all understanding, we will have found the source of *our* Creative Reality, “Being” not becoming, but Being. Try to understand this fully.

When we live in the Ever-present Being, we are no longer in want. There is no seeking for little, no seeking for much. As I said before, you take no heed of your life in the body because it is Eternal. He who seeks to save his life in the body, will lose it, but he who gives up his life will retain it. He who worries about his life will lose it much quicker than the person who does not worry about it at all.

We will no longer be seeking security, for in the mind that is always seeking security there is fear.⁴ *Is that not so? And if you seek security on one hand and you are fearful on the other, what happens to you, is that not a mind in confusion? What you send out comes back.* The very basis of our security is not in seeking but in knowing. The highest form of our thinking-feeling is knowing, not in positive aggression but in Divine comprehension, in this is the basis of our security. *A wonderful Truth!*

When we grapple with the problems of mass murder, hunger and destruction on their own level, we only create further misery and catastrophe for we will then only be concerned with reorganisation of greed, ill-will, and ignorance and there will be no end to confusion and antagonism. Neither does it help *us* to rebel against these conditions. Neither can freedom come through trying to escape from them, for there is no escape except through understanding.

The error is in the belief that material means will eliminate material suffering. *And it cannot be done, but it is the error that is existing in the human mind today, and we have got to see that it is clear, otherwise we will still continue doing the same thing, all the time.* Remember our “will to do is not wisdom.” If physical consciousness is not aware of its own creation it can never alleviate its own suffering. Evil is not a power, it is an illusion of the senses and soon betrays its own weakness. It has no existence in the source of man, and when this is realized it will fall away *because* it is the mockery of man.

And it mocks him at every turn. It says believe that I exist, believe that I am power, and that is the very thing that it wants you to believe in, to accept that it has power.

Jesus said, "resist not evil; return good for evil." Does it not say in parables, "he who returns evil for good, evil shall not depart from his house." Therefore I say to you this, clearly and distinctly, get behind the mind, see it and understand it.

I have said in other words if we seek an escape from our self-conditioning by believing that we are one with God this will just be an idea we bring into our conditioning. For we are still caught up in our conditioning, there can be no freedom through the mere idea that you are one with God. Freedom comes only when we discern all that is conditioning us. *All that is preventing the expression of this Power, this Unknowable thing that is Creative throughout the whole Universe and creative in man.* Then we will understand the meaning of freedom.

Can you understand freedom if you are conditioned? If you do not know what is conditioning you, how can you eliminate your conditioning?

So we see clearly that if the reformer or the contributor to the solution of the world's problems which are his own has not radically transformed himself, if he has not the inner realization of true values then what he contributes will only add to further conflict and misery. *And that is what is happening throughout the world today and you see it with your own eyes.*

I am giving you facts that I want you to read carefully, I want you to study them, I want you to see how true they are, I want you to see the depths of them.

He or she who is eager to transform the world must first understand him or herself, for are we not the world? Have we not made the world what it is? The present misery and degradation of man is brought about by man himself. If he merely plans to reform, the pattern of conflict without understanding himself he will only increase ignorance and sorrow.

And we have all those reformers, or so-called reformers today. We have them in the backblocks, we have missionaries here and there, and all the rest of it. And we have sometimes caused more trouble by changing the religion of one person into another religion and then by not following the

footsteps of the creator of that religion, they lose the respect of those who they try to change their religion.

The ignorant person who is taught the life of Christ, who is taught kindness, and love and so forth, but when they see antagonism, strife and cruelty and greed from those who teach this so-called religion, they lose faith. No wonder then, the heathen's better off without a religion if he is not shown the proper way by those who must go the way themselves in love, kindness, compassion. These are the things that are essential in our lives.

And as sure as you are alive at this moment, I tell you a Truth, that whenever one section of the people is dominated, those who create that domination are creating the means for their own destruction.

Look throughout the whole world and history will tell you that, it is a law, an infallible law, but man has not yet seen it. Mark my words! It may come in your time and it may not, but as sure as you are alive, all these races who have been dominated are beginning to rise to the surface. And when they find their freedom and they come together throughout the whole of the world, and the world is teeming with them, billions and billions of them, there will be very little hope for their previous masters.

I remember when I was in the East long ago, many years ago, I knew the Arabs, I knew the Indians, and I was in the Secret Service at that time. And I know perfectly well how the Arabs used to respect us, then gradually this respect turned into disrespect and so it was in India, the same thing, because they were once cowed and dominated, and immediately they found they threw off their domination.

I assure you that we are creating an instrument for our own destruction and that, I say, is the great Armageddon which I think is not, as people think today. It is not today. What is today is a battle of ideology, a battle of ideas. It is not the battle of the Armageddon.

Then that is the "fusing," the great fusing power. Those who were the hewers of waters and the cutters of wood, will eventually dominate the world. And those who were the masters, who enslaved, must pay the penalty, for 'everything you send out shall return to you.' Everything, even if it reaches the other end of the universe, it comes back to the sender. That is why Jesus said very curtly, "condemn not, lest ye be condemned."

If we would desire Eternal values there must be an end to conflict within so that peace will come into our souls, thus into the world. If man will not understand the causes that perpetuate antagonism and strife, war, confusion and misery, they will never cease in his own life or in the world. The power of the physical consciousness over the body is little understood, just as power of material consciousness in the world is little understood.

If by suffering we are awakened out of our mortal dream and that which perpetuates the dream, then the less we think about material means and laws and the more thought we give to the Divine Nature of man, the sooner we will have that peace that passes all understanding. *(I heard today, which was a very good thing, it said, "if you don't break a law every day you're not worth living." You are not up to much if you do not break a law every day. It seems peculiar to say that but when you see this, so crazy, it is true, how many laws are made for you? Man-made laws are continually holding you, gripping you and holding you in bondage. The Divine Law is not—it gives you expansion and peace. Man will only find this, so will the world, when man regenerates and adjusts his mind through understanding and awareness of his own Being now, not in some "future" date which is but an illusion.*

"I am the Lord thy God" now and forever more.

What a wonderful thought the prophet had and he knew perfectly clearly, "I am the Lord thy God."

BENEDICTION

[I shall no longer]* whine with complaint, nor shall I say that Thou hast yoked me to the demands of the flesh.

Neither do I crave anymore for earthly comforts for they are the figments of my mortal sense, neither shall I blame any man for being busy with material things, for everyone must find his own way.

All I know is that Thou watered the yielding crops that grew without man's aid. All man did was to plant the seed and Thou, the Master Potter, moulded the earth and sprinkled it with sun and rain.

Now I am content that all is mine because we are one, for Thy seed is mine and mine is Thine, O Infinite One.

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- * Actually his 65th year.
 - * A wire break in the recording occurs here.
 - * 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 5th February 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The Aramaic version Murdo uses is taken from, "*The Four Gospels According to the Eastern Version*" Translated by George M. Lamsa (1933) or his later work "*The New Testament According to the Eastern Text: Translated from Original Aramaic Sources*" (1940). Dr. George M. Lamsa (1892-1975) was an Assyrian scholar and author. He was born in Eastern Turkey. A native Aramaic speaker, he translated the Aramaic *Pershitta* (literally "straight, simple, sincere or true") into English versions of the Old and New Testaments. His "*The Holy Bible from Ancient Eastern Manuscripts: Containing the Old and New Testaments*" first published in 1957 is now commonly called the *Lamsa Bible*.
 2. The next sentence contained in the Lecture Notes is missing from the sound recording. [*this is the state that the Masters call "sumhali" yet it is but the beginning of our true existence where all else is seen as relative.*] The word that Murdo calls "sumhali" should be read as *samadhi* (a sanskrit word meaning; the higher or transcendent state of consciousness attainable by suitable spiritual disciplines.)
 3. Part of the sentence contained in the Lecture Notes is missing from the sound recording. [*you do them subconsciously.*] The actual Lecture Notes reads: "You will say that you do not do all this consciously but there is no one outside the body doing all these amazing things for you, then you must admit that you do them subconsciously.
 4. Part of the sentence contained in the Lecture Notes is missing from the sound recording. [*It can never be joyous, it can never know Creative Being.*] The full sentence reads: "We will no longer be seeking security, for in the mind that is seeking security there is fear, it can never be joyous, it can never know Creative Being."

Lecture 2 (12th February 1952)

BEHOLD GOD GIVETH TO A MAN THAT IS GOOD IN HIS SIGHT WISDOM AND KNOWLEDGE*

“Behold God giveth to a man that is good in His sight wisdom and knowledge.” (Ecclesiastes 2: 26)

They both go hand in hand, wisdom and knowledge. Knowledge is the knowing how and wisdom is understanding.

With deep understanding we are able cope with any situation. With knowledge we are able to apply our minds, apply our thought, in such a way that we can use it constructively.

I have always thought that it was essential to understand all these things. And it is. And it is only the deep student who begins to realise how essential it is. Because when we begin to recognise the meaning of thought, we begin to realise that there is something behind it and without this that is behind thought there could be no thought.

So as we go back and understand the processes of the Universe, we see that the whole Universe is created by Thought. The manifested Universe is a manifestation of Thought and Intelligence in action.

Now we know perfectly well from a scientific point of view, that there is a basic substance in which and through which everything is created. Science calls this basic substance ether. The ether of space that permeates all atoms, enters into the very walls of the atoms. In fact, it carries the atoms, and carries the electrons, and carries all magnetic electro-impulses created from any source whatsoever. It carries; sound, light, and these impulses.

Being ether itself, and it is the finest substance and penetrates every other substance, it carries these vibrations on its back into the very pores in

the atoms of your body. It carries it through into the very pores of these walls everywhere. Because you will realise that ether penetrates everything. Therefore when we begin to realise the great Truth that behind man there is the great Almighty. And that Almighty is a form of Consciousness that is always aware. Awareness is carried with everything. It is a knowing how, an Intelligence, that expresses Itself in the form of Thought, the Infinite Thought. You are Infinite Thought. And then in the Thought carries the Life Itself. Therefore within the Thought is the Principle and the means of expression of that Thought and it comes out through the ether, ether being the basis of matter and the framework in which matter is built.

Therefore you see, that your thought being created must be electro - magnetic because you and everything else in the world is atomic, which is electro-magnetic.

Therefore all impulses from man's mind must go forth into the ether, and by doing so has its effect upon the ether and has its effect upon every living organism there according to the state of consciousness and the mind of the individual who is expressing that thought. But if part of your mind is in such a way that it is, as it were, a conglomeration of contradictions, as most minds are. Examine your own minds and you will see that your minds are a conglomeration of contradictions. You believe one thing and you believe another then you do not know which is true. You think one thing and you think another and you do not know which is true, one contradicts the other. And if you look into your mind you will see that your mind is preventing you from thinking purely, from thinking from that Source of Power that created the Universe, because there can be no other source at all. Therefore your thought has the greatest potential Power in the Universe, yet you do not know it.

Thank goodness in fact, and it is quite true and it is a very happy thing to know, that most minds are in a state of conglomeration of contradictions therefore their thoughts make nothing. One thought contradicts the other and there is no real effect at all. But when you come to an individual who understands then it most dangerous for that individual to use his thought in such away except to express the highest understanding of Love and Wisdom. These two pillars upon which the whole of the Universe is built.

Therefore I say to you tonight in this lecture I am going to speak to you about, you will see why I show you those things. Based upon this, that your thoughts go through into the atmosphere; first through your bodies, then your environment, and then out into the atmosphere to carry the message.

When we realise the great Truth—what thought is possible. I see the method of Jesus. Jesus understood the Power of Thought. He could change one element to another; therefore he could easily change water into wine. He could easily control the winds and the seas in the storm. Because all were amenable to his thought. This Thought moving out in electric waves through the atmosphere controlling and changing the very atoms. Therefore it is possible for a man like Jesus the Christ to do those things. It is possible for everyone of us to do those things. First of all we must cleanse our minds; the mind must be cleansed through understanding, the mind must be cleansed through discerning all these things that are hindering the expression of this Pure Thought. Therefore heed those words I have said to you because they are most important.

The state of consciousness means the state of the concentrated thought that is sent out in electro-magnetic waves into the ether, being carried through the very walls of the atoms of matter, changing and transforming that matter in new combinations according to the vibration of thought that is sent out. That is how Jesus healed because he knew the Power within himself that he and the Father was One and his Thought was dynamic.

The appalling conditions which we are aware of in the world today have their roots in man himself. This unrest is caused by man's desire for conquest either in the political, economic, *and* religious or personal field.

Certain groups and systems of thought claim that their particular panacea will solve *their* problems, but any limited restricted incomplete or sectional remedy as a solution to the complexity of Life, however rational or logical, must inevitably fail, and bring in its wake other complications.

So you see the state of mind of these people or others or yourselves when you are trying to bring about certain conditions for the benefit of humanity. If it is sectional, if it is political, if it is divisional, whatever the case may be it will bring in its train other complications which will add to the complications you have at the present time.

To solve any problem of struggle, suffering and misery in ourselves and in the world we must understand it, *not through an outside agency, and not through the limitation of any particular group but with a free mind capable of facing the problems as an undivided whole. Taking into consideration the whole. What is then the whole?*

I have showed you the basis of the structure of matter of every human soul is ether that permeates the whole Universe. Ether itself is not the Absolute. Ether is a means through which the Absolute manifests. It is a means through which the Absolute expresses Himself and through this Intelligent Vibration carries with it the pattern of the form to be created. And that is how form comes forth. The manifested Universe is none other but the Thoughts of the Creator, carry with it the Intelligence knowing how produced in the ether as a bases of the form, and that form will eventually return to ether the substance of which it was created from. But the Idea will always remain Absolute because the Idea remains in the Consciousness it always created.

Therefore there are two things we must see in ourselves, we must see then clearly there is an Absolute state of the idea and we see that there is a relative state of the idea.

The relative state of the idea is the expression of that idea through your mind. But your mind is the one or what we will say, the focal point through which it must flow. If your mind is then caught up in limitation and conglomeration of other things then your mind prevents the Absolute state of that idea from manifesting on the outer. Your mind is the means through which it will flow.

Therefore that is why that your mind must be clear. Clear as crystal. Clear of all inhibitions. Free of all fears, free of all contradictions, free of all limitations. I wish I could make you see this but you must see it for yourself, I cannot give it to you. It is impossible.

First we must realize that there must be a cause for this confusion and misery, not only in ourselves but also in our relationship with others. If we can understand the fundamental cause then the problem can be solved forever. Let us see how we can approach this all-engaging nightmare of existence in which we live.

When we try to solve our problem of relationship with others from the outside we soon realize that there must be a complete change in our social and economic structure. We see that there must be a complete elimination of barriers—racial, natural and economic—we must also be free from religious barriers with their separate dogmas and beliefs.

All these things are creating limitations in your minds, they are not freeing you they are hindering you.

Wherever there are different groups formed, religious or otherwise, they become antagonistic to each other. *(I am telling you facts, which probably you have missed in the past but nevertheless you have got to discern them now. You are students of the highest possible grade, a University course in the Science of Living.)* We realize that all these organizations have not united man, they have separated man from man. These things happen in ourselves first then they become world domination, thus we are caught up in the result of our own causes.

People will ask you this question, “what religion do you go by?” Everything you write down on a piece of paper when you want to ask anything or if you belong to any particular thing, they will say, “your name, your address, how old are you?” “What nationality are you, what religion do you belong to?” And before you know where you are you have separated yourself into bits from every other individual. The real thing that is natural within each and everyone is disregarded. And the only thing that is of any value is disregarded.

If we approach the problem from without, the emphasis must be laid upon legislation and the importance of the State with its resulting dangers. We have experienced, that through the action of the State, man is sacrificed for an ideology bringing with it brutality, corruption and suppression. We must look into our minds to see how much we contribute to this state of affairs.

This is what I call, ‘dynamic examination of the self,’ and without you can never cleanse your mind. You will never be able to think like Jesus—free. You will never be able to think like I showed you in the beginning of this lecture.

His great thought was, ‘I and the Father are One.’ Therefore he thought from that point of view. His thought moved out in waves permeating the

ether, carried on the ether, to the utmost parts of the Universe. That is what I say, when we understand Real prayer, not the prayer that most people have in their minds, with their double-minded, their lacking one thing and they want another. In your mind all the time it is lack but you are crying for something like a baby, for something else you think you lack that thing, therefore you cry in despair. Prayer is not crying in despair.

*Prayer is creative, sending forth that Divine Force carrying with it the Intelligence, the Perfect Idea, the Divine Pattern that existed in the beginning, exists **now**.*

Strange as it may seem the majority think that through losing themselves in an ideology, in service to the State or some religious order that their sorrow, anxiety, responsibilities and conflicts will cease. Yet this can never be, for no sacrifice of the self alone to the outer can solve the problems *or your problems or any other ones problems*. We only become slaves to be exploited by those who advocate *your* sacrifice.

Think well over what I am telling you and you will see how true it is.

When we look within we are conscious of the “I” with its personal limitations, its ambitions, *its* hopes, *its* fears, *its* passions, *its* greed. *All contradictions of one another; health—ill-health, success—failure, good—evil. All the opposites are fighting one another and you have conflict in the mind. You do not know wither you are going or coming.* As long as the ways of the “I”, the self, is not discerned and understood, the state only becomes a means for its cunning, its self-expansion, its glory which again and again brings about new chaos and misery, *as a man thinketh in his heart so is he, so is civilization, for he is civilization.*

Therefore all the conditions brought about in this world today is lack of what the whole God giveth to a man that is good in His sight— wisdom and knowledge.

When we look around in the world today do we see any leader worthy of being called a leader? Are they not all sectional or religious fanatics or politically arrogant because they represent a section of the people and must bow to their ignorance or lose their leadership in the conflict? *Thus* living in separation we create strife and ill-will and antagonisms *which* lead to misery for all.

The desire for conquest, for approbation, for power, for gain will be sought as long as the self exists in separation. The cause of this outward manifestation of conflict is the result of inner conflict of craving for ambition, for approbation. The worship of conquest and success is always within the mind that is ignorant of the wholeness of “Being”; craving is going away from Reality *and* not approaching Reality.

One of the greatest sayings, I think, that Jesus said to man was to his disciples, “believe ye have received and you shall have.” That is the basis of the most scientific law in the Universe. The most scientific Law of Thought, of Creative Thought. How can you create if your mind is in contradiction, when Creation is the expression of the Idea that is held Perfectly and Absolute in Itself in the Consciousness? If your mind is in contradiction how can you express the Idea? How can you create? How can you create a pattern through a mind that is always in contradiction to itself?

Now some think and advocate a form of mental gymnastics to overcome the many causes of conflict in our relationship with others and we substitute one cause for another cause, so thought becomes entangled in its own vicious net. So they try to remove the cause by logical conclusions. They worship God or an idea in order to forget themselves and their troubles. But this does not end the trouble, the trouble only ends when the cause is understood.

They develop the idea that they are a Spiritual essence and by this idea they try to escape their daily conflict in relation to others. *It is a flight away from Reality, not Reality Itself. Reality is understanding, wisdom, love. If your mind is ignorant and you still do not understand, you still have no knowledge and you say again in your mind that you are a Spiritual essence, that just becomes an idea it is not a Reality, and you think that you can hide behind it—foolish people!* Through their sacrifice and love they hope to solve the problem, so their belief becomes more important than their understanding of Life. There is ever the competition between religious groups or between those who think they love more or sacrifice more, so their leaders thinking in terms of conversion become their exploiters. It is thus impossible for them to unite because of their traditions, their nationalities, their religions; they try to escape but escape is impossible for

the “I”, the self is ever caught up in its own craving for its own immortality, for its own expansion.

Then we see, can't we clearly, how can you have unity with separate and distinct organisations created by man going in opposite directions; having definite beliefs, having definite traditions, having definite ideas, ideologies of all kinds which are combating one another, and you think that you are going to have harmony and peace in the world.

I tell you, you cannot have it with these things it is an utter impossibility. You have got to come down to basic facts of life and understand these basic facts of life. And you are the ones that have got to understand it! Because you are the students of the highest possible course on Living and understanding.

How can you possibly then give to any individual the Truth if you yourself is caught up in separation or limitation.

There is always the desire to forget ourselves in beliefs, dogmas, systems while behind this there is the intense desire for unity, wholeness.¹ *Is this then not conflict again?*

You still hold on to your beliefs but yet you want wholeness. You still hold on to your sectional ideas but you still want wholeness. You still live in divisions yet you want completeness. How can it come about except through understanding and discerning what is in your own mind.

We must understand our relationship to others, we must understand and know what our beliefs are *and why we have them*. We must understand our desires, our cravings and without compulsion from within or without, intelligently understanding ourselves, in this only lies the solution of our troubles.

Without compulsion from within or without. You have not to be forced in anyway to recognise this thing it must come through intelligently understanding ourselves.

Most people are reluctant to concentrate on the fundamental alteration within themselves. Institutions, legislation and the like force us to adjust ourselves in the outer in the hope of achieving social harmony, but this does not eliminate the cause of conflict and suffering. Compulsion does not create harmony whether it is from *within* or *without*.

It is not by mere control and introspection our understanding comes but through becoming aware of our daily thoughts and actions; becoming aware of our possessive love, our nationalistic ideas, our religious intolerances and the desire for personal advancement and continuity in separation. *Is that not what you are doing everyday. Have you ever discerned your thoughts? Have you ever discerned where you are moving? Have you ever discerned the fact that you are continuing everyday in your separations? There is no use of trying to hide behind anything at all because it will not give you harmony, it is only humbug.* When we begin to understand these things there comes into being a comprehensive understanding, without superiority or inferiority. *I am the Life.*

But we must not say, 'I am the Life' without understanding, it just becomes an idea. But if I know that I am Life, every thought I express must have Living Life with it. It carries the Power of that Life into the ether, changing the atoms, transforming, combining the atoms according to the thought I express.

I can see Jesus healing. He knew the power of his own thought, 'whilt though be made whole.' Wholeness was his completeness, he says, "be thou whole." And with the power of his own thought of wholeness and completeness, so every atom changed accordingly. His thought was so powerful it carried through the ether into the very walls of the atoms that built the body. Combining and transforming them into the wholeness of what he knew to be true. Will thou be made whole?

Most of us are controlled, by our environment, our external burdens, our external values, our opinions. So we are kept in bondage. If the inner is the result of outer influences we will ever bring about discord and conflict in ourselves and others and in the world, for we are the world. No matter how orderly the outer is planned and how ever carefully our social and economic conditions are arranged, if the inward conflict is maintained these will be constantly disintegrated, for the inner is ever overcoming the outer and not until we understand ourselves and the ways of the self can even a well-arranged social order be maintained. When we seek a solution we will find that the self is the cause and the self alone can solve the problems.

That is wisdom, that is knowledge, that is understanding.

Through constant awareness of our thought and action we will free ourselves from all that hinders the true expression of the Self that underlies every other self. Then we will love completely without fear, without the thought of the self. (*We shall love without fear. How many of you love without fear? Have you ever examined your minds to see, if you love without fear? Why do you say you have faith because you want to run away from fear that's why. And you try to invent faith so that you can runaway from fear but fear always catches you up. You only say you have faith when you want to escape from fear, don't you? So you are in conflict already are you not, with faith and fear. Can you runaway from fear through faith? That was not the faith that Jesus knew. His was the faith that said, this is the faith that changes the atomic structure. It would say, this mountain get thee hence and be buried in the sea and it shall be done so. This is the faith when he said, "thy storm shall cease, be peace." That was the faith, his faith, was one-pointed through understanding and wisdom. Not through ignorance or fear and faith opposing each other in every persons mind. And what you think in faith and think in fear you equally produce. I am trying to lift you out of this double-minded state in which you are in.*) We must not identify ourselves with family or race or creed, for as long as we are caught up in these there can be no true understanding of the Real, therefore we must become aware, discerning the ways of the self, so that we can free our thought from bondage of the unreal.

"Unless you forsake your father and your mother, your sister, your brother, your husband, your wife, and your children, and even your own life you cannot be a disciple of mine." What a true and deep statement of the Master. Unless you can part with all separation you will never know the Power of the Christ.

Christ alone is Power but the mind must be free from all separation, all divisions—relations is divisions. You do not give up this relationship but you see beyond it. You begin to understand it, place it in its state, but there is something beyond and that is the Christ that dwells in every Living soul, the only begotten Son of the Father. He is the Creator of the world and existed before the world began. Through Him everything was made that was made. By His hand everything came into being. This is the Creative Power

in man. Yet man's mind prevents him from using it because he does not yet understand, he has not yet obtained that wisdom.

Again the most beautiful thing that I read, "behold God giveth to man that is good in His sight, wisdom and knowledge."

We will see that all cause and effect are in the mind, this lifts the mystery of *the* soul and body and sets free the imprisoned thought.

The Universe including man is Spiritual, harmonious and Eternal. In this is "Being" therefore the likeness between God and man is the likeness of the Creative Power inherent in God not as separate and distinct from man, but as one and the same. When we realize this we will work in accordance with the Divine Law of Love your neighbour as yourself.

It is an extraordinary thing that the majority of people have never realised the fact that their thoughts going out into the atmosphere, into the ether, reaches the farthest confines because of the strength of itself. And when it reaches the farthest of its own carrying power it begins to return back to the sender and there it begins to lodge again, like a missile returning to the platform from which it has been sent.

It's thank God, the majority of peoples minds are so confused that their thoughts are a conglomeration of lots of nonsense. Therefore their thoughts do not convey very much but let me tell you that if I think deeply you shall feel my thought. Because I shall move the ether. I send waves and I know what I am doing. Send electro-magnetic waves through the ether, which interfere and make up your body, which bring about new combinations and health and strength in your body.

Everything in the world has a certain vibration. Every herb that exist in the world today has a certain vibration. That vibration is given to the herb through the sun and the moon. (I am not going to tell you all how it comes about but I am just giving you the facts which I say.) If you know the herb then the certain vibration is taken into the mouth into the body. It is carried through the bloodstream because the bloodstream carries vibrations just the same as the ether does, except on a lower level (it is more modified in its nature.) And the bloodstream carries that herb through the blood until it reaches the organ that it vibrates with and there it takes its roots and begins to act on the organ according to the Divine Nature which created it.

And while those who know herbs and the combinations of herbs as I do. I know the vibration, I know that for every organ and I know the herb that will apply to that organ. And as it passes through the blood stream I know that immediately it get there the organ pulls it in, takes it up, and becomes active in the organ and brings about a new and perfect condition because the vibration is there. Nature has produced it. God has produced that in all the wonderful ways of the Universe. How wonderful this Universe is created but all on the basis of vibrations, all is electro-magnetic. The basis of matter, the atomic structure, the body, the atomic structure of the whole world is based upon electro-magnetic system. Your thought must be the same.

Just like a radio station sending out waves into the atmosphere. And we know perfectly well that sound does not travel very fast, it only travels at a rate of about 700 miles per hour. But when it is raised up into electro-magnetic waves it is sent out into the ether and travels at a rate of 186,000 miles per second, reaches both the perpendicular and horizontal in ever circling waves to be heard in any part of the world at the same time.

Therefore these electro-magnetic waves carry the sound on its back, so does ether carry the sound of my voice. But I can create another sound which you do not hear and that is the sound of thought and it is carried on the waves of ether, electro-magnetic waves. Immediately I think now I can send waves to you immediately.

Why don't you know that the Spiritual Powers in the Universe are based in man. That man is the receiver and projector. At the present time I am talking to you just quite natural but I know that there is nothing I cannot answer. Why? Because I have a receiving set here and I have a projecting set here. I can listen in, I can receive from the Universe and pick up all that is there I could give it to you by word of mouth. It is very simple there is nothing difficult about it.

When Jesus told the Scribes and Pharisees to look within themselves and see that their thoughts and actions were not in accordance with the Truth of the "One" they immediately proclaimed him against the Law. But he knew what was in the inner was manifesting in the outer, so the blind lead the blind. "The last shall be first and the first last," shows us the all-

inclusiveness of our Divine Nature when the illusion of separation disappears.

God is Spirit and all that He creates must be Spirit, this is the Truth that sets us free. God is “One” and not a series of One. It is man who creates this illusion in his own mind. Human theories are totally inadequate to interpret the Divine Principle involved in the work and words of Jesus. He says with no uncertain words, “I and the Father are one.” This is the leaven of Truth ever at work and must eventually destroy the entire mass of error in the world and so be eternally glorified in man’s Spiritual freedom.

Yes, this is the leaven of the Spirit that changes man’s thought through discerning that which is opposed to it. It is said that the flesh is opposed to *the* Spirit, this is not so for is not the body the Temple of the Living God. It follows as night the day that freedom from all conflict is man’s heritage.

As God is Omnipresent Love and is natural in man then evil is unnatural and is opposed to the nature of God. Thus evil arises in man’s mind and he gives to it a reality *that* it does not possess.

So he concentrates upon it and as he concentrates upon it he sees it. And what he does, he electro-magnetic charges the ether, and every other soul on the same level becomes part of it and adds to the thought. Adds to this illusion that is controlling and mocking man throughout the Universe. But if men did not send these thoughts and waves into the atmosphere but send the Realisation of the Love of the Christ, crowned and alive not dead.

The miracles of Jesus did not belong to a special era now ended, but illustrated the Divine Principle in man which indicated the eternal continuity of *his* Being.

In discerning our thoughts we see they are continually changing from sorrow to joy *from* joy to sorrow, from health to disease, from disease to health, from success to failure from failure to success, from fear to hope and from faith to fear *etc., etc., etc., is that not so. (Your thoughts are always changing backwards and forwards from one to the other. Can you not discern these things or are you too stupid to discern them! It is easy for the mind surely to be able to see itself and what it is doing. How can you go on doing these things after I have been telling you these fundamental truths and the principles of which your thought travels! First of all, encircling right through the whole of your own organisms then out into your*

environment, then right into the atmosphere to carry its mission of death or life.) As man is governed by his reactions to the physical senses. But man's "Being" being Divine Spirit, it must be so, he cannot be controlled by sin and death except through his own volition, his own belief in them.

The vesture a man puts on does not change, the man, thus when man sees and understands the unreal he will see it is but his own belief, and a belief is but an idea in *the* mind. (*But you see then when you see your beliefs you see your mind and all these things in it then that is a garment you have clothed yourselves with. But when you change the garment the same man existed in the beginning is still the same. Cleanse then, shed these garments of illusion that are held in the mind and let the man that was born free, go free.*) But God, Truth, is none of these. Only when we know the false can we set ourselves free by knowing that there is but One and in this One there *can be* no division, no distinction, no separation.

Your personality is the sum total of your thoughts, actions and reactions. It is in fact a record of your thoughts and actions. If you become aware of this you can change your personality no matter what circumstances you are in. But this is not the Truth I wanted to *show you*. The Truth I want you to see is yourself free from conditioning; understanding what your ideas, your beliefs, your opinions, your actions and reactions are and how they come about. Then you will find the Eternal and Ever-present Life.

What is it that is hiding you? Is it not a belief of some kind? What is it that is hiding your Life is not your mind?

This is the Divine Truth for everyone no matter how great or small, remember the first shall be last and the last *shall be* first. We use our intellect as a means of getting by in this world of ours. But with Spiritual understanding we will have more than just getting by, we will reach the highest degree of our possibilities, and our capabilities will be shown in the outer manifestation of our lives. We will look deep into things instead of accepting the outward sense of things, we will see that we *do not* gather grapes from a thorn-bush nor brambles from a thistle. We will come to the true and *through the* understanding of ourselves and the true value of Reality, then our purpose will be constructive and in harmony with the whole. We will become invincible and our results will be abundant and permanent.

Millions of words have been written but all lead to confusion of thought, one writer contradicts another; there can be no understanding in this way only confusion. The only way is the discerning of the self and the ways of the self, then the Light of *the* Truth shall reveal Itself in all its glory and omnipotence.

“I will give you a mouth and wisdom, which all your adversaries shall not be able to gainsay *or* resist.” Luke 21: 15.

BENEDICTION

I lost the “Father of all” in the wastelands of beliefs and I could not find my home.

Although I prayed and kept the door of my soul open expecting Thee to enter from without yet I did not find Thee.

My groping mind was filled with fear in a world created by man. At last in the throes of despair I heard Thy Voice from within.

Then I rose out of my darkness to find the Light that shone from the beginning of time. It enveloped me in Thee who art my home for ever more and I am now no longer afraid, Beloved 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 13th February 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next sentence in the Lecture Notes is missing from the recording. [*Yet without understanding our craving, to change our belief is utterly useless.*]

Lecture 3 (19th February 1952)

IF THE INDIVIDUAL IS SICK WHY TREAT THE BODY ALONE*

“I come that they might have Life and that they might have it more abundantly” John 10: 10.

There are no conditions in the Divine Creation of man. Conditions are brought about by the human mind that has nothing to do with the Creation of man. *A very profound statement. Behind the mind of man is Creation of man. It is beyond man's mind to comprehend, nevertheless he can become aware of that same Creative Power within himself, in which he creates for himself and with his ignorance naturally he creates the error which affects his mind and body, his circumstances. And it is a law that one is required to understand, whereby man understands his own mind, discerns his own thoughts, watches his reactions to things external to himself and is not caught up in his reactions. And when this is understood there is sense of freedom because man is not caught up in the relative which itself is but effects. Any conditions that exists in the body is an effect. An effect through some means whatsoever, whither it is the effect of a reaction to a stimulus external to himself or emotions that rise up within him, all these things have an effect upon his mind and body. When we create conditions we begin to struggle with them, this is where we fail to see our own creation, thereby intensifying the error.*

Unless we understand and see our own creation then we struggle with the effect and naturally we intensify the error.

You do not struggle when you are free, you only struggle when you are imprisoned. The way to freedom is to discern the cause.

You struggle with thoughts that enter the mind when you wish to be quiet. These thoughts you think are foreign to your nature so you try to

banish them, but instead of getting rid of them, they worry you further because you struggle with them.

It is the struggling with a particular trouble is the cause of its intensity. You give it a power that it does not really possess.

I told you before, the other night, that when you think and you create a thought you set in motion certain conditions.

As you know that you are all electrical. Every individual and everything you see is atomic. And the bases of the atomic structure of the Universe is electro-magnetic. It has its movement in ether. Ether is the basis of the substance of all forms that you see and all forms exist in the ether. It is the conductor of all energy, the conductor of all forces which are here and there transforming the atomic structure; creating it, disintegrating it, and inoculating it.

These forces are no more than thought, itself being electro-magnetic has its power of affecting the ether, charging these small particles of ether which is beyond the atom, but I call them 'etherons.' So the etherons are created and whipped into action, and they are carried through by the ether which interpenetrates the atomic structure of the body. And enters into the very walls of the atomic structure of your body causing disturbance there.

Now if you realise that you will see what you are doing. But if you do not realise that and you struggle with your trouble you will further intensify it by your own ignorance.

It is necessary to become aware of the movements of the mind without struggle, then they will dissolve away. If you are aggressive, quarrelsome, nagging all day long, if you are jealous, envious, selfish, egotistical etc., etc., you will see that these are the false movements in which you are caught up, thus you mar your own body and soul.

You are caught up in these things because they are not according to the Divine Creation. If you knew completely that it was wholeness that created you and that wholeness is within yourself. It cannot be otherwise because wholeness cannot be divided into parts, it is indivisible. And it is this indivisible whole that is behind you and is the Creativeness within you.

If you realise that then you will no longer be jealous, envious, selfish, egotistical, or any of these things that mar your mind and body, there is a

quiet confidence. A supreme understanding that nothing can change or move. There is a faith that is beyond that ordinary faith that you hear about, a faith—knowing. Not a faith, as it were where there is fear attached to it. Because I have told you so often, that fear and faith is the same thing. What you think in fear and you think in faith you equally produce. So if you fear a thing you create the idea of what you fear therefore you intensify the trouble, is that not so. For the simple reason you create in the ether interpenetrating the body, not only that, but also in your environment and beyond, you create these disturbances because of your fear.

Real faith is a different thing altogether. But in the ordinary faith there is always the combination of the two, fear and faith. And here is what you do; you have a thought in fear; you superimpose it by faith, then you superimpose the thought of faith by fear, and then you superimpose it again with faith, again with fear, again with faith. And you are continually superimposing these electro-magnetic charges, which you express in your body, and you have what we call a conflict.

That conflict is always in your mind and you do not know what faith is because you are always fearing it. If you understand the Law properly then you will see clearly and distinctly that faith is a knowing of the Law of Creation, and abiding by that Law knowing exactly what you are doing.

But when you discern the cause of the wrong movements in your mind you can dissolve them.

We must have knowledge about the self before we can transform it. The self is the intellectual and emotional side of our Being. Therefore any form of limitation is a hindrance to wholeness. We must have that intelligence to discover what is of primary importance and have the capacity to pursue it.

Then if you are ignorant of the mechanism of thought we vacillate from one to the other, keeping both the positive and negative active. It is always double; you live in your mind, you live in your thoughts, you live in your reaction to things external to the self.

Have you ever discerned in your mind then what composes your make-up, what composes the material in your mind. Have you discerned the fact, whither you are acting to things external to yourselves or are you aware that you can think purely, that you can create.

If you are caught up in everything that is external to yourselves then your creations are according to what you think, therefore you are limited. But that limitation is a falsehood, it has no existence in Reality whatsoever. For Reality is complete in Itself, it is wholeness, complete there is nothing opposing it. Nothing can oppose it because it is wholeness and completeness. If you see this clearly then; you will understand, you will overcome these limitations, these conditions which affect the mind and body.

No one else can do this work but yourself. Therefore you are not just born to suffer and decay, you are here for a purpose. The difficulty with most is that they accept the suggestions of the senses as real and lose the purpose of Life which is to give expression to wholeness, the Christ Life.

Now, tonight, I made a remark which I think is very significant. That is to say, Infinite Life in Itself is complete, it is impersonal in nature. It just performs the function of Itself, carrying in with itself the Intelligence to perform its own activity.

But as we see, that Life Itself becomes individualised and personal in the individual, you and me.

What is it then that gives it this individualisation? It is not separation because there cannot be any separation in wholeness. Well within the wholeness there is the Creation of, we will call, the Christ Principle. Why I mean to say this, is that the Christ Principle is said in first book of Genesis and in John; “in the beginning was the Word, and the Word was with God, yet the Word God, and that Word was made flesh.” In the wholeness was the Word and wholeness was in the Word, but the Word Itself was the Creative Principle, and that was the Christ.

Behind the Creative Principle is the totality of all Life. And you will know clearly and distinctly, that the life in the body is in no way separated from the totality of all Life in the Universe. In this state there is a Knowing, an Awareness of Life. Not what Life is but an Awareness that IT IS.

I often get into that State of Awareness and I can know that State very well. I also can get into the state in the mind and I also get into where the mind is double. I can see the movements of the mind, I can see exactly how the mind is moving, all my thoughts and everything only because I am accustomed to discerning them. It is the greatest privilege in the world to be

able to discern your own thoughts, your own movements of the mind, so that you can understand them. Without this there can be no clarity of mind! Because there can only be a conglomeration of ideas which are completely superimposing one upon the other. Consequently there is no cohesive thinking and no direct creativeness, but a conglomeration of activity in the ether that is causing chaos and trouble all over.

And then with a mind that is alert, a consciousness that is aware, he can hold an eternal peace within himself and by doing so can quieten thousands of people without saying a word. Why? Because he is a powerful radio station and his thought is moving through the ether, it is bombarding the minds of all the people. They cannot resist it, it is impossible for them to resist it, they are incapable of resisting it because it is in the ether, at a terrific speed.

Sight and thought have equal vibrations. And sight is a vibration of light. Light vibrations travel at the rate of 186,000 miles per second yet that thought can move through the ether causing millions of minds to become affected by it.

There is a time coming. I'm going to tell you something, a great secret that I know. The last war is a mental war, a war of minds, not a war of weapons. But a war of minds that become aware of this great and mighty secret I am telling you, (which should not be told outside this class) that is the power of the electro-magnetic activity created by a strong concentrated consciousness. And according to the power of the thought so is the state of consciousness or according to the state of consciousness so is the power of the thought. Therefore it is the most powerful thing because it can interpenetrate and disintegrate matter.

Do you know, that a thin wire almost invisible to your physical eye charged with electricity, vibrating at a terrific rate, can cut through the largest tree in the world, can mow it down. It has been proved, that in electrical laboratories experiments prove, that an ordinary feather or a piece of straw charged with tremendous electrical power can twist a steel shaft as if it was a piece of string.

The mind of man and the consciousness of man is still greater than that. And when the knowledge comes they will discard all these things; of bullets, of guns, of atomic weapons, because behind that, the mind of man is more

powerful. I am telling you a truth now, you will not see it in your lifetime, but it will come.

If there are difficulties, it is no use trying to escape from them but to face them with confidence for this is an opportunity to assert the Christ Life, yet every sensation must be dealt with carefully and not ignorantly denied, otherwise it will rise again in the nature.

Patience and understanding is the basis upon which we must act so that the Christ can speak the word of power from within. When this is done with understanding there will be an unfolding of the Real Self.

Yes, when Jesus smote the fig tree because it was not bearing fruit. It was the same Law that I have told you about, the Law behind the Power of Thought. But you could not do it because I tell you, your minds are not sufficiently clarified yet.

But the time is coming if you persevere along the lines I have shown you, your minds will become clarified to an extent that you will be able to perform feats that will astonish you.

But there is so much doubt in your mind. Do not you see that if you understand the law of magnetizing the ether that doubt, fear and faith are the same.

The body is for the purpose of your experiencing Life in the flesh but the flesh has no say in the matter. When the true awakening comes through understanding that which is false, the Real Self frees Itself from conditions that surround It in the flesh.

The outer is ever renewed from the inner realm, by the Life that is Eternal. Therefore the continuity of Life is not broken when you cease to breathe in the physical. *And it is not the physical body that breathes at all, it is the soul that breathes.*

The soul breathes through the body. The soul interpenetrates the body. Ether interpenetrates the soul. And the vibrations of light and vibrations of thought interpenetrates the ether that supports the soul and body.

If you can understand that, then you will see that all Power has been given unto you in heaven and on earth. And Jesus knew this Truth. So did the Masters know this Truth. As I have been trained to be these things. Naturally I am telling you something which I have kept from you for some

considerable time because I knew that you were not yet ready for it. But the time comes as you grow in understanding, The time comes for you to understand these things and as you go on you will understand more and more.

The wonderful thing is this, how true it is. You get a large body of people and then you find you draw from these a certain number. From that you draw another number until such time as you get the real essence. And I say to you, you did not choose me, I chose you. Think about that.

We make our limitations by clinging to the form. Spirit is Life and Life is formless and is the only Creative Power, being complete, whole. It is Christ that possesses the body of flesh, when this is understood there is a renewal of the Christ Life in the body.

The body has no power of its own. But it says, "in the beginning (plainly) the Word was with God and the Word was God, and the Word was made flesh and the Word remains immortal. Immortal, mind you!

This is faith through knowing, not a faith in someone or something apart from yourself, for when this is so, faith and fear exist side by side and this is the faith that most people have. When this faith dies fear takes its place or vice versa, this is the see-saw of human existence, devoid of understanding.

Without knowing-understanding we react to things external to ourselves so our creative power is turned in the wrong direction, so the things you do not want but which you fear you get. *That is quite plain is it not, because of the simple law of the magnetizing of the ether, that is all.*

There is only one Rule and one Law, and that Law is not divided. What you think you create wither in fear or faith. The range can be controlled and directed by a mind who understands.

The growth of the flower in the plant can be stimulated by a mind that understands. The storms can be abated by a mind that understands. The water becomes as a rock to a mind that understands. All the feats of the Masters. All the feats of Jesus, the greatest Master of all time, (because in the Himalayas he is considered as the greatest of all the Masters of all time) and all his feats are complete and perfectly known to those who understand.

But there are a lot of people in this world today through their own ignorance, discredit them, and say it could not happen. Why? Because they

do not know the law of magnetizing the ether. They do not know the law of the atomic energy which is controlled and directed by an inner force known as etherons, which are controlled and directed by the mind of man and the Consciousness being the Power behind it.

So according to the conscious awareness, that State of Consciousness is brought about through discernment and awareness, brings into understanding the process of these things. And we see clearly and distinctly how the Master performed his feats. But the ignorant, the incredulous will say it could not be, for them it can never be.

So do not you see how the ignorance of man prevents him from using that Power at his disposal, and thank God it is so!

Because if the ignorant man could use this power he would destroy himself and many with him. But it is decreed through Nature herself that only as man's consciousness unfolds and as he discerns all that is relative, he begins to see that he can control all that is external to himself, all that is relative. And that which is Creative becomes more and more Conscious in his own consciousness. And he feels and knows behind him is that great and mighty reservoir of Creative Power known as wholeness-Infinity. "All is possible unto him in heaven and on earth."

I am telling you facts. But I am taking you beyond your own experiences. But unless I take you beyond your own experiences, your own experiences will never be anything at least for you. Because if you depend on your own experiences, your limited experiences, and you say through this experience, 'this is so and nothing more can be done,' therefore you are limited entirely by your experiences. You must go beyond your experiences into that particular Plane, that in Itself has no experience and yet has not created any experiences, but in Itself is wholeness and completeness.

Man creates the experience that limits him. But in this Awareness, this true Awareness that I understand, I am part of this and I know how true it is.

Without knowing-understanding we react to things external to ourselves so our creative power turned in the wrong direction, so the things you do not want but which you fear you get. Through lack of knowing and

understanding we unconsciously use our creative power, this is probably the biggest factor for much of our unhappiness and ill-health.

The reason for this ignorant reaction is because most people believe and act in separation. *Now if you believe and act in separation you are living in separation. Therefore you are entirely and completely limited by that separation. Good God, cannot you see that wholeness is everywhere and wholeness behind—is all that is created. Wholeness alone is Creative. Separation is not creative, it is disintegrating. The reason for this ignorant reaction is that most people believe and act in separation.* Man divorces himself from his Divine inheritance because of his belief in separation. In this way he has become impotent while the outer rules him.

Can you discern in your own mind and ask yourself the question honestly and completely, “does the outer rule you?” I am asking you a question which is for you to answer to yourself. But it is so important, this question, that when you have answered it to yourself, you will be able to discern your own thinking and how you are reacting and what is taking place in yourselves.

Life is a Spiritual force and our birth is a Spiritual fact, invisible to the mortal eyes for Christ is manifesting in the flesh.

Therefore we must abstain from worshipping idols and symbols and know that within is the power to do all things. Unfortunately the majority think that by repeating a formula they have found the secret, but this is an illusion.

It is the ignorant people that repeat a formula. But when the ignorant repeats a formula there is always the opposite waiting to take its place immediately you stop repeating the formula. So if you want to continue you have to keep, ad infinitum, repeating the formula and repeating it entirely and completely ad in infinitum. But whenever you stop repeating your formula the very opposite rises up in your mind to check it, because you are ignorant of the fact. You are ignorant of the Truth of this law that I am trying to show you.

In the turmoil of the daily life it is difficult for some, but *it is not impossible to become conscious thinkers. For without conscious thinking successful results cannot be obtained.*

Your subconscious activity is the result of your reactions, your thoughts, your emotions, that are waiting to give expression to themselves which hang in your mind, which surround you in the ether waiting to take its place into your mind immediately you are vibrating at that particular rate of vibration. And flows back into you and becomes in your own consciousness and you think then that it comes from some other source, when all the time it is something that you reacted to long ago.

*These subconscious reactions into your mind must also be understood. Because conscious thinking must be totally conscious and not affected by any subconscious reaction or any condition of the past nor belief in the future, but always of the present. This present moment, Life, and that is the only moment that is present—is this **Life**, and there is no other time, past or future do not exist or they only exist in your mind, they do not exist in Reality.*

Wholeness knows no time, nor past, nor future, nor does it know space because it fills all space. There is nowhere where it is not.

If one is caught up in the stream of unconscious reactions in fear and anxiety this leads you away from the Christ within *who* is all powerful.

“Let it be quite plain that God has always been manifest in the world.”
“And the Christ is the Love of God manifest in the flesh.” When we have no longer the belief in separation we will know that God is all in all, then our false *ideas* and *beliefs* will disappear and the Consciousness of the Christ within will manifest, making all things anew.

Now you see the meaning of my words, don't you? They are not just mere words. Because behind them there is a law that is definite, immutable, indestructible.

It is the state of consciousness that brings about the outward manifestation in all planes, both in the inner and the outer. 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.

And we will see, that Power being bestowed upon you by the Almighty, must be the Almighty Himself, because there can be no place where He is

not; being Omnipotent, being Omnipresent, being Omniscience, being all Wisdom, all Knowledge, being Everywhere having all-Power, there can be none other.

But He has bestowed upon you and me, created within His own bosom, that Son which He called the Christ, the Eternal Son of God which is the Creative Principle, through which the Great and Mighty Power of the Infinite begins to flow, and through the Christ all things are created.

Oh, I wish I could take you inside and show you the mechanism of what is taking place. I could show you what is taking place in the heavens, above you and around you, then you would know and understand what I am telling you.

Recognition of the Almighty is not the recognition of something that is outside ourselves for the Almighty is not a relative thing. Even to talk about the Almighty puts Him in a relative position and this is wrong. (*When talk about God we make Him relative. I am talking about God now but in our words we make Him relative, that is the only way I convey any thought to you through word of mouth is to speak in relative terms. But my speaking to you in the relative terms is this: is to convey to you so that you will be able to use your own consciousness to become aware. To discern all that is relative and become aware of your own Reality. And when you become aware of your own Reality there will be silence within you. A silence so deep that you cannot speak because immediately you speak you will create a relative-ness. But in silence and completeness and wholeness there is silence which is Eternal, not a relative thing. Oh that I could make you know this, to see it and understand. Still the time is coming when you will know it, you will find it. The answer comes to the one who seeks.*) But with understanding we can speak the word of power from within knowing that the word will not return void but will accomplish that which it is sent forth to do. If we are dependent upon an outside source we are not using the Almighty Creative Power from within.

Therefore I say, do not depend on any outside source whatsoever.

With action comes knowledge which is not imitative and so it is liberating the Creative Power into action. *It is not sitting down and thinking but becoming active. And in that action you liberate this Creative Power.* The pursuit of “what can I do?” creates self-reliance. We are constantly

clothing ourselves with thoughts and the state of *our* consciousness determines the kind of thoughts we have.

Around you are many people in sickness, misery and want who are followers of the *present*¹ 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 body and soul. For the laws of Nature, mental, spiritual and physical will serve us in exact proportion that we understand and observe them.

As you progress in your own consciousness, you will find coming into your consciousness; an awareness of this relative world, an awareness of the mechanism behind the activity of this world, an awareness of that which is Creative within you. Naturally then, how does that come into your consciousness? Because it IS in your consciousness!

God must be Conscious of everything in the Universe. His Consciousness must envelop everything. And that Consciousness being wholeness must be in everything. Therefore that Consciousness which is wholeness must be in me and you. Naturally then, the Consciousness will reveal its own contents as it unfolds.

How do I get this information? Do you think I write it from books or get it anywhere? My dear students, I very seldom read books. People present me with books, one after another, but I put them aside. But when I read them, I see that they are all relative. They are delving in the relative world, things external to themselves, not something that will make you think, so that you can reach that which is Unfathomable, Unknowable.

It is only when you have reached that which is Unknowable, then you will be meek and mild. The meek shall covet the earth. The meek shall have power. Because only through this humility, which is not a negative humility, but a humility that comes when you become aware of the Unknown.

Do not believe the one who says he knows because you will be sure he does not know. There is a knowing and that knowing is all that is required. A knowing of the Unknowable.

For as your consciousness unfolds so that consciousness of yours will still be Unknowable. But it will be expanding and revealing what is within Itself; all the relative world, all the relative truth, even the Archangels in

heaven. They reveal that greater expression of the Life but still they cannot pierce that Unknown. Yet they are giving expression to that Unknowable but they do not know what the Unknowable is. We only know that IT IS.

Love is the secret, “do unto others as you would have them do unto you,” is not a mere command but the law of Divine protection.

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 balance would extract in exact proportion as we dealt out to others. Nature forces us into a corner where we are forced to use her laws with intelligence and understanding.

And you will find, that you and everyone else is forced into a corner until such time as you use with intelligence and understanding the Laws of Nature.

The Universe is proved to be made up of a substance exact in nature to that which makes up ourselves. Therefore the created and the Creator are One and where no separation is possible. With this understanding we can dominate any circumstance instead of becoming its victim, *and this can be done only* by intelligently co-operating with the Creative Power which is always aiming at our betterment.

Most people do not realize the importance of this fact, otherwise they would accomplish things consciously which would never be attained through mere human effort. We must have confidence in the all-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 lives. We must work from the centre outwards, not from out in, “whatever I see the Father do I do likewise.” *(Can you understand the meaning now of these words? How important they are. Don’t you see, as your consciousness expands, these words become more Real to you. At one time they were just a platitude. When you came here first and joined these classes, these words were platitudes. They did not mean very much to you but now they do mean something which is much more. And as your consciousness unfolds they will mean more and more still into Infinity. There is no ceasing of this, no*

never.) This means we no longer wait for others to act for us but become creative, co-operating with the all-Creative Life.

If you are dominated by example or follow a pattern or recognise the only authority as being that of something that happened previously or be limited by existing facts you will never be really creative. You must transcend the experiences of the past and enter into the ever-present, *the* realm where others fear to tread. Then you are automatically endowed with unlimited resources. Remember we cannot use the Law unless we apply it.

The true sower is one who knows himself, then his faith increases. For there is no difference in the Law that operates in the ear of corn and the Law that operates in man's consciousness, aware of the one Creative Law, yet most people have failed to see this Truth.

Plant a seed in the ground and provided it is not interfered with in anyway it is sure to grow. The same as you do plant a seed in the mind, the Infinite Mind. (You cannot plant it outside the Infinite Mind because there is no outside the Infinite Mind. You can only plant a thought, a seed, in the Infinite Mind—you cannot plant it outside it.) Therefore it must be feed and nourished by the Infinity, it cannot feed by any other thing, it is impossible.

A well-ordered individual is one who intelligently directs his thoughts and efforts in accordance with these Laws, therefore a well ordered society rises out of individuals who understand.

With no knowledge of these Laws we unconsciously allow ourselves to be destroyed because we allow ourselves to be controlled by leaders with little knowledge of the compensations of the Creative Law,² *(that everything returns from whence it came. Material and forms grow up, their growth complete, then the disintegration of the form takes place. But the Life within is the same, it goes on to even greater and greater expansion of itself, in the inner planes and inner worlds. So the substance that you see—this table, this body, your bodies, will pass back into the ether Substance from which it arose. Created through the Law of Electro-magnetic Principle of which your bodies have been brought into existence. And shall also after its completed, there will be a re-coiling or uncoiling into the nucleus of the atom itself and then it lies dormant. One day then, some other force will come into that nucleus, and will grow again with greater expansion gathering to itself other atoms surrounding itself from the ether, and*

building up greater form with greater experience. Because all experience that existed so tiny as an atom. Yet the real atom of your body has contained within itself all your experiences and will remain dormant. But it will remain in the ether waiting for some other time to enter into a body, carrying with it its great experiences through being born again through the body. And then expanding itself with greater experience. Again that same experience will be uncoiled again in that atom which remain in its own nucleus, waiting again to come into operation. So is Nature, so is the Universe, and all the atoms within their own nucleus will grow in intensity until such time as all experiences of the Universe in Itself remains wholeness, completeness in the atom itself that is not separated from God in anyway but is God Himself.³

When man's mind is focussed less upon the created and more upon the Creator he will not be dominated by circumstances and things. For is it not the craving for things that all the trouble is about in the world today? Man has enslaved himself by allowing effects to determine his state of mind and thus he is controlled by the effects of his own cause.

Only when man feels the thrill that comes from the self-confidence arising out *from* his realization of his true relationship to the Creator of all things will he free himself from himself. Man can never be really useful to his brother until he has gained this freedom. *Freedom must come.*

Do not think that by giving up the little things in Life that you will succeed, little things do not matter very much. We must see the great Vision. So many people are blinded by the small petty things that people do. If you understand yourself you will understand why they act in that way. Only little people are taken up with little things, do not waste your time and life in trying to combat them, when the big Vision comes these things fall away and disappear into nothingness where they belong.

Therefore the great Vision absorbs all the little things, like a one great emotion sweeps into one all the small little whirlpools of emotion in your organism in your body into one complete emotion, they are passed away, to be transmuted through the realisation of that which I have told you.

But your mind must be cleansed first through discerning. Discern it. Oh, could I make you understand.

That the discernment of your mind and the conditions of your thought and the creations of your own selves that is so essential before you can understand what I am talking about!

Therefore the sooner you start the better.

We must not separate heaven from earth but bring the Kingdom of Heaven to earth. So cast out your false beliefs, your beliefs in sickness, beliefs *in the* cause of fear, belief in the power of sin, belief in *the* false prophets who preach sin, the devil and hell. Instead lift your eyes to the sky and as the sun rises you will see all the stars disappear, they give way and go into the background. So with us when we realize the Truth of our being. All these things dissolve away with the personal self, with all its prejudices and possessiveness. Then we shall be like Him who made us in His own likeness.

BENEDICTION

O Mighty One, Thou art not separate but one with me eternally. In Thee there is no evil for the devil cannot exist in Thy omnipresence.

It was the king of illusion who sat on the throne of ignorance was the cause of ill-health, unhappiness and my soul-blindness.

It was in my deepest moment of despair that I heard Thy Voice calling, “be not afraid, for I am with thee always.” Then the Light that shone from the beginning of time blotted out all the darkness in my mind.

Now I see with clear sight, all that hinders Thy expression. I thank Thee, O Mighty One, that Thy light becomes mine forever more.

* 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 19th February 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. On the recording of the Lecture, Murdo replaces the word personal in the Lecture Notes with present. The full sentence of the lecture Notes would then read: *Around you are many people in*

sickness, misery and want who are followers of the personal Jesus, but they have not made the great discovery of the indwelling Christ.

2. The next sentence in the Lecture Notes is missing from the recording. [*So the blind lead the blind and all fall into the ditch.*]
3. The next paragraph in the Lecture Notes is missing from the recording. [*When we look into the past we see that civilization flourished from small beginnings but later became smothered by the things it created. Is the same not already upon us? We look upon the created as a means of power instead of the creativeness within. We crave for things and in this craving we destroy ourselves.*]

Lecture 4 (26th February 1952)

I HAVE NO OTHER AUTHORITY EXCEPT HIM WHO MADE ME*

“Since this people draw near to me with their mouth,” says the Eternal, “honouring me with their lips, while their¹ [hearts are far remote;] since their religion is a mockery, a mere tradition learned by rote;....” Isaiah 29: 13

It is essential that you read this carefully and see the true meaning of it. He was showing, that it was not a mere tradition, it was not something that one could learn by rote but an understanding deeper than that, very much deeper than that.

Are we not trying to rearrange the world, to rearrange its values while maintaining our own separation in nationalism, religious dogma, superstition, hatred and acquisitiveness? Is it not necessary that we eliminate first the causes within ourselves that produce conflict and misery?

We are all trying to rearrange the world. And those who are trying to rearrange the world and create new values have not realised the cause of the trouble is within themselves. They have not yet understood the wholeness of things; the wholeness of the Universe, the wholeness in which the Infinite works through man because it is the wholeness that works through you. And there is only wholeness, wholeness is Reality.

So we are all trying to rearrange the values while maintaining our own separation in nationalism, religious dogmas, superstition, hatred, acquisitiveness.

If we seek Truth we must first abandon those values that are based upon ill-will, possessiveness, greed, superstition. We must first of all decline to be guided by politicians, priests and economists with their endless plans for so-called peace which leads us into destruction.

These are strong words but it is necessary for you to think about them and see where you are being lead. If you are unable to think for yourselves then you are caught-up in these things and you are lead into destruction.

The whole world today is caught up in propaganda. This propaganda follows a line of action. And those who produce this propaganda understand that the mind of man is like a sponge, he absorbs these things, these ideas. And when the world gets those ideas completely planted in their minds, they begin to express them outwardly. And naturally as the expression of the idea outwardly creating, as it were, these activities in the ether which affects every other mind, and before you know where you are you are all caught-up in it.

But yet, you see, those minds are of little value. For the simple reason, that they are minds that are reacting to things external to themselves and have no concentrated thought.

It requires wisdom and understanding to come to the realisation that Spirit alone is the Power behind Thought, and when one realises this tremendous force that was behind Thought because Spirit is behind all Creation. And Spirit is behind Thought because Spirit (it means activity) Thought the Universe into operation, and it is Spirit in you that also thinks. And the Spirit is the Creative Principle within man. That Spirit is then the Source of your thinking.

But if you are caught-up in things external to yourselves, then you react to these things and your mind is a conglomeration of thoughts, having no force or activity whatsoever, it has got no driving power because you are caught-up in all the ideas and conditions in which you live. Therefore you are no longer able to get out of those conditions because you are caught-up in them. Because you are ignorant of the fact.

But when a concentrated mind knowing the Source of his being and the Source of his thinking, and he knows clearly that the totality of all Spirit is behind him because Spirit is not divided—it is whole. In that individual, the wholeness of the Spirit and the direction of his thought, can cause a complete calmness to take place.

But remember that one who has risen to this State of Realisation cannot go about reacting to this and reacting to that. Otherwise the power of his thought would destroy things.

That is why Jesus said, "condemn not least ye be condemned." He could do nothing else except forgive those who crucified him because of the power of his thoughts.

When he came across the fig tree and he saw that it was not bearing fruit, he smote it, and it died. He withdrew the life from it. Why? Because he saw clearly, the whole thing is this, unless this tree was bearing fruit, it was of no value.

But Jesus could not discriminately withdraw life here and withdraw life there. For the simple reason that he would do untold harm. The power of his thinking set up in the ether such a Power that it caused the very atoms of the tree to die, to change, to become over-whelmed. Life was withdrawn from it and it naturally died at once. Think then, of a mind concentrated in the realisation of the totality of All-Spirit. And in that consciousness a realisation of thought, of sending this power of thought into the ether, into the atmosphere.

That individual is not affected by propoganda. He is not caught-up in the things here and there. Jesus was not caught-up in the idea of force that he could control the world by force. He knew perfectly well, if he used force, that force would remain. And he knew perfectly well that the only way that a true existence could become the existence of man in peace and harmony and a successful Living was in Love and Wisdom. And he knew that because he knew his own Power. If he used force he could destroy what he wanted to because of his Power.

And it is the same with any individual who rises to that State of Consciousness, where he becomes aware of the wholeness of Spirit behind his own thinking and his thought. He sets in operation these tremendous forces of electro-magnetic activity, that charges the ether and causes this ether to penetrate the minds of the people, even penetrate the walls to make them disintegrate.

I am telling you a truth. I know that you will not be able to do it because; you have not the mind yet to do it with, you have not grasped the completeness, you have not grasped the wholeness of Spirit, you have not discerned your thoughts so that you can eliminate all those thoughts from your mind that are hindering the expression of that which is Real in Itself.

And it is a good thing too, that it is impossible for anyone to perform these feats until such time as the mind has been cleansed and cleared of all the hindrances that prevent the activity of this tremendous Power vested in the Master.

The fact remains that we have made *these politicians, priests and economists* our leaders through ignorance of true values. Now we have to become deeply aware of the cause within ourselves, and the responsibility remains with us to remove the cause. This alone is the solution to all conflict. First of all we must understand the cause, then the Real that is behind all can be realized. This alone can bring peace and happiness.

In Reality alone is there enduring happiness. In Reality alone is there Creative Being. Without this inward treasure the outward can have little value to mankind. (*Unless you have this inward treasure the outward is of little value to you. Think now, is the outward of any value to you? What is the greatest treasure? The treasure of that which is within.*) The organisation of law and economic planning will ever defeat its own purpose. But when the awareness of the Real is established the outer and the inner will cease to be separated for we will understand that the outer is but the expression of the Inner. Our religion will no longer be lip service but the true expression of Reality, the one and only Creative Being,

And is it not so, that the sayings of Jesus have become platitudes. And those platitudes have been made the foundation of the greatest religion we have today, the Christian religion. But if his sayings were followed out from a scientific point of view, instead of being mere platitudes to the people, life today would have been entirely different.

Every word he said was scientific. Behind his words was a knowledge, a scientific knowledge of the Universe. Therefore his words were words of Law, not platitudes.

But what do we get today, a religion based upon his words, and those who talk them know nothing at all about them. Therefore we are caught-up in an orthodox condition. One Bishop gets up and denounces another Bishop. Another Bishop gets up and denounces another one. One religion denounces another religion and so forth.

But don't you see that it is all relative. It all belongs to the mind of opposites—a belief. Therefore there can be no solidarity in beliefs. There

can only be solidarity in the realisation of the Truth and a scientific Truth. And unless there is a scientific Truth as the basis of any religion or philosophy, it will fall to pieces and disappear into nothingness as it is doing today.

To sustain the Christian religion today from its exit, will require a sound scientific bases. And the scientists in the world today are the only ones that can do it. And unless religion and science move hand in hand, side by side, then religion is doomed.

There are many who say they practise brotherly love, yet condone organised murder. One has to understand the contradictions to understand ourselves. Without self-knowledge brotherly love is impossible. We must think out every thought-feeling then we will understand what is in the mind. You cannot practise brotherly love if you are caught up in envy, jealousy, hate, antagonism, differing creeds, mass murder and conflict. Brotherly love only comes when all these things are cleared away through understanding oneself.

You can talk about brotherly love till doomsday but you will never know what it is until such times as you have cleansed your minds.

There is no use of talking about the bush. There is no use of me telling you, you are wonderful people because you think brotherly love, at the same time you think brotherly love you think the very opposite.

How can you then eliminate those things? By discerning your thinking, by following out your thought-feeling to the very end, so you will understand it. Not merely seeing it on the surface and then letting it go but completely seizing that thought-feeling and searching it to the very depths of yourself, and there you will find the root cause.

Try to understand every thought-feeling, pursue it and it will yield its meaning. Only in this way can the mind be freed from conflict. Then we will create, in co-operation with the Divine Principle, a true democracy. When the individual becomes aware that this co-operation is possible, then the mind-heart becomes passively still to receive the creative Reality that is ever-present. This **is** renewal.

How then can you renew your mind as the Spirit says, “renew your mind daily by the Spirit?” But the mind must be cleansed first. And how are

going to cleanse your mind? It is a very simple process—discern your thinking.

Now I do not think there is five or six out of you, that has began to discern your thinking yet. At least you may have discerned on the surface a few ideas, a few thoughts, but have you followed them. Have you discerned your thinking and finished that particular discerning until you have seen and understood yourselves? Understood your contradictions, understood the two opposites that are always in the mind. You cannot have brotherly love and have mass murder at the same time.

Renewal does not come from birth or death, the past or the future. There is no renewal in the world of opposites, only freedom from *the* past and future, *freedom from opposites*, brings renewal, for there can be no understanding except in the present. But if the present is burdened with the *memories and regrets of the past, the hatreds of yesterday and the conflict of opposites*, there can be no renewal in the present.

How can you renew yourself if your mind is a jumble of hates, antagonisms? If you hate one person and love another—you cannot be a loving person, you are living in duality. If you dislike one person and like another person, if you have hate in your heart and then you say, “I have love” in your heart, you cannot be a loving person. Do not you see that is duality, that is opposites, that is contradiction.

I am here, for the specific purpose of showing you your minds, of endeavouring to have you to cleanse your mind. Only by this cleansing can you reach that Power where you can think clearly, and create. Even one person can have Silence. Silence of the Mind can silence all-minds....

(A short break of 31 seconds occurs as Murdo demonstrates the Power of Silence)

....that is the “Silence.” And your mind was silenced. Think now, could you think of anything? Was it possible for you at that moment, to think of anything? Of course you could not, your mind was caught-up in the “Silence

That is what I mean, of a powerful thought of a concentrated mind that can use it, for a specific purpose. And you are the ones that are being trained for that purpose.

Our past successes or failures are the experiences we have. This must not hinder the use of our creative ability now, or the way in which we use it. Just as the growth of corn reveals itself while man sleeps so are our thoughts revealed, and there is nothing strange about this. The great thing in man's life is to understand himself. Only when this is accomplished can pure thinking and pure action come into being. The seeds we sow in Divine Mind, *by our enlightened consciousness*, grow apace and produce hundredfold for our benefit.

Yes, as a seed of corn is planted in the ground it reveals its growth while man sleeps. Yet so does mans mind. The thoughts he sows, what do they do? They become active, vibrations, electro-magnetic waves. First of all permeating his brain and nervous system, then through the whole of his body. The very atoms begin to transform. Then out it goes into the atmosphere and if it has any strength whatsoever it will move far into the atmosphere. And many people can be caught-up in it. But then it begins to return back again. (Just as if, you drop a stone in a pool, you will find the ripples move to the bank, and then begin to come back to the very centre, that is a Law.) Consequently mans thoughts come back to himself. And what he created he produces in himself. Therefore as a man thinks, and as a seed is sown in the ground and reveals itself while man sleeps, so does mans thoughts, the same, reveal themselves as man sleeps.

The only authority you should recognise and the only command you allow (is that) of the Creative Principle of the Present within, which nothing can change. Beliefs will change, people will change, but the Presence never. In this way you increase your joy through your Creative ability in the Presence that is ever-present. It is like the rock in the ocean, the waves beat upon it but it remains unmoved.

Most people are afraid of the evil they are always looking for and are blinded to great Divine Light of the Presence. Some become (wrapped) up in the evil which they make a Reality, thus so many become childishly ignorant, which leads to pettiness and narrowness. This does not give true experience, but rather a retreat from Life Itself.

How many thousands do you see of those people. They are afraid of the evil they are always looking for. The key to it is this, according to your thoughts, so you are practically yourself.

If you are always thinking evil, as sure as you are alive, you are going to bring it about and round you. Look at the person who is always looking for evil, they are sneaking around like a snooping dog somewhere looking for it, and look at their faces. Long haggard faces, eyes sunken, skin very deep and sullen. Faces that you look upon, you would see them probably in a 'mummy' show. And there you have the type. Then you have the type that are always wrapped up in evil which they think is a reality. And because they think it's a reality they are afraid of it, they try to run away from it, all the time, but they are always caught-up in it.

You cannot runaway from your own thoughts. You cannot runaway from your own creations. You can discern them and understand them.

You must enter the arena of Life with confidence, understanding that the Creative Principle is within. You are the navigator that sails on the sea of Life and are not affected by the waves or the surface unrest. With this understanding you are no longer caught up in external values, but are able to navigate the ocean of Life with true creative ability, dissolving all that hinders your true expression.

Your experiences must only be channels that lead to the vast ocean of Life in which you become one. Then open your sails and let the Breath of God direct you. "Not my will but Thine be done."

That was the great wonderful Truth the Master said. He had come to the realisation—the Truth. But he had come to it, mind you, through understanding; through a process of elimination, through a process of discerning. And through discerning came elimination and through elimination came Realisation, and Realisation came the Power. He came to the Realisation of the One Truth, "I and the Father are One." That the wholeness of Spirit was within himself, because Spirit could not be divided.

Therefore the power of his thought was tremendous. The storm abated, the waves became as solid as a rock. He created by his own mind from the ether, loaves and fishes and food. You think these things are impossible? It is only the ignorant that discredit these things because they do not understand. But when you know the basis upon which the Universe is built and you see the Power of Thought that was behind it. And you see the man that was made in the image and likeness of His Creator, then you begin to look at things from a different point of view.

The person who does not know himself and tries to convince others of the Truth is a hypocrite, but the person who has the Truth in however small a degree, like the smallest of all seeds, will grow to become a great tree and all will shelter under Its branches.

The smallest seed of this Truth of Reality, even if its just peering into your minds, at the present time it will grow. I am sure it will grow. It will grow to be as the greatest tree, with its branches in all directions, and who will come to shelter under it—all who are at need. And you are that tree.

This is the state of mind that is ready for creative ideas. It understands that the things that are seen are but the product of that which is unseen. Jesus said, “as the people who listen to the word and take it in bearing fruit at the rate of thirty sixty and a hundredfold.” (Mark 4: 20). “Be not overcome with evil but overcome evil with good.” This means directing our creative ability into constructive channels producing that which is acceptable to “Him,” and that which is acceptable to Him must be of benefit to all for He is the All.

I often wish that I could just give you this thing. I only wish sometimes that I could give it to you completely and say, “here it is.” I could see Jesus doing the same thing in his great State of Glory, his great exaltation, he wept because he saw the ignorance of the people around him. And so will you one day, as you become more and more aware of this Truth that I am revealing to you, you will weep one day to see the ignorance of people around you.

If we look to the mechanism of our bodies we will see that the brain, through the nervous system, is connected to every part of the body and controls all voluntary and involuntary activities. This mechanism responds to our thoughts and emotions therefore there is a consciousness that is traversing the whole system out-picturing what we think and feel.

Not only does it affect the nervous system, but as these nerves go right through into the cells of the body, the small dendrons² and capillaries. The very nucleus of the cell becomes changed. Have you ever seen a cell changing? No. But you can, through a very strong microscope.

When there is a condition in the body, that is out of harmony with the whole of the body, there is a change taking place in the cell structure. The

very atoms are transformed. Then when you feel the change, now this change takes place unconsciously very often, because of why? Generally often your reactions to your emotions, your tensions, and so forth. And unconsciously this change is taking place and then you become aware of change. Eventually it is brought to the brain. And the brain then reveals it to the mind, the mind becomes aware of it. And not understanding the cause, you become alarmed. This alarming state in your mind is the most dangerous point because it intensifies the trouble. It sets in motion your power of your thought, sending electro-magnetic waves through the whole body. And the whole body becomes active because of your electro-magnetic waves. But not only that, you send it out into the atmosphere and any person who is in a sick state will absorb them. Think then your responsibility towards mankind.

It is very simple, very great. You are the ones that are learning now the Power of the Master. If you use or misuse this Power then you cause trouble for yourself. What is the key to your own security? Love and wisdom. "Love your neighbour as yourself," Jesus said. That was the key to your security. "And as my Father has loved me, so do I love you, therefore continue in my love." That is your security.

So a person came to me today and he said that he was cursed. And this curse upon him was doing all this damage. He was caught-up in this curse. The more he thought about it the worse he got until such time his whole mind was in a whirl. And then he started to curse the person who cursed him.

And I said, "now, you are doing a very wrong thing. You do not understand the Law upon which the Power of Thought works. Jesus said to you, now his words are Law (they are scientific, they are Law), "bless them that curse you." That was your security! That is your freedom! Do good unto those that injure you. That is your freedom! Do not you see it. It is as plain as a pike staff. Anybody who does not see that is as blind as a bat.

We are told that we are the microcosm of the great Macrocosm, therefore what we think and feel must affect everyone some way, or another. If we can discern what we are doing we will not create conditions that adversely affect ourselves and others. The Intelligence that built the body, brain and nervous system, built it for its own self-expression. If we

would remember this when we feel and think it will be a guide to our thoughts, words and actions.

All visible forms are the result of the great invisible Creative Energy revealing the Creative Principle in action. With a little understanding we can co-operate with *this* great Divine Creative Principle which created us in Its own likeness.

The use of “**our**,” (this) creative ability, has only been dimly understood. The greatest possibilities, more wonderful than man has dared to imagine, can be enjoyed through the conscious use of “our,” this creative ability, with understanding.

Then let us be mindful of the fact that the seeds we sow in fertile soil will be produced by the Creative Principle in the exact form of the seed itself, sometimes thirty, sometimes sixty, and sometimes a hundredfold. “Even greater things than these shall ye do.”

I am convinced as man becomes aware; of the scientific Laws behind his own thinking and the Laws of the ether, and more understanding of the electro-magnetic waves, and an awareness of his own consciousness. Man will become greater than ever and beyond our imagination. And Jesus was true when he said, “greater things than these shall you do.”

Man has not developed yet. Mankind is living in ignorance. He is born in the ignorance of generations pasts. And is living in the ignorance of past generations and still eating the fruit of that ignorance. And still go on eating it because he does not know, because he is ignorant.

The walls of Jericho (Ignorance) are being broken down by the truth of the Creative Power within; and with the rhythm of all in united understanding, the walls of ignorance will crumble to pieces. “Let every soul be subject unto the highest powers, for there is no power but God.” “Let the mind be in you which was also in Christ Jesus who being in the form of God thought it not robbery to be equal with God.” Phil. 2: 5-6.

The meaning of these words show us that, if the individual consciousness through discovering all that which is relative (good and evil) will unite with the Universal Consciousness, that makes the individual a conscious creator, all is possible to that individual who understands this

relationship. This is the faith Jesus had when he said, “know ye not I am in the Father and the Father is in me.”

Can you say that and know the true meaning of it. You can say it at first as a word platitude, it has no effect upon your mind, but gradually as you grow in strength, as you grow in knowledge and wisdom, these words strike you from a different point of view. You are amazed that you did not see the true meaning of it before and you think that is the meaning of it. But as you go on unfolding more and more these words will strike you again and with greater amazement. You will say, “why I should have known that before?” “Why did I not realise that before?” This is the greatest thing that we have ever known, at that moment it would be, but as you unfold more and more these words will still convey more and more of the wonder that is behind them.

I have experienced it, I know it. Each time that the consciousness unfolds and the words come to me, I see the greater vista of them. I feel the power that is behind them. I see the Masters mind and understand then what he knew. I get a glimpse of his great wisdom, his Love and his Power.

Faith built upon an outside agency will be full of fear and doubt, but a “faith” that is built upon this “rock of truth” will stand against all that assails It. Therefore true faith comes from beyond the mind, for what is in the mind is double, fear and faith are side by side, when one is up the other is down and vice versa. Therefore the thoughts created under these conditions are equally produced. Thus conflict arises in the mind that is double, the double-minded creature that he is, he need not think he will get anything from the Lord. *The Lord is that which is the Creative.*

How can a double-mind then create anything? Because it is through the mind that you do create. But if the mind is double, how can the Lord Create through that mind that is double? How can the Lord Create through a mind that is full of conflicts and oppositions? How can the Lord Create through a mind that is full of contradictions? The Lord is that which is within.

There is no validity if you merely accept my statement, for such acceptance will just become another illusion of the ego, you must know for yourself, directly. The Truth of yourself cannot be realized through another however great he may be, and there is no authority that can reveal it. Truth can only be uncovered through your own understanding, and understanding

comes only through self-knowledge. We have all the same problem but each *of us* must find the answer himself-*herself*.

Perhaps you think I am hard when I say these things. But if I did not say these things I would not be true.

Therefore my words to you are only a means to direct you to the uncovering of the self and all its ways, only when this is seen and understood can there be freedom from illusion and conflict.

If you are intense in your search you will find the right answer. Surely each one *of you* can become aware of his own prejudices, greed, intolerance, superstitions, antagonism, beliefs, cravings etc., in which he is caught up. You can only understand another when you have understood yourself.

You have all the same conditions; your prejudices, your greed, your intolerances, your superstitions, your antagonisms, your beliefs, your cravings etc. You have all the same things—that is the self. Why, discern the self then and see what the self is, then you can dissolve these things and purify the mind.

Is it not so that according to your own pleasures and pains, your prejudices, your beliefs, your desires, your passing fancies, your antagonisms that your thought is shaped and controlled. You cannot build Truth upon such a weak and changing foundation. If you are prejudiced, limited, you will find according to your conditioning. How to approach this great problem is all important, and what is important is first to understand the self. *With all these things which is attached to the self, which the self uses continuously.*

When I hear people talking about other people, I shut up, I never say a word. I feel sorry and yet you keep quiet and say nothing but you do not want to hurt another's feelings. Yet to be truthful, you should get a kick in the pants.

Is it not so, that according to your own pleasures and pain then you have all these prejudices, your belief, your thought is built from that. Your thought is built from your reaction to things external to yourselves. Have you ever examined your mind to see what your thoughts were? And how you

have been reacting to this and that and all the things external to yourself, and your mind is a conglomeration of nothingness.

How can a Light then pierce those things? The Light of the Consciousness piercing a mind that is filled with conglomeration. What will it have on the screen of Life but a conglomeration. Thank God, it is the Law that no mind can have Power until such time as it is—cleansed.

Is it not so that we blame and criticize an accepted authority when we see beyond that authority, but we do not examine our own craving for an authority that can direct our conduct. Immediately you depend upon an authority there is doubt, fear. The seeking for an authority rises out of your own uncertainty of your own capacity to know what is true.

Is it not so that we feel secure if another will chart the sea for us? We desire to find a safe refuge so we follow anyone who will direct us, our uncertainty makes us fear, therefore we worship an authority. But through authority freedom cannot be found, freedom comes only through understanding, not through the acceptance of an authority nor through imitation. Is it not foolish then to accept the experience of another as a guide when it is you who has to seek and feel out the self, and that can only be done by the self alone.

The past and the future bring doubt, an authority demands conformity which must end in conflict. Living in the present, discerning all that hinders the expression of the Real, this is Creative Being in which there is no doubt or conflict.

Let the mind be in us that was in Jesus Christ. What a wonderful saying. But you are beginning to see the meaning of that, aren't you now.

My words may seem strange to those who have not heard them before. But if you will study deeply you will comprehend what I am saying. To accept only what I say will not give you understanding, but if my words have the effect of making you self-reliant through self-discernment and self-awareness then they have fulfilled their purpose. I acknowledge no authority except the Creative Principle which is within. *No authority except God. But God is Christ and Christ is God, that is my authority, there is none other. That authority then is within myself because the Christ was born in me when I was born. And before I was born, it was the Word that was with God, the Word that was God, the Word that was made flesh. I am that Word,*

that is my authority, no one else. Therefore I, do not impose upon you any other authority external to yourselves. *Not my authority and I am not your authority, nor do I impose upon you any authority, except that which created you—the Almighty God.*

Whatever this Creative Principle may be called, “It” “Creator” “God” or any name you like. It never fails to bring from the unseen to the seen in exact correspondence to your own state of consciousness.

You will know what is your state of consciousness by your attitude towards others. If you live in Reality you will translate Reality into your daily living and you know best yourself how far you are (from) fulfilling your mission on earth.

“What I yield is better than the best of gold, what I bring in is better than rare silver. I deal right fairly, justly do I act, enriching those who love me, and filling their stores full.” Prov. 8: 19-21 (Moffatt).

BENEDICTION

O All-Prevailing One, from within my consciousness Thou hast removed the cloud of doubt from my mind-heart.

My mind is made free with Thy Ever-Presence and my soul purified with Thy wholeness.

Now I recognise Thee alone.

Thou art my teacher, my guide, my friend, my Creative Being.

O Blessed One, thank Thee for showing me the way to Thee within.

* 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 26th February 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. A small break in the wire recording occurs here, resulting in the missing [*hearts are far remote;*]

2. *Dendrons*. Plural of the word “Dendrite” meaning: Branching process of nerve cell.

Lecture 5 (4th March 1952)

WHAT OUR NEIGHBOUR MEANS TO US*

“Cast me not off in my old age forsake me not when my powers fail.” Psalms 71: 9.

The great secret of Attainment is to find the Kingdom within—the Universal Creative Consciousness—and the right use of that Consciousness. This is the only source of power and we will experience this power when we begin to think with understanding.

Everyone is seeking the attainment of the Christ Consciousness, the Creative Consciousness within.

You will never know what Consciousness is, you will only know that it is. The cause behind all Creation is this Universal Consciousness which is also established in man. Known as the Christ Consciousness, and Jesus found it through complete elimination of all that was in his mind, contrary to the Consciousness Itself. He saw clearly that he was the creator of all conditions. He saw clearly that he was One with the Life that created everything in the first place. He saw that he could not be separate in anyway from any human being. He saw clearly and distinctly, that the whole Universe and he were One whole, and that there could be no separation between him and the Universe in anyway whatsoever or anything in It. He knew he was the stones, he knew he was the animal, he knew that he was the human being, he knew he was the angel, he knew he was God.

That takes a long time for the consciousness to become aware of. And when it does, then the Power begins to flow because the mind is cleared of everything that prevents the out-picturing of the Absolute Idea.

Therefore there is the Absolute Idea held in the Consciousness and there is the relative idea (or the relative aspect of the same idea) which is out-pictured in form. Those two aspects must be brought together before you can understand Creation.

The Absolute Idea then is held completely in the Infinite Consciousness because there can be no other consciousness but the Infinite Consciousness in man. Then that must be expressed through the mind and the mind is the medium through which the idea must be expressed in form.

If the mind is cluttered up with a lot of conflicts and conditions. And is conditioned by reactions, by conflict, then the expression of the idea is a very relative one and a very poor one indeed. So you see the clearer the mind, the freer the mind, the more Absolute is the idea. The Absolute is the expression.

The mind then is the vehicle through which the picture must be expressed. And the Divine Consciousness is that ray of light that permeates the picture so that it will become manifest upon the screen of Life.

Man's consciousness then is the only power there is. The Universal Creative Consciousness and the right use of that Consciousness, this is the only Source of Power, and we will experience this Power when we begin to think with understanding.

You have seen before that everything is electrical, everything is atomic. There is nothing in the world today existing in form but it is atomic. And the basis of the atom is electro-magnetic. And every form, no matter what it is, is ether modified. Ether interpenetrates it and carries into the very core of the atoms, vibrations created by consciousness or mind.

*Jesus turned water into wine, a very simple process of transmutation, by changing one element into another by knowing—**how**. But he must know the underlying principles of the atoms before it could be done. And the Masters in the East knew, what we call, the ancient atomic philosophers who were scientists in their own way, by using the mind and consciousness as a means of transforming the atoms in form. Raising their vibrations or lowering their vibrations. And this is a Science that is known to the Masters. But it can only be done when the mind is cleansed and cleared of all conflicts and contradictions. Because if your mind is in a state of contradiction then you*

can never do anything. Because it is the means through which you are going to out-picture—the idea.

The individualization of the highest Universal Intelligence becomes our creative power to the corresponding degree that we recognise it and nothing else, upon this inner self we must rely and not upon another self however great. The Universal Creative Intelligence becomes individualized *through the individual* when it is fully realized by the individual as the only source of Life and action.

There can be no other source of Life and action but that Universal Consciousness, which is individualised in the individual but not separate or distinct from the whole of Consciousness but has individualised Itself in the individual as a means of Creativeness. And as the individual begins to realise then this individualisation is not a separation but is the totality of Consciousness expressing Itself behind all movements and all Creation in the Universe. That is why John said clearly, “and the Word was with God and the Word was God and the Word was made flesh, and nothing came into being except by the Word.”

And when Jesus said, “I am before Abraham.” He was not thinking about any personal individual that existed before Abraham, he was thinking entirely of his Oneness with Life!

The Master said, “it is the Father who ever remains in me who is performing His own deeds.” The connecting link between the Universal and the individual is the conscious awareness of this great Truth that the Master revealed, and this Truth must be found by the individual through action, not merely through belief. *(Because belief will not give you it at all. If it is a belief it is only in your mind, it is of no value. It must be through action that you must find this consciousness within yourself. Your minds can still be in conflict. Your minds can still be one thing contradicting another. Your minds will still exist in the double state, as it always will be, until such a time as you have reached beyond these two opposing ideas, which control the mind and are always in contradiction to one another in the mind. Therefore there is confusion. But when you bring them both together and you see clearly, good and evil, there is neither good and evil left, it disappears. When you bring success and failure together you find there is neither success or failure. When you bring health or ill-health together you will find there is*

no ill-health or health whatsoever. There is just the expression of that which is Divine Consciousness in Itself. So the mind is always in contradiction. You are always afraid because of this contradiction. You are always in confusion because of this contradiction.) Therefore the Truth must be found by the individual through action not merely through belief. The thoughts that flow from the consciousness that is freely aware produces results one hundredfold.

The whole Universe is made manifest in form from the formless through the direct action of thought. The basis of this *great* creation is founded on “Love.” The law of permanent growth in us depends upon the Law of Love and how to express it. In other words, what profit has man if he gains the whole world and loses his own soul. Paul says, “I may distribute all I possess in charity but if I have no love I make nothing of it.”

Sure then, the secret behind all Creation, and Perfect Creation, is Love. The secret behind all action, and True Action, is Love.

But if you have two opposing forces in your mind, and they are always uppermost in your mind, if one is not uppermost so is the other. If good is uppermost now, evil will be uppermost in a few minutes. And therefore good will be uppermost again and then evil again. Success and failure the same, health and ill-health the same. And how are going to get out of it? You bring them both together and they disappear into nothingness, and there you have the complete thing—Love Itself. Which stands alone as the Creative Principle behind everything existing in the Universe. And the Consciousness in Love and Love in Consciousness is the Secret of True Creation.

You may ask me for the rule of successful living and I will refer you to the Master’s words, “thou shalt love the Lord thy God with all thy heart with all thy soul and with all thy mind.” (*And the big and most wonderful thing he comes to as he draws a breath and then he says definitely and clearly.*) “Thou shalt love thy neighbour as thyself.”

“Love thy neighbour as thyself.” These words challenge us. Yet we push them aside saying it may be a virtue but it is not practical. *If you knew my neighbour you would not love him either. So we go on this same old thing. We stand up on our feet and we say these stupid things. Naturally, when you recognise the true source of your neighbour and you see behind the*

falseness, the error, the expression of the self in all its hideousness, in its greed, in its pompous ways, and all the ways of the self when you recognise them and see them. But if you are seeing all these things in your neighbour you are only seeing them in yourselves. Because if you were innocent of these things you would not even see them. When you are innocent of anything you do not know anything about it. It is only when you are not innocent that you know these things. Therefore your neighbour is yourself.

Now how are we going to get over this hurdle? We begin to see that we do not talk about our neighbour. As Jesus said again, the most important point I want to show you is this. Because behind it is our thought and our thinking, and we knowing perfectly well that when we think and create an idea that is negative and destructive, we begin to pull down the very atomic structure of our own bodies.

I have a habit and I always stay that habit. If anybody talks to me about somebody in a disparaging way, I shut up. I say nothing at all but in my mind I counteract that so quickly, that it soon slows down. No one will talk to me about anybody, I tell you that, before they are shut-up with a thought that charges their mind and almost reels them off their feet.

Therefore the thing is to see this. And the words of the Master, as I said, was the attitude we must take, “take the plank out of your own eye you hypocrite, then you will see better how to take the splinter out of your brothers eye.”

So, “Love your neighbour as yourself.” these words challenge us. We put them aside saying it may be a virtue but it is not practical. But without the observance of this law no successful living can be attained.

Why? Because you create with your own thoughts a condition in your own body and circumstances, and your thoughts permeating your body, enters into your circumstances and goes beyond, in waves electro-magnetic in nature which the ether carries. And you will realise this, when you begin to ask yourselves, “am I adding to the misery of the world or am I adding to the joy and happiness that could be in the world?”

Our neighbour is not only essential to us economically and socially, but is also the expression of the “One” Whole to which we all belong. If we are to accomplish successful living we must understand the joint relationship of ourselves, our neighbours and the Creative Principle that lies behind all.

The consciousness of this relationship will create a new world for all to live in.

Unfortunately the motive to help to serve others is not always pure, for within the desire there is hidden pride and conceit, the clamour to help is more often born of vanity. *And we see this very often in all those people, in those so called charitable organisations. Do they care a ‘tuppenny’¹ damn for the person who they are collecting for? Not on your life! They are only concerned with their own ego, so they can probably get their picture in the paper. Mrs So and so or Mrs So and so is the head of this such charitable bazaar and so forth. But do you think that they care one ‘tuppenny’ damn for whether the person dies or lives, not on your life, they will have their supper the same night, they go to bed and they will sleep as sound as a top, thinking no more about it. They are not concerned in those things, why? Because they have not discerned themselves. I am not saying that these charitable organisations are not doing good but what an imitation for the Real. Everyone who takes part in these things should be utterly ashamed of themselves knowing the imitation and knowing what the Real should be. If we would help our neighbour we must first know ourselves, for we are the other fellow. Outwardly we may be different but inwardly we are very much alike, driven by craving, greed and ambition.*

And it is no use of beating around the bush. Plain words means plain things. You are students now of the highest possible course on training the mind in Spiritual knowledge and understanding.

Without knowledge of the self we will not understand the other’s needs. Without this understanding we are acting in ignorance, so creating more misery for ourselves and others. If we are inwardly diseased by ignorance, *ill-will*, desire for conquest, full of (passion)² and hatreds, we will spread darkness, misery and strife. If we begin to understand ourselves and become inwardly aware of true values we will spread light and peace.

How can you find out what true values are? By only finding out what the false values are! But if you are caught-up in false values can you ever know the true values? Never!

The self is a series of volumes and cannot be understood in a day. But once we begin to study we must study every word and know it from

beginning to end, for the end is *in* the beginning and the beginning is *in* the end. If we can understand ourselves and the many paragraphs of which we are made up, then Divine Wisdom will be found.

So it is not a mere day or night or a few hours that is necessary in becoming aware of our actions and reactions, our thoughts. We must be continually aware. Therefore we see then, that the self is the cause of most our troubles.

Our dreams are made up of our inhibitions and cravings, our unfulfilled desires, our fears and all that beset us in our waking hours. Is it not necessary then that we become aware of our thoughts and emotions in our waking hours instead of being caught up in them? Our sleeping hours are but the intensification of our waking hours.

The proof is found in the problem that we are unable to solve in our waking hours, yet when we sleep over it the answer is awaiting us when we wake in the morning. We see new avenues which enable us to solve the problem which seemed insurmountable.

There has been a lot of nonsense talked and written about the mystery of this phenomenon, *and* the answer is quite plain to the one who understands the wholeness behind everything. So in this so-called sleep, (*I am telling you, because most people who are wakeful and waking are asleep, and we have a so-called sleep of the so-called waken people*), this thin layer of the outer consciousness is quiet and becomes more receptive. During so-called waking hours the outer consciousness has worried over the problem and has become weary and tense. When the tension is removed the promptings of the deeper consciousness are discernible and when you wake up the problem becomes easier to solve.

So the more we are aware of our thought-feelings during the day, so the mind becomes quieter. (*If you fear something, a problem you cannot understand, if you are worried about it. Consequently, your inner conscious must also feel the impact of the outer consciousness, but these two are one there is no separation in Consciousness.*) But this alertness must not only be for a few seconds or during set periods. Practice is required, for the outer consciousness is not used to such intensity of awareness. Yet through practice the mind becomes alertly passive to receive promptings from the deeper consciousness in the waking hours. The more aware you are in the

outer, so the inner co-operates, with the result that there is a deeper and wider understanding of all things.

That Universal Consciousness begins to peep its way through the consciousness of the individual, because it is the same Consciousness. Yet the individual being individualised as you and I and everyone else, not realising the source of our own consciousness puts a blanket over it and covers it up. And we are no longer aware of that benign beautiful Creative Principle that is always waiting to give expression to Itself through the outer consciousness in man.

So if the outer consciousness is continually taken up with reactions to things external to itself through fear, through anxiety and troubles, then you find that your dreams will be nothing more than those fears, those unfulfilled desires, those troubles, those conflicts.

So the answer is, the more you are aware during waking hours, the less dreams there are, for dreams are but the indication of thought-feelings, actions and desires not completed, not understood. They need fresh interpretation because of frustration. *If you are frustrated, then you will find that you have got to interpret them afresh. Because they will arise up again and again in the same form, or nearly the same form.* Some dreams are of no importance but those of importance will remain or may come up in another form yet identical in nature.

Through keen intelligence and awareness in the waking hours they will reveal their nature. But if you are too lazy to be aware and go to a dream specialist he will interpret according to his understanding, which will be entirely out of line with the cause within yourself, so you cause further frustration. He becomes a new priest to you and you have added another problem to the many you already have.

I have told you so often and so often I will tell you again, that it is necessary for you to become aware of your thoughts and actions in your waking state. You are the best dream interpreter, because of the conditions that brought about your dream. They will reveal themselves if you become aware! And you will release all these conflicts, suppressions, and conditions that are holding you back—these are inhibitions.

If you become aware, even for brief moments at first, they will certainly increase and this will bring a new feeling which is not the result of craving

but a feeling which is free from all personal limitation. As this gathers momentum you become more deeply aware, and this awareness will continue even while you are engaged in other things.

There is an awareness that is part and parcel of the individual in himself or herself. This awareness is always active. And words that you begin to express you become aware of, your actions that you begin to react to you become aware of, conditions round you you become aware of, and there is no longer any fear but there is an expansion of the self and a clearing of the mind.

All your trouble is this because you are frustrated, caught-up in your conditions, caught-up in your reactions, and you have got conflict and oppositions and contradiction in your minds.

You will notice one thing which is all-important, that is, while you are engaged in the necessary daily duties, even though your whole attention may be concentrated upon them there is an inward awareness that continues, revealing a greater Intelligence behind all things. It reveals that which is eternal and ever-present. In this state of consciousness all is possible, and with your action there is no reaction. This is the freedom I want you to have.

Think now, with your action is there any reaction? That's a question that you have got to answer.

Freedom comes when you know there is nothing but Love as a Creative Principle. That all other things are but ideas, conflicts and contradictions. You discern your thoughts, there is no longer any trouble, there is no longer any frustration. The relative world passes away. And then there is a revealing of that which is Real in its nature, that nothing can touch, that nothing can harm. It is immortal, eternal, is ever-present. Nothing can touch it, it is the greatest Power in the whole Universe. It is Universal Consciousness. It is the Creative Power behind all things. It is free, unconditioned.

Through this method our limited intelligence becomes unlimited, which enables us to overcome our mental and material conditions, it enables us to manifest in the world with perfect freedom in thought-feeling-reaction, "no man is wise by himself," "I of myself am nothing but with God all things are possible."

So all things are possible when you know. When you have arrived through awareness of all that is false, then there is awareness of that which is Real.

Although you will never know what Reality is, you will know that IT IS. I have reached that stage where all that false side of Nature, I have seen clearly. I have seen the product of my own mind. I have seen my own thoughts. And if I have sent one out sometimes that may not be in accordance with Love Itself, I send one often with love, and in everything I do I feel Love is a supporting thing for all my thoughts. Let the basis then of your thoughts be fundamentally based upon Love Itself, and nothing can go wrong with you.

It is the **conscious realization** of this magnificent fact that enables us to transcend the limited sense of our outer consciousness and enter into the deeper consciousness to receive power, understanding and authority that is ours, waiting at all times to be used when we have found the source. But the source cannot be found until we have first become deeply aware of thought-feeling-reaction to all that is external, and understand it.

As this awareness deepens we become conscious of our relationship to the Creative Principle behind all things, thereby consciously employing this Creative Principle in the great scheme of Life for the benefit of the whole. The three are "One," become one, not separate. The self, the Christ, the Father become One. *(The personal self disappears into nothingness. It dissolves away and the Christ rises to take its place. Then the Christ Realises the Completeness of himself born in the very beginning was with God, always with Him. "Where was thou when I laid the Foundation of the world?" "I was with Thee when Thou laid the Foundation of the world." Then he begins to see through a clear Consciousness, not through belief but through action. You can never reach anything through belief! What you know is of no value to you but what you do and can do is of a different value altogether. Some of you think that you are not yet capable of doing anything. Is the Word not given? "That the Word will be given to you at that moment." That you do not have to seek the Word. It will be given to you at that moment. Some of you are afraid because you think, well I am not capable of helping someone else. Try it and see. Do you know that it is easier to help other people than to help yourselves.)* As this awareness

deepens, the consciousness of our relation with the Creative Principle behind all things is that which produces everything in ourselves. When the self, the Christ, the Father become One, this is the Universal All, the son of man becomes the Son of God and enters into His eternal home partaking of all the attributes of the Universal All.

We have but to speak and He hears, the Spirit in man is not separate from the Spirit of God, therefore we all meet in the Christ that is within. Our breathing is but the expression of Him who created us and we will know that He is nearer than hands and feet. *The Spirit in man is not separate from the Spirit of God.*

We must cease to look upon ourselves as separate from our neighbour, thereby separating ourselves mentally from the great Creative Source. *If you feel this separation you must get rid of this separation because it is frustration. So we must cease to look upon ourselves as separate from our neighbours and we must find out clearly why this separation has entered into our minds. When we discern these facts we will find that the separation disappears because it does not exist. When you find that these things do not exist through your own awareness, discernment, then the mind begins to clear. But can you ever clear the mind if you are caught-up in separation? When we have become aware of what we are doing we will cling to true values. By then we will banish savagery and barbarism from the world. War and crime against humanity will continue until man finds the Christ within himself, (and no matter what you do or how you try to banish war, crime, savagery, barbarism, and all these things will exist. No League of Nations, no United Nations, no other nations in the world or any party or political party, no religious party or any other scheme of any kind can ever bring about that which is the fundamental to eliminate war and strife and misery from the world. That which is fundamental is that man must find the Christ within himself. There is no other way. No matter what schemes you prepare. No matter what economic schemes you prepare. No matter what religious denomination that may come into operation. No matter what revival may come into operation it will die just as it rose. Why? What will kill it? Damn ignorance, that is what will kill it. And it will keep on killing it until such man comes to his senses to understand and find the Christ within himself, by discerning everything else that is not the Christ, that is not Love.)*

wherein only is God's revelations revealed, *is the Christ within*, enabling us to unite our highest mental and physical efforts for the benefit of all. In the security of the "All" lies our own security, for there is no security in separation. There is no power in a Christ separate from man himself, it is but an image in the mind, a mere belief.

So there is no power in a Christ that is separate from man himself. How can there be a power separate from man himself?

Christ is the Living expression of God in man. It is God Himself. And that is why Jesus knew, and truly knew, although he did not make it complete and say, "I am God." But he said, "I and the Father are One," which is just the same.

When mankind makes this the common ideal, it will grow into that which God has already established for mankind. Love and wisdom are the pillars upon which this foundation stands and upon which all true action is determined. Not until we can embrace the Whole, with our natures transformed, will we be released from sorrow and conflict resulting from our actions, caused by the ignorance of the Law of our Being. But as long as we react to maintain the effects of our wrong thinking and actions we will continue to eat, the fruit thereof.

Are we not reacting to maintain the effects of our wrong thinking continuously? Is there any effort at all to show mans right thinking? Is it not that he is continuously following up the effects and eating the fruits thereof. And it will continue, make sure of that.

Paul says in Romans 8: 19, "for the earnest expectation of all mankind waits for the manifestation of the sons of God." How true are these words. Therefore our Spiritual evolution begins when we realize the Truth of our Being. "Know thyself," "To thine own self be true, thou canst not then be false to any man." To be true to ourselves we must be true to all other selves. Each one of us must please our neighbour by doing good unto him, by building up his faith in mankind.

And how are we to build up his faith in mankind? By showing him how to discern his own thoughts, his reactions and conditions. By seeing the whole of the things that are false. By seeing himself and knowing his cravings, his greed, his ambitions, and all these things that are relative in nature. Which are covering up and blinding the great Creative Power, that

is hidden within man himself. Because through these reactions he is using this Creative Power in such a way that he is destroying himself. While if he knew the Source of Creative Principle, which is the basis of Love, then he would know everything that is false. Because when you know Real Love you know everything that is false.

Therefore search deep in your souls and find this "Key," which is true Love. Love no matter how it may be expressed it is only a matter of expressing Itself in one way or another but Love is the Source of it. But trace it to its Source and find It there, in all Its glory and Its beauty and Its perfection. Then you will know everything that is false, untrue.

Our love for our neighbour is the Divine protection we have against all that assails us. It places us in a constructive harmonious relationship with others and with Him who created us in His own likeness. It will produce in our minds a state of certainty in the world where our individual plans are sure to prosper with the greatest possible success. "Love worketh no ill to his neighbour therefore Love is the fulfilling of the Law."

BENEDICTION

O Eternal and Ever-present Life, my Life is Thine and Thine is mine. I *did* not ask Thee for freedom from conflict and sorrow because in myself is the cause. I have now learned that ignorance has its roots in my stupid self.

I now know that with Thy ever-present Life in me I am already free because I was never bound except in my own mind.

When I see human suffering beyond human endurance I know that the realization of Thy Presence is the cure.

Therefore I do not pray to Thee in separation but in unity for we are *all* alive and living in Thee and Thee in us.

This is the peace we can have now, individually and collectively, O Beloved Eternal 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 4th March 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Tuppenny*. Sum of 2 pence (two penny). Paltry, trifling.
2. Murdo occasionally, due to his one good eye (the other being glass), misreads text. In this particular case he says, '*possessions*' instead of 'passion' which is in the Lecture Notes and makes more sense.

Lecture 6 (11th March 1952)

IS OUR THOUGHT-FEELING AND ACTION IN CONFLICT WITH OUR BELIEF IN GOD?

“With wisdom did the Eternal found the earth”

Proverbs. 3: 19

We cannot separate the inner from the outer or the material from the Spiritual. Is one not the product of the other? The inner becomes the outer, what is visible is but the invisible, what we create within comes to the outer. Whether we like it or not we are responsible for good or bad for they are both the expression of the inner. Only in the creation of Reality is there freedom from good or bad.

As we begin to understand the relationship between each other and the Creator of all, we find a sane and satisfactory solution to all our problems. But if we consider only one relationship and not the other we will continue to live in the good and evil of our own minds, where there is conflict and duality.

In my last lecture I said, “Love worketh no ill to his neighbour; therefore Love is the fulfilling of the Law.” Many people are deprived of the fulfilment, the satisfaction and the happiness they anticipate from the fulfilment of their desires. This is due to the methods they ignorantly employ, methods which interfere with the growth, development and happiness of their neighbours. While the Law of Creation fulfilled their desires, yet in their ignorance they overlooked the most necessary element of success and happiness, so all their accomplishments were beset with difficulties. They did not realize that Love your neighbour as yourself was the fulfilment of the Law. In other words the first consideration, in the

fulfilment of desire, is your neighbour, when you think this out you will see how necessary it is.

When we take this higher Law into our operation the things that beset us rearrange themselves in a wonderful way, they straighten out in the most unexpected fashion, we need not designate special ways and means. The Higher Intelligence is capable of leading us into avenues more wonderful and infinitely more satisfactory than we ourselves could have chosen. But first we must fulfil this one most important part of the bargain, “do unto others as you would have them do unto you.”

Some are dominated by the ideas of others. Some are dominated by their environment, some are dominated by their work and play, so they rebel and struggle, they are never satisfied, so they set up a state of mind that is antagonistic to others. The human being, being considered of no account, yet the human element is of the greatest value. Wrong thinking and wrong action produce their kind, and so we eat the fruit thereof.

When man’s thought is purified through understanding of the Law of Love—to love his neighbour as himself—he will love God in a practical way, and to love God is to be lifted to the throne of wisdom and power. Yet nearly everyone is restricted by their limited understanding arising out of their reactions to conditions in Life, so they further perpetuate these conditions against which they rebel. Wrong reaction to things external limits our creative ability. “Trust your affairs to the Eternal and your plans will prosper.” In the proportion that we know ourselves so shall we know God. This is not sanctimonious attitude of mind or a mind caught up in ethics nor in virtues or opposites, for if we are caught up in these we shall never understand ourselves or Reality.

So many people become virtuous to obtain a place in heaven, so then virtue is founded on craving which becomes a vice, the “more Spiritual than thou” attitude. The Master said, “the last shall be first and the first shall be last,” showing that there is no separation. The first and the last are the same, it is the one Life manifesting through all.

When we create distinction we have separation and separation leads to antagonisms. Jesus is said to have associated himself with robbers and sinners. He understood them and their difficulties because he understood

himself. They were more ready to receive the Truth than those in high places saturated with envy, mistrust, separation and superstition.

Scan your mental field and see how much of your thinking is influenced by your existing conditions. If you love the created more than the Creator then no matter what you possess your mind will be negative. But if you love the Creator more than the created, no matter what condition you are in, your positive attitude will lift you out of the darkness into the Light.

To enter into the Kingdom and to partake freely there must be no narrow conformity that leads to separation. It is the sense of unity that matters most, but this cannot come while you are caught up in separation, only when you discern that you are so caught up in separation will you understand unity.

If you live in the material in opposition to the spiritual or you live in the Spiritual in opposition to the material, there will be no understanding, and your thought-feeling and actions will be in conflict. But if you intelligently comprehend the material you will come to the Spiritual, and thereby the division between the outer and the inner ceases. There is no conflict between the inner and the outer. All this conflict arises in man's own mind through his lack of understanding, so his thought-feelings become disturbing.

If you oppose the material and cling to the Spiritual and vice versa, or deny one or the other, you will create opposites in which there is no understanding. If you would understand the material world you must begin with yourself, for your thought-feelings and actions are the result of the material and Spiritual.

If you condemn one and praise the other you no longer understand. But if you realize and discern that you are the centre of all objective and subjective existence and comprehend your reactions, your feelings, your beliefs, your cravings, your fears, then you will begin to understand your self. Only when this is accomplished will there be perfect balance, creative understanding and inward peace.

If you deny the material world or if you try to escape from it, if you distort it, shaping it to your fancies then your spiritual world will be an illusion also, thus hindering the true expression of Reality. To Be (Being) is to be related to both, and understanding this relationship. But if you distort

this relationship by becoming more and more self-centred more isolated, then mental conflict will result.

When we understand our desires, our cravings, our beliefs, our superstitions or fancies, our thought-feelings and reactions we will begin to understand ourselves and that which is behind both the Spiritual and the material. We will see that these things do not affect the Reality in us, except we are caught up in these things.

If you are uninfluenced by these things then you will discover the Immeasurable. For it will come into being by Itself when the mind frees itself from the past, from conditioning influences which create false values. To discern, to observe you must be detached, uninfluenced, must cease to be a slave to public opinion, tradition, propaganda, however subtle it may be. The influence of environment shapes also thought-feeling and this too must be understood. Only through freedom from all that hinders the Real can the Real be expressed.

When you are discerning your thought-feelings continuously you will realize how easily you have been persuaded to accept, to believe, to act. Is it not so that the daily newspapers, radio, cinemas, books, periodicals shape our thought-feeling? Can you say that you are capable of freeing yourself from their limiting influence?

What about the differing cults and religious thought-feelings? One person will accept this while another will accept that and by doing so create antagonisms and conflict. Can you discern clearly how this imitative acceptance is influencing and fashioning thought-feeling? In this imitative confusion there is little hope of finding the Real.

To understand this conflict and confusion thought-feeling must extricate itself from it, so becoming clear, unbiased and simple. How easily we are persuaded, drugged by imitation, propaganda, and public opinion. When you cease to create through reaction and belief, true understanding comes, then there is true creativeness.

It is said that a belief in God will change the world. But we have had a belief in God for centuries, yet we have created a terrible world of strife and misery for three-quarters of its population. Has our belief in God altered our intentions in the racial field of action? Have we not taken from the heathen races a belief to give them another belief. Yet because we do not practice

what we preach the poor unfortunates who look to us for wisdom and love are sadly disillusioned.

Both the savage and the highly civilized believe in a God. But this belief has not done away with killing, oppression and exploitation. On the contrary it has added more subtle methods of destruction and persecution in the name of peace, in the name of God.

If we can put away these contending beliefs and ideologies we will be better able to bring about a deep change in our daily living, thereby bringing about the means for a better world. Human beings are more important than beliefs, differing creeds, political ideas and ideologies.

Is it not our everyday thought-feelings-actions caught up in false values that have caused all wars, strife and misery? Is it not so that we have changed little in our thoughtlessness, our exclusive nationalism, our racial and dogmatic creeds, lack of goodwill and compassion? Unless we discern this with a clear mind we will create further chaos and sorrow for ourselves and others.

Is not the Divine Truth, "love your neighbour as yourself" our only protection? But how can we love our neighbour unless we first understand ourselves?

Is it not so that we are still the result of the past, and the past is still influencing our actions? Without understanding this we only invite further disaster. Thought-feeling-action based upon the past becomes a hindrance to the expression of the Real. When our thought-feeling is anchored to the past made dependent upon the created, the past or future, understanding of the Ever-present is not possible. What is the use of having a belief in God unless we first understand ourselves?

Only through spontaneous flow of the ever-present Life in the mind that has silenced the past and future, can the glory of the Uncreated be known. In this alone is there true creativeness which brings goodwill, peace and brotherly love.

This spontaneous flow of the ever-present Life must be free from the memory of the past. What I mean is this, when you see a beautiful sunset, in that moment of beauty there is a spontaneous creative inward joy, when you wish to repeat the experience through memory, there is no such spontaneous

creative joy. You try to imagine through memory, you try to get that same spontaneous inward joy but it is not there.

In that moment of spontaneous inward creative joy the mind was not expecting or wanting, therefore was capable of receiving. But having received, it desires more, therefore it craves through memory. It is this that hinders the expression of Reality. Each sunset is entirely different so is each spontaneous flow of the ever-present Life in the stillness of the mind.

Therefore we will not build upon such a flimsy foundation as a memory, but upon the eternal Ever-present Life. Instead then of trying to strengthen our belief, our ideologies, let us become more aware of our thought-feelings for what our thought-feelings are so is our world. Our belief in God is of little value to us, if by our thought-feelings and actions we make the world more terrible and ruthless. Harmony is the foundation of our Being and true discernment of our thought-feelings and actions will enable us to cooperate with that Divine Nature that was revealed through Jesus, our Divine Brother.

“He loveth the stranger in giving him food and raiment.” Psalm 146: 9.
“If thou be wise thou shalt be wise for thyself.” Prov. 9: 12.

BENEDICTION

O Ever-present Life, wisdom is waiting to give joyful revelation of Thy Presence.

Man’s mind has been clogged with beliefs and illusions of the past and has not heard Thy Eternal Voice.

Yet Thy Love will wash away all race, colour and class, prejudices, and in Thy everlasting and ever-present Wisdom we will experience that spontaneous creative joy, when our minds are freed from the burden of memory.

The paths we have trod will melt like the snow before the blazing sun of Truth, O Ever-present Life.

Lecture 7 (18th March 1952)

CAUSE AND EFFECT ARE ONE

“If anyone thirst, come to me and drink—out of his body streams of Living Water will flow.” John 7: 37-38

We all generalise Life, by names such as Christ, Reality, Essence, Truth, God etc. When we do so we set up in our minds different ideas of what we think Life is, but you will readily see that Life is not an idea nor an image in the mind. Life is our living, expressing Creativeness within, which is not separate from the Livingness of the Eternal Christ.

**...is beyond your mind. But it comes into your mind when you are at peace, when the mind is quiet. But how are you going to get your mind quiet when it is filled with so many oppositions and contradictions and so forth? And you try to get your mind quiet by some sort of meditation, and all the time your mind trying to get your meditation, one thought up another rises, and you give up in disgust and you say, “I can’t meditate at all.” Really, what are you meditating upon, what are you trying to do? You are, “trying to quiet your mind,” you say. But how can you quieten your mind, if your mind is unruly? You have got to discern all these things in your mind until such time as you see all that is false.*

When you see the falseness of everything in your mind then they will fall away from you. It requires no effort for it to fall away from you because you know it is not the Truth. It is not what you are seeking. Now if you are seeking something you must really know what you are seeking. But the Truth is beyond your mind. Therefore you have got to clear the mind of all these contradictions until such time there is quietness and peace in the mind. And then in that quietness and peace comes in the Livingness, that Livingness that is beyond mind, a Livingness that is Real.

I cannot explain it to you because my relative words can never explain that which is beyond the relative. But my relative words can explain the relative to you so that you can get the relative out of your mind, and therefore find that which is beyond the relative.

In this is the secret of all things. It is the Power. It was the Power of the Christ, the Eternal Christ.

Therefore remember that the word "Truth" is not Truth. That the image you have in your mind about Truth is not Truth. That the experiences that you have had is not Truth. Your memory is not Truth. The future is not Truth. The past is not Truth.

The Truth is a Living moment to moment thing that is alive and Living that is me, that is you—the Real you. But how are you going to reach it, through your mind? If your mind is all caught-up in so many contradictions; good and evil, life and death, health-ill-health, success and failure, all these opposites troubling one another. All these have got to come together so that they disappear. And when they come together they completely disappear and what is left is Reality, the Oneness of everything, the Reality.

Good and evil, life and death, success and failure, health-ill-health, these things belong to the mind. These are the things that are troubling you. The mind is full of opposites, full of contradictions. Then you try to discern them and you try to analyse your mind. You analyse your thoughts. But immediately that you see that the analysis is a false process, it will fall away from you. Because it is a false process. You can never reach the Truth through analysis it is an utter impossibility.

*You can only reach the Truth through discernment of every thought that passes in your mind—**now**, not in the past or the future because there is no such thing in Reality. And as you begin to discern your thoughts **now**, now, then you will find that these things that are false disappear. All disappear from you. Your mind becomes quiet and peaceful. The storm begins to abate and there is a peace comes that nothing can move. That peace comes as you begin to rid your mind of the false things. Peace comes because the mind itself gives up all that is false, and then peace comes naturally, easily without effort.*

Please see what I am driving at, and you will see how clearly the whole thing comes together.

Names give a relative characterization to Life and few have become aware of this fact, therefore we will never find this Creativeness until we have discerned this clearly. Names and ideas and our beliefs change from day to day, but never this eternal Living Creativeness which neither knows birth nor death.

When we become “aware” of ourselves as the Living Ever-present Creative Life which alone has consciousness, there is a continual unfoldment through which we continually make adjustments as we begin to understand ourselves. (*Therefore virtue is not a denial of a vice. Virtue is able to make continuous adjustments in your mind, as you live from day to day.*) We see how our thoughts and emotions arise, consequently we begin to understand our *thought-feeling reactions*.

Have you ever discerned your thought-feeling reaction or have you just let it pass all the time, moving continuously, and reacting all the time towards things conditions and people? You have never discerned your thought-feeling reaction because you are caught-up in it, that is why you do not discern it. But if you are aware, awareness, aware is being aware. Being aware of those things, your thought-feeling reaction.

If I came along and I told you, that you were a damn fool and you are a silly ass or whatever the case may be, and you did not understand, and of course you have never discerned your thought-feeling reactions, you might give me a punch in the nose. But if you discerned your thought-feeling reactions, you would see that they would fall away from you and you would still remain calm, in a state of peacefulness, that you are not disturbed at all by what I say or anybody else says. If you then are caught-up in these things, what happens to you is this, you create through your thought-feeling reactions a movement in the ether, which causes a movement in the atomic structure of your body, causing transformation to take place here and there.

Have you ever discerned your thought-feeling when you were indignant? Have you ever felt the roots of your hair were standing up like this, and the whole of your blood was surging to your head, and you felt goose flesh all over yourself? And you felt immediately that if you had a

revolver, you would shoot or you would do this and you would do that. Have you ever discerned your thought-feelings?

If you are aware, you can discern your thought-feelings every moment of your life. And by discerning that which is false you will find that which is true there, always. Because it always was there. Which you will find it, you will discover it, but not if you are caught-up in your thought-feeling reactions. That is why Jesus was never affected by anything.

The mind of man cannot understand something that has no beginning and no ending. The mind can only discern that which has a relative beginning and ending for the mind of man is relative itself. But the individual that knows can say, “I am’ the beginning and the end.” “I am Alpha and Omega.” When the individual sees this clearly he will see that he is also the beginning and ending of all his own creations.

And when you see that you are the beginning and ending of all your own creations, you no longer fear them. But so many people fear their thoughts. They have fears based upon these creations within their own minds. And it is so necessary to discern these creations of ours so that they have no longer any power over us.

I know that is sometimes difficult, even sometimes if we try to do so, but you must persevere. You will find that this awareness is the secret, it is discerning your thought-feeling-reactions all the time.

That which creates is that which is behind all creation including man and has no beginning and no ending. All manifested substance, forms, composition, all visible things are but the expression of this Interior Creativeness and is the invisible Essence within that substance, form, composition and all visible things. Just as electricity is the invisible power in the dynamo so is Life that invisible power within us—that creativeness that has no beginning *and* no ending.

The thing is then, can you get behind your mind? Can you get behind your mind without creating an idea of life or is your truth or life to you an idea or an image of it? If it is you have not got it.

I am trying to explain to you your relative mind, and what you think, what you have in your mind. But I have got something more than that, I have got a Living Reality that is myself, that is a Creativeness. Every

thought then I can create I know I am aware of that creation. And I know perfectly well it is my own creation. Yet behind me, behind my mind, is this Reality that I know that IT IS. It is a Livingness, it is a Truth. Not an idea or an image because my mind is still. Then in that stillness does the Truth reveal Itself. I do not know what it is because I do not know what electricity is, but I know that IT IS.

And I am quite content because I know this, that the Whole relative Universe will unfold before me and all the conditions and structures and manifestations within the Whole ethereal world will unfold before me. Even the functions of the Great Archangels, even the stars and the planets and the inherent forces within them, will all unfold before me and I shall see them all and understand them all as a relative thing but yet this which is discerning shall always be there.

And the Whole Universe itself will be seen before this great thing that is discerning all the relative activity. That is what I have seen. I have seen behind the scenes. But I know that that which sees behind the scenes is still Unknowable and will still be Unknowable.

If I knew what it was, it would become relative, therefore it could not be Infinite in nature. But I know that it IS, is Infinite in nature and therefore it is timeless. When I come into the relative I know time and space. When I leave the relative I no longer know time nor space. That is Truth.

Yet to think about this, makes It relative—thereby we lose the awareness of It. When we discern our own creations-thoughts emotions-effects and become aware of our own creativeness, then does the consciousness begin to know Itself *to be*, not in the knowing of what It is, but of becoming “aware” as the Creativeness behind all things, great and small.

“Where was thou when I laid the Foundation of the world?” “I was with Thee when Thou laid the Foundation of the world.”

There is “identification” not in the relative as an idea in mind but as an anterior and interior “identification” *realising* and *understanding* what is behind all Creation *which* is the Creativeness within the self. Yet only when the self has disappeared can the completeness of this “Invisible Creativeness” be realized.

That is why Jesus said clearly, "I of myself am nothing, it is the Spirit of the Father within me that doeth these things." Himself completely disappeared. And he has shown clearly 'it is the Spirit of Father within me that doeth these things.' Therefore the self had completely disappeared. There was no longer the self there, there was the Father only.

Is it not so that we are caught up in our own creations, and are not aware of the Creativeness, that "Invisible Force" that holds our creations in substance, composition and form? When we are caught up in the created then we react to the created and our thought-feeling is built up from our mental reactions to the external, so we are no longer "aware." We become chaff that is blown about by every wind that blows.

Therefore search your own minds and see if you are caught-up in the created. Search your own minds and see if your mental make-up is entirely made up from your reactions to the external, to the created or is your mental make-up, at least a portion of it, made up from the Creativeness that is within? If there is a modicum within your mind made up from that Creativeness within, then you have the 'seed.' As Jesus talked about the seed of the mustard tree, the seed of faith that will grow and grow, until such time as it becomes a fully grown tree.

This is the most important thing in our daily existence but few have comprehended its great significance. We must realize that the Creativeness is ever-present and is the only Reality. The things we see, feel, touch, are but the effects of this invisible Cause which is the sustaining power in every created thing. When our minds and thoughts become confused we will know *this* is because we are not "aware." Awareness is something that each one must find out for him/herself.

So is your mind confused? When you are here with me you feel you know the Truth. Why? Because I am giving you from my own consciousness a feeling of the Truth.

And when you go outside and pass away, there is a memory of what I have said to you, and you try to recapture that and you try to make that the Truth. My song is not your song. You are just gramophones putting your records on according to your moods. You listen to somebody else yet you do not know your own song but that song is within you. Therefore you must

learn to be musicians and not merely gramophones, repeating what another said. You must know your own song, hear it and become aware of it.

Science has revealed to us that there is an invisible Substance which *has been* named “ether of space,” and that this invisible Substance is the basis of all things visible. This Substance of Itself is not the cause of things visible, but an “Invisible Intelligence” that is creative within it.

So therefore the ether of space is not a Reality. It is something that can understand, something that can use as a means of creation, you can call it the Mind of God if you like, a means of substance through which you create because your consciousness alone is creative, that is behind ether, otherwise you could not affect the ether. How could you create a disturbance in the ether if your consciousness was not behind the ether? Ether itself is a means through which you create.

A thought is nothing more than an electro-magnetic force which is impregnated into the ether, causing magnetization of the ether, and as these etherons become active they form according to the thought.

And then as the sound comes into operation, the sound reduces these activities in the ether and becomes a physical thing, so you can hear, see and touch. Your thought waves travel at a 186,000 miles per second, in the super-sonic area. While sound travels at 700 miles per hour. But thought and sound can mingle together. The thought itself is the great magnetic flow that is invisible in the super-sonic area. And the sound of the voice brings it into operation. And God blessed the loaves and the fishes, and they became loaves and fishes, sufficient to feed the multitude.

These are not miracles. These are nothing more but the active Principle of a Divine Law that is inherent in every human being because he is born in image and likeness of his Creator. But because he is ignorant of these things. And because he makes an idea of Reality; an idea, an image, and a belief of Reality, he is no longer capable of doing those things.

But Jesus came to show us the way. And he proved that what was within himself was within every other individual. Because he said clearly and distinctly, “he who does the Will of my Father is my mother, my sister, my brother.” In other words, he who can do the Will of my Father is my mother, my sister, my brother.

If you become aware that it is by this “Invisible Intelligence” that you create, then whatever the consciousness is aware of so does the invisible Substance become the composition—the form, be it a thought or any other creation, yet there is but one Source of Creativeness, whether your thoughts are the result of external reactions or of pure thinking, Through “Awareness” this “Invisible Intelligence” becomes the hidden force behind all our creations.

So therefore it makes no difference, your creations come either through pure thinking just as the Christ, when he realised that he was One with Father. And his words were, “it is the Spirit of the Father that doeth those things.” He was then eliminating everything that was relative and he became One with the Absolute. But if you live in the relative you always create also in the relative. And if your reactions are according to the things external to yourself which are your thought-feelings-reactions un-discerned, you still create the conditions in which you surround you. But you believe that somebody else has done it for you, and all the time you did it yourselves.

Therefore form comes through an anterior and interior cause which is responsible for appearances. Now appearances are what the senses respond to and are generally taken for realities. (*Is a memory the Truth, I ask you now? Is an experience the Truth, I ask you now? Is the past a Truth, I ask you now? Can you reach the Truth through analysis, which is false? Can you reach the Truth through hope or something in the future? The Truth is now, it is not in the past nor the future. The Truth is not in the future. Unless you knew the Truth now, tomorrow you will not know it, because tomorrow is the now.*) Only the consciousness that is “aware” can see behind appearances and there find the cause. Is it not necessary then for us to become aware of our thought-feeling-reactions to know the cause of our own misery or joy? This all-important Truth must be realized otherwise we will still perpetuate *the* misery.

The stars beckon us to seek that which is beyond appearances for herein lies the power of man, but few have grasped it and used it. “I was with Thee before the world was.” Man today is impotent in a world of effects. He is torn with confusion and strife which overwhelms him and he sees no solution because he himself is the cause. What man is so is the world.

You try to rearrange the world without discerning your own thought - feeling-reactions. And then you think you can rearrange the world, when you are the cause of all the conditions in the world because you are the world.

Man is not limited to the five senses, for what they reveal are but effects. The Intelligence has created an instrument for Its own self-expression through which intuition and clear thinking is possible, therefore not depending on what others did, said or believed in the past. If the past prevents the expression of the Ever-present Life and Love, it must be absolutely discarded, only that which is helpful must remain, otherwise we will perpetuate the ignorance of the past to cause more misery for ourselves and others.

These words are simple to understand to the ones who are really seeking to understand. But if you have got fixed ideas and fixed beliefs in your mind, and you are not capable of making adjustments moment to moment, then you will never know what I am telling you.

If you have fixed ideas, fixed beliefs, which are concrete, then I say you will never know the Truth. Because you are trying to see the Truth through your belief and you can never do it because Truth is never seen through a belief. It is never seen through anything except by Truth Itself.

When we find that our troubles are created by ourselves we will soon find the solution within ourselves, certainly we will never find it external to ourselves. The cause is never separate from the effect. The effect can only be removed when the cause is revealed and the self is the cause. Unless we begin to understand ourselves, our motives, our thoughts, our reactions, we will never know the real cause, therefore we will continue to perpetuate the cause and the effect, for man thinks good and evil by the same power.

But if you see that you can think good and evil. If you come to me and you say, "so and so is evil." And I would say to you, "no he is not or no she's not." I be making that evil, would I not? I would be making, giving that evil even if I said, she's not evil, he's not evil, or whatever the case may be, I would be giving birth to the thought of evil, would I not? Because what would I be, I would be denying evil if I did so. Therefore to deny evil gives it a power it does not possess.

If you came and say, “such is good and so is good.” Then if I say, “so and so is good and good,” I would also be giving the relative a power which it does not possess. Therefore I would be living in the relative. But you come to me and what do I say? Quietly I listen but I know in my own mind there is no such thing as good and evil. It only belongs to mans mind, in Reality there is only One, and that is God, He only exists, there is no other existence but Him. If I gave good and evil, even good a substance, then I give evil a substance too. I give good and evil and so forth, you give them a substance because you deny them, then you think because you deny them you have disposed of them. You do nothing of the sort, they are still in your mind, you keep on denying them and denying them and denying them. Why? Because you do not know the Truth, you are living in the relative. In fact, it only takes you back, behind, and you can see those things as relative, having no power of their own, bringing them together. And then as you bring them together they disappear into nothingness, and there you know the Truth. I am the Truth, the Life.

Does Life know good or evil? Does electricity know good or evil? Jesus said clearly and distinctly, “resist not evil.” Do not give it a power it does not possess.

He said, the devil is the father of lies. The father of lies from the very beginning. Therefore the father of lies means; the father of the illusion, the father of nothingness because a lie is nothingness, has no existence in Reality, it is not a truth. And if the devil is, then God is not. And if God IS the devil cannot exist because God is Infinite in nature. And if you say that the devil does exist, then you must say that God is the devil.

For God is Infinite in nature. Don't you see what mans mind has done, he has created a relative, good and evil and a devil, and a hell and all the rest of it in his own mind. And even the prophets did that too, in the first, because they were men too. Only Jesus was a man who knew the Whole Truth and nothing but the Truth.

It is this deep understanding that will enable us to move onward and upward side by side with deep logical reasoning, which enables us to see further than those who attribute their knowledge to the limited sphere of the physical senses. When we become thoroughly “aware” we will have a guidance that cannot be obtained by mere groping in the mind. We will

never find the secret of the Lotus-flower in the mud out of which it grows. For only by understanding the Spiritual cause that forever remains invisible to the senses, can this be comprehended through deep thoughtful contemplation.

Are we not told in St. John that we will never understand until we comprehend the mighty Truth about ourselves, that we are not the blood of man, nor the will of the flesh (because it has none), nor the will of man, but born of God? No man has ever seen God, but the Father is revealed in the Son. *Jesus said, "as you have seen me you have seen the Father."* It was this that Jesus revealed to us. The price he paid in revealing this great Truth can never be appraised by the human mind. Only those who understand can realize that the debt humanity owes him can never be paid, except through following in his footsteps *and trying to understand him and his mind.*

In plain words, the Master stated to us that he was the Father and the Father was in him¹ *and he was in the Father. And therefore he was the Father and therefore he was God. Now that is a Truth because there can be nothing else but God. That shakes you does it not but it is an absolute Truth. And it was he who knew it too.* It was the Father Who was performing His own deeds. For when you have seen me you have seen the Father. Your Father and my Father, "Our" Father who, art in heaven, and the Kingdom of Heaven is within you.

What wonderful words he was trying to show them. Yet his words were taken in the relative sense. But did they ever apply a science to his words? No, of course not, they made platitudes of them. And built a religion on the platitude of his words, without searching deep enough into the meaning of his words and his mind.

Heaven is the inmost Sanctuary where the Father ever remains, waiting our awareness of Him. He is not an image or an idea or a belief, but our Livingness. When we discern our own shortcomings, our thoughts, our emotions, our reactions, they are forgiven. No longer are they held against us to perpetuate our Misery. *But you always want to memorise them. Your good and your evil. You try to remember both and you think that your memory is the Truth. And you think that ethics is the Truth, it is going to lead you to Reality when it only leads you away from it. When we discern our own shortcomings, our thoughts, our emotions, our reactions, they are*

forgiven. No longer are they held against us to perpetuate our Misery. They fall away to nothingness where they belong, and the ever-present Life—the Father—comes into our daily living expressing His Divine Nature (and that was Jesus the Christ. The only living man that we ever know or ever will know, that giveth us the great Truth of life and death. Brought them both together, showing here was the Truth, the Ever-lasting Life of God. And the Father has Life in Himself and He grants the Son to have the same Life in himself. I and the Father are One.) “If any of you lack wisdom let him ask of God that giveth to all men liberally and upbraideth not, and it shall be given him.” James 1: 5, “the inner shall become the outer and the outer the inner.”

Now this has nothing to do with ethics, which blinds the consciousness to the Truth of the ever-present Life that is ever creative. I said in my last lecture to you that if we live in the past or the future we will never know the ever-present Creative Life that is all in all. Ethics is eternally caught up in the relative, therefore Truth can never be revealed through ethics. Those whose minds are caught up in ethics can never know the warmth and joy that can be attained through the awareness of the ever-present Life and Love. *Ethics creates good and evil in your mind, you become double. You become living in the relative, giving power to evil and good equally, when neither has any power at all. Therefore in the mind you live. Do you understand then, pure Love, if you are caught-up in ethics? All people that are caught-up in ethics are always seeing the sinner, the evil person and all this sort of thing, despising him and kicking him, dogging him around, killing him and hanging him, and all the rest of the things. Even if you hang a man you are a murderer. Even if you think that you are murdering, hanging for the good that is for humanity, you are still a murderer for hanging him! You cannot escape that!*

You know what society is, it is built up on the relative, not built up on Truth. And ethics belong to society and the relative.

If you want to know the warmth of Love, then I say you must know God. You must know His Love, His Perfect-ness. He is beyond good and evil. He is the Expression of that which in Itself is Complete. “I have other flocks and I shall go and bring them, and there shall be one flock, one shepherd.” “If any of you lose one sheep out of your flock, will you not leave the

ninety-nine and go in search of the one that is lost, and bring it back and there rejoice that you have found it so that fold will be complete, so it is in the Realm of Heaven,” said Jesus.

Oh, I wish I could give you this that is beyond mind. But you must find it for yourselves. It is not my song, it is your own song you must hear. And you must sing that song yourself. Yes, that is to never know the warmth of joy that can be obtained through the awareness of the ever-present Life and Love, waiting to express Itself through the individual that is “aware.”

The ever-present Love and Wisdom is ever-present, ever waiting to give expression through those who realize It. It is simple, unaffected, just and kind, always loving, always generous, always forgiving, never makes vain displays and does not boast. It is not easily provoked and thinks no evil. It never fails when put to the test, no matter in what situation, Its Power lies in the fact that it is ever-present and all-knowing. It knows no opposition and *it* is never antagonistic in any individual towards others. There is a calmness that nothing can move because It is all in All, there is nothing outside It and all is within It and It is within all. *That is me, that is you.*

It goes beyond (the) reason of man but It is not subject to the reason of man. It is Reality Itself. It is perfect harmony and this harmony is within all. Yet It cannot express this harmony until man has subdued the noise in himself. It is the translation of this Ever-present Life in our daily living that reveals what is in our hearts.

And therefore you must approach this Reality with your mind still and your hearts full. Your hearts full of Love and your minds still of all oppositions and contradictions. And as you approach It in this way, then you will discover It, as I have discovered It so you will discover It. But there is a continuous unfolding after you have discovered It. There is an Infinite unfolding, a timeless unfolding. If you try to look for an end you are looking for an illusion, you enter into illusion. If you are looking for a finality, then you are also looking for an illusion, and you are living an illusion. But there is no finality and there is no ending. And once you discover It, you will know there is no time and no space, no beginning and no ending. No finality, no ending. Beyond mind alone can you find this and your consciousness becomes aware, the secret of the Truth is revealed to you. No matter what happens there is no longer any caring now, you live a careless

life, in the realisation of the Truth, the Whole care is taken care of you. There is no longer need to take care of yourself because you are being taken care of. God alone Lives. It is He Who is Expressing Himself. It is the Father Who is Expressing Himself. It is the Father Who speaketh. It is the Voice of the Spirit. The Spirit alone has Voice. The mind has not Voice, the body has no Voice. The relative has no Voice. Only the Reality, the Absolute, has Voice. He is the Spirit that speaketh. It is the Father Who is beside me always. I am not alone, I am not by myself, there is the Father Who is ever with me. These are the words of Jesus but they are my words also too, and will be your words too. Not as an idea, not as a belief but as a Living Expression, a Knowing, which comes to you when your heart is full of Love and your mind is empty of oppositions, of contradictions.

The oppositions disappear, contradictions no longer exist. The heart is full of Love, then that which is Real expresses Itself around you and everywhere you go. Children love you, people love you. All things will work out according to plan. Can there be any other power except the Power of the Eternal Christ, who is God manifesting in the flesh?

We may have an intelligent grasp of the Truth, but unless we translate the Truth into our daily living we will be as ignorant as those who never heard of It; we will be like the man who looked into a mirror and saw a reflection of himself and immediately went away and forgot what he was like.

The likeness to our Creator is covered up with our possessions, our cravings, our antagonisms. We battle, we struggle with effects unaware of the cause, yet through understanding our suffering caused by our own misunderstanding will come the wisdom that will guide us to freedom. *And in no other way.*

A belief in God has not made you a bit better, has it? A belief in God is not the truth I tell you. The world has had a belief in God for centuries but is it any better, by having a belief in God? It has become more subtle, more cruel, more devastating destructively upon man and his children.

A belief in God has been separation between man and man because it is a belief. And because one belief is not in accordance with the other belief, then man begins to fight, antagonistic fighting and then comes to blows and so forth.

Nationality and all these things have destroyed the unity of mankind. Fears have been set up everywhere by the ignorant people who do not understand.

We will come to know that the only authority is the Divine Presence that dwells in the Inner Sanctuary. We will become aware of false doctrines, of the differing beliefs, we will see them as mental images that cause strife and separation throughout the world, we will see their relative nature. We will see that we fail to realize that we are immortal because of our craving for immortality, being caught up in Life and Death.

This is the illusion in the mind that has not realized the ever-present Life within, and because of our ignorance we have been exploited through our belief in death.

“I will give unto him that is athirst (aware) of the Fountain of the Water of Life freely.” Rev. 21: 6.

BENEDICTION

O Eternal Life and Love, my inspiration is Thine.

The vast expanse of Thy Eternal Presence cannot be measured by mind, yet my prayers will be the expression of Thy Presence, and Thy Love and Wisdom my guide.

As I know myself so do I find I am one with Thee, O Eternal 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 18th March 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next part of this sentence as written in the Lectures Notes is missing from the recording. Murdo had radically altered this statement and uttered something rather profound. The full Lecture Notes as written is [“In plain words, the Master stated to us that he was in the Father and the Father was in him, *and the things he did was done by the Father Who ever remained in him.* It was the Father Who was performing His own deeds. For when you have seen me you have seen the Father. Your Father and my Father, “Our” Father who art in heaven, and the Kingdom of Heaven is within you.]

Lecture 8 (25th March 1952)

WITHIN MYSELF IS THE GLORY*

“And he had a name written on his vesture and on his thigh King of Kings and Lord of Lords.” Rev. 19: 16.

(Eastern Text)

I said in my last lecture that it was the invisible electricity that gave power to the dynamo. Without this invisible power there could be no movement, no power. It is the same with us, our bodies are like the dynamo, the invisible Life is the power that makes it move. Not only does Life make it move but created it for Its own self-expression. This is the Life that never dies. This is the Life that is Eternal and which alone has consciousness.

This is the great Secret that we must find. And when we find this Secret we have found the Power in this Secret. That this invisible Life had built the body for Its own Self-Expression because there is no other means how it could come about. There is only one Creative Principle in the whole Universe. We have come to that conclusion, science has come to that conclusion, philosophy has come to that conclusion. But yet we go one step further through our own reasoning, and beyond our reasoning also we find, that we must come to the Truth that there can be only one Living Life created. Otherwise, the Universe would fall to pieces, there would be antagonisms among the human family. That is why the human family is beginning to disintegrate because of the groups that are antagonistic to one another.

We see all this taking place amongst us. We see it taking place throughout the whole world. We see all different types of people have different ideas, different beliefs. Different organisations have different ideals. There is the person who is, what we call, the idealist. The person who also we will say is the person who believes in a utopia, and the person

who has these various ideologies. And we have the ideology, utopia's, groups here and there, all in opposition to one another. Now what are they all fighting about? They are fighting about their ideas, their images, their beliefs. And what are they? They are nothing at all but only creations in the mind. And these creations in their mind only come into being through man himself. Through his past experience, through his environment, his nationality, and all these things that build up in his mind a structure which he believes to be true, when all-together the foundation is false therefore the structure must be false also.

But if we come to the true realisation that Life, the same Life, and the only One Life existing in every individual, and that is the only thing we have in common with one another and it is the foundation of the human family, and is the only Reality. When we find that then we see the falseness of all these other things and we drop them. But until we do see the falseness of these things we will be still caught-up in separation and with separation there is destruction.

How foolish people are; there is a right and the left, there is the Chinese and the Russians, there is the Americans and the British, there is the Afrikaner and the other people and all the other types, and all with their various beliefs and ideas. Can all these beliefs and ideas be reconciled? Yes! Of course they can be all reconciled under one particular understanding of the underlining Principles of Creation, and that is Life Itself. All these other things move away into nothingness. It requires of course discernment, statesmanship, understanding. But while we are caught-up in these things we will never be free from them, and the world will be going on doing the same thing; having war after war, struggle after struggle, and man has missed the point after all.

It is Life that gives us self-consciousness. But when we are not aware of this Truth we seek the expansion of the self. Do we not seek to expand the self both Spiritually and materially for our own benefit only? So we exploit and become the exploited.

The paramount longing in the human heart is the desire for things, for Spiritual security, unaware of that which produces all things and which is resident within us, so we develop a sense of inward poverty. To cover up this inward poverty we surround ourselves with things, title, rank which we

find never fills the vacuum. *No matter who they are; king, queen, judge or any person else, they are human beings and the underlying Principle is Life. And when you notice that and you understand that, you will know that the same Life in you is the same Life in every other individual. And no matter how intellectual they may be, because intellectual and ignorance is just the same thing, there is no difference between one and the other. One is at one end of the stick and the other is at the other end. How are you going to get rid of that quality of mind? Quality of mind is neither ignorance or intelligence. It is a quality of mind that begins to understand the fundamental Principles of Life. And by doing so, then you become free from all those conditions. So we see that we develop a sense of insecurity, both spiritually and materially, so we try to buy a passport with as little as we can of our worldly goods, to some unknown destination from those who claim to know the way and have the sole right of admission. Thus, the exploiter becomes the exploited.*

It only requires a little common sense to see these things, and that is an unfortunate thing that few people have common sense.

Is it not so that we try to make ourselves secure at the expense of our brothers and all we gain is sorrow and conflict? So we create the exploitation by which we are exploited from every side. It is only when the truth of the Ever-present Life which is the Creativeness within ourselves is realized that we begin to understand that the cause as well as the remedy is within ourselves also.

And you look to the outside to cure your troubles to solve your problems. You look to some economic means, to some political party, to some form of Government to solve all your problems.

Well I tell you, you will never find your problem solved in that way, they must be solved by yourselves. And when the problem is solved by the self, and that self becomes aware of the falseness of the things that he has in the past dwelt with and believed to be true, he will drop them. So will the whole of the human family arrive at that stage, where he becomes aware of the false conditions in which he is surrounded. And he does not then think that somebody else can solve his problems for him, he finds that he himself must do it and there is no other way.

The Ever-present Life is beyond all personal allegiances, yet it is the moving factor in our personal Life. When we come to see this clearly we will abandon the illusion of the self which is the past and future. We will see how magnificent we can become in the recognition of our oneness with this ever-present Life which unites us as one great family, not only on this earth but with all inhabitants in the vast Cosmos.

When we begin to get beyond the self into a state where there is a greater expansion of the consciousness. And it is as the consciousness begins to expand, as the consciousness becomes enlarged through understanding the narrowness of the self, then we begin to solve our problems.

When the narrow self is in evidence there is always trouble and there will always be trouble. Is it not the self that seeks this and seeks that, and is going away from Reality. Reality is Itself Complete and Perfect at this very moment. And it is from living from moment to moment that is so essential.

Is the past not a memory? Is the past Creative? The future is a hope tinged with comprehension and apprehension. Is that Creative? Is the future Creative? Is an idea Creative? Is an image Creative? Is a belief Creative?

*I ask you these questions so you can see the falseness of these things you think are Creative. What is Creative? Life only is Creative and Life alone has Consciousness. But Life does not live in the past nor live in the future, Life lives **now**, every moment, moment to moment renewing Itself continuously, that is **Truth**—that is **Living**.*

You cannot live in the past. If your memories and your experiences are hindering your expression of that which is Real now, then you must discard it.

If you are living in the future, which is but a dream or fantasy because you think that this will take place and you think that this will take place or that, it is a dream of acts. The past is but a memory.

How am I going to live? Am I going to live torn between the past and the future? Am I going to become Creative with those things tearing me to pieces? Is it not your memories now, your experiences, that are upper-most in your consciousness? Is it not these memories and these experiences that

are making you afraid? Is it not the doubtfulness about the future that gives apprehension?

Good God, to live now! I always see this very moment, moment to moment, Living now, that is the secret of it. Then the memories pass into nothingness and the hope disappears and all these, and the Creativeness is now.

And when you have arrived at that state, all is possible unto you in heaven and on earth. There is no longer any desires. Things flow to you, you cannot keep them away from you. You have to try and keep them away from you. Because they over-burden you and over-power you because the whole Universe is coming towards you, wanting to express Itself through the Consciousness that is aware moment to moment.

That is why Jesus knew perfectly well, the great Truth which he had, that the Father and he were One. And he found that the Father was flowing into him continuously. And in fact, he seemed to be over-burdened sometimes unless he was using, working continuously. He did not see that that harvest was in the future, he saw the harvest now. Here was the secret behind Creation, it was already there, already created.

Have you ever seen a seed that takes years to come to fruition in a tree or plant and flower? You plant it in the ground and you wait for years till it grows. Have you ever seen a seed taken by the hand of a Master and placed in such state, and used with his own thought and sound, by the vibration of thought and sound, what we call the electro-magnetic wave in the ether, and the sound vibration, in the same sound as the Creativeness within the plant, within the seed, you see the seed bursting forth and the tree and the flower coming into being in a very short time? It would take years to do it, is done within a few minutes.

When you have seen that and you understand then what is behind that Creation, then you will lose all the stupid belief in the past and the future. You will only know that that Creativeness is now. And as the Master chants, as his thought becomes one with the Creativeness and the chanting form of the sound waves begin to act upon the seed. And the very tone within the seed becomes active and the seed bursts forth and grows up to maturity.

That is understanding of the growth of moment to moment. The same as with you now at this very moment if you could only realise it. But how can

you realise it? Can you realise it with your minds caught-up in the past and the future, when the present is not known? When the Creativeness is never used or understood.

Within the one mind of the Infinite all does exist at the same time. Therefore all must be moving at the same time and in the same direction. Therefore we are not separate from the furthest star but are all moving according to the Cosmic plan of perfection, even if we think otherwise it makes no difference. *(Do you know, when we see and understand the greater Consciousness, that expansion of the Consciousness, that becomes aware of the Cosmic Activity. And in that same Cosmic Activity that is moving all those planets, millions of them, that same Cosmic Activity is within you and me. Moving according to in the One direction. Makes you see the tremendous Power that is within man because the Consciousness that is behind that Creative Movement in the Cosmos must be the same consciousness in man.*

Jesus Christ became a director in the Cosmos so can all other people become a director in the Cosmos by understanding this one Truth: that it is the Father Who ever remaineth within me it is He Who is performing His own deeds.

An animal has not got the conscious awareness. An animal is moved by the Cosmic flow, by the Cosmic Intelligence which belongs to the Animal Plane and he is moved according to the so and so. A dove will fly, the bird will leave here and reach its home, you may blindfold it and take it a hundred miles away, but it rises up into the air, it begins to circle and the Cosmic Activity begins to become active within its brain, and takes it to its destination. All animals move through the Cosmic unconsciously.

But you have gained that Consciousness, an awareness born in the image and likeness of the Creator, the Power to direct. Are you going to lose this direction, this Power that is within you, by merely living in your memories and living in the fantasy of the future? And not using this directing Power that can only be used now at this very moment and moment to moment because it is dissolved and renewed. But that moment is there it is passed, it is no longer a moment it is gone, it was renewed the next moment and afterwards it is always renewed, moment by moment is renewed, and never still it is always renewable. When that moment is

passed it is gone, there the next moment is renewed. That is Reality. That is Truth.) Therefore to co-operate with the Divine Mind is the fulfilment of the Law. In fulfilling of the Law we naturally see that we must co-operate with each other in harmony with the whole, thus we inherit the qualities of the Divine.

When we take the broad and comprehensive view of the whole we lose the pettiness of the self and what it stands for. Unless we do this we are caught up in the narrowness of dogma, creed, selfishness, and possessiveness etc., which causes misery for the individual and for the world in which we live, for are we not the world? We condition it and ourselves. *We condition the world and ourselves, the world does not condition us remember.*

The comprehensiveness of the Whole—the Cosmos—is beyond human comprehension nevertheless it is a fact that we cannot be separated from the Whole except in the illusion of the individual mind, *and that is an illusion.* All great people have become great by understanding that there can be no separation. It is only when we come to discern our own limited thinking and how it arises can we get the greater view beyond our immediate surroundings.

If you are caught-up in your surroundings, if you are caught-up in your narrowness, how can know that which is beyond? But immediately that you see that you are narrow, you begin to see and express something that is greater. But as long as you do not see your narrowness, as long as do not see the falseness of the self and all these other things that are false that are within you, you will never know what is true. Never!

When we realize that the worlds and planets within our visible sight are but a fraction of the manifested Whole, and that the manifested Universe is but a fragment of the Infinite Mind that fills boundless space, we find the glorious truth that we cannot be separated from the Infinite Whole, this makes us lose that narrow bigoted idea that the separate self is all-important.

Then let us lose ourselves in the Cosmos so that the Cosmos may manifest in us, this was the realization of Jesus when he said, “all power is given unto me in heaven and on earth.” He knew that there could be no

separation between himself and the Father. *For he distinctly said, "the Father and I are One." Not two, One.*

Let us consider these interesting facts about the Cosmos. We are told that there are something like two thousand million millions of worlds visible to us from the earth, and this is but a fraction of manifested Universe. Many of these suns and worlds are thousands of times larger than ours. Our world on which we live is but a grain of sand in the panorama of worlds. Yet we are one with the Whole. *Moving in the same direction. This world is one of the satellites in the great Milky Way, which you can see stretches across the heavens. Many of these planets that you see in the heavens are some thousands of light years distance from us. That is to say, light travelling at 186,000 miles per second. Multiply 186,000 by 60 and you will get how many miles per minute. Multiply that by 60 again you will get how much an hour. Multiply by 24 and you will get how much in a day. Multiply that by 365 and you will see that what is a year. Multiply that by 10,000 or a 100,000 and you will get some distance near where that planet is from us. Yet we are in the same Cosmos and we are moving in the same direction in the One Mind of the Universe, out of the same Substance, the same Universal Substance—ether which has made the planet there and made earth here, and made the composition of your body. The same life that is active in your body is the same life there. Just as electricity expressing it through that light so that it can express through that machine there. So according to the conditions created by the Infinite Mind so is the light there creative in that condition permeate that condition created the Mind of the Universe. That is understanding. Is the petty self now remaining or have you got beyond that? Yet we are one with the Whole. This same fundamental substance, the same mind, the same creative Spirit is the creativeness within us. How can we then, after knowing this, become petty and selfish?*

Spiritual *Scientists* also revealed to us that there are belts of invisible matter inhabited by Spiritual Beings who were once physical like ourselves. Although we are (most of us) incapable of seeing these inhabitants, they are not oblivious to our existence for many are helping and guiding us even while we are not aware of it. This was revealed when Jesus went up the mountain to pray and there Moses and Elijah appeared to him and his disciples.

Peter thought that it was the Gate to Heaven. Truly it was the Gate to Heaven. So, of course he said to Jesus, "will I go down and get one tent, one for Moses, one for Elijah and one for you"? And Jesus said, "No." Peter did not understand that Life Itself is Eternal. And it creates in the inner-most and from the inner-most into the outer.

Life created your body but it created it in the ether. And sound then brought that electro-magnetic wave of the Infinite Thought, in the ether, which came the form, Perfect in the ether because it was the Absolute Idea. It was Perfect and is still Perfect, held in that ether because ether is a Perfect Substance. And you cannot have a distortion in being or a substance or a form in the ether that is not Perfect in Itself. All other forms will pass away.

So the sound comes into operation and God said and He spoke the Word and He was pleased to see the Creation come into being. The sound vibration that brought the thing down to the physical and produced the vibration of the electro-magnetic wave to the wave of sound of 700 miles per hour, that is the wave that exists now in your physical organs, that is the wave now.

So we see then, you are creating in your own selves just the same thing, electro-magnetic waves in the ether, they are penetrating this astral body, they are penetrating the physical atoms. You are either building up or disintegrating your body according to your thoughts and emotions. Your voice does the same thing. How is it the one can keep strong, healthy and young? By knowing the sound of your creation. Everyone of you has a sound within yourself. And if you find the note that is within you that is your creative note.

The Masters know their creative note. I know my creative note, vowel sounds, when I sound it the whole of my body becomes magnetised, not only with thought, with electro-magnetic waves but also with sound waves.

Is it not so that you keep a violin on one string on the one note all the time the bridge will fall down. Caruso¹ would break a glass with sound of his voice. The marching of men across a bridge continuously will break the bridge asunder. The breaking down of the walls of Jericho is a natural scientific fact not a fallacy.

And when you know your own tone then you know it. It comes from the Creative Name, the Creative Sound which is the matrix of all sounds put together, and that is the sound of the “OM” Life.

(At this point Murdo chant’s “OM” twice)

Breathes out. With the body comes fire, energy. Now the flow of energy flowing in because the creative energy flows in the body from outside. The vibration is there. You feel my limbs and my arms now, just touch them, and you will feel the power that is there.

You must find the Word within yourself, as I said, your song. My song is not your song. Your song is your own song and you must find it. By doing so you can continue to draw upon the whole Universe, the flow of energy flows into you from out there. Face becomes clear, filled up, still the body is tingling, the mind is alert, there is a feeling of strength, power, thought. The electro-magnetic wave and the sound wave together in harmony with the Universe, that Creative Note within yourself. That is God. God manifesting Himself. What a wonderful Truth!

To get a true understanding of what is, we must get beyond narrow bigoted dogmas and creeds, ethics and *all* the limited thought of the human mind. Some will say where is your data to explain all this. There is ample proof given by those who have experienced at least a modicum of *this* truth, make it evident—that there is more in heaven and earth than man has ever dreamt of.

Scientists have told us that they are only groping in the dust, but as we progress the science of the Cosmos *we* will reveal things that man has at present only *dreamt* of. There are far-reaching powers inherent in the human mind that will reveal to us that the hopes and desires of the inhabitants of the inner worlds *were* mainly on our behalf. At present the law of gravity, which unites all the worlds in the Universe in one grand system, separates man from his kindred Spirit in *the* Planets. Man will one day overcome this so-called impossible barrier to make excursions to distant regions to find things out for himself.

But the saying, that the law of gravity has not been overcome, is nonsense. It has been overcome by those who understand the law of gravity and what it is. I am not going into that just now because it will lead us off this work which is not necessary at the present time.

There is a saying that, “man cannot think of anything that is impossible,” and when we look back we find that we have thought of things, and at the time we thought them impossible, but this saying has proved to be true, they **have** become possible, and we are now experiencing them yet we no longer give them a thought, only accepting the impossible as an accomplished fact. We are a peculiar lot, are we not, when we think about it?

Yes, like the man, the people all went down to the river to see this iron boat going down to the bottom. So when this man understood a little bit more than the ignorant people, he floated his iron boat on the water but it stopped on the top of the water. The people gazed at it and said, “good gracious me, I would never had thought it.” The first time they said it was impossible. Now we sail great big battleships on the ocean. Wireless and other things.

I could tell you many things that you do not know at all about. Occult things, which I have experienced and seen, which are real Truths too, overcoming the force of gravity. But you will not believe them, you are just like the people who went down to the see the iron boat sink to the bottom of the river. No, you are just like those people, just the same. You are no different, everyone of you, you will just say it is impossible, and when it becomes possible you will accept it, without giving it a thought ‘how’ did it come about.

I am giving you a vista beyond that in which the human mind is generally caught up, then the mind will not remain stagnant in its own circumscribed orbit, but *will* rise above its present limited beliefs and inane thinking. Are our thoughts not mainly built up from the created blinding us to the Creativeness that is within *us* and which is behind all the created, and *it* is the means whereby that which is known within *Itself* will be made known to the individual, when the individual is capable of true understanding?

Do not think I am romancing, I am stating facts and these facts are evident to the mind that is capable of looking beyond the mud out of which the Lotus flower grows.

Man’s understanding is still in its infancy yet through the realization of our Eternal existence our faculties will expand. A few have expanded these

faculties, but these few have been regarded by the masses with awe and often put to death for fear that the pet theories and religious beliefs of the blind who lead the blind would be shattered. Yet those who acclaim Barabbas and put Jesus to death could not destroy that which they could not see, nor understand. Nor could they dim the Light that came into the world in the beginning and is now beginning to shine brighter in the darkness of the human mind.

In our darkest hour we will see that Light for we will no longer seek the darkness that has brought ruin to the human family through separation and distrust, through the misery of mass murder. We will realize that It is the same Life the same Consciousness that makes us aware, the same birthless and deathless Spirit unfolding the beauty of the human soul as well as the beauty of the Universe in which we live and in which we can never be separated from the Whole. My words are incapable of explaining this mighty Truth yet the Truth can be found within ourselves when the noise of the outer is quietened down.

There is a peace comes. And you will find this peace. You may get a fleeting moment of it, God comes forth, a moment, that moment of Reality. It was a glimpse of it, that moment passed. What did you try to do? You try to recapture that moment through your memory, your experience to make it live again. How can you make the past live?

But if you had only known that moment and the next moment, was Reality also, and the next moment too and with that moment passed it was gone, Reality again renewing Itself. The continuity of renewal is Reality. Only when the mind then is quiet and peaceful

The Infinite has revealed Himself in us and with this understanding we can reveal the Infinite. Was it not this that Jesus showed when he said in other words, “when you have seen me you have seen the Father and the deeds you see me do are the deeds of the Father whoever remains within me.” (*Eastern Text*). Could there be plainer words than *these* to reveal the Truth?

When we begin to think clearly we will see that the whole Universe must be within the consciousness of the Infinite Supreme Architect and it must be the same Consciousness that makes us living thinking beings made in His image and likeness.

Can you deny that?

Man has lost the power to think for himself, he accepts what the blind say and they never saw because they were blind from the beginning, being caught up in differing creeds and beliefs which separate man from man and man from God through ignorance. (*Where is your God? Some God outside yourself in some place somewhere that you have got to go to. What ignorance, what idiocy, what stupid-ness! When you see clearly and distinctly the Truth of the Living God, moment to moment which you can never be separated from.*)

The livingness of yourself is your livingness in God and God Livingness in you. Your life is God's Life and God's Life is your life. There is no past, there is no ways, these are all illusions of the mind. The blind try to show you a path that they do not know themselves. I tell you clearly and distinctly now, if you will realise this Truth; that there can be no separation.

The words of Jesus have been made platitudes and have been mouthed, lip-serviced, throughout the whole of the world. Have ever the scientific source of these words been explained? No of course not. But if you will realise this, unless no religion of any kind can ever stand without the scientific bases, and will all fall to pieces unless these words of the Master are understood from a scientific point of view. Where science begins to search in the very depths to find the Truth of his words, and there they will find the great Truth—of the Oneness of all things.) Although man cannot be separated from God yet in his ignorance man has assumed this separation and what man thinks so is he.

Oh, could I wing my way with the swiftness of a seraph (one of the highest of angels with love as a cherubim and with knowledge) from sun to sun and from world to world until I have surveyed all the systems visible to *mankind* and at the same time gather within myself the glorious landscapes and scenes of grandeur they exhibit, and could mingle with the pure and exalted Intelligences who people these resplendent abodes and behold the humble and ardent adoration of the Almighty,—their benign and understanding deportment towards one another, each esteeming the other better than himself and all united in the bonds of the purest affection without one haughty or discordant feeling. What indignation and astonishment would seize me on my return to this obscure corner of

Creation. Yet within myself is this grandeur, the Consciousness of the Infinite Himself. To know this in our hearts is to live it. Can we comprehend the magnificence of this mighty Truth that the Consciousness of the Infinite Whole is within?

If it was not so, your consciousness could not take in the Whole. It could not expand. It could not become a Spiritual Being. You could not live in the spheres, you could not live in the ether, you could not live in the Spiritual.

“He who overcomes *all* shall inherit these things and I will be his God and he shall be my son.” Rev. 21: 7. (Eastern Text)

How wonderfully true it is then, to get a greater understanding. But the consciousness becomes more expansive and the narrowness of the self disappears. Can you go out of this room now and say that you are not changed? Can you leave this room tonight and say that you are not changed that you are the same narrow self that you were before you came into it? If you do you have not listened to one word I have said. But why I am saying these things to you is this, unless I say them to you this way you will not understand it. Was is not that when Jesus taught, to make the thought impressive on the mind of his hearers, even if they were parables.

So it is to make this thought impress your mind, so that you will be able to discern the falseness the narrowness of the self. And as you can get a modicum of understanding of your Oneness with the Whole of the Cosmos. And know that the Cosmos is moving in one direction and you are moving with it. And of the furthest star the same movement is taking place is taking place within yourselves. You become a director by cooperation with the Cosmic plan, by knowing, understanding I am in myself nothing, so the self has disappeared, the narrow self begins to dissolve away. Could there be any greater joy than the realisation that the only Power there is that which is Wholeness. Moment to moment, moment after moment, do not try to recapture that moment it is but a memory. You are preventing another moment all the time because your mind it taken up with a moment that has passed, it cannot be now.

BENEDICTION

O Beloved, within my consciousness I can scan my Eternal Home and Thou art my Eternal Joy.

I found that all my errors dissolved away when Thy Love and Wisdom become my staff.

I no longer need to probe my way in the darkness, for Thou art my Eternal Light. Yes, I was beaten by the winds of fate and drenched with the rain of misery while I wandered in the darkness of my mind.

But now the storms have abated, the rocks have disappeared from my path and I no longer stumble for I have Thy staff of Love and Wisdom.

I have seen Thee in my brother, O Beloved.

* 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 25th March 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Enrico Caruso (1873-1921). Italian operatic tenor born in Naples, who sang to great acclaim in Europe and America. A key pioneer in the field of recorded music, his recordings made him universally famous. His great record sales and extraordinary warm, appealing tenor voice of great emotive power made him arguably the greatest operatic male singer in history.

Lecture 9 (1st April 1952)

SELF-KNOWLEDGE IS THE BEGINNING OF RIGHT THINKING*

“If you love only those who love you, what credit is that to you?”
Luke 6: 32.

Self-knowledge is the root of understanding. Without self-knowledge there is confusion and conflict and continual duality of the “mine” and “not-mine,” of the “me” and the “not-me.” Thus the conflict of opposites will continue to exist, if craving is not discerned and understood.

Now is it not so that you are continually engaged with the me and the not-me, and the mine and the not-mine. You must get beyond this duality into that which is Reality. There you will find that there is no duality whatsoever, but there is one complete Wholeness in which we all exist and to which we all belong. The One Life which is behind everything, which is behind all growth in the mineral, the vegetable, the animal, and the human and the angelic and beyond, is the One Life of the Infinite and nothing can exist outside It.

People are continually concerned with their own cravings. We find that when one craves we are going away from Reality. Because there is sense of lack through craving which produces its own kind.

The great tragedy in the human race is that continual sense of lack that exists in the human mind. By feeling this sense of lack there is always craving and that craving brings separation and brings sorrow and conflict. It is the me and the not-me, the mine and the not-mine.

Therefore if you search into your own minds and understand this, you will get a better understanding of yourselves because self-knowledge is the root of understanding. And without self-knowledge there is confusion and conflict and continual duality.

Take the craving for personal immortality, is this not the continual desire for the preservation of the self, not only in the hereafter but for the preservation of the self here also, with its cravings for position, desire for possessions, pride of family name, craving for authority, *and* mystery and miracle? In not understanding these, we yield to them, thus we create no end of sorrow.

*If we knew that we are immortal we would no longer crave for immortality. But as long as we crave for immortality you will realise that there can be no sense of immortality. It is only when you have a true sense of immortality, through the discernment of everything that is relative, then you will find within yourself that which is Eternal and ever-present. And that which is Eternal and ever-present is always **now**, Living at this moment, moment to moment as I told you before, not in the past or the future. But you look for immortality in the future, by doing so, you lose that immortality that is now, the very essence of your being.*

The only virtue is the understanding of the self, the so-called positive qualities of the self are binding so there is no freedom from conflict. *Are you not always told about the positive qualities of the self so you can develop these positive qualities. Look into yourselves and you will see how binding these positive qualities are. Are they not going away from Reality?*

What is the most powerful thing in existence today, in any time, past future or present? It has always been the expression of Life Itself, in all Its glory in every form, from the very lowest to the very highest. Therefore it is this freedom; that you obtain through self-knowledge, through self-discernment, through understanding all that is relative, knowing all that is relative is harmless to you and therefore you are harmless to all that is relative. Behind then this understanding is a Consciousness of Life, that is not binding but is Freedom. And this Consciousness of Life gives you an understanding of Wholeness, that the Life in everything is the same Life in you and me. Therefore there is no binding, there is no superman or super qualities that exist in mankind. There is the expression of Life alone and according to your power to receive and express that Life, so will It manifest through you in Its greatest form.

Now, what is the means then through which you can make yourself so receptive, that you can make yourself a medium through which this Life will

flow? By discerning all that is relative and understanding that, and understanding the self, understanding craving, understanding duality, seeing that the individual is not caught-up in these things so that there is a Oneness, a freedom from these things, therefore that which is Real will manifest in your life and produce tremendous things. As Jesus said, "I of myself am nothing, it is the Spirit of the Father within me that doeth these things. It is the Father Who ever remaineth within me, He is performing His own deeds." Is not the desire to become virtuous also within the narrow self? The constant process of the positiveness of the self brings fear and hope, craving to be virtuous is a constant binding of the self. The essence of virtue is not building up the process of the self in anyway whatsoever, but is freeing the self from its own entanglements through understanding.

*If then you can free yourself from the entanglements of your own mind; your beliefs in this, your fears in that, your hopes for this and so forth. If you can free yourself and recognise now, that this very moment you are free because now is the time you are free. There is no other time freedom. Freedom is **now** at this moment because it is Life and is Living. The past is not freedom, the future is not freedom because you are caught-up in these things.*

Oh, I could give you this in Reality, could I give you what I know of my own, but I cannot, you have to find it out for yourselves. But if I can show you these things that are causing and preventing you from understanding and living for this moment, then I have not spoken to you in vain.

If we can discern our thought-feeling arising out of craving we will become aware of the ways of the self. The self can never become open and clear through craving to be virtuous, for the self is always confusing and contradicting. But if we can become aware of the thought-feeling behind craving, in this there is the beginning of sincerity, wisdom and Love.

When you are caught-up in craving, you are craving. But immediately you discern that you are craving and become aware of your thought-feeling, which is behind your craving, then you can free yourselves.

Don't you see, it is the discerning the relative and the conditions that are binding you that is so essential.

Everyone of you are trying to concentrate on God. You are thinking that by concentrating on God and saying, that God is within me you are going to

be saved. But all the time you keep on carrying on with the entanglements of the self. You keep binding yourselves continually with craving and contradictions and so forth. In your mind you think by saying, that God and you are one you are going to free yourself from all these entanglements. How can it be? You only bring the idea of God into your prison, in which you exist, and there is no longer a freedom.

Most people are ignorantly pretending to be virtuous while their minds are filled with confusion, *ill-will* and antagonism. Without self-knowledge mere sincerity is narrowness and gullibility. To become aware of escapes, distortions, hindrances, will lead to order and clarity.

To be candid with ourselves we will reveal our hidden dishonesty in contradiction. *We are all dishonest with ourselves in our contradictions because we are continually living in contradiction, unless we discern that we are doing so. You are living the opposites are you not? You are living on the idea of health or ill-health. You are living in the idea of failure or success. You are living in the idea of death and life. You are living in the idea of faith and fear. You are continually contradicting yourselves, you are living in the world of contradictions because you do not discern these things that you are doing so.*

How can you ever escape then from these things? If you find you are frustrated, what do you do? You try you escape. But you do not discern why you are frustrated. You only try to escape from your frustration but that does not relieve you. How can that relieve you from the frustration if you try to escape from it, that only creates another distortion does it not?

What you have got to see, is discern why you are frustrated. And when you discern why you are frustrated, it will fall away and you will find freedom. When the mind is searched without fear or unafraid to find the self out, then there is virtue. Without self-knowledge virtue is ignorant confusion and self-contradiction. Unless we can look at our own thoughts freely without fear, withholding judgment, there cannot be clear thinking.

If you can look at your thoughts and not be caught-up in fear, then there is freedom. But if you look at your thoughts and you are caught-up in fear, how can there be any freedom? You must discern then why you are afraid.

Good and evil is a duality in the mind. Fear and faith, health and ill-health, success and failure etc., these are conflicts of duality and not until

they are discerned, and the thought-feeling that arises from their duality is comprehended, can there be real freedom. Life itself does not contain duality, this duality arises from the craving of the self and is born of ignorance.

If only the world thinkers and scholars would step out of their circumscribed and limited way of thinking, a new pathway would open up for mankind. Unfortunately our thinkers are still bound by tradition, imitation and by beliefs which hinder pure thinking. This is because their thinking is based upon the past and not upon the freedom of the ever-present Life. Yet I am sure that through the Science of Life and the Cosmos a much better world will be born where mankind will live in Love, Peace and Freedom.

If our leaders could only think clearly instead of being caught-up in the various beliefs and ideologies, we would be led out of our difficulties. But the fact is, that we ourselves are so caught-up in beliefs and ideologies, that we create those conditions and those people to lead us into difficulties instead of out of them. But if we could discern and the people could discern clearly through clear thinking, the cause of this confusion, it would disappear. Immediately the cause is discerned the effect passes away. For the simple reason that it no longer exists. If we can see the difference, for instance now we have, a Jew, a Gentile, Mohammedan, a Hindu, and all the different types of religion. These people are human beings, all Children of God. We talk to them about humanity and what humanity is, they're quite comfortable and quiet and peaceful. But touch on their beliefs, touch on their religion, and they will draw a sword to cut your throat, destroy you. Why? Because they have not discerned that what they believe is false, that they have no foundation in Truth whatsoever. Because the only foundation of Truth is the Ever-present Living Life, which is common to all, and binds us altogether as one Whole.

Why is it then that these people are caught-up in this way? Because of their leaders who are blind, and they lead the blind and we all fall into the ditch.

The habit of thinking in terms of effects has hindered man in his progress, and has stilled his growth, mentally and spiritually, thus man is

kept in confusion and misery because he will not discern his thought-feelings and how they arise.

The habit of looking at things from the outside and not understanding their inner cause has blinded man to the Truth about himself. When man becomes aware through self-knowledge, the secret of creativeness will be revealed to him, but this cannot come through beliefs or so-called virtue, but through deep understanding and contemplation.

How can you find Reality through a belief when you are going away from Reality? Is a belief not something in the mind? Something you believe of the past, that somebody said many years ago, and you look into your future for immortality. How can you understand the Truth with these contradictions, both in the past and the future? Is not the Ever-present Life, the only Living Reality? And the only fundamental and the foundation for all Truth. Can there be any then, belief, in the mind that is Real? A belief is a belief. But a belief causes separation because you believe different to others. What is in your mind is false. Immediately you discern the falseness of the things in your mind, then you will get nearer to the Truth. But if you hold onto those beliefs in contradiction to another belief or ideal in contradiction to another ideal, an ideology in contradiction to another ideology, then you will have strife; you will have war, you will have trouble, you will have bloodshed, you have killing, you have mass murder, you will have hatred, antagonisms which will sweep the world. And have you got any further on? No! You have gone further back!

Are we not limited by the concepts we hold and believe to be true? Have we ever honestly examined whether they are true or not; or does it matter very much **whether they are true or not**. Is Life not more important than all these things? *Jesus said, "is not life more important than the body, the body more important than the raiment."* We are held fast in our minds through tradition through imitative beliefs and superstitions.

What do we mean by imitative beliefs? Because we are imitating the belief of our forefathers, we accept it without thinking because they had done it. But unless we realise the importance of our own thinking and our own discernment, we can never free ourselves.

One thing is true, that science is coming to the fore, and it is breaking down a great many of these superstitions. Because people who begin to

learn of the scientific investigations of matter, the atomic energy and all these things, are beginning to see behind the scenes that these beliefs are all false, and have no foundation upon truth whatsoever.

If, and which I said before, the words of Jesus had been examined and understood from a scientific basis, the basis upon which he expressed them, then the world would be different today. But what has happened? The ignorant theologians, and all these people who have beliefs, have taken those words and made platitudes of them and fed the public with these platitudes and they have believed it is true.

A platitude is only something in your mind. A belief is something in your mind. But that which is Real is beyond your mind. Therefore you have to get beyond your mind to know Reality. You have got to waive all things aside. You have got to discern your mind, the mass of material that is there, and wade yourself through it. And until such time as you have cleansed it and cleared it, and there you will find Reality is beyond mind. It is said that Love is the greatest thing in the world, but without becoming aware of the source of conflict and craving, love brings pain. There is no escape from Love, yet without understanding, there is torture. So the foolish blame Love without understanding the cause of pain. The cause of pain is not Love but craving and possessiveness.

Love is an Eternal thing. It is not something you make or something you can claim, it is something you can express. But if you try to possess it it brings pain and torture.

*There is sorrow in Love when the mind is caught up in duality. *The me and the not-me and the mine and the not-mine.* We all know that when we love there is sorrow in the loss of that Love, sorrow *in* the loss of the object of our affection. If there is hate in Love, if there is fear in Love, if there is resentment in Love, then there is no escape from its torture. But this is craving and not Love which creates this dependence and all the sorrowful issues that arise from it.*

I can only show you that great thing, which in Itself is free and is never bound, but if you try to bind It then you bring sorrow upon yourself because It refuses to be bound. You cannot bind Love.

If you love freedom then you have Love. If you love freely then you have Love. Then you have compassion, you have forgiveness, you have all these

attributes of Love, then you have Love. But if you have fear, if you have possessiveness, if you have hate, then you have not Love—you have possessiveness, you have craving.

Jesus was the one who understood this. His words always ring in my ears and this is what it is, “If you love only those who love you what credit is that to you? Love your neighbour as your self because he is yourself.”

What is it that gives rise to uncertainty, is it not desire for Love? But this is not Love, this uncertainty breeds possessiveness, jealousy, fear. In possessiveness there is an inward fear and suspicion. This is not Love but inward emptiness, need for dependence. But dependence breeds fear, and not Love.

The lesson tonight is one of great importance because it affects everyone of us.

The fact is that we have not discerned these things. We have not entered into our own minds to discern whether our love is possessiveness or craving. And when we find that it is possessiveness and craving, then we will find Love. But not until we find this possessiveness and root it out, by discerning it and understanding it, will we ever know Love.

Without understanding craving there is domination, oppression taking the form of Love. Therefore we have got to understand craving. When we understand craving then there is no domination, there is no oppression, taking the form of Love. Is it not so that most people dominate and their love is a form of oppression. How can there be Love, when Love is freedom and Truth, and Perfection, forgiveness, and all the qualities that are the highest in the human nature? Having the seed of uncertainty and contradiction within oneself, how can there be Love? Love is beyond and above all these. Love itself is Eternal and therefore not dependent. It is not a result of outer stimulation which nourishes a temporary feeling of well-being.

*Love is something that is inherent in every being. And Love can only be found in Reality from moment to moment. And that moment must be free and not tarnished with the past or hopes for the future. Because if Love is tarnished with the past or hopes for the future you will never know the Eternal Love that is **now**. Never!*

In Love there is generosity, forgiveness, compassion, with true Love humility and gentleness comes into being, without Love they have no existence.

To understand this you must begin to understand your thought-feelings and actions. *Have you ever then discerned your thought-feelings and actions in regard to possessiveness as far as Love is concerned? Is there fear in your love, is there possessiveness in your love? Is there oppression in your love, is there domination in your love? Then there cannot be forgiveness, there cannot be compassion, there cannot be humility and gentleness.* If your actions are the result of your ideas, your beliefs, your fears, your desires, there is no Love. Love is not built out of these. Love is the Eternal Essence waiting to express Itself when all this conflict and contradiction has ceased to be. *Then Love expresses Itself. Discern in your own minds freely then. Does these conditions exist? Is your love the result of your ideas, your beliefs, your fears, your desires, then you have no Love.*

I am telling you Truth's now. I am getting behind this petty scenes of the individual mind that are trailing you to the dust, that are creating contradictions and destroying you. Instead of building up a healthy state of mind and body you are being destroyed by your own ignorance. Love is the Power in you that gives life and strength to the mind and body. But it must be free from those things. Only then do we become the image and likeness of Him who created us.

When we know that this Love is the Eternal Essence waiting to express Itself, when all the contradiction and conflict in the self has ceased to be, then we are like Him Who created us—free from conflict, free from contradiction, free from duality.

I hope that you are beginning to see the meaning behind my words.

Life and death is a contradiction in man's mind for there cannot be a dead particle in the whole Living Universe. *What the ignorant person sees is a form of change, transformation. Yet he does not know that it is a form of transformation. Therefore the idea of death is an illusion, a belief. Therefore he has duality in his mind of life and death. But death and life are the same thing. In Life there is continuous change. And being ignorant of this change then you call the change—death. And you believe that death is the end. But if you ever seek an end or seek a result, you are also in an*

illusion because there is no end whatsoever. John Calvin¹ and John Knox² had a lot to do with formulating a religion of sorrow and conflict. Unfortunately for them they took themselves seriously and left this world old and decrepit at the young age of fifty-seven.

They were caught up in the net of their own belief and anyone who follows their example will sooner or later suffer from arteriosclerosis of the thinking cells. *When we find that the cells become hard because of our hard thoughts and hard feelings, which they do, we have then what we call arteriosclerosis of the thinking cells, the hardening of the cell structure of the brain. And with that the whole body dies. So they died old and decrepit at the young age of fifty-seven. (I am nearly twenty years older than they are and I am still as young half their age.) So therefore you see, when you have this stupidity in the mind, when you are caught-up in these things.*

What is a young mind? A young mind is one that is flexible. Without being flexible you can never remain young. Because immediately you make your ideas concrete then you make your brain cells concrete too. You must be ready to discard all your ideas as fresh ones come along. You must be ready to discard all your beliefs when something else supersedes them. Otherwise you will just die like old Knox and old Calvin. And in some parts of the world we still have this sort of stupidity going on. When we think clearly, free from past or future, free from imitation, free from fear, Life will unfold Itself in us, Its continuity.

When you understand you can live dangerously, fearlessly, knowing that it is Life that lives, yet those who do not know, live in fear. Millions of people attach fear to everything that is said or done. Yet nothing matters except living in Love and Wisdom. To refute untrue things said about you is an error of judgment. It is better to be lied about than to lie against another. The ever-present Life is the only Reality, all else is of no consequence.

*When you know the living Life that is now, that I am Life, does it matter one-tuppenny³ damn about what they say? It does not, for the simple reason, that you are living Life—**now**. And nothing can injure or harm you. But as we know perfectly well, unfortunately the ignorant do not, that these missiles which they bombard from the platform upon which they stand returns to the same platform and whizzes around about themselves. So you see, it all comes back. It is like a little stone that drops in the pool. The little*

ripples move right away to the outside of the pool and begin then naturally to move back into the centre of the pool, and when they have reached the centre of the pool once more, they have rested there.

“He who has to him more shall be given, to him who has not even that which he has shall be taken from him.” When you understand you can live dangerously and fearlessly. The ever-present Life is the only Reality, all else is of no consequence.

The outer we see and feel is not as it seems to our senses. It is only when we think clearly that the Truth reveals Itself.

What you see and feel, your senses you will say, it is so and so and so and so because you believe it to be so and so. But have you ever investigated what that is, what is behind that which you see and feel?

It is long since I realized that the inner and the outer are interchangeable, just as mind and matter are interchangeable, correlated and essentially identical, harmoniously welded by polarities of nature's forces. *The outer is but the expression of the inner. I have no illusions regards what things are when I see them and feel them. I do not accept the fact that this is really a table or that is a glass of water or you are a physical body. I go behind more things than that that is an outer form which is visible to the physical eye. But the ignorant people see the same thing but the wise see things that are different.* When we begin to realize the wonder of the Cosmos the consciousness of the little self disappears and *the* greater understanding of the whole takes its place.

Science has showed us that matter viewed separately from energy does not exist. Chemical action, electricity, magnetism, *heat*, light are but different modes of motion, different expressions of the one Force in transformation. All these are complementary to each other, and change *rapidly and* readily into each other without loss of the original force. All forces are but one force, convertible from the invisible to the visible and vice versa. The delusion we have in our minds is caused through the senses when we do not understand, when we are not aware, *when do not understand what we see and feel through the senses.*

But are you going to believe as the masses do? Are you not students of the highest Science of Life? Are you not students of a Universal College of Science that gives you a greater understanding of Life Forces? Are to be

content then with what you see through your senses or are you going to investigate and find that which is behind them?

Is it not so that we create in our minds a mental concept in reaction to what the senses see and feel? Yet there is no evidence to substantiate what we see *and* feel to exist except the consciousness becomes aware of it, and thus we create a concept in our minds *in* regarding *to* it. I hope you see this point.

Scientifically speaking feeling is a resistance to motion and seeing is a reaction to light vibrations, from these we create images in our mind which we believe to be true.

We live and move in the Ocean of Life continually unfolding its creativeness through us when we begin to understand ourselves. We become conscious of the external and have interpreted what we see and feel according to our understanding. That is why childishly innocent and ignorant people can never mature, for they are always fearing the evil they are looking for, so the mind becomes poisoned and *their* body likewise.

A mind that is ready for creative ideas is one that has already united itself to things seen and unseen. The Creative Intelligence has created a mechanism through which It can function here. The outer is but the expression of the inner. *Your outer form is but the expression of the inner. If you only see the outer then you are living in an illusion, you live in fear in ignorance.* All visible forms were first invisible forms created in the “one” mind, and carried forward by the Creative Energy revealing the Creative Principle in action. This Creative Principle manifests in the invisible and the visible at one and the same time.

So, that Creative Principle in me is within the invisible and the visible what you see now, when you have seen me you have seen the Father.

We can with a little understanding find the method whereby we can consciously co-operate with this Creativeness for the fulfilment of our “being” in heaven and on earth, *at the same time not in some future date. Heaven you think is some time far off, you do not know it is your mind, a belief. But my heaven is here now, I have got it. It is Eternal on my earth too, and the one is interchangeable with the other. If I know one I know the other but if I do not know one I feel the other.* “All power is given unto me in heaven and on earth,” *this* means that at the same time all power is given

to the one who understands both in the inner and the outer, *not in some future time. Because there is not such thing as time in Reality. Reality exists now, moment to moment, that is the time in heaven and on earth. Jesus was a man of science. He was not a preacher, he was a great scholar, the greatest the world had ever seen. And those who can see his mind can understand. But those who live in his platitudes can never understand. So our wealth lies in our Creative Power and not in the things created.*

In the understanding of this great Truth is the beginning and ending of all things. For the Creative Principle is the embodiment of all laws of Creation with a knowing how. Therefore “ask and ye shall receive” is the natural outcome of the Creative Principle in operation provided that craving is understood. *If you crave how can you receive. Jesus said, “believe you have received and you shall have,” there is no craving in that. There is knowing, understanding. But there is no understanding in craving. Craving is fear and doubt for the fulfilment.*

We make our own limitation by clinging to the form. Creative Spirit is formless, *and is the only power. Form has no power of its own. I have no power of my own, it is the Spirit of the Father within me has the whole Power.* It is our sense of separation that has made us impotent while the outer form holds the mind in bondage. *Your mind is held in bondage to the form, to the outer, is it not? Then free your minds from the outer and understand the inner. Then you will understand the outer and you will see that there is no separation and no division.* Therefore we must not worship idols and symbols, but become aware of our Creativeness in unison with that which created all things.

When we have put away our beliefs in separation, our consciousness of the false will disappear, and a consciousness of Reality will manifest to make all things anew.

It is the state of consciousness that brings about the inner and the outer manifestation. What the inner is so shall the outer be. If we will learn this now we will avoid much unnecessary suffering. We are continually clothing ourselves with our thoughts and the state of *our* consciousness determines the kind of thoughts we have.

Is your state of consciousness caught-up in the relative? Is it caught-up in craving? Is it caught-up in beliefs, ideas, the past and the future? How

can you create with a consciousness that is bound like that? The consciousness must be free to live moment to moment. This is the freedom of consciousness. Life, I am the Life now.

Jesus preached the Kingdom of God and if we listen to his teachings freed from all prejudices, all dogma, we will find that kingdom when we have discerned all thoughts of the self which lives in separation. Then we will make, the great discovery of the indwelling Christ.

It is the invisible soul that sustains the visible body, so-does the invisible world sustain the visible world. If we cut ourselves off from the invisible our inspiration ceases. When we awaken into *the* true awareness we will cast off *these* false beliefs, beliefs in sickness, beliefs that cause fear, belief in the power of sin, belief in *the* false doctrines of false prophets. The Spirit Life is not touched by sickness, fear, sin or death, Spirit is all and all is Spirit. The soul is strengthened by the Eternal Love and to bless all no matter who they are is true religion. “I am he who lives and was dead and behold I am alive for evermore.” Rev. 1: 18.

BENEDICTION

O Omnipresent Omnipotent Omniscience, Thy Love and Wisdom *has* removed the cloud of ignorance from my mind and heart.

My consciousness is made clear through Thy Presence and my mind freed from conflict and illusion.

As I behold Thee and Thee only my joy lives forever.

Now I think rightly, O Divine Love and Wisdom.

* 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 April 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. John Calvin (1509-64), French theological writer and reformer; wrote “Institutes of the Christian Religion” (1535), in which he expounded his doctrine of original sin, of predestination and

election; his dogma is held by the continental Reformed Churches and forms the basis of Scottish Presbyterianism.

2. John Knox (1505-72). Scottish Protestant reformer and historian. Founder of Scottish Presbyterianism. While exiled to Europe (1553-1559) during the reign of Mary Queen of Scots, in Geneva, Knox a Catholic came under the influence of John Calvin.
3. *Tuppenny*. Sum of 2 pence (two penny). Paltry, trifling.

Lecture 10 (8th April 1952)

“FAITH” IS A POWER LITTLE UNDERSTOOD BY MANKIND*

“Thy faith hath made thee whole.” Luke 17: 19.

To understand this wonderful power that is available to all mankind we must first understand the origin of our thoughts and emotions and how they arise. With this understanding your faith is increased proportionately.

We know very well everybody is talking about faith. And the statement, “thy faith hath made thee whole,” is a statement that is in the point of the tongue of nearly every individual but they do not know it. And when they are affected by any condition someone will say to them, “well thy faith will make you whole.” But that does not affect the individual who is suffering. It is necessary for the individual who is suffering to understand why he is suffering and also understand the origin of thought. That thought originates within the mind of the individual and not outside it.

Reactions to conditions in the body, reactions to conditions external to the self is very often the means of our mental activity. Our mental thoughts, our mental action is more often the result of our reactions to conditions within ourselves and conditions outside ourselves. Therefore is not so, that we are further conditioning ourselves by these reactions. But if we can discern the origin of our thoughts and see that our thoughts arise from these external conditions, we will find that we can eliminate these things and eliminate the thoughts that affect us, by discerning them. It is not the very easy process but it is the only process to relieve you of the conditions of conditioning.

When we are conditioned then we are no longer free, is not that so. If we condition ourselves by our reactions to things external to ourselves, if we further condition ourselves by the reaction to our own conditions within

ourselves, do we not further condition ourselves? How are we to overcome this? Only by knowing what we are doing.

When we are aware of the origin of our thinking and the action of our thoughts we will know the result as well. Unfortunately most people are blind to this fact with the result that their thinking is merely imitative or reactionary, having no value as a creative force.

If the mind is clogged with weeds, if the mind is clogged with thoughts of fear, anxiety and doubt, how can there be any Creative Force in that mind? Don't you see this, that the mind is the vehicle through which you express yourselves. It is the screen as it were, and it separates you between yourself and the manifestation.

If the mind is clear and free then the manifestation will be clear and free also. But if the mind is clogged, how can the manifestation be free? Freedom comes only through a consciousness that is free. Free from understanding the source of thinking, so that the reactions to conditions external to yourselves and the reactions to conditions within yourselves, are understood.

When Jesus said, "believe you have received and you shall have," he was speaking from direct knowledge of a science he knew to be infallible. Thinking is prayer, thinking is creative, thinking is also destructive and constructive, according to the cause of our thinking.

So if your reactions to things external to yourselves is in the negative, are you not creating those conditions?

Thinking is manifesting because the consciousness alone has the power to think. Consciousness is in Life and Life is Creative. Therefore according to your consciousness, according to the awareness of your reactions to things external to yourselves, then you will be freer for the simple reason you will understand what you are doing.

If your thinking is based upon lack, your positive action will be filled with aggression and depression. If your thinking is based upon craving then much the same result will be obtained. If your thinking is based upon past experiences and future hopes, then there will be confusion. There are hundreds of ways I could mention upon which your thinking is based.

The experiences of the past is very often the foundation of your thinking. If your experiences are good, then happy and cheerful, you will very often express that particular feeling. If your experiences have not been happy, have been successful but have been fraught with difficulties, then you will begin to express according to your feelings.

If your future hopes are elevated then you will probably express according to your future hopes. But there will be confusion between the past and the future. Your feelings of the past and your hopes of the future will be confused, will they not? Therefore they will be nullified completely or neutralised because of your experiences of the past and your hopes of the future. But what have you done? Are you not living in a fantasy, while you have lost the opportunity of Real Creativeness in the present?

*Life does not live in past experiences. Life does not live in future hopes. Life only lives **now** at this very moment. And unless you understand that, then you will react to those conditions of the past your hopes of the future, and you will lose this thing that is Real now.*

Discern what you are doing, to be aware of the source of your thinking, to know if your thinking is the result of past experiences or your thoughts is the result of reactions to things external or conditions within the self. How are you then going to free your thought from these things? By discerning what you are doing. It is very simple. But it is necessary for you to begin to understand yourselves.

The saying, when you open your mouth you put your foot in it, is a saying with a great deal of truth in it. When we are ignorant of the law of thought or *the* action of the mind we place little value upon our thinking. Yet we are affected by the effect of our thought, and naturally we rebel. This ignorant reaction is proof that we do not understand "Faith."

So in one way, we are continually thinking and acting, and then we try to bring faith in to overcome this action, this negative condition, this thinking. Don't you see then that your faith is useless, that you have no faith at all because your mind is confused. It is like your experience of the past and your hopes of the future.

Faith is the power that sustains the thought. It is concentrated attention based upon understanding. If our thought is bound or influenced by any

external condition then there cannot be pure thinking directed from an understanding consciousness.

If then you are bound, which nearly everyone is because you do not discern your thoughts, how your thinking is rising into the consciousness which is nothing more than the reaction to conditions external to yourselves. If you are not aware of your thoughts, your actions, your reactions, you can never free yourselves from those conditions, therefore faith is useless to you. Don't you see what I mean; that faith is of no value to you because it is caught-up in the whirlpool of your own thoughts. That is why the majority of people never get better, even the word faith is not faith. The idea of faith is not faith.

Faith comes into operation when the individual understand himself or herself. Understands their thoughts, their actions and reactions; to past experiences, to future hopes, to conditions within the self, and conditions external to the self.

If you are aware of your thinking regards to these things then you can have faith. Thus faith comes into operation immediately you discern yourself and the ways of the self. When you see the way that your mind is moving, you will know that it is your own creation.

Behind your own creation is a Creation of Perfection, which remains always stable never changing. It is perfect harmony and peace. How are you to arrive at this perfect harmony and peace? Surely, not through a mind that is confused. Not through a mind that is continually reacting to conditions external to the self, conditions internal, and experiences of the past and hopes for the future.

If the mind is confused, how can you then reach this that is not confused?

Faith is the result of knowing, not the result of a faith or a word of faith or a belief. It is the result of knowing. And you can never reach this state of harmony, which is Eternal and Ever-present, until such time as you have discerned the in-harmony in your own minds, and how this in-harmony comes about. If you can discern how this in-harmony comes about then it will dissolve away because you will no longer be caught-up in it. You will see that you are the creator of it and therefore the self will emerge free.

The Real Self is that Self that is in every other self. But the illusionary self is the personal self, where there is separation.

In your own mind at the present time you feel that you are separated from me or from each other. If that separation then is still in your mind you can never know what is freedom because freedom cannot come through separation because you will always be reacting to conditions external to the self in your relation to the other.

But if you can view yourself, as you would view somebody else in relation to another, then you will be able to see what you are doing. Under those circumstances then you will find that there is a freedom comes because you will no longer begin to react to conditions external to the self nor conditions within the self but you will understand them. There is then a Reality that comes into operation, a feeling of Truth, a feeling of Oneness where there is no in-harmony of any kind. And the consciousness of this harmony which is complete and perfect in Itself manifests Itself through the mind and body of the individual.

Why? Because thought is electro-magnetic. It is a force that is moving out in the ether. It is like you become like a broadcasting station. Broadcasting electro-magnetic waves into the ether. These electro-magnetic waves carried through the ether interpenetrates the very walls of the atoms of your body. They not only do that but emerge outwards beyond you into the atmosphere and also through the ether into other peoples minds and bodies. You have a great responsibility. Now, when these electro-magnetic waves of energy, emitted from a consciousness, they have the effect of causing harmony or disharmony within the organism of the body.

How does harmony come into operation? For the simple reason, that the individual consciousness becomes the Universal Consciousness. And the Universal Consciousness is continually emitting harmony continuously throughout the whole of the Universe, breaking down all the in-harmony.

Therefore you become One with this complete Wholeness that is harmony, creating vibrations everywhere and you fall in line with it. All the in-harmonious conditions in your bonded body begin to dissolve away.

But if you do not discern continuously then your reactions to things external to yourselves you will be caught-up in these things again.

Jesus said, "watch and pray." It was a continual watching, a continual awareness, least you are caught-up in these things which is external to yourself; the in-harmonious within yourself or past experiences or hopes for the future. Is that not so, that your thoughts are all built up from that? Now think? Can you look into your mind and say that your thought-building is not built up from those things?

You must examine your minds to see. Then when you examine your minds you will see what you are doing, and you will refrain from doing it any longer. Discerning then is the secret.

Faith is evident when there is an understanding of the mechanism of thinking. I have so often repeated to you, unless you can discern clearly from what your thoughts arise you will be caught up in the things that influence your thinking.

So if you are caught-up in the things that influence your thinking, you are no longer free are you?

When faith is evident there is an awareness of power and direction of thought uninfluenced by any outside effects. *I will read that again because it is most important that you recognise this phrase, because within it is the secret. And you then can think deeply and come to the realisation of what is behind, that is the great secret.*

Meditation is a method that people have tried to find out that which was behind. But have you ever found out through your meditation that which was behind? No you could not for the simple reason that you do not know how to meditate. You meditate on some idea, you meditate on an image, and you create the image and you fasten your mind upon the image and you think that you are finding that which is beyond.

How can you find that thing which is beyond when your mind is concentrated upon an image or an idea? Don't you see that is self-hypnotisation. That you just hypnotise the mind into a form of I would say—dullness. You dull the mind because you hypnotise it. You concentrate your mind on an idea. But all the time when you are concentrating your mind on an idea there is hundreds of other ideas coming up in the mind in conflict to that idea which you are concentrating upon, is that not so? Then you will say or come to the conclusion that you cannot meditate at all. Neither you can from the very beginning, you started the wrong way therefore the end

will be wrong because the beginning was wrong. You cannot meditate that way, that is not mediation. True mediation is to find that which is behind everything but you can never do it by concentrating on an idea, you are going away from it.

How are you to find that which is behind everything? By cleaning the mind and clearing the mind of all the relative things, all the conditions, unconditioning of the mind by discerning the condition of the mind, that is meditation. Meditation is not concentrating your mind on an idea and holding your mind there to the exclusion of every other idea, because it cannot be.

True meditation is discerning your mind to free your mind so that wisdom and love will manifest. But can wisdom and love manifest in a mind that is caught-up in all these conditions which produce separation, antagonisms, doubt and all those feelings. If you discern then what you are doing you are then meditating.

When faith is in evidence there is an awareness of power and direction of thought uninfluenced by any outside effects. The conscious awareness holds the mind directed towards the object or subject in question. In this attitude of mind, time and space are lost sight of. When we are completely aware there is an attention in which there is neither time nor space.

But before that attention comes, that attention is held without a form of force of 'thou will' without desire. If you try to force your concentration through will to the exclusion of everything else, then you are not meditating. But if there comes into your mind through the expression of every thought in your mind, rising to the surface, understanding every idea and movement in the mind, then these ideas and movements will not rise again into the consciousness because you have dealt with them. But if you do not deal with every thought, with every idea that rises in the mind it will repeat itself again and again and disturb this silence of yours.

How are you to receive silence then? How are you to gain this attention in which there is neither time nor space? Because this attention holds Itself without will. It holds Itself because of the mind that is clear and cleansed, and where there is no conflict, no antagonisms, no duality, no oppositions.

Surely you can see what I am driving at now. This is the way the Masters get clearness of mind and they teach those who want to have

clearness of mind too. So that when the mind is cleared of all those things, that which is attention in Itself, perfect in Itself is Reality, which is not brought about by a concentration through will or desire, but the expression of that which is behind all Creation.

There is but one perfect mode of action used in Creation whether it be the creation in Infinite Mind, or a creation in man's mind. The mode of right action must be the same, because man's mind is the reflection of the Infinite Mind. This cannot be otherwise for the simple reason that man cannot think outside the Infinite Mind and the mechanism of the Consciousness cannot be other than the Consciousness of the Infinite manifesting in man's mind because there cannot be another Consciousness, the Infinite being infinite. Unless this is understood the thought will be a contradiction of itself.

How can you think outside the Infinite Mind when there is no outside the Infinite? Therefore you must think in the Infinite Mind.

You are made in the image and likeness of the Creator, that is a Truth, because you cannot be made any other way. If you were made in any other way you would have to be made outside the Infinite and that is an impossibility because there is no outside the Infinite. Therefore the Infinite must be expressing Himself. Therefore the Infinite which is the Creator of all things must use His own Substance, His own Consciousness, His own Life, and all that is His to create within Himself, therefore you are that Creation.

But the clarity of mind is so essential before you can reach that stage of understanding. If you are caught-up in a belief; is your thoughts, your emotions not tinged with the belief? The belief is the foundation of your thinking, is it not. And your thoughts built upon a belief? But you do not know whither your belief is true or not. As you progress you find that your belief is wrong. So therefore all your thinking falls to pieces and the foundation of your thinking is no longer existent. How are you then want to build another structure of thought from another belief, from a little belief a little bit higher up? Are you going to build on your structure of thinking on a belief a little bit further on, a little bit further on, while that is cast away and that is cast away and you no longer have any foundation for your structure?

Don't you see, that if you build your structure from the things external to the self, which are effects, the conditions within yourself which are very often self-created through illusion, from the past experiences which influence your thinking, which may be sorrowful or joyful or whatever the case may be or your hopes of the future. Is there any basis upon which you can think a structure that can remain permanently? Of course not!

Well, how can you build this structure that remains permanently? By understanding that which is experiences is influencing your thinking. By understanding that hopes of the future is influencing your thinking. By understanding that your reactions to things external to yourself is influencing your thinking, and the conditions within yourself is influencing your thinking, you will see how false they are. And then you will come to the conclusion that the only structure of your thinking is the present, which is ever-present Life, which is neither past nor future, which is not conditioned in anyway whatsoever. Therefore your thoughts will not be conditioned but will be pure. But before your thoughts can be pure you must recognise the fact that your mind is conditioned by your reactions to things external to yourself by conditions within yourself by your past experiences by your hopes of the future. If your thought is then conditioned it is not free and you are not free because you are caught-up in your conditioned thought.

You can be one thing or another, you can be a creative genius through faith and understanding or you can be a destroyer through ignorance, or you can be an ordinary weed in the middle of the stream buffeted about from side to side. Only when you realize that you are the ever-present Life that gives rise to creative genius does your inspiration come, so your faith is increased accordingly.

There are a lot of giants of ignorance in the world. In the political field and in the business world we see plenty of them, but a real creative genius is rare. When you live in the ever-present Life giving expression to It, you will have a power and faith that nothing can shake.

So we see giants of ignorance everywhere. But as their foundation is based on an illusion the whole thing must fall to pieces and as it does. Nothing can exist as a structure, even mental or physical, political or religious can ever stand unless it is based upon the true foundation of the Oneness of all things.

If there is sectionalism, if there is creed and separation, if there is political separation, if there is dogmas and ideologies, and there is structures built upon these falsehoods, then as sure as the sun rises in the morning they will fall to pieces and be destroyed, and those who support them will be destroyed with them. There is nothing surer than that. That has been seen from time immemorial but man will not take heed, he is still blind; caught-up in his ideas, caught-up in his belief, caught-up in the external, and all the reactions to these conditions build the structure of his thought which is false. Unless you can see the false you will never see the Truth. Never!

When you live in the ever-present Life giving expression to It, you will have a power and faith that nothing can shake.

Everyone is born with desire for achievement because Life is always expressing Itself. Where there is Wisdom and Love, there the mighty power of the ever-present Life is revealed. Thus we are endowed with the ability to realize our unity with the Creator of all things. Therefore whatever we ask knowingly we shall receive, for this is the Law of Creation. Craving ignorantly is doubt and contradiction.

Is it not so that the greatest fallacy of the human race is that they are always concentrating on lack, a feeling of separation. But if you get behind the individual and there begin to realise that which is common to everyone of us—the Life that sustains you and me, being the only Creative Power there is and contains everything, then you have no lack, you have everything. For the very Life that gives form, that creates form that you are seeing now before yourselves.

I see before myself. Therefore if I look to the human, look to the individual, I see separation. But that is the senses.

The senses reveal certain things to me, to my mind, and as the senses reveal those things, I build up the image of what I see in front of me. But that is an illusion. Not to say that you do not exist but I am creating an image of you in my mind because it is only light vibrations I receive into my mind. I do not see you I see the light vibrations which I reflected from you therefore I build the image in my own mind.

Therefore the senses reveal a sense of separation. When you discern this fact and you get behind, there is an inner wisdom an inner understanding

that becomes aware of a Life that is not separated but a Life that is Eternal and Ever-present, and is common to you and me and which is the only Reality there is.

But can I realise this while my mind is caught-up in everything that the senses reveals to it? If my mind is caught-up in reaction to things external to the self and all these other things that fill the mind, can I begin to realise that which is behind, of course I cannot!

What have you to do? The first place you have got to understand yourselves, understand your thinking processes, understand what is happening.

When we plant a seed in the ground we leave the rest to the Intelligence to reproduce its kind and you know that there will be an abundance. The seed is reproduced in the exact image of itself in abundance. So it is with our thought when we understand the same Law is in operation both in the seed and in man's mind.

And I have the capacity to plant a seed in the Infinite Mind, if I know what I am doing. But as Jesus said, I go away and leave the seed, "when man sows his seed he goes away and leaves it." The rain comes and waters it, and while he sleeps it grows. So it does with the Infinite Mind.

But how are you to plant a seed in Infinite Mind that is going to grow?

If I have in my consciousness which is double, if I have in my consciousness a belief that will grow and a doubt that it will not grow, is it not so that I am contradicting myself? And it is like placing a seed in the oven, it is burnt up it does not grow, I plant it in the ground and nothing happens. Is that not so that I do with the same seed in my mind, when I burn it up with the contradiction, how can it grow? It cannot grow, it is impossible.

But with my true understanding. My conscious awareness of all that is relative, and I have now become a consciousness free from any antagonisms, free from any duality, free from any influence whatsoever, and the freer my consciousness is the more likely is that seed to grow. But when I plant the seed do I come and look at it again to see if it is growing? Do I tear it up to look to see if the roots are there? That is doubt, no I go away. And faith, knowing, comes into operation and waters it and it grows while I

sleep. It comes to maturity, sooner or later, but I am no longer doubtful, I am no longer worried about the effect or the result. Because I know the seed will be in the exact proportion, condition, shape, size, and individuality according to that seed which I planted, so it produces its kind in abundance because there is no lack in Infinite Mind. The lack is in your mind.

So the seed is reproduced in the exact image of itself in abundance. So it is with our thought when we understand the same Law is in operation both in the seed and in man's mind.

Jesus said, "it is the Father who ever remains in me is performing His own deeds." When we understand this truth we will no longer put our dependence in the power of things created but upon the Power that creates. God's gift to man is "Faith." Faith is the "substance" Paul says, and the things created is the evidence of "faith." *But Faith is a Knowing which is the growth of the thing, which is the actual activity of the thing. The predetermined Knowing of the Infinite is the manifestation of you and me, is it not so? If there was a no Knowing, you and I could not come into operation.*

The fact is that I Know, I know that it is an attribute of the Infinite Knowing it could not be otherwise. The fact that I have consciousness must be an attribute of the Infinite otherwise I could not be conscious. Where could my consciousness come from? Not outside the Infinite that would be an impossibility. Therefore my Knowing must be Infinite Knowing. But if I am caught-up in fear and faith at the same time, I am no longer any Knowing, I have a belief. But is a belief knowing? Of course it is not. A belief is not knowing. Believing and disbelieving is a process of ignorance, that all it is.

When we understand this truth we will no longer put our dependence in the power of things created but upon the Power that creates. Therefore God's gift to man is "Faith." Faith is the "substance" Paul says, and the things created is the evidence of "faith." We must learn to exercise this power wisely, intelligently co-operating with the predetermined scheme of creation knowing that our success lies in the good of all and not primarily for the self.

Would it be the Infinites desire to produce for the self only? No! That is the self's desire, produced for the self only. The self can produce for the self only. But the self doing so brings his own conditions and therefore he has got to accept the conditions, in which he brings into operation. But the Infinite which is Whole does not express for the one self only but expresses for the Whole. And if you can understand that you are the Whole you can express for the Whole and in doing so you have abundance.

The Faith I am speaking about is understanding Faith and not ignorant faith. The invisible is made visible through faith which is the evidence of things not yet seen. In the lives of most, experience is bought dearly because they will not take the trouble to enquire into the how of things. Although many have found this knowledge through experience, there are *also* many wise enough to search for this knowledge and have found it, much to their advantage and to the advantage of others, whom they are asked to help.

The Christ is the Wisdom of God born in each one of us. It is the Word of God that existed in the beginning and that same Word forever remains immortal in us, the flesh having no say in the matter, meaning that the flesh cannot bind the immortal Word, but this Word can and does rule all flesh when this Truth is understood.

Here is one of the most profound statements which I will try to make more clear to you.

The Word that was in the beginning must be the Word which is Eternal and that Word is Immortal. And it is said that the Word was an expression of God and God was that Word, and the Word became flesh. The Word is the Immortal thing. The Word created the flesh, as it was the Word that came into operation, the Word was behind all Creation. And without the Word nothing could come into manifestation because it was the Word that was Creative and the Word remained Creative. And the Word remained Immortal, the Word remained Eternal. But that which is created was a manifestation. As a manifestation out of a Substance of which existed before the manifestation came into operation.

That Substance Itself you do not create. That Substance Itself although relative to you and me is a Substance upon which God Himself manifests and creates. Therefore the Word that was in the beginning was God was

with God and created the manifestation through which is known as the substance called ether, which is a basis of Substance (which is the basis of every form existing in the Universe and is also the carrier of all vibrations in the Universe both in light and sound, electro-magnetic or whatever you like to call it), it carries within Itself and through the very pores in the walls of the atoms of the manifestations which have been created within it, and behind that Substance is the Word!

Have you ever seen the Word? The Word was with God and the Word remains Immortal, that is the Christ. No one has ever seen God but God is manifested in the Son. "And when you have seen me you have seen the Father." Meaning to say, that you have never seen that Unknowable thing that Is behind all Creation. Yet you have seen the Creation of it and that Unknowable thing must be within the Creation. Therefore when you have seen me you have seen that which Creates. Although you have not seen the Creative Principle, you have seen the Creation in which the Creative Principle exists.

But that which is Creative remains Immortal. If you could see that which is Creative it would become relative and would also disintegrate just the same as your body would do so. It would not be Immortal it would not remain permanent, sustaining itself as itself for ever and ever. But it would become a form which would disintegrate, transform into other forms, it would be relative. Just like my body is relative.

But that which is within me which gives; voice, which talks, which speaks, which has the power to speak to use the mechanism which is created for the purpose; the brain, the nerves, the system, the mouth, the tongue, and all the implements that are necessary to perform a word and express and express word. And the mechanism is brought into operation to express that word is tremendously delicate and intricate, only possible to be created by Infinite Mind knowing all things, understanding all things, having all Wisdom, being Omnipotent, Omniscience and Omnipresent.

Thought exists in the inner realms and is manifest in the outer. There is only one substance in the Universe out of which all is created, this substance is acted upon by thought. The thought takes form in that substance. This substance is abstract in nature and is acted upon by thought. Faith is the power that sustains the thought till it is reproduced in the outer

or in the concrete. The concrete is but the effect, and not the cause. If the cause is contradictory the effect *will* be likewise.

Man uses the same power in creating in his own life, as the Creator uses in creating man. Yet man by his ignorance of the mechanism of that power produces confusion instead of harmony. The Law is that the seed shall produce its kind. “My word shall not return unto me void but shall accomplish that which it is sent forth to do,” (*it brings forth exact which it has been sent forth to do. If you can understand the Master’s words and you can get behind the word itself, and see the clearness of his statements and know the scientific understanding he had before he spoke those words, you will also be able to do the same things. Because he said these words, “greater things than these shall you do.”*) So therefore, “my word shall not return unto me void but shall accomplish that which it is sent forth to do,” means that by faith in my word it will produce from the unseen to the seen in exact proportion as I think with understanding Faith.

Job said, “what I feared came upon me.” This is the same law put in reverse. Therefore thinking in faith or fear amounts to the same thing. When we understand fear then we will understand faith. Yet we talk so glibly about faith, and not understanding fear we are caught in the net of fear and our faith is wanting. “He that hath not even that which he hath shall be taken away from him. But he that hath more shall be given unto him.” This is understanding faith.

So, here is the Law explained in a few Words. When the seed is sown the Father does the work. Our work is to be aware every moment, confidently realizing our creativeness in fulfilling the great scheme of the great Architect of the Universe with Love and Wisdom. Love and Wisdom have been promised to anyone who asks in faith with never a doubt.

So you have the key to the whole thing—Love and Wisdom. And is promised to anyone who asks in faith with never a doubt.

The mind that is sure in this knowledge is first of all active in the asking then becomes passive so that the work can be done. This is the link we have with the Eternal Ever-present Life expressing Itself always in the now. *Not in the past or the future.*

The asking must be accompanied with the dominant attitude of mind that refuses to give up, refuses to fear, refuses to worry for things to come,

only seeing the Creative Principle acting freely exercising its own wisdom in the manifestation of things asked for. *It's own wisdom.*

Thinking in faith is the evidence of that which will be produced, then the seed sown is watered by faith and understanding. The majority of people expect the worst while hoping for the best. Is this not the height of contradiction? Yet how can this be avoided? Only by understanding faith and practice, practice makes perfect. *And* with all great artists understanding and practice is the foundation of this excellence. So it is with you and me. One who can practice the Truth perfectly is the greatest artist in the world. *Jesus was the greatest artist in the world, because he was the artist of Truth.* It underlies all other artistry no matter in what direction, for without Truth there is no real artistry *in any direction.* Therefore we must look into the perfect Law of Liberty knowing that whatever we ask shall be done unto us.

Successful experiences are not enough, for if our successes deprive us of the conscious use of faith and understanding then we are on shifting sand. *If you have a successful experience and say I did this and did that and you depend upon your past experiences, you are on shifting sand. You cannot depend upon these past experiences. You can only depend upon this faith that I am trying to show you.* We must see beyond experiences into that sure and stable state, where the Father doeth the work, then only can we think constructively and create with faith and understanding.

“If any of you lack wisdom let him ask of God who gives to all men liberally and with grace and it shall be given him but let him ask with faith not doubting, for he who doubts is like the waves of the sea driven by the winds and tossed.” James 1: 5-6. (Eastern text).

BENEDICTION

O Understanding Faith, wherever I gaze I see what Thou hast done.

Keep my mind from wandering into the bog of doubt and fear.

Train my mind to hold on to Thy invisible power and my soul to speak the word that creates out of the void.

Oh, may I ever remember his words, “thy faith hath made thee whole.”

Keep alive for ever that faith that never wavers, never dies and bless me with Thy Love and Wisdom, O Eternal One.

Love and Wisdom is only Creative there is no other creative thing at all. All other is illusion.

* 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 8th April 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 1 (15th April 1952)

THE ABSOLUTE AND RELATIVE POWER OF THOUGHT*

“Whosoever rewardeth evil for good, evil shall not depart from his house.” Prov. 17: 13.

Man lives in a relative world with his roots in Reality, when this is not understood chaos is the result, whether it exists in the body, mind or circumstances the cause and effect are one, the effect is the same as the cause.

When we live in the relative world, we find we are living in an illusion, living in chaos. If you look around you, you will find how the terrific difficulties that surrounds everyone; the chaos that exists in the mind of man, the troubles that exist in nations. And we find also, that if we are not aware of our roots in Reality, we are caught up in this relative chaos. The great difficulty today, is to find the source of our thinking. To be aware of our reactions and condition, which we are reacting to. So that we can, by discerning all these things, remain steadfast and peaceful in that Absolute state. We will see shortly, how our thoughts come about, and what our thoughts do, and the source of our thinking.

Our past experiences of success or failure are the result of our creative thought and the way we use it. If we do not understand how our success come about, neither shall we understand how our failures come about.

Because, one and the other is the same. There is no difference between the success and the failure, they are brought about in the same way. Unless we understand how our successes come about, we will never understand how our failures come about.

Now the source of the power of our thought does not lie in the thought itself but in the Creative Principle behind our thought, so let us examine

thought from its origin and investigate its transformations, its modifications, its subtle activity, its constructive and destructive action.

Now, we know perfectly well, that thought must originate in the individual, whether the thought is the result of reaction to something external to the self, or whether thought is the result of some internal condition. We find that our thinking is brought about by our reactions to things external to ourselves or internal to ourselves.

That seems to be the origin of our thinking, but you cannot think unless you are a conscious being. Therefore, your consciousness is caught-up in your reactions to things external to yourselves or the internal reaction.

So your consciousness originates in your consciousness. And when we know that the consciousness, the individual consciousness, is none other than the Infinite Consciousness, we find that we are creative, and our thoughts begin to manifest. We will see shortly how they manifest.

When we understand the Principle of Thought, we lose what we call the duplicity of the mind, that is, the world of opposites.

Every idea in your mind has an opposite. The idea of success has an opposite called failure. The idea of health has always the opposite of ill-health. The idea of good has always the opposite of evil. So therefore, your mind lives in opposites.

How are you to get rid of these opposites? You can only get rid of these opposites through understanding. Through understanding the process of thought.

The idea of water, is not water. The idea of a light, is not a light. The idea of truth, is not Truth. The idea of life, is not Life. But what you have of all these things in your mind, is but an idea of them. But the idea is not the thing itself. So therefore we have to discern clearly what is in the mind.

This course is a very advanced one. It is one of the Masters advanced teachings to the students. And although I am giving you quite a number of secret information, which in fact, should not be given at all, I know that the majority of you will never use it!

The source of the power of our thought does not lie in thought itself, but in the Creative Principle behind our thought. So let us examine then, a

thought and its origin; investigate its transformation, its modification, its subtle activity, its constructive and destructive action.

The mind cannot express an idea without first thinking about it, when the idea becomes a concrete image the thought becomes the first expression of the idea, *and* our words or speech become the audible expression of the idea, and action *becomes* the concrete or outer expression of the idea held in the mind. *That is a great wonderful Truth.*

But the idea itself is not the thing itself. So therefore, the idea becomes something that is what we call abstract. How are you going to bring the abstract then, to the concrete? How are you going to beam the invisible, to the visible? Let us see.

This is quite clear to us but what of the power that produces this phenomenon? The power behind thought lies in the consciousness which is the point through which all energy must flow. Consciousness cannot be defined while thought can.

Try to define consciousness and you will find you will fail. Because you always find that you are discerning or you are what I would call, expressing or defining something that is external to your consciousness.

But you cannot define your consciousness, no matter how you try, it always eludes you, and you find that consciousness is always defining something else external to itself, therefore it refuses to be defined.

*If the individual consciousness refuses to be defined, what about the Infinite Consciousness that is behind all individual consciousness, you cannot define that. It is the unknowable, yet you know that it **is**. You become aware of it as the Power behind the individual consciousness.*

We have five senses, seeing, hearing, smelling, tasting and feeling. All vibrations from these are conveyed to our brain, and in turn conveyed to our mind, the consciousness which is the sixth sense conforming all these impulses into thought.

Therefore, the mind itself cannot create thought because it is an instrument through which your thoughts are held. Many of your thoughts are held in your mind. All your images are held in your mind. But your mind is not creative. What is in your mind is not creative. Your consciousness alone is creative because it is the sixth sense beyond all your

other senses. It is that which creates in itself. Now let us see how this comes about.

The individual consciousness is not the source of power but the Consciousness that is behind all individual consciousness which we call God. *Now we have in our mind an idea of God, but this idea of God is not God. We have an image in our mind about God, but this is not God. We have a belief in our mind, but this belief is not God. God is beyond our belief, beyond our ideas, beyond our images. We cannot define God. No one has ever seen Him, and no one can ever tell you what He is like, because they have never seen Him.*

So, what are you going to do under those circumstances. You have had your belief in God, but your belief in God, is a belief only. How are you going to know that God does exist! That is the great secret behind the power of your own thought. So let us see how we find this truth. We cannot define individual consciousness we therefore cannot define the totality of all Consciousness but we can become aware of It, and this is the most important thing in our lives—to know the source of all power is our own Reality, which is God's Reality.

Therefore, thought and all that arises from it is relative to that which is not relative, but to understand the mechanism of thought and its relative action is very important to us in this relative world of ours.

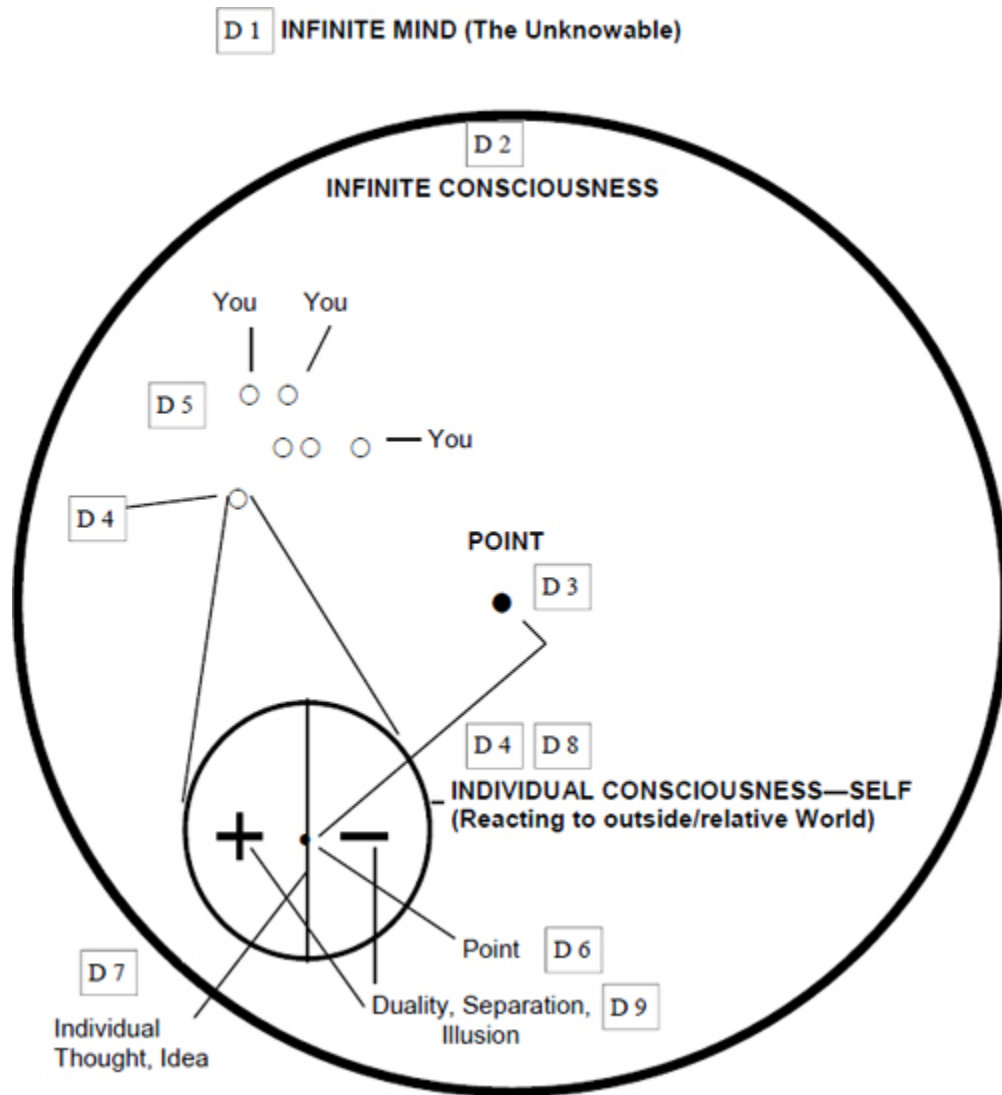
Because everything you see is the result of thought. Everything you touch is the result of thought, whether it is the thought of Infinite Thought or individual thought.

This what I am going to give you, is an idea, it is not a truth, it's an idea. And all it can give you is a relative experience of an idea of what I am trying to bring to you. But nevertheless, this relative expression enables you to think back to your own consciousness, and there you will find what is beyond your consciousness.

Now, man's individual consciousness is point. "Point" is everywhere, there is nowhere where "point" is not. Behind point is the totality of all Consciousness. Therefore Infinite Consciousness is behind point—the individual consciousness, you and me, and everyone else.

Supposing I draw a line and I say, Infinite Mind^{D1} is this board, which is a very poor explanation but nevertheless is a relative explanation, because I cannot tell what Infinite Mind Is, I do not know what It Is. But I am trying through relative words and relative thought, to bring to your own mind, so that you will be able to think back, as I say, into your own individual consciousness, and find what is beyond it. The Infinite Consciousness^{D2} is completely in the Infinite Mind.

Point^{D3} is everywhere, and individual consciousness^{D4} rises out of the Infinite Consciousness everywhere. This is the instructions of the Masters that I have received myself, I am handing it over to you. So the Master said: This is you,^{D5} you, you, you, you, and you. You are not separate from the Infinite Consciousness. But you will notice he said, that the totality of all this Infinite Consciousness is behind your individual consciousness.^{D6} Now there you do not know, there you are—there is your thinking powers, there.^{D7}



INFINITE MIND—INFINITE CONSCIOUSNESS—INDIVIDUAL CONSCIOUSNESS

This is the outside world and relative world. [D8](#) So therefore you are continually reacting to this relative world, therefore your reactions are here. And create in your relative consciousness through your senses of hearing, seeing, smelling and so forth or tasting up to the consciousness. The consciousness then recognizes them and gives them thought, gives them a power that they do not originally possess. [D9](#)

Therefore, all these relative reactions then, are in your consciousness. If your consciousness is burdened with these things, how can you ever know

the source of your consciousness? Because you are caught-up in this relative world, are you not!

So, the Master, says to his disciples or to his chela,¹ “have you discerned everything in the relative that is affecting your consciousness?” And the disciple says, “no.” Well he says, “go and do so and when you have done that come back to me.” So the chela goes away and does that, and after he comes back, he (Master) talks to him. He finds he has reacted to the relative conditions again. He says, “you have not done anything at all, you know nothing of what I am talking about.”

Until he is made to do the things that are necessary to cleanse his mind, so that his consciousness becomes free from this.^{D9} When his consciousness becomes freed from this, and the source of his consciousness is recognition of that which is behind it,^{D6} then he can create what he wants because there is nothing to prevent him from doing so. Now, the mind is that, which enters between the consciousness and that which is relative.

So, the mind becomes the vehicle of all man's expressions, a mass of nothingness, illusions. He thinks he can create. How can he create with a mind like this,^{D9} when the mind becomes the vehicle through which he must create? So the mind becomes the hindrance to his expressions, is it not so? The mind becomes the hindrance to the conscious expression to what he wants to create.

The mind, then, limits man. Man is not limited, but limited by his own mind; by his own beliefs, by his own ideas, by his fears, by his emotions, by his duplicity, by his opposites, which he holds in his mind, positive and negative, or good and evil.

Therefore, there is a struggle goes on in the mind, and therefore, what he has to create through this^{D8} is in the relative. His relative condition becomes like this,^{D9} exactly what his mind is. Can you see that now?

All that is relative talk, but it leads you into the realisation of what you are doing. And when you discerned what you are doing, then you will drop it, it will fall away from you.

Thought and all that arises from it is relative to that which is not relative. But to understand the mechanism of thought and its relative action is very important to us in this relative world of ours.

The consciousness of the idea becomes the medium through which an intelligent energy flows for the purpose of expressing the idea in form. *There is an energy which is what we call mind. It is etheric substance, it is a mental-substance, which is the cause of every relative action. (I will come to that, shortly, a little bit later on, in which we will see, how this etheric substance becomes form. How it is transformed into form? How it is thus modified and so forth, and changed?) But this mental substance which we call mind, there is a form of ether, an activity, a mental activity which is always creating, it is invisible to man.*

This ether is the basis of all matter, everything you see; the table, the water, my body, your bodies, everything we see in existence, the ether is the basis of it. And this substance that you see, can be turned back to ether again. It can be transformed again, and it will still go back to ether.

I will show you shortly, how it comes back to ether by thought and sound. But I am going too far. I must not go ahead of myself, otherwise you will not understand what is coming forward.

This course I tell you, is most scientific. But it can only be explained by one who thoroughly understands the mechanism, who has been taught, who has practised, and who is able to perform these things which we call 'miracles'. But there is no such thing as miracles, as we know.

But the individual who performs these things and does these things, must be humble in nature, otherwise he could never do it. Because the self always stands in the way. If the self comes up and becomes the self, it stands in the way of creating or manifesting. But because the self is the cause of, like this,^{D8-9} filled with all these illusions. Therefore the self must understand the self, so it can clarify the self.^{D6} Without the idea in the mind there could not be relative phenomena such as speech, action and form.

We see here that the same mode of action that exists in the individual mind must also exist in the Absolute Mind *or vice versa*. When this is understood we begin to see the Light that was in the beginning, the Word that was with God and the Word that was God made concrete in form. Thus we are like unto Him who created us.

If this is Infinite Consciousness,^{D2} this is individual consciousness^{D4} which must be the same as the Infinite Consciousness, because its root is

there.^{D3}

Therefore, individual consciousness is the expression of the Infinite Consciousness and it cannot be anything else. But if you are not aware of that, you are caught up in the external, and this is what your mind looks like.^{D7}

When our thoughts are expressed in the form of speech others can hear our thoughts but that is not to say that our thoughts are not felt even when we do not express them in speech. There is the sixth sense—our consciousness. Our consciousness becomes affected by thought-waves. The impulses of our thought go out in waves and affect everyone as well as things that surround us, as do the Infinite thought-waves affect us when we are aware. We can also send thoughts thousands of miles then we know how to do it.

Matter and form is transformed thought. Thought transformed, which is in fact thought, is a force which is electro-magnetic in its nature. It is carried out into the ether in that substance which is quiescent. It sets in motion these etherons, which then become reduced in vibration and we see the effect of thought in form, concrete.

The thought itself, in the Consciousness of the Infinite or the Absolute Consciousness of man, is perfect. The Absolute Consciousness of man, is here.^{D3}

The Absolute Consciousness of man is in the Infinite Consciousness. Therefore, the idea, is always perfect and held Perfect in the Infinite Consciousness, through the individual consciousness. But what is it that prevents this perfect image from manifesting? This of course.^{D9}

Matter and form is transformed thought. The idea being the focal point through which the intelligent energy flows to establish the form in the concrete. Modern science has proved that the secret doctrine of the ancients is correct. Science has proved that matter and form is transformed energy, and the variations of matter and form are but different rates of atomic combinations which in themselves are but energy in the fluidic *state*. This fluidic ocean of energy is waiting to give expression to the idea held in the mind. We can now see what a tremendous force is behind our thought.

We have the actual power to transform the ether into the actual image, and produce that image in the concrete.

Jesus did it continuously. Feeding the thousands out of the five loaves, and the five fishes, and the three loaves, and the five fishes. It is just the same, there is no difference. He knew the law that operates, and I want to show you this law in operation.

But can you use it? You can only use it, when you have arrived at this point,^{D3} where your mind is cleared from all external reactions, where you have discerned them all and know that which is false.

The sounding of the “Aum”² is to give to the mind the truth that the Universe is one harmonious whole with its multiple variation of tones. Thus Infinite thought expressed from the Infinite Mind is transformed into infinite variety of forms through the idea held in the Infinite Mind. In sounding the “Aum,” then, the student must know what he is doing. The student must know and feel the completeness and the wholeness of everything. And by sounding the “Aum,” he finds that all the notes and all the sounds of creation are within the one note or the one word he sounds.

So therefore he says: (Murdo demonstrates) ohm—m, m, m m m....ohm —m, m, m, m.....

He passes into a state of what we call super consciousness,³ where the sound raises him out of the particular state of what we call separation into a mental state of unity, where he finds himself one with the whole Universe, and his consciousness becomes aware of the Wholeness, separation disappears.

The Infinite Thought expressed through the Infinite Mind is transformed into infinite variety of forms through the idea held in the Infinite Mind. This is exactly what the relative Universe is. What we see, hear and feel is relative but that which is behind it is not relative but Absolute. Yet all form goes back to Infinity that is not relative but is Eternal Reality which is the cause of all creation. All forms dissolve back into the substance from which they arose. Therefore, the Divine becomes Divine again.

And how does the Divine become Divine again? Through the complete recognition of the individual consciousness which recognizes its own Divinity. It rises back again into the source of its Completeness.

And what happens? I am going a little before my time. But I want to make this expression now. What happens to the life in that body under those circumstances?

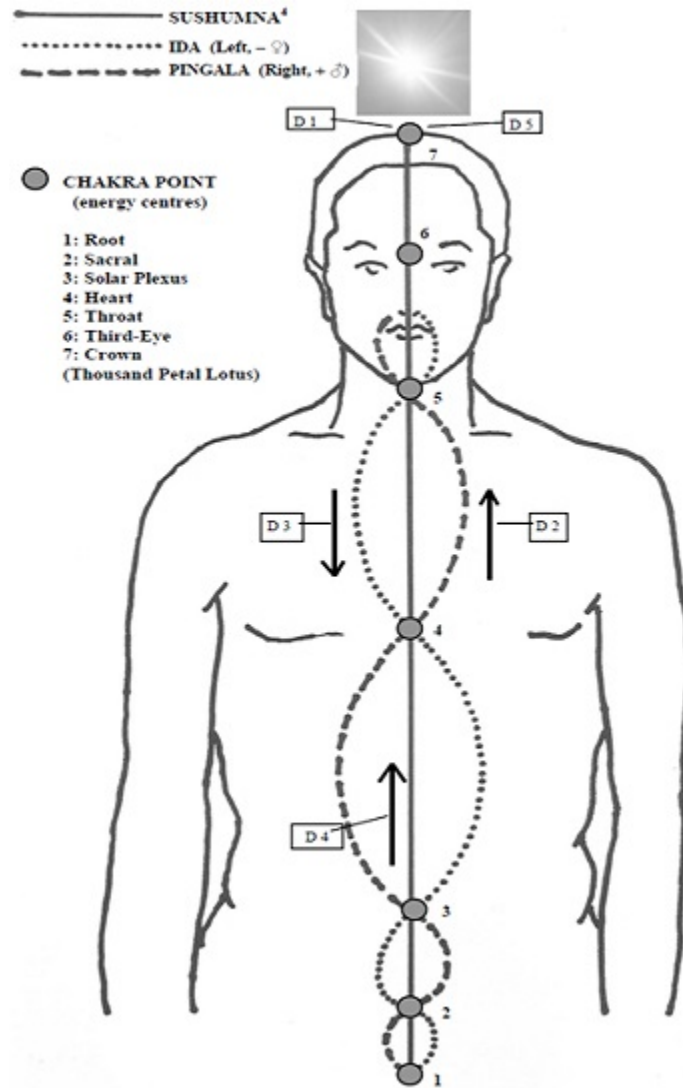
We know that the Life comes in from the body through those very centres at the top of the head.^{D1} From the forehead, the back of the head down through the spine, the various centres, the heart centre, through the various centres until it reaches the bottom of the spine. There it remains there, in a state where it gives the physical contact and makes all physical activity through the body.

What happens when the individual recognizes then, his Completeness within Divinity? That Life begins to rise again through the centre of the spine, although it moves what we call downwards through each side both positive^{D2} and negative^{D3} sides of the spine, what we call the hot and the cold breath, moves down the left and up the right side of the spine, and so forth in continual movement. But what happens to it, when the individual begins to recognize his Divinity?—The shushumna.^{D4} The life begins to flow-up through the centre of the spine again, till it reaches the top of the head.^{D5} Then all Life and all Power, all Energy is under the control of the individual who recognizes that.

Now, the yogis practice this, what we call, breathing exercises for that purpose. But the Masters show you that the final and complete way, is not through exercises, but through understanding. Therefore, the Life of itself moves up naturally through the shushumna, until it reaches the top of the head, where all Life comes under control of the individual will, which is none other than the Infinite Power in man. Made in the image and likeness of God, man then becomes as God. Do you understand me now? I can shock you, but it is true. I should not be telling you these things, but I can't help it, I suppose.

Therefore the one fundamental substance underlying all matter and form is Energy. This Energy is omnipresent. The medium that converts it into form is the idea, and behind the idea is the consciousness that conceives. Therefore the consciousness in man is man's Reality as God's Consciousness is the Reality in man's consciousness. Man's consciousness is therefore the Reality behind all man's creations, thus we are made in His

image and likeness. This power must be unlimited in man as it is in God. But if man does not comprehend this then he creates chaos in his mind, body and circumstances. It was this that the Master saw so clearly and made himself the greatest figure ever to tread the earth.



SHUSHUMNA & CHAKRA ENERGY CENTRES

The science of nuclear energy has revealed to us a boundless source of energy. In the radiant energy of the Cosmic Ray lies *the* enormous possibilities which we will yet learn to understand. It will bring to us a greater realization of the power of thought for this can be none other than the Rays of Infinite thought in action.

No longer need we be discouraged and fearful about ourselves or about the world because the source of energy is inexhaustible and infinite. We are actually living in this Infinite Ocean of Energy and we are using it every day of our lives consciously and unconsciously. If we have the understanding of the use of it properly in our existence here and now, we can play a powerful part in bringing heaven into our lives and into the lives of all around us.

Our minds will become the instrument to create therein powerful and constructive ideas. We will utilize this infinite source of basic energy and transform it into useful and admirable accomplishments to be eagerly demanded by millions of our fellowmen, thus we will be honoured and esteemed by all.

We who are students, will with this knowledge become leaders in our community, because of the power of our thought. That is not to say that you will become leaders in any political movement or any other condition that are relative, but you will become leaders in the power of thought which is Infinite in nature, and above all these relative things that exist before you, which you see in chaos. You can bring into this relative world a power of thought, that will affect conditions and bring about heaven upon earth. That is your power.

But if you are caught-up in the relative all the time, and your reactions are to that, how can you create harmonious conditions, if your mind is filled with inharmonious conditions? When the mind of the vehicle through which you must express your thought, it is as it were, the glass which you are beginning to express your rays through, if your glass is murky, covered with oil and dirt, will the "rays" of your thought pass through that to express itself on the other side? Of course it would not. It will be discoloured and dirty, just according to your state of mind.

The idea is the nucleus of the thought, the idea and the thought are inseparable therefore man is what his thought is. The Universe is the source of all things, nothing can be taken out of the Universe, nor can anything be added to it because it is complete in itself. *You cannot take anything out of it, neither can you put anything into it. You cannot take one atom of substance out of it, neither can you put one substance or one atom into it.*

But you can transform the basic energies of everything you see and feel and touch and you will find out, how, as we go along in these lessons.

I would like to tell you a lot in one night, but I am afraid that would burden you too much. So we will have to take our time in giving these lessons or explaining the scientific activity behind our thought and action. We use this Infinite Energy to create and when the creation is no longer needed it returns to the source from which it came.

The undeniable fact in regard to form and phenomena is that every form or phenomenon in the Universe is but a transformation of the one primordial substance called Universal Energy, or what the East call it, prana, or what we call it in the West ether of space.

I think Universal Energy is a better name. It is a mental substance, which is invisible to the physical eye, because of its high rate of vibration. It is like a sheet of electricity that covers the whole earth and all around it, interpenetrates the earth and way beyond it, everywhere into the Universe. It is more solid than matter. It is nine million times denser than that piece of chalk or that table. Yet it is invisible to the physical eye.

The reason why you see this piece of chalk and this table, is because of its grossness. Because the light that reflects from it, must be gross and lower in vibration, so that it strikes that particular table or this piece of chalk, therefore you see it.

But that which is vibration is very high, is dense, and the light vibration is beyond 450 to 750 trillion vibrations per second which is what you see. Therefore, the light passes through this table, through that piece of chalk, which you do not see. But it strikes against a denser substance which vibrates at a higher rate of vibration, therefore that which rates at a higher rate of vibration is the basis of everything you see in form.

Because that material is reduced in vibration, from the vibration of thought, which travels at a rate of 186,000 miles per second; reduced by sound to a vibration that moves at 700 miles per hour, which is the vibration that you see and feel or hear. A time will come when this is repeated a different way, so that you will understand what is taking place.

It is highly scientific, and only the Masters know it, completely. Therefore, I am giving you a knowledge, of understanding of the Creative

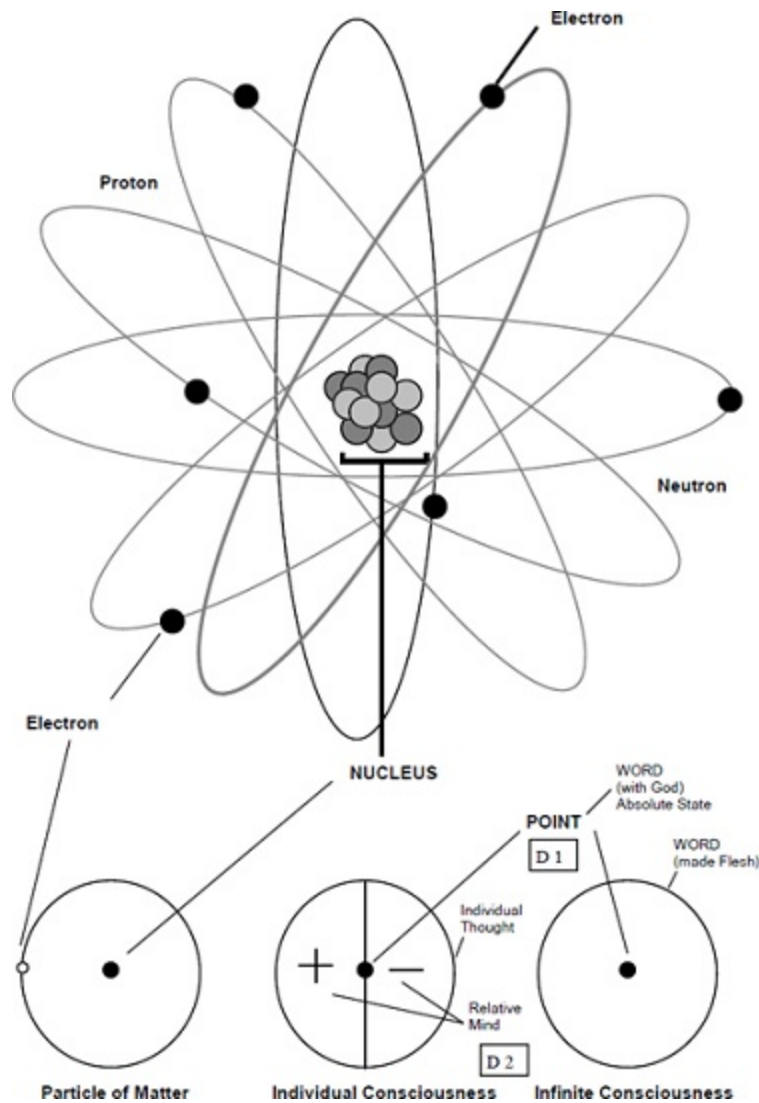
Power of Thought, that has never been given out before in the Western world. Perhaps I should not do it, still I am doing it, so there it is.

The current of thought is Life in action propelled from its centre—the consciousness of God in man. Thought has sound although we do not hear it because of its high vibration, this sound resulting from its motion or impulse. It also has speed because of its motion. It also has a wavelength according to the intensity of its expression. It is magnetically connected with its centre of origin and returns to *the* centre when it has completed its mission.

Everything moves in a centrifugal and centripetal force. That is to say, it is propulsion and attraction.

Electromagnetic activity is built upon the same thing throughout the whole of the Universe. The atom, the world, the planets, and everything move in the same direction, because of this activity known as electromagnetic, or what we call attraction and repulsion. The atom itself is the same, the atom has a nucleus. From its nucleus particles are created which revolve around its centre. These are then propelled outwards and they are still attracted to its centre. Therefore, it creates an eddy of whirlpools of energy, which is known as an atom of force. Break up that atom of force and you have a tremendous power, as we know, when we know how to break up the atom. The Masters know how to break it up, through Consciousness, and we will see shortly, how it is done.*

I am not going to ask you to perform these things or to attempt them, because they are dangerous, but I will give you the key to it. But you must refrain always from trying to do it until such time as you feel capable; that your mind is cleared from all thought, your mind is cleared from all reactions to things external to yourself, then there is no harm in doing so.



THE ATOM

Thought has the idea as its nucleus, the consciousness is the force behind it. Therefore it has intelligence, power, purpose and plan like a guided missile that will return to its launching station after its mission is completed.

We now realize why thought must only be used for constructive action for it has a potential power in the way it is used. Lest we forget this great Truth let us realize that thought comes back to the sender after its *current*⁵ is completed, therefore we are affected by our own thoughts whether we

like to believe it or not. *The law cannot be changed because of our unbelief or our belief.*

So far, therefore it is necessary for us to discern, to be aware of our thoughts continuously, and know them and understand them, how they arise, whence and where.

Of course the majority of minds are incapable of creating thought of any destructive or constructive action, because the one is utilized by the other. So, the ignorant man is safe, as a matter of fact, from all his stupidity. God has made him safe, poor man. But I am sorry for him, because he can never grow, nor can he ever reveal the power that is inherent within himself. As a man thinketh in his heart so is he, is not a mere saying but an exact truth to be remembered when we engage in the powerful action of thought.

The quality, refinement and subtlety of the form created, depends upon the quality or subtlety of the mind. No two minds interpret the same thing exactly alike. There are infinite interpretations of the same idea because of the infinite variety of the quality, illumination and subtlety of *the* minds.

Let us now see the great Truth that lies behind our thinking. The individual consciousness has the unlimited power of the totality of all Consciousness behind it as its source. Thus behind the idea stands *the* infinite source of power and according to the awareness of the consciousness in which the idea is created so can it draw *from* this unlimited source for its manifestation. According to the cause so is the effect, according to the propelling power of the thought so is the effect of the thought. That is why I have said to you limp thinking is of little value and destructive thinking is dangerous.

You all think limply, I know that perfectly well. There is one of you who does not. Because when you talk to me I know how limp your thinking is. But if I say to you this, it is not because I try to hurt you, but I try to make you understand that your limp thinking is of no value to you, and your destructive thinking is dangerous to you.

If I would give you the dressing down that my Master used to give me, I do not think many of you would stand it, I am sure. But those who could stand it, would be the pinnacle of strength and power. But those who could not stand it, would walk-out. So, there you are, I am not going to test you in that trial.

But in fact, I have stood more than you could ever think, more than you could ever imagine. But if I did not stand it, I would never be able to tell you what I am telling you now. I would never be able to have the experience, nor the knowledge, because I would be useless. I would walk away from the wisdom, and that great test the Master puts upon you. If you are strong enough, the wisdom will come. If you are weak, then it passes you by.

I have seen quite a number of chelas going away altogether. I saw a chela, that the Master came and he said, “drink that water”. It was grimy and filthy with slime on the top of it. What did he do? He went down and drank it, it never harmed him, but it would probably harm some who would feel it was harmful to drink it. But it did not harm this chela, it gave him the strength, the understanding and power that was within him.

I remember another chela came to the Master, and he said, I want to be your pupil, your disciple. So he (the Master) took him down to the river, and as he put his head (the chela’s) under the water, he held him there and he struggled continuously and he could not get his breath. And eventually he let him up, and he says, “what is it you wanted most when you were in the water?” He said, “my breath!” “Then when you want the truth, as much as you wanted your breath, come back to me.” Would you like to have that test on you?

Yet, it is only through understanding. It is only through my words to you. Sometimes they are strong, I know they are strong, but they are for a purpose. They are for a purpose to enlighten your mind, not to discourage you but to enlighten your mind; to give you more hope, more understanding, more courage.

The difference between the undeveloped mind and the developed mind is as that between the aborigine and the perfected adept. The adept has acquired the knowledge of the duality of the idea, the relative state and the Absolute state. The Absolute state is the subjective invisible state in the Universal Energy, with an unlimited Power and Intelligence at the command of the Consciousness that holds it.

It holds it there.^{D1} It has the unlimited Power of all the Mind, Mental Energy, and what we call Universal Energy and Intelligence to produce the idea.

There is a difference between the relative and the Absolute aspect of the idea.

Now, the relative is the objective or visible state, unfolding a limited expression of the Absolute state confined by the intervention or interpretation of the mind.

So, therefore, the mind of man may be clogged-up;^{D2} with illusion, with opposites, with fears, with limitation and therefore the Absolute idea passing through that, is limited in its relative expression. You see that, don't you!

To gain access to the Absolute State and to take advantage of the unlimited and boundless source of this energy and intelligence at our command, we have to clear the mind of limited ideas and beliefs in order to get beyond the mind, since the mind stands in our way, and prevents direct contact with the idea in its absolute state with its boundless possibilities.

If we surrender to the dictates of the mind filled with limitation and frustration we can never hope to give expression to the Absolute state of the idea. We must discern all that is preventing the true expression of the idea held in the Absolute state. Then only will our mind become our servant and we shall no longer be its slave. *When* the mind *is* so cleansed and an awareness of the source of our unlimited state of consciousness we will be able to use the tremendous source of energy behind the idea.

We will no longer be midgets in a world of plenty but will become creative geniuses with infinite possibilities.

In our next lesson we will examine the operation of thought waves and their effect and reaction upon mind and body.

“Understanding is a well-spring of Life unto him that hath it.” Prov. 16: 22.

BENEDICTION

O Infinite Creator of Heaven and Earth, may Thy Consciousness be revealed to me as mine also.

Open my inner vision that I may behold Thee behind my idea and that Thy Intelligent Energy will express my idea into form.

Burst open my consciousness with Thy Presence that I may see beyond the illusion of my mind.

In Thee I dwell and Thou dwelleth in me, made in Thy likeness with true understanding, all that hinders Thy expression shall fade away into nothingness.

Let the thought waves of Thy mighty Creative Consciousness beam through my consciousness for it is Thee alone who worketh in me, O Blessed Creator of Mine.

* See Diagram [page 169](#)

* 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 April 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

D1-4 See Diagram on [page 159](#)

D5-D9 See [page 159](#)

D8-9 See [page 159](#)

D2-4, D6-9 See [page 159](#)

D3 See Diagram [page 159](#)

D1-5 See Diagram on [page 165](#)

D1-2 See Diagram [page 169](#)

1. *Chela*. (Buddhism) Novice qualifying for initiation; disciple; pupil.

2. *Aum* (or Om). Hinduism & Buddhism. Is a mystical or sacred syllable in the Indian religions which originated from Hinduism. Regarded as summing up all truth. In Sanskrit consisting of the three sounds (a), (u), and (m), believed to be the spoken essence of the Universe. Two examples in script below.



Devanagari Script



Tibetan Script.

3. *Super consciousness* (Yoga). Aka. Cosmic Consciousness, Christ Consciousness, Buddhist Consciousness, Higher Consciousness. Are expressions used in various spiritual traditions to denote the developed state of consciousness in which aspects of the mind, such as thought, perception and attention, are improved, refined and enhanced to higher degrees. In the great book on the subject “*Cosmic Consciousness: A Study in the Evolution of the Human Mind*” (1901) by Dr. Richard Maurice Bucke (1868-1899). Bucke rightly stated that the next stage of human development, which he named “Cosmic Consciousness,” is slowly beginning to appear but will eventually spread widely throughout all of humanity.
4. *Shushumna* (alternatively known as *Susumna*) Nadi connects the base chakra to the crown chakra. The shushumna makes the way for the ascent of Kundalini. The important thing is not necessarily to intentionally cause your kundalini to rise, but instead to concentrate on keeping your shushumna open. The shushumna is the pathway within which the kundalini rises. If it is not kept clear, the kundalini snake cannot rise. If it is kept clear, the kundalini will rise of its own accord.
5. *Current*. In the Lecture Notes the word is ‘circuit.’ On the recording he changed it to ‘current’ which maybe similar but not concise in meaning. The full sentence in the original Lecture Notes reads: *Lest we forget this great Truth let us realize that thought comes back to the sender after its circuit is completed, therefore we are affected by our own thoughts whether we like to believe it or not.*

Lecture 2 (22nd April 1952)

OUR CONSCIOUSNESS IS LIKE A RADIO BROADCASTING STATION*

Psalms 32: 8. "I will instruct you and teach you what is the road to take; I will give you counsel, O humble soul."

In this lecture we will study the effects and reactions of thought upon the mind-body and beyond.

It is difficult sometimes for us to realise that all we see is effects and the cause is within ourselves.

The difficulty of course of realising and understanding this, is because you are caught-up in these effects. And naturally when one is caught-up in these effects, the consciousness is caught-up in it also, and is reflecting continuously what it sees and feels from the relative world, therefore intensifying the conditions.

If the consciousness can withdraw itself from the relative, from the senses, but by the senses support no longer any vibrations whatsoever that is coming from the outside, the consciousness would be free to think and create without any conditioning which comes from the external or the internal. The consciousness would become free. Now let us see, what this consciousness would mean to you or me.

The Consciousness like point has the totality of all force behind it. The force expressed is in exact proportion to the state of Consciousness. Therefore the thought is also according to the state of consciousness, starting its powerful circuit in ever-widening circles in mind to express itself in the remotest cell of the body and beyond.

Here we see a power. Consciousness is a power because it is a radio broadcasting station. It radios out what is has reflected in itself. That is to say, whatever the image the mind creates before it becomes, what we call a

reality in the relative, the consciousness must become aware of it and reflect it. Otherwise it is no longer even a relative thing or what we call a relative reality.

What I mean by a relative reality, it is an effect, but is real to the consciousness. And when the consciousness is caught-up in it, then the consciousness begins to express it continuously, and radioing out continuously these electro-magnetic waves which pass through the mind, body and beyond.

The Consciousness is like a broadcasting radio station sending impulses of thought according to the idea in all directions firstly affecting the sender. These impulses circulate through the brain, through the nervous system and nerve plexus affecting the heart, glands, lungs, vasomotor system and other organs and systems of the body, thus registering its effects there, then rushing out into the atmosphere on its fateful and active mission.

Thought-power is something that has got to be dealt with and understood. And it has got to be discerned. All the conditions and conditioning of yourself, means that you have conditioned your consciousness. And the consciousness begins to reflect that conditioning, means that it is continually radioing out these electro-magnetic waves through the body, the nervous system and out beyond. Therefore thought-force is a force that has got to be dealt with and understood. If it is haphazardly expressed from reactions and conditions external to the self and you are caught-up in this conditioning, then you see that the consciousness begins to reflect and radio out what it reflects because it is the Creative Principle, It is the only Power there is.

The consciousness in man can mean none other than the Consciousness of God. Although the consciousness of man does not realise this because it is caught-up in the relative, in the self, in separation. It is caught-up in you, it is caught-up in me, me and the mine, me and not me, the mine and the not mine. All the opposites. Is caught-up in these opposites, consequently it is in the world of confusion.

Now withdraw the consciousness from all the senses, from the centres of the brain, so that is no longer affected by the body or senses of hearing, seeing or touching, anything that is relative. The consciousness becomes free from all these vibrations, it is no longer conditioned, and in that un-

conditioned state it reveals Love and Wisdom that is Eternal and always IS. Immediately it becomes conditioned in the relative it begins to express what the relative is and what the relative wants it to express. Therefore it is caught-up in the relative things, it is no longer free.

The Master is able to silence the outside world, the world of the senses, so that no relative vibration can enter into the consciousness. That is the state of the Infinite Consciousness because it is not affected by any relative thing. And it being Complete and Perfect in Itself it's foundation must be eternally Love and Wisdom.

Man is more than is seen in the physical, he is a centre of consciousness in a sea of energy giving expression to the form from out of the sea of energy according to the idea he holds. His thought waves carry the vibration of the idea into manifestation, thus a thought wave of fear caused by ignorance and confusion of mind sweeps through the billions of cells in his body disrupting their natural rhythm. This natural rhythm is the expression of the Creator who created man as an instrument for His own self-expression.

There is a natural rhythm within man, that is not affected by anything external to man because it is the Infinite Creation. It is this, man made in God's likeness. Also that man has been given power to create because he has been made in the likeness of God, having dominion of all things in heaven and on earth. Therefore according to his consciousness so will be his thought be. If your consciousness is caught-up in all these things external to yourselves, held in confusion, then your thoughts will be exactly the same. According to your state of consciousness so is your thought. We will see how to overcome or to dissolve this conditioning so that the consciousness can be free.

When man accepts an outside authority he begins to fear, and confusion is the result. The mind then expresses this confusion with devastating effects causing abnormal functions which create poison and chaos in the various physical organisms.

When there is a wave of love and joy caused by the recognition of the Truth of the perfect state of the Divine Consciousness behind human consciousness there is a release of energy through that centre of consciousness in man harmonising the mind and body. This delightful effect

sweeps through the cells (re-)establishing the natural rhythm. There (is) relaxation, comfort and joy throughout the whole mind and body.

Why is that? How does that come about? How can you ever know then this joy if your mind is caught-up in sorrow and fear? But when you discern that your mind is caught-up in sorrow and fear, and you know by what means it is caught-up, then you can discern these things and they no longer exist. You see that you are the creator of them.

And once you have discerned that you are the creator of your own conditioning; through your reactions to conditions external to yourself, through your beliefs, through your fears, through the things you have in your mind. Because what you have in your mind is not a Reality, it is an idea of Reality, a belief of Reality, it is not a Real thing at all, it is an image of that thing. Therefore you fear the image you create within your own mind. But when you realise that you only fear the image you have created in your own mind, there is no longer any fear. Therefore if all that is false then is dissolved away, what is left—is Reality, is Truth. Not an idea of Truth, not a belief of Truth but a Living Expression of the Truth—I AM.

The developed man is soon aware of the effect of a wave of anger or aggressiveness for he feels it in his body immediately, thus discerning it he dissolves it. The ignorant man does not so recognise what is taking place with the result that continual waves of anger and aggressive thoughts *very soon* disrupt his organism so he falls by his own ignorance. While Love thought-waves create attraction and affection, hateful thoughts create the reverse.

Since every thought-wave creates a different motion in the atoms and cells of the body, the facial muscles reveal the expression of our thought waves. The beat of the heart and the breathing reveal a change in the functional organism. Every different thought has a different wavelength and *variation*¹ and is accordingly expressed, the cause and the effect being one.

The cause and the effects are one. There is no separation between the cause and effect. How can there be when they are the one thing? You cannot have an effect without a cause! And you see, without having a cause there is no effect. But if you then recognise the effect and how it comes about, you will see that the self is the cause.

Therefore discern the self; know what the self is doing, what the motives of the self is, what the desires of the self is, what the fears of the self is, how the self is caught-up in this and that.

The conscious mind is capable of interpretation of form, hence it is capable of the transformation of form* [(matter) through the idea held in the consciousness.

Divine creation is the transformation of the Eternal Ever-existing intelligent energy in the Universe into form through the perfect idea held in the Divine Mind, and the idea must ever remain] ** as the perfect creation, the form only changing into greater splendour to reveal the perfection of the idea. Therefore vibration is the keynote of creation and the rhythmic organisation of atoms into particular patterns.

What we are seeing now is this, that the same mode of action that exists in the Infinite, exists in man. But as the Infinite is free and Perfect, and is not affected by any external things, His Consciousness is free and not conditioned, therefore His Creations are Pure and Perfect.

The very ether or the substance of matter moulds according to the idea. The etherons form in the invisible, which is the basis of the form to become visible, and nature is seen before your eyes. This very form that you see now, before you, has been created in the Infinite Mind, otherwise it could not exist at all. It was created in the Infinite Mind from the very beginning because the beginning and the end are One.

*That Creative Principle exists Eternally, it was not yesterday or tomorrow. If I do not know that I am Immortal **now**, at this very moment, I will never know Immortality tomorrow for the simple reason that tomorrow never comes. If I am not aware of my Immortality now, I shall never know my Immortality because Immortality exists now! Life exists **now**, not yesterday and tomorrow exists in the mind only as an idea of Life, a memory and a hope. But Life **now** is that Living Presence, that is Eternal. But it existed from the beginning. The beginning and the end are One and the **now** is also One, there is no separation.*

“I was in the beginning before the earth was, I existed.”

If I did not I could not be Immortal but I know that I am Immortal. And I know that I am Life. And Life cannot be divided, it cannot be separated,

tomorrow or yesterday. So I am the same Life that existed before the world wars. I now be the same Life that exists after the world has past away because of the fact, that Life is Eternal and Ever-Present.

Therefore creation is the releasing of *an* Intelligent Energy (the knowing how) to combine the ether atoms with their particular combinations to form the pattern held in the Divine Mind.

This Intelligent Force (knowing how) induces magnetic attraction and cohesion which binds the ether atoms as the basis of the form to be manifested in the realm of physical atoms which produce condensation and materialization of atoms to be seen by the physical eye. *When an electromagnetic wave exists in the ether, it exists at the rate of 186,000 miles per second, that is velocity. A thought is an invisible thing but it is an actual existing thing because it has turned, what we call, the etherons into activity. It is brought into action certain portion of the ether to form according to the idea.*

Thought is an intelligent action that has within itself the power to create the form according to the definition of the idea. Therefore that is why I have told you before, that limp thinking is of no value to you or anyone else. But when the thought is properly defined it has an intelligent action to affect the ether in such a way it produces the image, in a higher state of form such is in ether, invisible to the physical eye. And what is it that condenses it down to the visible thing? Sound of course! Sound brings that thought into the manifestation so that you can hear it.

The thought that I have in my mind, if I held it completely still, your sixth sense (the Consciousness) would catch it. But it might not catch it because you were not capable of recognising or using this sixth sense to catch the vibrations that exist in the ether. But you can recognise my voice in the words I express, therefore I have reduced the thought to sound which travels at the rate of 700 miles an hour, which makes it physical so that you can hear it though your physical ears. The same mode of action is in the Universe from the beginning because, "the Word was with God and God said." God brought into operation through the condensation of His own existing Self, and produces you and me in the physical form. I will have more to say about this further on in the course.

The powerful force we call thought is little understood and is allowed to run rampant by millions of *people* all over the world. It will therefore be seen that this force can be used as a constructive agent, *and a great servant of mankind* or it can be used to destroy man through his ignorance of its power.

It will maintain health and strength in mind and body, also having inexhaustible magnetic attraction and inherent intelligence it can be used for higher purposes for greater accomplishments that would stagger the imagination.²

By the same Creative Power, man as he raises his consciousness into a higher realm of being, he will be able to create through his thoughts great things for humanity. He will manifest by his own thought, by his creative principle, things that will help humanity, that will bring humanity out of its present state into a higher state of understanding. Not only from understanding but a higher elevation of activity, where he exists in that higher level of Consciousness, which produces greater and greater things that the mind at the present has not yet even thought of.

We have radio, we have wireless. We are now going to have aeroplanes that will fly across from Africa to the continent in about sixteen hours. We will be flying across from the continent to America in about eight hours. We will be doing all these things, great ships are being built now to fly across the skies. As time goes on, we will see, that eight hours becomes almost eight minutes.

The consciousness of man is becoming more and more like the Infinite Consciousness itself, using all the attributes of that Consciousness to create the instruments exactly that is within man himself.

If man knew he could by a process of breathing, for instance, lighten his body to such an extent that the gravity could no longer exist, he would travel through space at the speed of light. His thoughts travel through space at the speed of light but he would be able to do almost the same thing because there would be nothing to prevent him.

Here is within man the great secrets but man has not yet found them out. He is gradually expressing them on the relative side. He is gradually creating them on the outside, and there is nothing that can be created

external to man that man has not within himself. And there is not a thought that can be expressed that can be limited.

There is no thought that can be expressed that is not possible. Now think that out and you will see how true it is. But why is it not possible? Because you are conditioned with the relative, you are conditioned with everything that you see and your experiences of the past. You think that because certain things happened in the past it cannot happen in your future. And because you think that things have not been done before, they will never be done. They have not been accomplished so confident that they will never be accomplished. But we see perfectly clear that that is a falsehood, that things are being accomplished everyday.

And during the next 500 years we will see a tremendous advancement of human nature. We will not see it in this physical body but we will probably witness it from another stage, watching an etheric world coming into operation. When man becomes aware of the etheric capacities that he has within his body, his body made of ether, and by using some form of breathing where his body becomes light, his mind can use that body as it would a thought. Therefore man will do the very things that he is doing now externally.

I am only bringing into operation the things I do know. I have seen these things by great men who understand the Laws of Nature. And they say that they are just on the brink, only on the threshold of greater and greater things to come. As Jesus said, "these things I do, greater things shall you do."

On the one hand we see the effects of the constructive action of thought and on the other hand we see its destructive action in the whole human family.

Not only does it affect the body and the immediate surroundings of the individual, but these vibrations are inherent in the seed of man and woman hence the hereditary nature of man changes according to the thought he expresses from the ideas he holds in his mind.

If his idea is in accordance with the Divine Law of Love, love your neighbour as yourself, man's heirs will manifest a greater expression of the Divine Nature that created man by the word that was in the beginning, the Christ of God behind and within all humanity.

As mans consciousness rises out of the conditioning in which he himself has created around him, he will recognise greater and greater impossibilities. And naturally those who follow will become greater and greater. Because of the enlightened consciousness of man himself, so he produces.

The reaction of thought is registered as impressions upon the subconscious activity through the nervous system, affecting the generating cells and glands and all the cells of the body. Thought impulses travel in ever widening circles affecting the whole realm of mankind. It churns into motion all the atoms and cells of the body with consequent transformation of the cells and the reaction is in exact proportion to the nature of the cause of the thought. *You are continually changing the conditions of your body, changing the cells of your body, by the thoughts you engender. Supposing now that you saw all those thoughts and discerned them, and saw how false they were, that they were in your mind. That your consciousness were no longer caught-up in them, to reflect them and radio out these vibrations, they would no longer exist. And what would happen? They would fall away. And what would take place—that which is Eternal would remain. That which is Love and Wisdom would remain, and would express Itself, because It would be no longer hindered by mans consciousness.* While the change in this rate of vibration takes place in the body it reflects its activity upon the consciousness upsetting the equilibrium of the consciousness, adding further fuel to the fire already kindled through man's ignorance of his thought-actions and his true natural state.

So, therefore what happens is this, after the conditioning has been done, and after the thought has passed through the body and transformed the cells into these particular forms which you begin to fear, then while the change of vibration takes place in the body, it reflects its activity upon the consciousness, upsetting the equilibrium of the consciousness. Adding further fuel to the fire because the consciousness is caught-up in the conditioning and further conditioning created by yourselves.

How are you going to get out of this conditioning? That is the point. That is the thing that interests us most. It is a very simple process. We will come to it shortly.

Man is influenced by conditions which surround his consciousness, his consciousness reacts to these conditions when he fails to recognise himself as he really is—a creator given power to create above and below.

Thus man's consciousness permeates the whole of his body, yet having its roots in Reality or the supraconscious the totality of all unconditioned consciousness and intelligent energy.

The supraconscious is a word I have coined for the purpose of letting you see that which is above, all above, that is not affected by anything that is below. But this that is always above is affecting that which is below. If the consciousness then which is superconscious and is emerged in, what we call, the subconscious (all that exists below) but they are one.

There is only mind in the whole Universe. What I am going to show now is going to make an idea in your mind. You have got to have an idea of what I am saying in your mind and you are going to carry away this idea. But this idea is not the Truth of what I am saying. If you carry away just an idea of what I am showing you and you say that is the truth, it is not the Truth at all, but an idea is not the truth. The idea of what I am showing you here is not the truth but it will reveal the Truth to you in yourselves and you begin to understand it.

Now supposing then, we will say this is the Infinite Mind, this board which is a very poor illustration because the Infinite Mind ^{D1}is Infinite and there is nothing outside it. All is within, it fills boundless space, and there can be nothing outside it otherwise it could not be Infinite.*

We will say the Infinite Mind has drawn a line within Itself, and it says this way. ^{D2}The Consciousness which is Supreme exists always there and is influencing everything down below.

The Consciousness remains Complete. ^{D3}It has then its effect upon various influences that move downwardly in its Creations. ^{D4}It begins to create in the Higher levels. First of all, it has the Principles of Love and Wisdom. ^{D5}Love and Wisdom then is the Creation of the Infinite which is still supraconscious.

Love and Wisdom then was in the Mind is then Creative because with every creation that is Divine Creation, ^{D6}the basis is Love and Wisdom,

because it is Perfect. And the basis of every Creation existing is Love and Wisdom, even the very lowest.

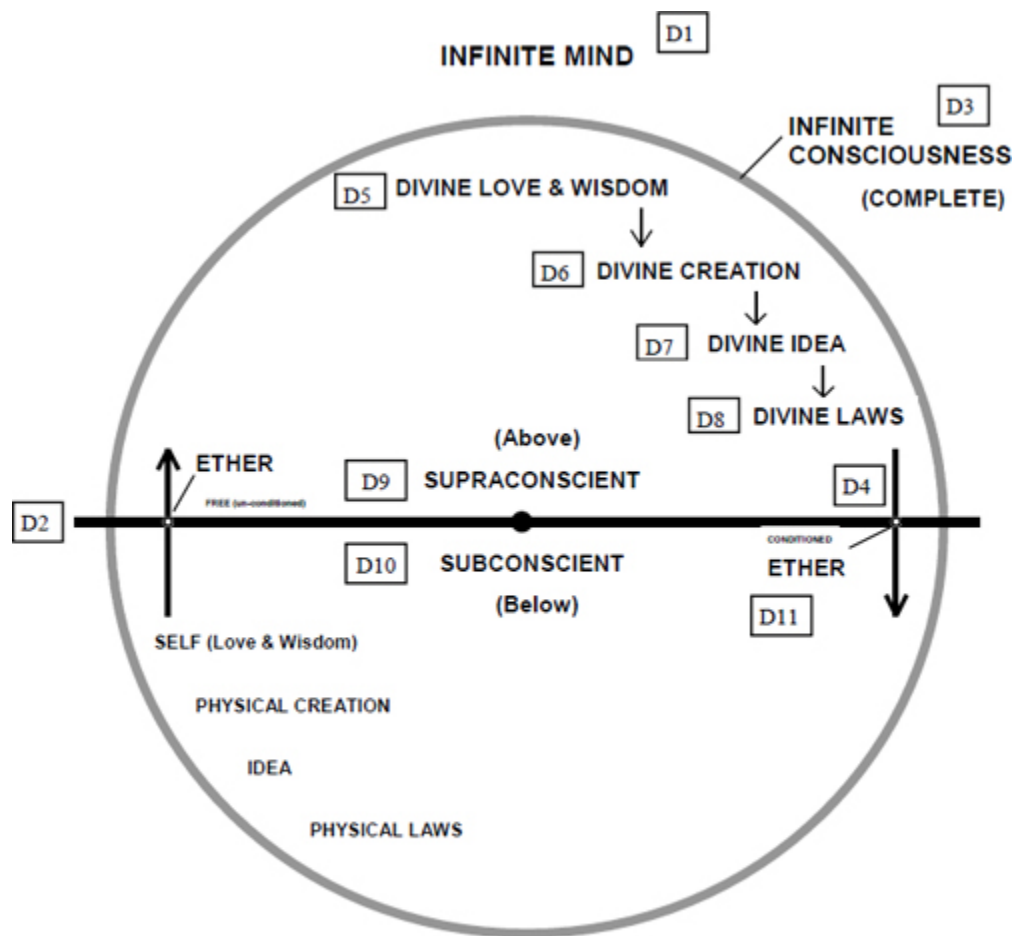
So therefore after that, Ideas^{D7} come into operation and these Ideas existing with Love and Wisdom have Laws created by them. Laws which are forces in operation. Infinite Laws^{D8} that cannot be broken, and these Laws exist all the way down through the various forms existing in the Universe, in the Higher creations. This is above now, which is invisible. The supraconscient^{D9} is always invisible to physical man. The subconscious^{D10} is visible.

Now we will see here again, that here comes ether,^{D11} these Ideas there are in ether now, and as they are created they come into the physical. This is the division now between the supraconscient and the subconscious. All existing below. You see the Consciousness carrying with it its Love and Wisdom and Laws. The Idea forming right through, what we call, the subconscious.

The subconscious exist as the mineral, the vegetable, the animal, the human, which is the highest form existing in the subconscious.

*Now I am going to show you this,^{**} that what has been there is there. But this has been conditioned^{D12} in the supraconscient, through those various layers of activity, such as mineral, vegetable, animal, human.*

Therefore the Consciousness^{D13} rises through the mineral and takes it effect upon that, through the animal to that, and to the human that.



SUPRACONSCIENT & SUBCONSCIENT

The subconscious is everything that belongs to the Law of Evolution. [D14](#) It is this power, the Consciousness, is raising these things up. All the atoms in both these are being raised up by this Consciousness because its effect upon that, therefore it changes the vibration of the cell structure of the electro-magnetic vibrations that exist in these planes and begins to raise them up, and changing them, making them finer and finer.

As mans consciousness, having then, the whole of these within himself (both the mineral, vegetable and animal tissue is in your body), the Consciousness of God is in man. And the Consciousness of God reaches the very bottom of Its activities in the lowest portion of the spine, [D15](#) where it

contacts with these planes of activity through the mineral, vegetable and animal planes.

All the mineral substance in your body, the vegetable substance in your body are worked into the animal tissue. The animal tissue is affected by the emotions in your thoughts. The whole of your body is affected because the consciousness reflects what it feels.

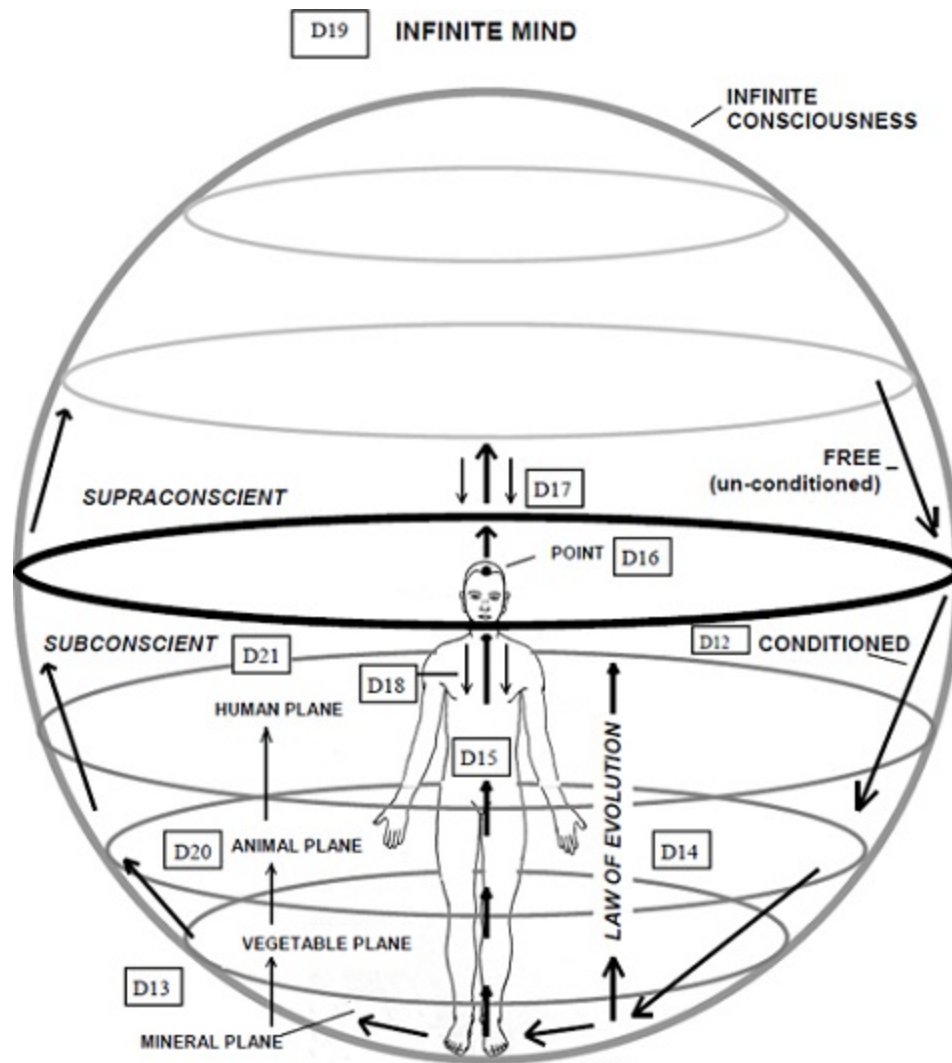
Therefore if you condition yourself with your own thoughts and feelings, you find that the consciousness is conditions also, and begins to reflect these conditions. Causing electro-magnetic waves to pass through your body, and causing the cells to form according to what you have in your sickness.

But all these influences here are for the benefit of man. But the consciousness of man does not know that all these planes are for the benefit of man for him to raise, to absolutely recognise and become Real in himself, free from all conditioning. Therefore if he did not know he was conditioned, he would never know he was un-conditioned.

Therefore man begins to do two things through his experience. He begins to discern. Therefore he begins to free his consciousness from these various planes of activity. The same time giving them an incentive, and every atom and every cell in these planes become more active, more active in such a way as they become finer and finer.

And the time will come when the whole of the subconscious will be done away altogether. It may take millions of years but nevertheless that is the progress of man. And a time will come there will be no supraconscious at all.

Now you see, that there will be no subconscious at all. The supraconscious is always affecting subconscious and raising it up by its influence, and it is done by the consciousness of man and in no other way.



ABOVE AND BELOW

In your body these planes of activity run horizontal. That is the known, here is the un-known the perpendicular. But as these planes exist as one whole activity in their selves, they pass through all our bodies. [D15](#) And we are affected subconsciously through our activity or consciousness. We are consciously conditioned in these conditions, therefore these planes become subconscient in us but nevertheless affect us. The same activity is taking place in me as in everyone of you. The same condition is taking place in every animal in the Universe.

And what is it that gives man the power over these planes? It is this perpendicular consciousness of man that exists in God! That is his power!

And that is the power he has over all other things. When he recognises that fact that he has been conditioned and he knows what the conditioning is, and recognises a fact then that he has a power, creativeness of his own, above and beyond all that is horizontal. The perpendicular then of man, the consciousness of man, is supreme. In not only in the supraconscious but also in the subconscious and every plane of the subconscious. Daniel in the den of lions was nothing more than the realisation of that Truth of the power he had over everything that existed.

Thus mans consciousness permeates the whole of his body, yet having its roots in Reality or the subconscious, the totality of all un-conditioned Consciousness and Intelligent Energy.

Man's consciousness remains free and unconditioned^{D16} and exists beyond the confines of his body. Man's consciousness in the body is firstly expressed as will individualized,^{D17} then comes the control of the body through the brain and nervous system and the first nerve plexus, rules the heart, lungs, glands etc., and all the cranial nerves which are responsible for transmission of the vibrations of light, sound and feeling that come from the outer world. Then the consciousness moves downwards into the emotional life of the individual, into the physical^{D18} and the total activity of the animal, vegetable and mineral kingdoms through to the lower vital to the subconscious in which is the action that is behind all the mineral, vegetable and animal planes of action. Man's consciousness encounters all these from the supraconscious to the subconscious.

But man is ignorant of the subconscious action as a beneficent action enabling him to understand himself and giving him the opportunity to use all these influences for his own benefit having dominion over all things in heaven and on earth, above and below. *Above and below.*

The lower vital belongs to that part of the body from the solar plexus downwards, which includes the animal, vegetable and mineral kingdoms which are subconscious in our being. The subconscious means not only the subconscious activity belonging to the individual but the totality of all activity in the mineral, vegetable and animal kingdoms.

In the animal and through the whole of the animal life there is one complete mental activity which belongs entirely to the animal plane, the

same with the vegetable and the mineral.

In all animal tissue including that which makes up our bodies there is an intelligence *that* looks after it, this becomes individualized by man when born in this world. *Therefore he individualizes all these things because his body is made up of those things. He individualizes all these influences and they become individual to him, to you but you see there is no separation.* Our thoughts and emotions affect the smooth running of *this* intelligent action. *Which in itself being subconscious is always working for the benefit of mankind.*

The mineral, vegetable and animal tissue has an intelligence within it that is always endeavouring to keep itself in repair. But your consciousness can interfere with it. It can send vibrations right through your cells of your body to turn them round and create a disturbance in them, by your reactions and fears.

We have been given dominion over the whole of the subconscious but if we are not aware of it we fear all that belongs to it. We grow out of this state through understanding and love.

The principle involved in the subconscious has been building up conditions through aeons of time, we call this evolution. But these conditions were created for a specific purpose, all inside the Infinite because there can be nothing outside Him. *All inside the Infinite. I said we assume that this is the Infinite Mind,^{D19} that fills boundless space. So there is nothing evil in the world because it is all within the Infinite. There is nothing harmful in the world because it is all within the Infinite. And man must see himself that he is harmless to everything in the subconscious. And the subconscious is harmless to him also, then he is free. Daniel in the den of lions again.* Therefore Spiritual Law^{D8} is above evolutionary law for the Spirit was in the first place the cause of the law of evolution and still remains absolute, directing the activities of the evolutionary process which we see in the subconscious. The totality of all creativeness remains eternal, and in this we also have our roots.

So Spirit is not subject to Law but Law is subject to Spirit. Because Law was created by Spirit in the first place. Therefore Spirit is not subject to

Law anywhere. That is why Paul said, "man when he knows himself, he is above the Law and he is not subject to the Law."

When we have the understanding of the law of the subconscious activity underlying our physical organisms, it obeys our command. Daniel in the den of lions understood this law and by this very law he closed the lions mouths. Animals are controlled by the subconscious layer of mental strata which controls the whole of animal life. *Therefore if you have control of all this animal^{D20} or what we call instinctive nature that belongs to the Whole, you can control all animal life existing. But if you fear a little fly, if you fear a poor little mouse, if fear that little mosquito that buzzes around your ear, you can never have control of this animal plane.*

Now I lived in the East for a long time. I lived in Baghdad, I lived in Persia, I lived through the East for years. I have learned a great deal in that time and people wondered how I never got malaria because I never slept under a net. I would sleep on the top of the houses, on the roofs, without any net whatsoever. And everybody else would have nets all round about them but I would have none whatsoever. The reason why? I knew that no malaria mosquito would ever bite me, therefore I could never have malaria. I was conscious of the fact that my consciousness was powerful enough to affect all the instinctive principle existing in every animal.

Why does the carrier pigeon find its way? Through the instinct. All animals are worked through instinct. If you understand the instinctive nature of the animal, he no longer affects you. Why do the Masters close the tiger's mouth? Why is it that no wild animal ever comes near them or try to do them harm? Because of the fact that they are harmless to them through a conscious awareness of the Truth I am trying to reveal to you.

By God if I could reveal some of the wonderful Truths to you, your hair would stand on end because you would hardly believe it is possible but you have the power within yourselves to do so. Man's consciousness is the ruling power here as in his own realm.

Our emotions of fear, hate, anger, jealousy etc., rise from *the* subconscious and therefore affect the whole of our body function. Through our senses we learn of conflicting ideas which we cannot correlate, thus we have a confused mind. So our beliefs, *or* mental conflicts also affect our

organism. Thus the whole of the subconscious within the individual becomes confused.

All this individualised portion of the subconscious^{D21} becomes confused with the individual. Yet in itself it is a plane of activity which is natural and perfect.

Why is it then it becomes disorganised when it comes through your own consciousness, that which gives you power above and below?

Man has not yet become consciously aware of his true nature, he knows only what he receives through the senses therefore knows nothing of the Truth of his Being. When we understand what the Master says with this wisdom we allow that which is perfect in itself to manifest through all the planes of manifestation through which our consciousness flows.

Therefore if we had recognised that it is the Consciousness of God moving through all these planes, moving through the human too, moving through these planes—the consciousness becomes free. The Real Consciousness of God is never affected by any of those planes. Because but you believe in fear you have hate. How are you going to know God? You have never seen Him. You do not know who He is, you do not what He is.

And some people say, “I know my relationship to God.” So I said, “what is your relationship to God.?”

“Well I’m his child.”

“Are you His child, How do you know you are His child?”

How are you going to know your relationship to God? You can only know your relationship through your relationship to your neighbour, isn’t that so?

That if you discern how you react to your neighbour and what your relationship is to your neighbour, if you discern what it is; if it is self-seeking, if it is anger, if it is greed, if it is selfishness, that is your relationship to God too. Exactly the same as your relationship to man is your relationship to God! Therefore you have got to discern these things, dissolve them away, and we see how false they are, then the true that is Real will come in.

It is self revealing to understand your relationship to man. Now let me tell you this which is a Truth. Your relationship to your neighbour is your

relationship to God. There is no other way. Think it out and you will find how true it is. And you will see how stupid you are by acting the way you do. And when you see how stupid you are then you are on the first step of the ladder to eliminate all these things, and you will reveal yourself to yourself.

The Spirit Consciousness of man is free and although incarnated in the flesh It is still free, otherwise there could never be any freedom. Man can find this freedom for himself through understanding and love. Therefore the subconscious is not evil in itself. What we do is to attach evil ideas to it and then begin to fear. But when we begin to understand we see that it is our own ideas we really fear and so our thought rises out of the idea and becomes active in our body and circumstances.

The subconscious is a means to an end *but* not an end in itself. It enables man through awareness and understanding to have dominion over all things. Man made in the image and likeness of his Creator has dominion over all things in heaven and on earth.

In our next lesson we will see more clearly how thought compares with the radio-waves which go out affecting everyone who tunes in to hear. So is man so constituted that the vibrations of thought are transformed by the mechanism within his mind just as radio sound-waves are transformed by the receiving set into the words spoken by the broadcaster.

Matthew 6: 26, “look at the wild birds; they sow not, they reap not,* they gather nothing in granaries, and yet your heavenly Father feeds them. Are you not worth more than birds?”

BENEDICTION

O Divine One, when I was a babe in swaddling clothes I was unable to walk or talk.

Yet as I grew up I “thought” in ignorance of my Divine Nature but as I found myself in Thee my fear turned to joy.

In the realization of my Divine birth I opened my eyes to see the glory of Thy Presence.

Thy thought and Thy wisdom was set deep in my soul, and there in the crystal clear pool of understanding I thought of Thee and I as one.

I now know my Cosmic self and no longer fear the shadows cast by ignorant thought for I vibrate with Thy Power, O Divine One.

* A very bad break in the wire recording occurs here, resulting in loss of sound.

** Sound recording re-starts here.

_ Recording ends abruptly here.

** See Diagram [page 187](#) (D12)

_ See Diagram [page 185](#) (D1-D11)

D14-15. See [page 187](#)

D15-18 See [page 187](#)

D19 see [page 187](#)

D8 see [page 185](#)

D20 See [page 187](#)

* 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 22nd April 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. In the sound recording Murdo uses the word "variation" (a mis-read). In the Lecture Notes the word "vibration" is used which has a better meaning. The sentence therefore would read: 'Every different thought has a different wavelength and *vibration* and is accordingly expressed, the cause and the effect being one.'
2. The next paragraph in the Lectures Notes is missing from the sound recording. [*Not only will this intelligent action manifest itself in the individual but rushes beyond the confines of the individual in ever widening circles to envelop the whole earth's circumference.*]

Lecture 3 (29th April 1952)

THE SUBTLE POWER OF OUR THOUGHT GOES BEYOND OUR ENVIRONMENT*

“Call unto me and I will answer thee and show thee great and mighty things which thou knowest not.” Jer. 33: 3.

So it is so, the mind of man has to solve all phenomena. All the relative world is phenomena. It is created but it is natural phenomena.

We will know then that this natural phenomena is the outcome of the Infinite Consciousness, expressing Itself in thought in variety. So the variety of forms and the phenomena we see in the world which is natural, is none other than the Expression of the Infinite Mind. And All must be within the Mind because there can be nothing outside Infinite Mind because there is no outside the Infinite Mind, All is within It. So All is an expression of that One Mind.

And what we see in the Universe, what we see before our eyes, is but the expression of this phenomena. But man has to solve this phenomena to find out what it is. And by doing so he learns about himself. He learns about his thought, the power of his thought and his own creativeness. He sees everything that is relative before his eyes; he discerns all the relative, he becomes aware of his own actions, his thoughts, his feelings, and his emotions. He becomes aware of all these things therefore he is aware of what is taking place in his mind. And behind that awareness is the Reality. So therefore man recognises one thing, he becomes aware of everything that is relative. And in that awareness he begins to become aware of something else that is behind that awareness which is Reality Itself—Creativeness.

Now Creativeness does not come into being all at once, it comes into being completely when you discern your minds and all that is in your minds, from your reactions to things external to yourselves.

Therefore you see that all these things are relative, have no existence at all except in your own mind, that is all. Your reactions to things external to yourselves have no existence except in your own minds. Your fears, your anxieties, your beliefs, are all in the mind are all part of the mind. Unless you discern them for what they are, they will always be troubling you. When you find what they are they pass away and dissolve out of existence, they no longer trouble you.

¹Now, we have seen in our last lecture that thought, after its circuit in the mind and body goes out beyond in waves into the ether at the speed of light. Lest you do not know the speed of light, it moves at the rate of 186,000 miles per second.

Science has shown us that the wavelength of light varies from 20 to 30 millionth of an inch and the frequency of *these* wave impulses range from 400 million millions to 700 million millions cycles per second.

These are beyond the physical eye, the eye cannot see them. You could not see a 30th millionth part of an inch could you? Yet that exists.

Science has also shown us that electro-magnetic waves travel at the speed of light but have various wavelengths determined by the apparatus from which they are sent. This analogy I want to show is similar to thought-waves and some day in the near future science will be able to measure the wavelengths of thought.

I have already shown to you that thought is in itself a form of Intelligent energy the wavelength being according to the thought expressed, and the development of the individual sending it. *Thought must be an intelligent energy because it is an energy that is being expressed from an Intelligence itself. As we will see clearly later on, how those vibrations, we will call Cosmic Rays which come from the sun, are intelligent. They know there is a knowing how in these rays to perform the action and the activity that they are sent forward to do.*

So is the thought of man, an intelligent energy, with a wavelength for knowing how to produce, and within the thought is carried the idea. So the thought it produces it's kind, through electro-magnetic waves which enter into the ether, and cause the ether to be magnetised to form the image according to the idea. Now as the ether is magnetised, just like the radio-

wave that comes over from the radio station, we hear a sound, we listen in and we hear the word. We hear the word and we create the idea of the word in our minds. We are then able to understand the meaning of the words the speaker says over the radio station. It comes into our ears, we hear it, then we create the image in our own minds of what we hear.

So does the same thing happen in the ether when a thought moves out into the ether carrying these same electro-magnetic waves, which also magnetise the ether. Your sixth sense is the consciousness. It has the power also of discerning or interpreting these vibrations and in that way subconsciously the movement takes place in the being. The consciousness being the sixth sense absorbs these vibrations, just as your ears absorb the vibration of the sound of the word that takes place through the atmosphere from the radio station. Therefore these electro-magnetic vibrations which are moving into the atmosphere, has an intelligence, and they are affecting the minds of people all over the world. That is why, our thoughts here can influence the world when we know how to send them forth. The ancients knew the science of thought, for Jesus was the greatest exponent of this great science, and when we understand him we will see the power behind his wonderful feats.

The ancients knew that the sun's rays were thought-waves from Beings in the sun giving expression to the Life within themselves and waves of energy suitable for Life on this planet of ours, charging the atmosphere with the Life which we breathe.

As we read back we will see, that the ancients, we will say the ancient Magi, the ancient Masters of Persia who understood a great many things that we do not even know even today. They were what we call, "the Sun-worshippers," but they were not worshipping the sun, they knew that their parents were in the sun because the sun is the parent of this earth. The sun is a parent of all the planets that surround the sun that is moving around it in their orbits.

Therefore everything on this earth has its parent in the sun, from the very mineral up to the highest creation of man. The ancient Persians knew this and mathematically understood it because they could and have, by the ancient law they used, found the exact distance of the planets from the sun which are today verified by our scientific instruments.

Therefore they knew that the thought-waves were from Beings in the sun which were their parents. And naturally they received from the sun enlightenment which could not be obtained in any other way.

Now, the sun-rays set in motion the activity of the atoms and cells of the body to combine, build and transform, for such is the function of Life. Without the sun-rays Life as we know it would be impossible on this planet.

So we see that the sun-rays set in motion activity in the atoms and cells of the body which must have been a very intelligent ray, carrying with it the power to produce what it was sent forth to do.

The spectrum with its variation of colours from the purple to the red is but varying wavelengths of the sun-rays which have their effect upon the mineral, vegetable and animal kingdoms.

We have some time ago dealt with this most wonderful thing. Many of you have heard me when I gave you a few lectures on sound and colour. I showed you the various vibrations and the colours of those sounds. And also you are able to understand the feelings of these various vibrations that entered into the body. You found certain vibrations affected the top of the head. Certain vibrations affected the throat, the stomach, the intestines and so forth, through the sound and each sound has its own colour.*

Therefore we see that the spectrum itself is a movement. That colour is what we call the motion of the sound or the motion of the vibration. You cannot have vibration without movement because the sound is the sound of the movement of the vibration carries with it its own colour. Music for instance, every note has its own colour and vibration. The colours of each particular sound can be noted according to the vibration set in operation.

So therefore, everything is what we call, thought, sound and colour, is the manifestation of the thought and sound in operation. Therefore the spectrum with its variation of colours from the purple to the red are but the varying wavelengths of the sun-rays which have their effect upon the mineral, vegetable and animal kingdoms.

It is the rays of the sun² that set into motion the combination and transformation of the atoms, which result in the growth and disintegration of the substance we know as physical matter. The hardening and decomposition of rocks and the creation of the various minerals are the

result of the rays of the spectrum according to the colour fulfilling its particular purpose. These colours are of various wavelengths according to *the vibrations of intensity of the wavelength of the ray.*³

In the vegetable world the same principle is used, the sun rays or impulses create the activity for the combination and transformation of the atoms, the spectrum revealed in the array of beauty and splendour in the colour of flowers, plants and trees etc. Each vegetable we use contains within it the vital elements charged with the electro-magnetic force generated from the impact of these rays.

Every portion of things that you eat, the vital elements that are built in the food; in the vegetables, the fruit, (if they are of any value to you) must be charged with this electro-magnetic force generated by the impact of the suns rays.

If those elements are not in the food, then your food is of little value. It is these elements that absorb the suns rays. They become active holders of these rays and when you take them into your body, they become active in your bodies expressing the rays of the sun, causing the whole of your atomic structure to absorb these rays so that your body can be held in its proper state.

In every atom there is a sun-ray. This, the collection of what we will say, pitch which we find in different parts of the world and after it has been worked upon, what we call disintegrated, what do we find after a thousand or more tons of that stuff has been worked upon to disintegrate it therefore to extract from within it a ray known as radium.⁴ That tiny particle of radium was a collection of myriads, myriads of particles of sun-rays, which are collected together naturally because of the attraction of one substance according its vibration.

Therefore as we use millions of tons of rock and pitch whatever the case maybe, crush it up, pass it through a process, extracting from the process those tiny million, million millionth part of the suns rays all attracted together which form as one atom of radium, which has the terrific power that if you held it in your finger, it would burn a hole in your finger in less than no time. If you carried on your clothes it would burn a hole through

your body. Therefore it has to be protected with a large lead container, so that the ray will not penetrate and cause injury.

In every particle of the soil, in every particle of wood, in everything you see; vegetable, ground, animal and human, there is these tiny particles of the sun-rays, which at the present time is giving you life and activity in the body.

These rays are intelligent and we have found that radium is the most intelligent and powerful thing we have on this earth.

Some day we will know more about the Cosmic Ray and its impact upon the earth surfaces and conditions which penetrate deep down into the earth. Because of the fact; that this table is porous, my body is porous, the earth is porous, these rays are so minute in their nature that they pass through the very heart of the atom, which is an invisible thing, and cause it to change and transform into something else. That is the intelligence.

And what is the spark of man? That which is within man himself is the Consciousness that has control of everything in heaven and on earth. He does not know it yet!

In the animal kingdom the same operation takes place, this includes the human body. The body contains the elements of the earth, the elements of water, the elements of heat, the elements of air and the elements of ether. In these provinces the sun rays create the combinations and transformations of the atoms of *the* varying vibrations into the composite body we know as the human body.

The sun rays transform the atoms of water into vapour which is carried into the heavens. The same rays of the sun create currents of air which drive this vapour into clouds and the same rays create a vacuum causing condensation of this vapour which we know as rain.

This is known as the wheel of Life correlating all the effects we see in the four kingdoms; mineral, vegetable, animal and human.

It is the rays of this intelligent energy with the knowing how to combine and transform the etherons of ether into atoms and electrons which combine to materialize what we see and feel. Therefore, ether is the basis of matter and the framework in which matter is built. Thus the ancients said that the

world was created out of the void, the invisible primordial substance which permeates throughout the whole Universe.

Therefore, we know that science has shown us clearly, that ether is the basis of all matter. Ether that interpenetrates all space.

I am not going to go too fast ahead to show you how this ether is affected and how these etherons are brought into operation, and how the atoms are built, and then how the materialisation of the atoms takes place that you see before your eyes. That will come in time because it is necessary for us to know the operation that takes place so that phenomena is produced. Unless we know that we can never understand how our own conditions come about. We are the creator of certain conditions in our own bodies because of our misunderstanding of the operations of the Infinite Mind working through us.

Now this substance is relative to something that is not relative, something that is Absolute wherein remains the why of everything which we can never know, for if we did so it would become relative. We can understand the how but not the why. Yet within ourselves this Unknowable must *always* remain ever unknowable. We will forever get to know more and more of the relative Universe as we unfold but that which is unknowable will remain unknowable.

But nevertheless, we can be become aware of It. And at this very moment I am using it, It is using me. I am using it and It is using me. We are part and parcel together, we are welding as One. Therefore It uses me and I use it. It uses me as an expression for Itself and I use It as an expression for myself, for It is the servant of all. "He who is greatest amongst you is the servant of all."

Unless we can see this clearly, we will never know ourselves to Be. Being is now, it does not have to Be. You do not create Be. It never becomes because it is Be, if it had to become it could not Be. Because it is Being, it is now, the same from the beginning for all time, never changing but the same. That is that which is in me. That is that which is beyond my awareness and what I am aware of is phenomena but I must understand this phenomena. If I do not understand the phenomena and all that is relative, then I shall never know what is behind my awareness because I will be caught up in this relative world of mine. Even if I tell you all about those relative things,

remember this, that that Unknowable is behind it all, remains the same, the Creativeness behind all things.

This Unknowable cannot be affected by anything external to Itself and the same will always remain the same within us. This is the source of all power, all action, all movement and this can be proved by the individual who will take the trouble to know himself.

There will always be that Unknowable that is not relative, that is always discerning the activity yet it is not Itself the activity. This is the great mystery in your life I want you to understand. You know that It is but not what It is.

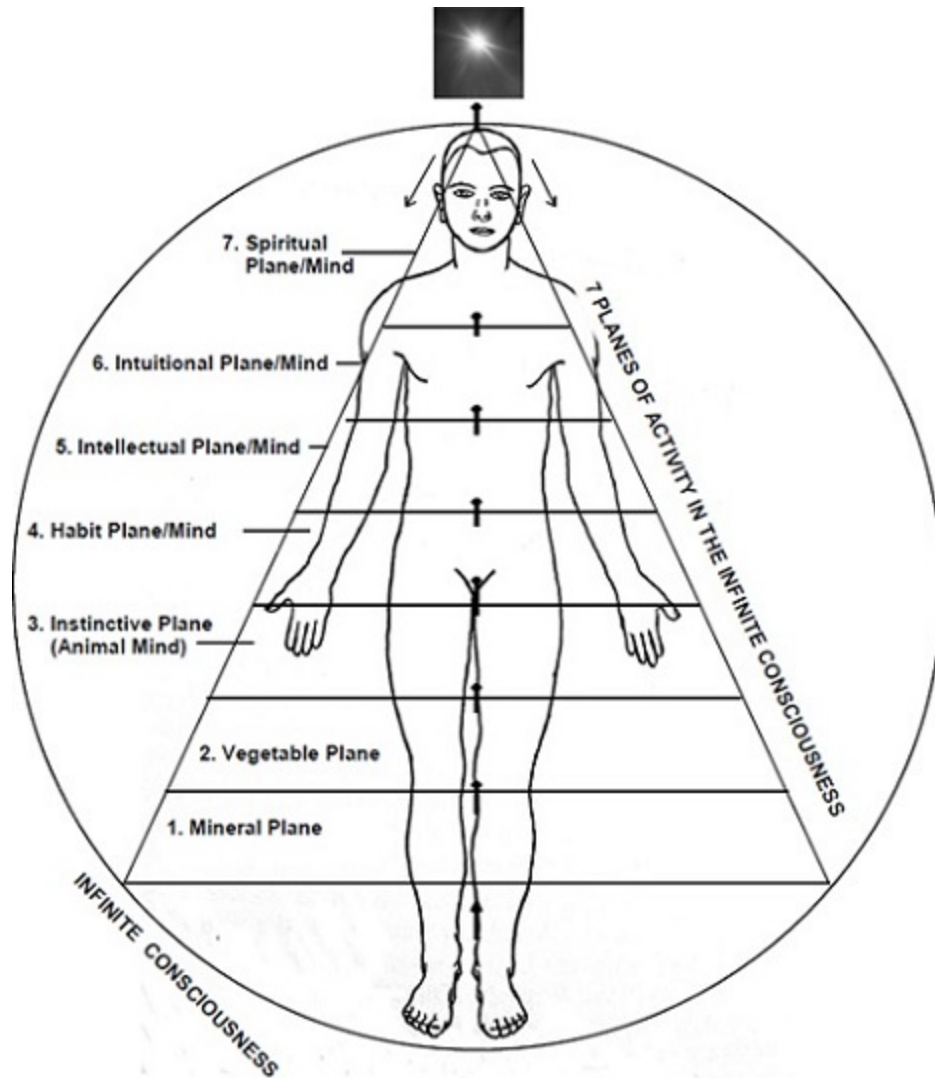
The ray we call Cosmic interpenetrates everything—the etherons, the atoms. (*I coined the word etherons because of the fact, that ether in itself is what we call a negative condition, something that is negative. It is a negative substance that is flayed upon by the electro-magnetic vibrations of thought, causing these smaller particles in ether, which I call etherons, to form according to the image in the mind of the idea in the mind. The thought being the power which it creates an electro-magnetic vibration. The idea being the image. The consciousness being the power that directs the force. Thought then comes into operation because the consciousness reflects the idea held in the mind. The consciousness alone has power to create. It is creativeness in itself. It is the source of your thinking, the source of your thought. Your thought goes out in electro-magnetic vibrations, it causes these etherons to become magnetised, to form according to the image which is held in the mind, the idea. Then later on as these etherons become active, they gather together particles of itself, electrical in nature, which become atoms in their nature. And the combination and the accumulation of these atoms, forming according to the image becomes the condensation and materialisation of the thought itself, and that is exactly what the Universe is! And that is what your thoughts are too, within yourselves.*) So it causes movement in everything through which it travels. Our individual consciousness is stimulated into action giving us power to create through the avenue of thought.

When the equilibrium of the atoms is disturbed they are set in motion, they begin to combine and transform according to the subtle purpose of the

Ray, and according to the Consciousness in the various kingdoms so are the rays of sunlight assimilated.

*In the Consciousness I showed you the various planes of activity before, * I said; mineral, vegetable, animal, so forth higher and higher. And we saw clearly that the Consciousness is a perpendicular thing that goes through all these planes of activity. Involving itself in these various formations; mineral, vegetable, animal, human.*

According then to the Consciousness's involved in the mineral, so does it absorb the rays of the sun for the Creation of the various minerals in existence. So the Consciousness in the mineral has a capacity to absorb certain vibrations suitable for the mineral and that causes a transformation in the minerals.



7 PLANES OF ACTIVITY IN THE INFINITE CONSCIOUSNESS

The various kingdoms utilize the rays according to their capacity to receive, each kingdom in *this* scale reveals a higher intelligence in action. The human being is able through understanding to utilize the rays with the highest capacity, intelligence and power, and we find that those who have the greater capacity to love are able to utilize this power in a greater degree, such is the scheme of Nature.

So the greater the capacity to love in the human plane, enable the rays of these Intelligent Beings in the sun, that are pouring them forth for the purpose of Creation, transforming the atoms, creating finer and finer forms.

So we see that those who are capable, who are the greater capacity to love are able to utilize this power in a greater degree, such is the scheme of Nature.

In this lesson I would like to compare the living being called man with that of a radio station with the added note that within man himself is the means and mechanism to radio and receive thought waves.

Everything that is created in the world, no matter what it may be, is a creation of mans mind. And there is nothing that is not created, nothing can be created in the world, except it is a creation of mans mind. But the fact still remains, that every mechanical device that man creates, he has the same mechanical device within himself in a higher nature.

We will see as time goes on in the next series of lessons, how mans body becomes lighter and lighter. How the Masters can produce and overcome, what we call, gravity. It is an easy simple thing to do.

Supposing now, we find that you breathe in, you are breathing in cold air, continuously breathing in cold air, the air inside becomes hot, does it not? Therefore the hot air wants to get back to the cold air, does it not? Of course it does! That is the whole thing. If you then continually create a certain magnetism in the body which is attractive to this magnetism that is outside, and this outside is continually attracting it to it and your body becomes filled with this magnetic substance that is continually being attracted to this which is above it, it becomes lighter and lighter, until such time as gravity disappears. By the ordinary will, your only will, you can move your body from part to part from place to place without any difficulty at all.

That is how the Masters move their bodies, what we call, through space. Or the Lung-gompa⁵ man which moves up through Tibet, each step he takes about 30 or 40 feet and he passes you like an express train. And moves over mountains without any difficulty, hardly touching the ground.

Therefore it is a science that we will eventually begin to understand. At the present time I am not going into it for the simple reason that it will lead us of the track for the moment.

But the time will come when I will show you the exact movements that take place that cause this activity. I will also show you the exact sounds in

your own bodies that can keep the whole of your atomic structure of your body—young, so that it does not disintegrate.

What is it now that causes you to become old and the atoms to become old also? Because it is your own selves. If you knew the sound that was within yourselves, your inner sound, that sound, that note that belongs to you. And if you could sound that note everyday, you would cause the proper equilibrium and harmonious note through the whole of your body, and you would find that your body becomes young. It does not get old at all and the time comes when you want to leave the body, you can leave it at random. You could leave it here if you wanted to and just be as conscious out of it as you are in it. That is the inheritance you have within yourselves.

We know that the radio-wave is a radiating stream of lines of force which spread in all directions through the ether in circular motion, not only do these waves circulate the earth but go in to the stratosphere as well.

That not only do they go round the earth but they go right up into the stratosphere as well. Wherever ether is so those vibrations and waves go. If you are miles up in an aeroplane, seven, ten, twenty miles up in the air, you would be able to hear just as easy as you hear on this earth here at this very moment. A radio broadcast would be as easy to hear up there as it is here because ether carries those waves.

Sound travels at the slow rate of about seven hundred miles per hour. But the radio wave carries sound on its back at the rate of 186,000 miles per second through the pervading ether charging it with electro-magnetic radio waves.

So we see, that when you speak over the radio, the sound of your voice travelling at the rate of about 700 hundred miles an hour, is boosted up by an electrical apparatus, which sends these waves out into the atmosphere at a rate of 186,000 miles per second.

Now these waves are beyond the physical ear. Therefore they are in the atmosphere at a wavelength that is entirely shorter. So the short wavelength is beyond the ear. Now what do you need? You need to modify these wavelengths, bring them down again through your instrument, and you hear the sound of the voice, exactly almost at the same time as the man gives it. But during that process it is raised in vibration, sent through the whole of

the ether, magnetised in the ether, and it can be heard all over the world, up into the atmosphere at one and the same time. Mans thought is just the same.

You can hear a radio broadcast at the same time at any point on the planet or high into the stratosphere which shows that the whole ether has been magnetized by radio waves, there can be a multiple number of waves in the ether at the same time and they will not interfere with each other except they be on the same wavelength.

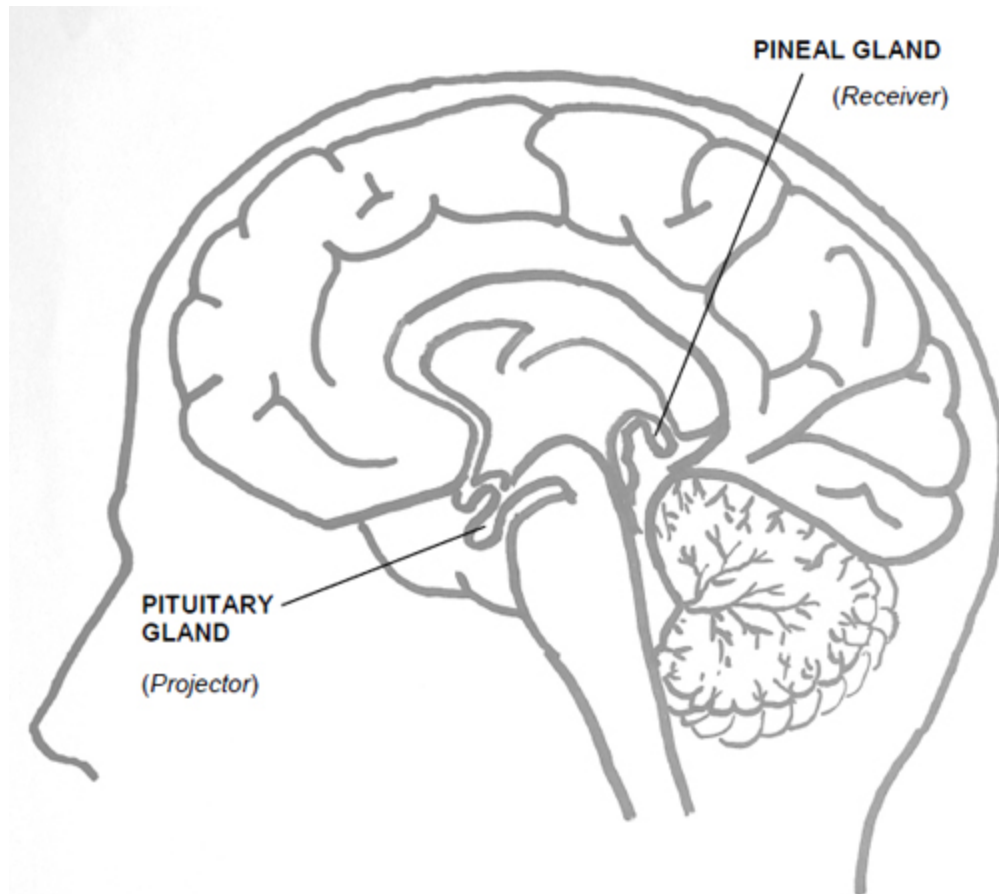
We will see what happens shortly.

These invisible radio waves become audible only when you have an instrument to receive them, these electro-magnetic impulses are absorbed through coils, modified and transformed into sound. Man likewise has a receiving set known as the pineal gland* which receives thoughts according to the wavelength that he is on, otherwise according to his own thoughts and emotions.

You have a receiving set just exactly the same as you have a radio receiving set. These vibrations carry through an instrument, known as the pineal gland. The consciousness becomes aware of these vibrations and they are felt and understood.

Love is a magnetic force which has proved to be more powerful than the strongest magnetic wave used to magnetise steel. When a piece of steel is magnetised all the particles arrange themselves into north and south poles harmonising the whole of the atoms in that piece of steel and thus a piece of steel becomes a magnet. *Because of the fact, that all the atoms are formed according to their nature, north and south. If you have a piece of steel that is a magnet it attracts another piece of steel to it. How do you then destroy the magnetisation of that piece of steel? By continually giving it a blow or hammering it until such time you disintegrate or transform the atoms in the piece of steel. That is exactly what you do to your own selves; through your envy, your jealousies, through your fears, through your antagonisms and all these things, you are beating your magnetism out of you and you are no longer magnetic at all. You become a piece of putty. So does love magnetize the atoms of the body, turning it into a magnetic power attracting the Cosmic Rays in greater abundance. When the pure nature of Love, not a love that is entirely possessive, is full of envy and full of jealousy, but the pure Love you have the stronger is your body and your mind to attract the*

Cosmic Rays to it. So it becomes a powerful expression of the Cosmic Ray itself. "I have come that you may have life and even more abundant life."



Pineal Gland: Small organ, about the size of a pea, situated in the posterior forebrain. Secretes the hormone melatonin, which regulates circadian rhythms in many animals, including humans. It is large in children and begins to shrink at puberty. Involved in gonadal development therefore may play a significant role in sexual maturation and development.

Pituitary Gland: A small gland, attached to the base of the brain producing hormones which regulate many important bodily functions (influence growth, metabolism, and maturation) and co-ordinate the working of other endocrine organs.

PINEAL & PITUITARY GLANDS

When we hear that saying, we begin to understand more and more of the mighty power that man has within himself. But he must begin to discern and

understand the phenomena of the world. Yet phenomena is the relative but we must understand the relative before we can ever know Reality.

Thus the one who truly loves humanity becomes a truly healthy and magnetic person, with power to create.

The harmonising of the atomic energy is based on the fundamental Universal Law upon which the function of Life is based. That is the Law of electro-magnetic principle. This principle is the basic power of the creation of motion in the Universe and motion is the force for the transformation of the atoms of matter into various forms, and Nature's subtle conductor is ether.

We see then, that Nature's subtle conductor is ether, conducting these electro-magnetic waves which begin to transform the atoms in your body. And when you have fits of depression, when you have fits of anger, fits of envy, fits of antagonisms, you are actually transforming the atoms in your body.

What is the true nature then that brings harmony and peace to the body? Love of course. And why does Love gives the body the energy and strength that it needs? Because he becomes a magnet for those tremendous forces of the sun, the Cosmic Rays, that permeate the whole being and create harmony and peace in mind and body.

In the ether the blueprint of the Creation is fixed and motion is the cause of the transformation of the etherons and atoms into form, the same ether remains as the foundation of all forms through the electro-magnetic principle. This same ether fills all space, and all space between the atoms, and conducts its magnetic field between them. This same ether holds all together in the Universe and there is no space where it is not. It is the conductor of all impulses and thought is the most powerful of all when understood, for it is by thought the Universe is built.

I will read that again because it is most enlightening and it is necessary for you to read it carefully yourselves over and over again until such times as it becomes clearly understood.

In the ether the blueprint of the Creation is fixed and motion is the cause of the transformation of the etherons and atoms into form, the same ether remains as the foundation of all forms through the electro-magnetic

principle. This same ether fills all space, and all space between the atoms, and conducts its magnetic field between them. This same ether holds all together in the Universe and there is no space where it is not. It is the conductor of all impulses and thought is the most powerful of all when understood, for it is by thought the Universe is built.

The Masters say control of the prana means control of all Universal phenomena and the control of the prana means the control of all the dynamic power and energy in the Universe.

I have stated before and now this statement may carry a greater significance to you, “ether is the basis of *all* matter the framework in which matter is built, ether responds to thought and forms according to the idea in the mind.”

You have heard me say that often enough but it has been just a platitude to you. But when you begin to see the formation, the beginning to see the how of activities; how the creation of the atoms takes place, how you see how the phenomena in the Universe takes place. Then you will understand how phenomena within yourselves takes place. By doing so you no longer be ignorant. And the sayings of Christ in Jesus will no longer be platitudes to you. They will become words of understanding which will give you a greater, a more wonderful comprehension of the phenomena in the Universe and in yourselves.

So is the mighty power of God that I have inherited from Him, from the very beginning and from the very highest; from His very Consciousness, from His very Intelligence, from the very Essence, from the ether, from the transformation of the atoms, and the knowing how, that is all within me and within you.

You will say, how does he know all these things? How is it possible the one man can understand all these things? I say, nothing at all. I am taking it from the atmosphere. I am giving you the words that are given to me from those who understand and who know that these things are true.

And I said the pineal gland of man is a receiver. The pituitary gland in a man that projects. Is it not so, that when you are thinking deeply there is a bowing of the head. There is a negative state, the pineal gland goes into operation it receives thoughts, these vibrations are transferred through the inner senses, through the preceptor sensor within. It is carried then to the*

mind. The mind then, the consciousness, becomes aware of it and becomes a reality. Then as the consciousness becomes aware of it, instantaneously is received in the flash of a thousandth part of a second, the consciousness becomes aware of it and gives expression to it.

How does it give expression to it? Because, through the whole of the organism of the brain, begins to function and causes the cells, the nerves and everything to form the words accordingly to the idea that is expressed in sounds. The vocal cords come into operation, the tongue, the teeth, the breath and everything for the formation of the word. And here that very vibration to receive is given forth to you again as freely as it was received.

The only difference is this, according to the receiver so is the expression. The freer the mind is of all that is relative, all that hinders you, the purer will be the thought that comes through that particular instant. And you have all the possibilities within yourselves.

Proverbs 11: 24, 25 and 27, “one gives away, and still he grows the richer: another keeps what he should give, and is the poorer. A liberal soul will be enriched, and he who waters will himself be watered. He whose aims are good wins the goodwill of God: he whose aims are evil, evil shall befall him.”

BENEDICTION

O Thou Unknowable One, in Thy Wisdom Thou hast planted Thy Self in me.

In my ignorance I did not know my own power was one with Thine and my thoughts caused havoc instead of harmony.

Now, O Blessed One, I have come to know myself and with Thy Eternal Love to understand I bless all.

Since then O Beloved One, I have found the wisdom of the Master’s words “condemn not lest ye be condemned.”

I thank Thee, O Eternal Love, that I have found Thee in time. Amen.

EPILOGUE

It maybe that some of you have not yet comprehended the completeness of what I have said. There are many things that have passed over your mind because your mind is not yet capable of receiving the whole of this truth.

But as you go on each night it will become clearer as further explanations are made. So therefore, do not struggle with what I have told you, allow it to remain in your mind so that it will come up of its own accord and will unite with what I have got to say to you later. Therefore do not struggle, read these lessons quietly over to yourselves. Do not try and struggle to understand them but allow it to enter into your minds. And shortly the clearer the mind becomes and what I have got to say to you later on you will link up, and what is in your mind will then be ready to sprout forth and blossom into truth.

Now let us be.

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

The Sanctuary of the Silent Healing Power....

The Sanctuary where there is Peace....

Where all outer things have passed away....

But there in the quietness of the inner soul dwells that mighty power greater than the sun. Greater than all suns because it is the All mighty Himself....

This was the words of the Master, "know ye not I am the Father and the Father is in me.".....

It is the Father Who ever remains within me is performing His own deeds....

These are not my thoughts. These are a Truth that belongs to Eternity. You will find them within yourselves. The Peace will come that is beyond understanding....

A Peace....

My Peace....

* 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 29th April 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

* See the article on [page 323](#)

* See Diagram on [page 203](#)

* See Diagram on [page 207](#)

1. The first entire paragraph in the Lecture Notes is missing from the recording. [*Man must first find the core of his Being then all things are possible for he will then understand how to think. His thought will not return void but will accomplish what he has sent it forth to do. This reminds us that the subtle power of our thought goes beyond the confines of our environment.*]
2. In the Lecture Notes the word is “light”. Therefore the sentence would read [*It is the rays of light that set into motion the combination and transformation of the atoms, which result in the growth and disintegration of the substance we know as physical matter.*]
3. The last sentence in the Lecture Notes reads [*These colours are of various wavelengths according to their vibration or intensity of the wavelength of the ray.*] The recording Murdo says otherwise.
4. *Radium*. Rare radioactive metallic element isolated from pitchblende in 1898 by Polish born Marie (1867-1934) and her French husband Pierre Curie (1859-1906). Symbol Ra, atomic Number 88, atomic weight 226.0254. *See page 335 for further Atomic Weights.*
5. *Lung-gompa*. Literally “breath/air-meditation” (*Lung*—wind, *gompa*—meditation). Legendary running monks of Tibet, who by means of psychic training, renown for their ability to run non-stop across vast distances. (see chapter 6 of the book *Beyond the Himalayas* by Murdo MacDonald-Bayne).

Lecture 4 (6th May 1952)

THE SPIRIT THAT RULES THE OCEAN CALMS THE STORM IN MAN AND GIVES HIM DOMINION OVER ALL THINGS ABOVE AND BELOW*

“Listen to me, Oh listen, and you shall feed on good and thrill over the finest fare. Listen and you shall revive; by an eternal compact I grant you.” Isaiah 55: 2,3.

We have seen in our previous lectures that a thought-wave of energy radiates in ever widening circles through the ether at the speed of approximately 186,000 miles per second. The ether absorbing these waves cause magnetization in which these impressions remain and attracting to them other vibrations of similar wavelengths, thus thought becomes accumulative. These vibrations can remain dormant or active according to the stimulus given to them by the projecting or receiving mind.

We must see then that you are a projecting radioing station. Your radio reads vibrations, thought. Now remember that thought itself is not a Reality, it is a relative thing but it is an active relative thing. Just the same that an atom is a relative thing but it is an active relative thing. And within the atom there is also relative activities but behind the atom there is the cause that remains invisible.

The same is with a thought. That cause that is behind everything is yourself. Consciousness is cause, it creates a thought-wave either by reacting to things external to itself or from an inward sensation or through understanding that consciousness is the power by (which) thought is produced and created. And by the same power these electro-magnetic waves are created, so that the ether becomes magnetised, and there you have a thought in operation. These magnetic waves magnetise the ether just as a radio wave from a radio station magnetises the ether in all directions, up and below, so that you can listen to a particular radio station in any part of

the world and hear the same thing at the same time. So does a thought do the same thing. If the thought is strong enough and is projected by a consciousness that is aware, then that thought can be felt by receiving sets, that is minds who are ready to receive or tune in to that particular vibration, would receive them.

Now a thought sent out into the ether becomes a vibration of a certain density, of a certain wavelength. If a thought of hate, anger, jealousy or thought of war or whatever the case maybe, these thoughts are in the ether, they magnetise the ether, therefore all other thoughts that are created on a similar wavelength become accumulated, and they gather together and this becomes a cloud of a accumulated thought that sometimes moves across the whole world.

If you are not aware and conscious aware, you may dive into that particular thought-cloud and be caught-up in it. But if you are aware that that is a relative thing and has no power over you, you can dive into this ocean, you can feel it, you can come back and therefore you are not affected by it. Just as you can enter into the ocean and have a swim and come back out of the ocean and you are still yourself, so it is with these accumulative thoughts.

What I want to show you in these Lessons, is the relative activity which most people are affected by when they are not aware of themselves, aware of that which is beyond mind. But how can you know that which is beyond mind, when everything else is in your mind? You create an image of truth in your mind, an idea of truth, and you say this is the truth. But that is not the truth, that is in your mind.

But Truth is beyond your mind, it is a Living Expression Itself. It is the only power that can give thought an impetus. It is the only power that can create anything. You create then an image in your mind by yourself and then you think that is truth but that is not Truth it is but an image of the truth. Then you hang onto this image, what can this image give you? Nothing at all.

But when you have cleared the mind completely and you know what the mind is filled with, that all these are images, ideas, reactions, thoughts and so forth, then you become free—then there is Love—then there is Wisdom—then there is Reality. And in that you become consciously aware of a power

that can use the energy in the Universe, and that is called pranayama. When the consciousness becomes aware that it itself is the mover in all what we call the Universal Energy, then it is pranayama. Just the same as if to use the energy of pranayama the consciousness becomes aware and I do that, (Murdo demonstrates) you feel that don't you, just as a split second. That is pranayama. I am using the ether to convey an energy created by my consciousness, therefore you can feel that particular vibration.

We will never understand thought until we have first learned the fundamental principles upon which it works. Ether is a substance that underlies the whole manifested Universe, it is also the conductor of all vibrations and is the subtlest form of Cosmic matter. We cannot remove it nor can any of it be withdrawn from the Universe.

It is space itself for it fills all space even the space between all atoms in matter and the holder of the same atoms within its bosom. It makes up all matter and supports all form. Through ether only can matter or form be transformed. *Therefore we see clearly, that all atoms in matter and the holder of the same atoms is held within the bosom of ether. Therefore ether makes up all matter and supports all form. And through ether only can matter or form be transformed. Therefore how is a form transformed? Through ether. And how is this formed transformed? Through electromagnetic vibrations in the form of thought, which is carried in the ether right into the walls of the atoms, and turning these atoms into different activities, bringing a different action in the atomic structure of a form, therefore it is transformed.* It carries light, sound and thought according to the length of the wave and frequency of the rate of vibration. So do all vibrations of tone and thought remain within ether for eternity.

It can be dormant, waiting for further impulses to give it power or waiting till a mind can steer it into activity. That is how there are Angelic Thoughts in the Universe. The Great Artificers of the Universe are Artificers that are moving and moulding the atomic structure of the earth and around it. In fact, we know from experience and from knowledge that comes our way, from forces outside the physical but forces that are also existing just as we are existing. But who have an interrelated knowledge of the activities that are taking place in the interplanetary workings that are going on all the time.

These Artificers have a knowledge of the active principles behind the atom and behind the formation of worlds and planets. If you can grasp this Truth you will see that there is an Intelligence always expressing itself through a Consciousness, working in a certain direction according to its capability to receive and express. You are the same according to your ability to receive and express, so are you giving forth what comes in a electro-magnetic wave into the mind of the individual.

And that is how most of these Lectures are given to you. Because they come through, from what we call, electro-magnetic waves, by striking what we call the receiving set in the mind. Then it is interpreted in the mind, and by doing so then the whole organism comes into operation to give expression to that particular thought, in the form of words, so you can hear them. And by hearing them it enables you to search in your own minds and souls, to find that which is behind and within.

My words of any value whatsoever can only be for the purpose of making you search within yourselves and find the secrets that are within you.

Ether is the Cosmic recorder of all *these* impressions of Universal Life, therefore given the proper modifying apparatus or consciousness all past and present thoughts, events, knowledge, wisdom etc., can be reclaimed and reproduced; one day we will hear the Sermon on the Mount just as it was given.

I have in the past explained to you that the past, present-and the future are in the ever-present and the only time is the present. Therefore not only the past and present but also future events can be extracted from this Cosmic recorder. The future is eternally present waiting to unfold at the appointed time. "I am alpha and omega. I am the first and the last, the beginning and the end. I am the ever-present, past and future."

Now, what you think today, how you act today and what is in your mind today, is very often produced tomorrow. What you think in the past and what happened in the past is in your memory. It can become present in your consciousness, at this very moment. The future can be present in your consciousness at this very moment. But you cannot produce or create in the past, it is gone. You cannot produce and create in the future because it does not exist except in your mind, and the past exists in your mind. All these

things exist in your mind, the past and the future always in the present but the present is a Living Reality. And you can only create through a Living Reality and not through a memory or through a hope.

At the present time you are alive and living and to recognise that Life as Eternal and Immortal, then that Immortality is yours. But if you are seeking immortality in the future by some means or whatsoever you think you may happen to get it, then it can never be Immortality, because if Immortality does not exist now at this very moment, it will never exist at all! Therefore in the future there is no Immortality, it is in your mind as an idea, a belief, which is not a Reality but an image.

In the beginning the end existed and all that exists between. It could not be otherwise for what the Almighty decreed in the beginning *is* already finished, the end, unfolding the beginning. Thus the Christ in man is the finished product, yet the Christ existed before the world was.

The Masters understood the law of magnetization of the ether to be the great hidden mystery, and only by those who have acquired the wisdom and knowledge of this profound law can it be used with understanding and effectiveness. Yet not one of us can afford to disregard this law for by it and through it we gain all power in heaven and on earth and freedom from ignorance.

We do not yet realize the power of thought, and because we cannot see it we are apt to ignore it. The power of thought depends upon the consciousness that expresses it.

The function of the process of thought operates with mathematical precision. It acts the same as electrical impulses to create form both within and without. In the words of the Master, “what you hold fast below you hold fast above.” In other words, what you create above you create below, *and* what you create in the inner you construct *in* the outer and so you establish in the inner.

This is why I said in my last lecture of the last series, “when we are aware of the origin of our thinking and the action of our thoughts we will know the result as well.” *Isn't that true. That is exactly the place of the Master, he knows the result before he begins because he knows what the result will be.*

Did Jesus wonder when he turned the water into wine? We will come to the ways of how the Masters performed these feats. And it is what we call a transformation of the atomic structure of the particular liquid whatever the case maybe, by this science of the consciousness being aware to set in motion these electro-magnetic impulses through the ether right into the very walls of the atom that make up that liquid, changing it, transforming it into something else.

These things are not fairy tales they are actual Truth. And you have within you the very principle and the very instruments to perform these feats but your belief in the facts that it is impossible to you, therefore it is impossible. Because what is impossible to you becomes impossible. What is possible to you becomes possible. But I will say this to you, there is not anything you think possible in this world that is not possible. Therefore, when Jesus said, "believe you have received and you shall have," he was speaking from direct knowledge of a science he knew to be infallible.

Therefore if we understand the fundamentals underlying our thinking, what we then think is the evidence of that which will be produced in the outer, and here is the profound Law, thought projected from the transmitting mind into the ether is in the form of electro-magnetic waves with a particular wavelength and frequency. Inherent in this wave or impulse is the form and purpose to act upon the ether in such a way that the form can be constructed, for all Creation including man is based upon electro-magnetic action.

When an intelligently formed thought with its tremendous power is let loose in the ether it must not be ignored because of its magnetizing effect upon the ether. Besides, ether having its penetrating power throughout space, it spreads *into* the narrowest confines between the atomic walls of matter.

Not only does it go through whole space in this magnetising power that he had, through electro-magnetic waves, but it pierces right through the very walls of matter.

Could you feel a wave that comes from my hand, if I do this to you? (Murdo demonstrates) Could you feel a wave that comes from my hand unless it penetrated through the very walls of the atom, through which your nerves then receive these vibrations and you become sensitive to them?

When you have arrived at this state of consciousness when you know that you can project electro-magnetic waves by the means of thought, you can change a body. You can actually change it. You can eliminate conditions by your very powerful concentrated thought. That was Jesus' method in nearly every occasion but it was not a forced thing. He did not crunch his hand and crunch his teeth and said this and will you hear this. What did he do? With his complete understanding without the slightest effort on his part, he did just this (Murdo demonstrates). He did that...did that...that. Do you see now what I mean. Where there is no effort there is a conscious awareness of the mechanism of the activity. And the Masters are aware of these things.

The Masters told me that man is so constituted with a projecting and receiving set which enables him, when developed, to transmit and receive thought-waves. There are two organs within the mechanism of man—the pituitary and the pineal*—when man thinks his pituitary vibrates according to his thought and *those* waves pass into the ether accordingly. When man receives his pineal vibrates and receives according to the state of consciousness he holds—these vibrations are interpreted by the mind and man becomes aware of thoughts that magnetise the ether. Then he gives forth what he receives by word of mouth this again goes into the ether to reinforce the original thought.

You have already been told that this method is used in all these lectures now given to you. From my early life I was aware of thoughts that came from nowhere, but when I was trained in the Himalayas I became aware they did not come from nowhere, they were specially directed. These thought waves are received and given forth again by word of mouth, so you can hear them similar to your radio set.

If you asked me a question and I do not know the answer, I am only going to set in motion my receiving set and I can give you the answer. That is the simplest and easiest way, and that is a Truth. And when your consciousness becomes aware of the fact that it is possible, then it becomes possible. The instrument is created and has been created from the very beginning.

Therefore a thought wave transmitted from a consciousness which is aware of the fundamental laws underlying it can permeate the whole

Universe and can be picked up by any number of receiving minds who can tune their apparatus to allow the wavelengths or impulses to set in motion similar vibrations within them.

So the vibration that comes from above sets up similar vibrations within. And that is how you are sensitized to these vibrations. You sense it through your mind or through your sixth sense which enables you to acquire a knowledge of receiving vibrations because you virtually find these vibrations within yourselves, to set-up these seven vibrations within the individual and the individual interprets that.

Telepathy has passed through the watchful eye of science, and has been proved to be an Absolute Truth. I have seen in the Himalayas chelas in practice sending thought from one valley to another. First each letter of the word would be transmitted, and the receiver in the valley beyond would write it down. As practice made perfect words were sent in a similar manner until complete messages in the form of the idea *was* transmitted and received. *Therefore it is training but each and every one of you have the same capabilities, the same instruments are there ready to come into operation. But you have never allowed them, you have never thought about them, you have never been even told about them, nevertheless they are there.* But we need not go so far a field to find this out, we have many instances in our own lives here.

Now, the peculiar thing about these people is this, to the outside world they are illiterate. They know very little about the chela's over there, except the Masters know everything about the outside world because they know all about it but the students know very little about it at all. They are just young men who grow up there, they are illiterate as far as the outside world is concerned, they could never read or write nor do any of these things. But they begin their training by training their minds in this way. Therefore they are taken out, they are shown what to do and some of them are very apt. Some of them are actually at once, receivers or projectors, and they are accurate from the very beginning. They gradually move through one stage to another, from mental telepathy to other stages and so forth until such time they acquire such a knowledge of the self, of thought of movements of the mind and everything concerning the individual mind and body of man.

That their knowledge is beyond a hundred times greater than your best physician you have in the west. Yet they will not be able to read or write.

Now, there is a tremendous fundamental Truth, showing you how this knowledge is not acquired through books, as a majority of people get it in the west, but through actual experience, which is the greatest teacher.

I could relate many experiences I have had in the west before *I had* my sojourn in the Himalayas.

We are all quite conversant with the wonders of Jesus. He could see at a distance beyond the confines of man's ordinary senses. He could silence a storm, walk upon the water and heal as easily as he could breathe, because he knew the fundamental laws of ether.

I would like to go a little bit ahead but I want to show you, eventually you will see, the fundamental principle upon which levitation and walking upon the water is acquired. You will see it is so simple in its application, only it means practice.

But so simple is the law in operation, that man becomes as light as cotton, where the force of gravity that is holding him to the ground is reversed. And the forces within himself then are attracted to the forces above himself, therefore he reverses the polarity.

Supposing now, that you had heat within you and outside was cold. What does heat do all the time, does it not rise to the cold? If you have any water at all, now this is a great point we will see, that the hot water always rises to the top and the cold water is always underneath.

The breath that is taken in is hot breath it always wants to go to the cold which is the atmosphere above you. When you equalise the forces between the inner and the outer, you are no longer in any way affected by the polarity or what we call, gravity because you have removed the force of gravity, you have equalised it between the forces that are holding you down and the forces that are throwing you up. And by your will you can use your body in any way you want—that is levitation. It is scientific in its nature. So scientific that it is as accurate as mathematics. I am not telling you any fairy stories because I am telling you all that I have seen and done.

So let us state some of these profound laws of the ether. A thought-impulse travels like the wave from a radio station in a circuit in ever

widening circles in all directions, perpendicular and horizontal. *That is, these waves go up in the atmosphere and go in a horizontal way all over the earth. And we go right a way into the stratosphere because an aeroplane in the stratosphere can receive those vibrations of a radio station just at the same time as you are receiving them down here and are received all over the face of the earth and all through the whole of the stratosphere at one and the same time. So in ever widening circles in all directions, perpendicular and horizontal, affecting the ether causing it to be magnetized according to the wavelength or impulse of the thought.*

Now in the ether there are millions of different wavelengths, of different thoughts and radio wavelengths, thousands of them, all at the same time and they do not interfere with one another.

Have you ever looked to see the distance your radio mechanism moves to get another vibration, to get another station. You take the knob and it may move round with your finger but watch the inner mechanism and see how much it moves. It does not move more than a hundred part of an inch. Less than a hundred part of an inch does your mechanism move inside. Although you turn your knob, your knob is so made because if the knob did not turn more revolutions then you would not be able to get a station at all, you would pass them by. And if you want one, you gradually turn your knob until you hear it coming into operation. But watch the movement of that mechanism it does not move more than a hundred part of an inch and less than that.

A wavelength can be a terrific speed, which is invisible to the physical eye. You have got so many waves to the inch, so many impulses to the inch. If you divided an inch into a hundred thousand parts, what would you see of that inch? Would you see anything at all of that inch? Of course you would not. Have you ever seen an atom? Of course you have not, not even with your greatest microscope. Well some these wavelengths are much less than the atom. Very much less because they interpenetrate the walls of the atom.

I am taking you into scientific talk on wavelengths. If you read any scientific book, on the matter, you will see exactly what I am telling you is true. I am putting it in simple language for you to understand.

The entity transmitting the thought-impulse being the living Life, creative, gives to the thought a living expression which becomes existent in

the universe. This thought-impulse will attract similar impulses of the exact wavelength and frequency thus gaining power and momentum to accomplish its mission. Jesus knew that his word would not return void but would accomplish what he sent it forth to do.

Because he was a Master of Masters and knew all these things and his applications of them was as accurate as mathematics, two and two are four, and as simple.

The Universal ether is so constituted that the thought-impulse will create motion and consequent activity, combination and transformation in the atoms of matter, ether being the basis of matter and the framework in which it is built.

According to the state of consciousness so is the concentrated thought that is responsible for the intensity of the activity and *the* transformation of the atoms, and accordingly so will be the distance reached and the effect of *the* transformation.

I witnessed one occasion when I was in Tibet, when a man was torn to pieces because he had fallen down the rock side. His shoulder was torn and his back was torn and his leg was torn. He was brought up to the surface as if dead. Geshi Rimpoche, which was my teacher then at that time, was there. We were going along quietly between two particular portions of Tibet, from one place to another which we had to go, and this man was brought in. They knew of course, the magic of Geshi Rimpoche because he was known all over Tibet. He looked at the man, stood over him for a little while, and his bones began to heal. And in less than half an hour, there was not a scratch or anything left on his body. Transformation of the atoms of his body was transformed by the power of this man, who set into operation that tremendous force of electro-magnetic vibrations, causing the very atoms to form and re-form according to the Divine Image in which it was created. That was a clear picture of what could be done, without effort, without strain, without difficulty. And when I was amazed at this performance, he turned to me and he said, "within yourself, my son, is the power to do this."

So, it is within each and everyone of us a power that is latent but has not been recognised.

Therefore a mind that is clear of all limitation and hindrance is essential for creative concentrated thought. That is why I have in the past tried to

make you understand that it is imperative that you discern your thoughts. For a conglomeration of thoughts which contradict each other is of no value. You only create a distortion in the ether without result.

Therefore the combination and transformation will be dictated by the inherent Intelligence and quality of the thought; the transformation will be accordingly. Consequently a thought-impulse will induce similar vibrations in other minds, which happen to be in the same-wavelength of the original thought.

Therefore if your wavelength is in the same or similar, just as the woman who touched the garment of Jesus, the wavelength of her thought was this, if I could only touch his garment I shall be healed. She pushed her way through the crowd. All the time she was endeavouring to get near to him and when she did, she bent down and lifted his gown into her hand, at that very moment she was healed. He turned round to the crowd and he said, "who touched me?" The disciples said, "they are all around you, everybody touched." But he said, "someone has touched me, touched me this particular way because I feel virtue has gone out of me." The very vibration of her vibration was the exact vibration of his. So therefore, he felt the out rush of this terrific force into somewhere that brought complete transformation of the atomic structure of her body, and the woman was healed. And he turned round to her and he said to her, "thy faith has made thee whole."

Here again is the power of the Master who has mastered all impulses that rise from the subconscious through understanding and love. Therefore to condemn is to be condemned, for we attract like thoughts to the state of our own minds.

So if anyone condemns another they are already condemned. And they attract to themselves the vibrations of condemnation all around them. Little do people know that it is necessary for the elevation of the power of Love and Wisdom to be always in the mind of the individual. To feel and recognise those two pillars of Creation as the fundamental and basic Principles of a Perfect Existence.

If then, you will violate these particular Laws, of Love and Wisdom, you then bring destruction upon your own body and mind. It is very simple to Love. It is very simple to ask for Wisdom. It is easy for one to hate. It is easy

for one to envy. It is easy for one to get into a rage. But when one sees what one is doing, and sees that this is the self caught-up in craving, self-aggrandisement and fear and vanity, and all these things which are detrimental to man. When man sees how he is caught-up in these things, then he drops them they pass away. And when these things pass away from his mind and environment, that which exists Eternally takes its place— Love and Wisdom.

So simple is the expression of this, that It Itself does the work. You do not create Love, you do not create Wisdom, they exist Eternally. But you do create envy, you do create hate, you do create anger according to your reactions to things external to yourselves, and you do create fear. These things you create yourselves you must discern clearly and understand them that they are self-created, they belong to the self, therefore the self alone is responsible. And the self alone must remove them because the self brought them into existence and the self must remove them, by discerning that they have no power of their own and do not exist in Reality.

This state of mind can be sometimes spontaneous when the mind is caught up in reaction to the high levels or the low levels, or it can become trained through awareness and understanding to function mathematically, and sometimes it can happen accidentally when a flash of truth is revealed, thus you can find out for yourselves through practice.

This is why the masses still in ignorance can only associate with minds of similar thought, while the higher you go in the science of the mind the fewer are capable of coming together. So minds are attracted to each other in the same manner as atoms are brought into close contact by the impulse or force of the thought wave.

The masses crowd together because you will see they have got similar thoughts. But as you grow higher and higher and become aware of the great Truths, you find less and less minds are capable of associating with one another.

Between the grosser and the finer there is a deep cleavage, dependent upon the vibration of the minds which are able to receive and those which are incapable of receiving. That is why Jesus spoke in parables to the multitude while he spoke in secret to his disciples.

The attraction will be effective both in the conscious realm and in the subconscious realm according to the attunement. Thus some can be healed by the word others by water, and others by mud. Jesus knew the level each of his subjects was on.

We are now beginning to realize the great power at the disposal of man. This profound knowledge of the fundamental laws of thought could revolutionize the whole world when understood.

With one powerful concentrated and intelligent thought we can contact any point in the Universe. Thus prayer, when properly understood, is the most powerful weapon we have. We can enter into the mind of another, we can create convulsions in the atoms of matter, *we can make and combine according to our will.*

Some time ago when I told you, that there was a great stress and strain in the world, that war was very near. Then by instructions which I had received, at that time and many of you know of it, we went into a silent state and by doing so, we gave off certain ectoplasmic forces. Not only ectoplasmic but vibrations into the atmosphere. But this ectoplasmic substance was carried in such a way, transported through the ether, whereby it was easier for these Spiritual Forces to get complete contact with the minds to influence people who were at the head of affairs. And by this way a war was prevented where we were right on the very brink.

Since then things have altered and changed. So, we are at the present time in state of semi-peace. But you can never have peace with two armed camps in opposition to each other. You can only have peace when people begin to understand each other, and also understand the causes of war.

When we begin to see the causes of war and how wars and antagonisms are brought about, then we will eliminate them from the mind of man.

The present time we were just in a state of stillness. For these two armed camps, two ideologies which are fighting one another. And as long as we keep the balance we can keep peace. But how are we to maintain this continuously, unless everyone begins to recognise the causes of war.

We can use the law of Magnetizing the ether to our greatest advantage for we can penetrate into the atoms that dominate matter. Dematerialization and materialization of matter are performed in this way, where inanimate

objects can be transported through space, levitation and other phenomena are obtained in the same manner.

We can reshuffle at will the arrangements of the atoms and change their rate of vibration thus transmuting one element into another. In this way Jesus turned the water into wine and by the same means we can produce and create phenomena as we please.

Creation is nothing more than the deliberate releasing of a conscious intelligence in the form of thought into the passive ocean of ether to whip the etherons into motion to create activity and transformation. By the same mode of action when we have gained *this* state of consciousness of the Christ we can conquer the storms and the tides and subdue the ocean. Therefore knowledge alone is the basis of faith, “which is the substance of things hoped for and the evidence of things not seen.”

Can you now ignore this great power at your disposal? Then think deeply! Do you use it ignorantly or knowingly? Millions of people know nothing about this great power invested in man.

This teaching should be the first consideration in the religious education of any man, woman or child. This is the answer to the riddle, “man made in God’s likeness.”

“If thou be wise, thou shalt be wise for thyself” Prov. 9: 12.

BENEDICTION

O Mighty One, Thou hast created me like unto Thyself. In my ignorance I did not understand, but now I have found the key to Thy treasure.

O Blessed One, how can I thank Thee except by doing Thy Will.

Thou hast clothed me in matter and I was lost in the darkness of my mind.

Now the Light that *shines* from the beginning showed me the way to conquer all things as Thou hast decreed.

O Mighty One, I bow before Thee. In Thy Wisdom Thou hast made me like unto Thee and through the Love of Thy Son I found myself united in

all, Beloved of Mine.

* 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 6th May 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

* See Diagram on [page 207](#)

Lecture 5 (13th May 1952)

MY WORD IS LIFE, SEE TO IT THAT YOURS IS LIFE ALSO*

“Walk ye in all the ways that I have commanded you that it may be well unto you.” Jer. 7: 23.

In our last four lectures we have seen the terrific power at the disposal of man. The profound knowledge and constructive application of the subtle and profound law of thought is absolutely necessary for mankind to understand, for his own benefit.

Man does not understand the power of thought and the action of thought and reaction, then he is bringing trouble upon himself. The difficulty is that we are caught-up in our thought and our reaction. We react to one thing and another. And immediately we are caught-up in our reactions, then we begin to think, our thoughts become active and we set in motion a train of causes and effects, where we do not know where they shall end.

But if we know how our thought acts and how we do create those causes and effects, then we will discern our thinking, and by doing so we will understand what we are doing.

Self-knowledge is the only thing that releases people from the difficulties which they create themselves. Therefore we see, that in our relationship to one another is self-revealing. Unless this relationship is self-revealing, then we will not know ourselves; how are we related to each other, what do we think when we speak to each other, what is our thoughts, our mind, are we poker faces or how do we go about it? Do we love or do we try and overcome certain conditions or are we greedy or are we using our friends and relations for our own benefit, what is our relationship?

If we cannot discern what we are doing, you do not know what you are doing, then we will not be revealing ourselves. But if we do reveal ourselves through our relationship, we will become aware of ourselves and the conditions in which we are creating interest. Unless you understand the conditions in which you are creating and how you are conditioning yourselves, you will never free yourselves.

Freedom comes from self-revealing, that is the only way freedom comes, without it there is no such thing as freedom. Because you are caught-up; in your own cravings, your own beliefs, your desires, your hopes—past and the future.

The present is not understood because the shadow of the past is on the present. The future is also preventing the present from being what it should be because of your hope. You are always living in the future when you can never create in the future—you can only create now.

Therefore we must see this great Truth. I want to show you clearly, that the only process of freedom is the self-revealing process which we enable to see ourselves completely and see the self; what the self is doing, how are you reacting, how are you creating your thoughts, what are your thoughts and how do they arise, do they arise from things external to yourselves, do they arise from internal feelings of craving and so forth desired. Or are they thoughts created from that particular Spirit that is in Itself, the only Power existing and Its freedom. If then you have freedom—your thoughts will be free also.

We see clearly now that we can use the law of magnetising the ether to our great advantage. We also see that the same law will act against us through our ignorance of this law. We also see that we can whip up the etherons into motion and induce activity throughout the whole world and beyond.

It was by this method and with this knowledge that the Master silenced the storm and did many wonderful things which are discredited by the ignorant today. *Because they do not understand the mechanism of how thought is produced and how thought acts. If you are not aware of these things, then you are caught-up in your own desires, your cravings and your ignorance. Yet by their own ignorance they have used the same law unconsciously against themselves.*

The very law that Jesus used to silence the storm, the very law that he used to do these great miracles, man disbelieving these things by his own ignorance, he uses the same law unconsciously against himself.

Throughout history we have seen this taking effect and in our own times. We have witnessed demagogues who have arisen in our midst, and with their carefully planned oratory they have raised indignation and anger in the multitude who are caught up in the vicious circle in which they are destroyed along with their demagogues.

How true are the words, if you use force to overcome force, force will remain, the only way to overcome force is by love so that love will remain.

So we have seen throughout history this great Truth. Ignorant demagogues, ignorant of the law of thought, if they knew the great Truth, that thought is like a missile projected from a platform, and after it does a complete circuit it returns to the platform from which it was created.

And it is always the same way, it is nature. Drop a pebble in the pool, ripples of the water will flow out to the edge of the pool, then gradually they come back again and be silenced at the very point where the pebble was dropped.

It is the same with thought, it moves in ever widening circles to the end of the confines of which it can reach because of the power by which it has been projected, and returns to the point from which it was created.

So a destructive thought comes back to roost on the one who creates it. That is why Jesus knew the law very carefully when he said, "love your neighbour as yourself." He was giving you a protection against your own ignorance. It was no use of him explaining the law of thought and how thought operated. But he gave the fundamental principles so that man would not destroy himself.

The method generally used by ignorant demagogues is to hold thoughts of anger and resentment. These cause the ether to be magnetized with the result that their words add fuel to the fire, the fire already kindled in the ether waves which speed like lightning *amongst* their hearers. No individual can escape the havoc of the magnetic circuit set in motion which has prepared the ground for the reception of his words; each mind being in the receptive state, falls prey to the vicious *circle*¹ that surrounds it.

Each mind being in that particular state of this activity, is a target for the thoughts and emotions of a demagogue, little knowing that this force that had been set in motion, is really the destruction of the individual who receives it as well as the demagogue who creates it.

So each individual becomes a medium repeating the thoughts and words of the speaker. This vicious whirlpool gathers speed until the whole nation is whipped into action. Destruction is the result which must eventually recoil upon them and their demagogism.

So it has been the law from time immemorial but man has never taken cognition of it. He has been caught-up in his belief, caught-up in his anger, caught-up in his desire, caught-up in his craving, caught-up in his separation. Therefore by doing so you can see clearly how destruction comes upon the people and upon the demagogues and those who create those anger thoughts, resentments and so forth.

It is entirely and completely the law that existed from the time immemorial. And if you look back through history, you will see how it acted through the whole of the countries, through the whole of the nations, through the whole of the empires that have come down as far as we can read, as far as memory goes.

How can it be otherwise then, how can we escape then, this terrific power of the magnetising of the ether by ignorant demagogues, by ignorant people? By understanding the mechanism by which it works! By understanding yourselves. To discern your own thoughts and emotions and the motives behind them. A self-revealing process so that the self can eliminate all those conditions, and extricate the self from these reactions.

If you are conditioning the self, you must know how you are conditioning yourself. And unless you know how you are conditioning yourself, you are still conditioned. But if you can recognise how you are conditioning yourselves, then you can free yourselves.

These Lectures are for the purpose of revealing the mechanism, revealing the methods on which thought travels. These Lectures are scientific, they belong to what we call, the ancient atomic philosophers,² that knew more about the atomic theory than even our scientists know today.

So each individual becomes a medium repeating the thoughts and words of the speaker. This vicious whirlpool gathers speed until the whole nation is whipped into action. Destruction is the result which must eventually recoil upon them and their demagogism.

Each individual, unaware of what is happening, thinks that his thoughts are his own, not realising that they are the false emotion and reaction to the speaker's thoughts and words.

Yet if one man in the audience understood the law of magnetising the ether he could destroy the effect of this disturbance and cause an internal peace by his own internal peace. A thought so projected could offset much strife which we witness in our midst. Think of the slaughter, pain and misery that could be averted by minds who know the law of magnetising the ether. Think how much beauty and harmony there could be produced in this way.

When you come into this hall, in the beginning I do not have to speak to you and lull you into a state of semi-trance, so that you can get quiet and peaceful in your soul. I do not have to talk to you with bonny words that you can think into your mind, so that these bonny so called words can create some feeling within yourselves. That is not the peace I want to give you, that is a mental state, you have not a real peace. A Real peace is an internal peace. It does not belong to the mind because the mind has no peace. It never had any peace and never will have any peace because in the mind there is always the opposites, in confusion and in conflict. And if you search into your mind you will see how your mind is in conflict.

But when you come into this room, when I say, "we will have a few moments silence, peace." It is not a word that is said. Unless I know this internal peace, you will never know. It is through your sixth sense you obtain it. A sixth sense which is the Consciousness within yourselves. And as this internal peace is felt so does every consciousness feel my internal peace. Because it is the One Consciousness which is permeating you all.

My consciousness is God's Consciousness. God's Consciousness is your consciousness. We seem apparently separate but there is no separation.

The very substance that makes up your body is the ether that penetrates everywhere. You cannot divide ether. You cannot separate ether anywhere. It supports all matter. It passes through all forms. It passes through the very

walls of the atoms. It carries the magnetic vibration into those walls of the atoms. Through ether the atoms can be transformed and so the form.

So here we see the law of thought, which is electro-magnetic in its nature, carried through the ether into the very consciousness that is within yourselves. Therefore these are vibrations that we recognise through our sixth sense and we have a peace. Unless that peace is within you you can never create that peace outside yourself. You can never externalise that peace if it is not within you because the outer is the result of the inner. What is in the inner the outer shall be. That is why Jesus knew perfectly well, that if he condemned anyone he would be condemned himself. And if any of you condemn any person, you are already condemned.

What is in your consciousness is what you will produce in yourselves. What your consciousness thinks and creates, so do you create within your own mind and body. And these pass through the very cells of your body causing a transformation to take place. Therefore if you are caught-up in condemnation, you will find that your body and your mind will be affected by that condemnation, you cannot escape it. It is an utter impossibility. For every thought you think must pass through your own body, through your nervous system and every cell of your body must give voice to that thought. And then it passes out into the ether to be caught-up in other minds who are similarly situated, thinking in similar ways, so you are adding misery to others as well as to yourselves. Jesus said, "love you neighbour as yourself, do good unto those who injure you." What a knowledge of this tremendous power of thought.

I can remember not very long ago, when there were hundreds of people who saw this demonstration, and that was down in Capetown. It was when I was here about fifteen years ago. I gave a Lecture in the 'Kaffa House' a Coffee House, in Capetown. Now as you know, anybody who knows this Coffee House in Capetown, when there is a wind blowing you cannot hear yourself speaking because the windows rattle and everything rattles all over the place. There was a strong wind blowing in Capetown. I could not give my Lecture it was an utter impossibility, that was certain until I did something.

But I recognised this Truth even at that time, that even the winds and the other conditions could be silenced and the storm could at least be silenced

around us, within the confines of these walls. And the words I said, “be still!”

When I said those words, “be still,” there was no sound whatsoever, the windows ceased to rattle. The reaction upon the crowd was mystifying because some people said, “he thinks he’s God.” Other people said, “the sound has disappeared,” “has the wind dropped outside,” “what has happened.” I took no notice of their thoughts and their words. I went on with the Lecture and at the end of the Lecture I said, “now you can rattle as much as you like.” And they started to rattle again just the same as they did before. You can go down to Capetown and ask people who were there and they will tell you, how true that demonstration was.

But I knew this, that there was a force interpenetrating every wall there, there was ether, would carry the vibrations of that thought and would affect the building in such a way, that would close the atoms and seal the atoms from these vibrations that were brought about by the storm.

The inner was greater than the outer and that is how Jesus knew that he could also silence the storm, walk on the sea, and do the many things that he did do. These things that he did, ignorant people think that they are myths.

Only those who understand the law underlying these things can understand how they were done, and know that they were not myths but the actual demonstration of the Consciousness of God inherited and established in man.

The question I want to ask you is, have you discerned your own thoughts to see if you are adding to the misery of the world through your ignorance of this Law?

Through ignorance each civilization has destroyed itself by this very law. Jesus knowing this law laid down certain precepts which he knew would save mankind; “love your neighbour as yourself,” “do unto others as you would have them do unto you,” etc., etc. As we read his words in the New Testament we realise now the importance of them in our *own* lives at this present moment.

There was never a time in the history of man, that man was in greatest danger than he is at this very time. All over the world, everywhere; there is

antagonism between groups, between societies, between religions, between ideologies, and man against man, father against son.

Here we see it coming as humanity has yet not understood the cause because the cause is within himself. He thinks the cause is outside himself.

There was never such a stupid time as now. Through this ignorance, I believe that man will regain his heritage by discerning his own ways that are false. And leaving behind all the teachings that are false also and begin to think for himself. And find for himself, within himself, is that peace. That understanding that will enable him to do as the Master said, "love your neighbour as yourself."

It is these important questions I want you to answer satisfactorily to yourselves in such a way that they challenge you to the very utmost. How powerful is the invisible magnetic wave of a thought that pervades the ether to magnetise it? How can this magnetization be combated? Is there a practical and scientific basis upon which we can work to eliminate the effects of thought-waves that destroy man in his ignorance of this great science?

I have told you in my previous lectures to you that a thought-wave is equal to the power of the mind that projects it. My previous lectures have been given to make you aware, not only of your reactions to the external world but also to become aware of your own Reality, the source of your Being. Without this preliminary training you would be all at sea, and *at the mercy of the storms that surround you.*

Is it not that you must be aware all the time? Jesus said, "watch and pray." Just means exactly what I say, become aware of your own thoughts, your emotions, your desires, always continuously in the present. Never mind the past or the future.

Past is a memory, it is a thought probably buried in your consciousness or in your mind, somewhere in the memory cells. But if these memories of the past are influencing or overshadowing the present, you can never be aware but if you can be aware now, these memories will come to the surface and will be discerned and completely eliminated. Because that which is in the mind and has not been discerned and understood will crop up again and again until such time that it is understood. That is why you have dream

after dream of the same thing, it is because there is something in your mind you have not understood, you have not discerned.

If you could eliminate all thoughts from your mind, all memories. And know what they are; memories, effects and things, it cannot affect in anyway the Reality of the Spirit. No matter what you did and what you did not do, you must see them clearly before you so impersonally that they can have no effect upon you, therefore your mind will be cleansed and freed.

Guilt and self-guilt and all these things which harbour upon the mind of the individual destroying his presence. Destroying the very presence of his presence now. Because he feels that he has done something, this and that, that has destroyed him or has brought him to the brink of despair, and he runs for somewhere to ask for forgiveness. Why? The very forgiveness is within himself because God dwells within every soul. He holds nothing against anyone. In the recognition of this Truth there is freedom.

Why, the Catholic religion recognised this long ago and saw that how a person could be freed from all their guilt, by coming to the priest and asking for forgiveness. Forgiven and they have gone free, their mind was free, the burden was taken off them.

What a power then that the priests have upon the people. The greatest power on earth. But if man could think for himself he would know that he could free himself. Because the very God that was within him is the only freedom he ever has and ever will have.

So if you seek outside for yourself, you seek an authority, therefore you destroy yourselves.

A thought projected into the ether may start from one mind and thus create similar impulses in other minds, with the result that the repeated impulses of the original wave impulse are increased a million times.

The elimination of a thought wave can only be accomplished by a thought-wave that superimposes the destructive one transmuting it. There is no other way in which a destructive thought-wave can be combated. There is no other force that can stand in the way of a thought-wave with the velocity of light, vibrating at the tremendous speed of millions of times per second, whirling through the ether sweeping the ether's passive etherons into motion and activity.

Therefore we know, that there is only one way of doing it—peace, internal peace.

If I withdraw my consciousness, which is one consciousness, from any thought that I have created, it will fall into nothingness. If the Infinite Consciousness withdraws Its Consciousness from all the Creations of the Universe, which we call a Day of Brahma,³ (which takes billions and billions of years to come into operation) if the Infinite Consciousness withdraws Itself then from the phenomena that we see throughout the Universe, that phenomena would disappear into the Substance from which it rose, into the Essence from which it rose. And that Essence would become quiescent and quiet and peaceful, until the beginning of another Day of Brahma, when the Consciousness of God becomes more active into the Universe and creating another Universe in form, for man to solve again in a greater and greater way.

Here is the Consciousness of God in man. Little does man know that this power has been inherited within himself. Little does he know that the Consciousness of God is working in through the consciousness of man, for the purpose of this great Cosmic Scheme of bringing about a Perfect state of humanity.

These passive etherons waiting silently are struck with tremendous force by these electro-magnetic impulses, changing them into a gigantic force of a devastating tornado which creates whirlpools of great magnitude affecting the minds of the people.

Can you stand in the crowd and resist the effect of martial music played with gusto? Can you resist the thought-waves of a nation whipped up by propaganda? Can you resist the emotion of a fanatical crowd singing a national anthem? Can you resist the power of an experienced orator? Can you resist being carried away by a religious revival? Or any of these things good or bad? Can you stand alone and hold that internal Eternal peace that passes all understanding in the midst of all this and more?

Answer these question calmly and honestly to yourself, this is being “aware”!

That is being aware! Not being caught-up in any of these things, which are good or bad or indifferent but having that internal peace that belongs to

the Almighty and you and me. That is the silencing of the storm.

“Unless you have peace in your own soul how can you have peace beyond it.” Unless you have peace within your own soul how can you silence the storm. Unless you have Love in your heart how can you heal your brother. You think you can heal him by your mind, never, there no such thing.

It has been proved that a thin thread of wire almost invisible to the sight of the eye, travelling at a high speed and vibrating at a high rate of vibration, can cut through the trunk of the largest tree that stands in its way.

A small thin wire as thin as that is taking place in that machine (pointing to the Webster Wire Recorder recording the Lecture).

Such is the fate of any material thing that stands in the way of the invisible inaudible onslaught of a thought-wave generated from a concentrated mind. The active intelligent powerful invisible magnetic impulse passes into the core *and pores of the* atoms, annihilating them.

Scientific experiments in the electrical laboratories have shown that a thin fragile piece of straw or a feather charged with high electrical impulses can twist a steel shaft. *Can twist it and turn it in any way it pleases.*

A mere little feather, a thread. Why? Because everything is electrical.

Why is it so, that the sound.....

(a bad break in the recording occurs here)

....that tone will split the atoms, destroy that form, smash it into nothing. That is the knowledge that vibratory science is bringing to us at this very moment. And some day one is going to strike upon that particular note, and if it comes woe betide humanity.

The ether is full of a conglomerate mass of thought-waves that are continually annihilating each other. From the thought of *a primitive native* to the adept, thought-waves are being dissolved and resolved into a network of a conglomeration of thoughts. Yet one concentrated thought from a concentrated mind that knows the source of thought and the law pertaining to electro-magnetic impulses can pierce the conglomeration and transmute it into an active force to create or disintegrate.

This was the power the Master had and still has. Yet man through his ignorance and non-acceptance of the Truth the Master spoke, will have to learn his lesson through his ignorance.

Intelligent comprehension of this great problem is not enough, there must be a knowing beyond mind of an Infinite Power behind all mankind. There must be a conscious awareness of a Creative Force that stands above and beyond man's creations. It is not a belief, for a belief is of the mind itself. I cannot give you the answer to this, yet everyone who searches deep enough will find the answer, and one day when the mind of man is turned in the right direction man will produce a new age, some call it the millennium.

You may search in your mind for this abstract thing that is behind all Creation but you shall not find it. All you will have in your mind is but an idea of it, an image of it, a belief that it exists but that is not it.

How then can you reach this particular state of awareness of something that is beyond the mind? Only by discerning everything that is in the mind and everything that is relative, and then you will find that there is something there that is not relative.

It stands alone and Complete in Itself after everything else has been discerned. It stands alone and yet becomes a pinnacle in Itself Complete behind all Creation. It is a knowing beyond mind. It is something that only comes to you when you search everything in your mind that is relative. Knowing everything that is false, then there is a Truth comes, a freedom is brought to you, and you know that you and God are One. There is no separation at all, been a myth, been an illusion. Then in that peace, there comes a Peace, that knows no opposition, that knows nothing that is contrary to It. Knows no opposing force, knows no conflict, knows no opposites, aware of Itself completely. In that Peace you will find freedom.

How can you find freedom if your mind is in turmoil? Is it not necessary to discern why it is in turmoil and what the turmoil is.

Jesus said as the serpent was raised up in the wilderness so must the son of man be lifted up. I have in the past explained this symbolism to you. The son of man must become aware that he is the Son of God, not born of the flesh or of the will of man but of the Spirit of God.

If you give flesh power, if you give the will of man power, then I tell you, you will know nothing of the Spirit of God.

Then the thoughts of man will be transformed by the Sons of God, the law being that nothing is lost in the Universe but only transformed and changed. So the old will pass away and there will be no more gnashing of teeth and our tears will be dried up, and there will be no more death for the former things will have passed away, they will be transformed and changed.

Transformation is the only thing that takes place. The only thing that is permanent in the Universe is change, transformation, continuously going on all the time. Yet that which causing the transformation remains unchanged, as it was from the very beginning. "I change not, yet I am the cause of all change." That within me is changeless but that within me is causing continuous change. Then the only permanent thing in me is change. But that which causes change remains unchanged, Eternally and Ever-present.

Oh, could I give you this to become aware of. But what use would it be, if I added your sum up and gave you the answer, would you know the sum? If I gave you the answer to the sum what good would that do you? Unless you totted up for yourselves and there find the answer within yourselves, that is the only way because then you would know the Truth, your Truth not my Truth. You will know your song not my song, you will know your note not my note.

So we see the law now clearly that by our intelligent thinking with knowing and understanding, these thought-waves that man created to destroy himself, if not fed, become weak and are arrested in their own etheric domicile. Their magnetising influence declines and with the fire extinguished they become dormant within their own nucleus.

Many thoughts never generate sufficient power to materialize in the physical plane, they weave into incomplete forms, failing to receive nourishment from generating minds, they lose their cohesion and grip on the atoms which they had originally whipped into motion and the half-finished etherons disintegrate. Scroll after scroll weighs down our weary shelves, the only point of ignorance is centred in ourselves.

So we see limp thinking is of no good. If you want to create a thought, send a thought into the atmosphere, it must be a thought that is sent from a

concentrated consciousness, a consciousness that is aware. It then takes hold of the etherons in the ether and begins to whip them into motion according to the form, spreads throughout the ether and magnetises every portion of the ether of its power of the magnetic-wave sent in motion. And you can feel it in the North Pole and the South Pole and away up in the heavens, there is nowhere you cannot feel it. Just as you can hear a radio-wave, up seven-ten miles in the air, you can feel it right across the whole of the world and beyond. So does the magnetisation of our electro-magnetic wave of thought do the same thing.

But the most potent thought of your own is very often destructive. Because it is caught-up in the emotion because you are caught-up in the emotion. And as you think in your emotion so you create the destructive vibration which cause further kindling of the fire which has already been produced.

So the ignorance of man is caught-up in his own emotions and further destroys himself because of his ignorance.

When you are in a state of emotion, thoughts move up into the consciousness that you are unaware of, fear for instance, and any other thoughts that are caught-up in your emotions become stimulated with this emotion. And the intensification of this thought is so powerful, that it always manifests through your body at once, it sets in motion the atomic structure of your body. Wave after wave of these thoughts moving through the very walls of the atom, transforming them into the thought which you hold in the state of your emotion.

Little do you know the trouble you create within yourselves. If you know this law then of creation, the atoms of your body shall be retained in their original state instead of becoming old, run down by the feelings you have in your body. You're reacting to your body feelings, then in your mind that causes further reactions, setting in motion further electro-magnetic waves which cause further destruction.

Oh, could I make you know the power that is centred in yourselves, with this so understood a new world would appear overnight for man would free himself from the prison of his own making. The last and greatest war will be the battle of minds, the most dangerous of all weapons, the outcome is assured on the side of Christ.

Weapons of war, guns and all these things, cannot withstand the power of the mind. The greatest weapon that man has and he does not know it—is the weapon of his own mind. This will eventually come into operation and we will begin to know and recognise that the power is beyond anything, is the power that is within his mind, then there will be a battle of minds.

But who will win? The Christ of course! The only begotten Son of God. The Word that was with God, the Word that was God, and the Word what was made flesh remains Immortal. That is the only power that will retain Itself because It is Love.

“Love your neighbour as yourself.” “Do unto others as you would have them do unto you.” “Bless them that curse you.” Do good unto those that injure.” These are the precepts given by our Master that knew the great forces that were inherent within man himself, either to destroy him or to make him.

“Then the Almighty will be a joy to thee and thou shalt lift up thy face to God.” (Job 22: 26.)

BENEDICTION

O Mighty Perfect One, Thou hast created me in Thy bosom with the same Life which is Thine Eternal.

Little did I know that Thy power of creation was centred within me. Through my ignorance I set in motion forces that imprisoned me.

When I awoke from my natal slumber as a child awakens to know its mother, so did I know Thee as my Father-Mother-God.

Since then, O Mighty Perfect One, I have allowed Thy thought *only* to flow in and out of my consciousness creating within Thee as Thou hast decreed, for we are One.

Now I understand what Jesus said, “I and the Father are one,” O Perfect 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 13th May 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. In the Lecture Notes the word is “*current.*” Murdo either changed it or mis-read it. The sentence would then read: “*No individual can escape the havoc of the magnetic circuit set in motion which has prepared the ground for the reception of his words; each mind being in the receptive state, falls prey to the vicious current that surrounds it.*”
 2. The word *atom* comes from the Greek word *atomos*, which means “indivisible.” Atomism, the theory that all matter consists of minute indivisible particles, originated in the 5th century BC., with the Greek philosopher Leucippus of Miletus and his student Democritus of Abdera (“the laughing philosopher”).
 3. *Brahma*. (Hinduism) Supreme God, the Divine Reality, of which the entire Universe is only a manifestation. “*Day of Brahma*” or The Kalpa. The out-breathing (Creation) is equal to 4,320,000,000 earthly years, is a basic unit in Hindu chronology. A Night of Brahma, the in-breathing (Dissolution) of Brahma is of equal length. According to Hindu cosmology the flow of time is Eternal. There is no beginning in the past and there is no end to the future. Creation is a manifestation in concrete terms of the Absolute. Dissolution is when all the created Universe merges in the Absolute, and that is when the period of non-manifestation begins. The periods of Creation and non-manifestation alternate, these are the days and nights of Brahma. Brahma Himself is a manifestation of the Absolute. The Life of Brahma or of the solar system consists of 100 Divine years in His time (311 trillion and 40 billion earth years). According to Hindu religion and cosmology the current Life of Brahma is about half completed.

Lecture 6 (20th May 1952)

LOVE AND WISDOM ARE THE FOUNDATION OF OUR SECURITY*

“A new commandment I give unto you that you love one another; as I have loved you that you also love one another.” John 13: 34.

We have become aware of the invincible invisible power of man's conscious concentrated thought-waves, how they can be hurled with terrific force into the ether to magnetize it and how this creative power can deeply affect people and things. Now we come to the effect of man's unconscious thought, how it affects himself and others.

When we are always consciously aware, of our reactions and our thoughts to things, to people and conditions. We know then what we are thinking about, we are not unconsciously reacting to conditions, emotionally or otherwise. When we do, we create what is known as an unconscious expression of the aura, a magnetic flow, that flows from the individual outwardly.

Every individual is a combination of their thoughts, feelings, emotions and so forth in and their reactions to conditions and also their awareness to that, which is in itself, complete. According then, to the mixture of all these things, so is the aura of the individual. The aura of an individual stretches, in some cases, for miles from the individual, other individuals only a few feet, or a few yards.

When you come in contact with an aura that is extended to a great distance, outwards, you actually feel the influence of that individual before you even see them, or feel them.

A city has an aura because it is a combination of all the people's thoughts. A house has also an aura because it is a combination of the people's thoughts that live there.

Everything, no matter what it is, gives expression to the influence that is bearing upon it. As glass for instance.

Matter is not what you think it is. Matter is a combination of atoms. And the easiest material to influence by the aura is water. Water can be magnetized so easily, that immediately you drink it, it has an effect upon you.

If a person holds an article, for some considerable time, in their hands and concentrates upon it, they can absolutely imbue that article with their influence. And when another person touches it, unconsciously, that influence affects the individual because it is an absorption of what, we call particles, electric or magnetic vibrations, that come from every article in existence.

You are influenced by every individual you come in contact, one way or another. But if you are aware of how you are influenced, and what your thoughts and reactions are, then you will know, you will understand.

When there is love, then there is a feeling of harmony and peace. There is an attraction that gives you a sort of feeling of ease and comfort. When there is in-harmony, there is a feeling of repulsion—you do not want to know this person. Therefore, the quality in personality is a most important thing in individuals, when they understand. And is perhaps one of the most important things in life, is quality in personality.

Now, the same laws applies,—according to the state of consciousness so is the effect of man's thoughts, the ignorant think unconsciously while the wise think consciously. Again I must remind you that unconscious and conscious reaction to people, things and conditions and the tone of your thinking make up your magnetic aura which has great influence on those with whom you come in contact. This we will call the unconscious radiation of our thought influence.

I told you in previous lectures, that your thoughts are electro-magnetic, they have the effect of sweeping through the whole of your organism, your body, through your nervous system and then outward into your atmosphere and beyond. Your thoughts, in fact, colour the ether that surrounds your body. If your thoughts are strong enough, they will enter the atmosphere and magnetize the ether. Just as you can hear a radio station in any part of the world at the same time, because the ether is magnetized with these

electro-magnetic waves, and the whole of the ether being magnetized at the same time, you can hear in any part of the world, the same voice at the same time.

But as you know, that sound travels at seven hundred miles an hour, and these other vibrations travel at 186,000 miles per second. Therefore, the sound of the voice is carried in through an instrument, and then it is boosted-up in vibrations. These vibrations then become at the rate of 186,000 miles per second. Therefore the sound is carried on the back of this electro-magnetic wave, in what we call the ultrasonic-sound area, in which there is no sound at all, because the vibration of that sound is raised so high in the ether, that you cannot hear it by your ear. Then through your instrument, this ultrasonic-sound which is travelling at 186,000 miles per second, is modified through your radio, and you hear the voice at the same time almost as it is given off.

All these things are done almost instantaneously, but so much is performed in this particular small portion of time, it is incredible to think that at the same moment all these things are taking place.

There is a complex combination of thought currents which produce the unconscious transmission of the magnetic influence. While one person will attract and create harmony, another may create the reverse. While, one will unconsciously express healing and comfort, the other may unconsciously do the opposite. The question is how is one to protect oneself against the negative influence of a negative mind. The answer is, become aware of our reaction to people and things. This simple statement carries with it great significance.

There is nothing more important than your awareness of your own thoughts, your own feelings, your emotions and so forth, and your reactions to conditions and things. Immediately you become aware of that you are safe, but if you are caught-up in your emotions, you're caught-up in your thinking, you're caught-up in your thought, then unconscious thinking creates this condition, which is very often negative—fear, apprehension, jealousy, egotism, anger, hate. All these things are brought into play, because of your unconscious reaction to conditions, people and things, jealousy and so forth, is an unconscious reaction.

If this unconscious reaction is continued over a long period of time, you can see how it affects the body. These electro-magnetic waves being negative in character, have the effect of travelling through the ether which interpenetrates every wall of every atom in the body. And as these electro-magnetic waves pass through the body they cause a change, a transformation in the body, and therefore you find yourself with all sorts of conditions.

But there is one great emotion of love that sweeps through the whole body, and by doing so it changes every atom, transforms every atom into a live, living, vibrating perfect thing. And the combination of billions and billions of these atoms, vibrating at this harmony, produces peace.

It is a wonderful thing if you can realise what love really means, even in the personal sense. In the personal sense, of course, it carries with it, a lot of troubles. That is to say, we get attached to people and there is a slight tinge of jealousy and so forth, and these things cause little bits of miseries, by the vortices of energy, which vibrate at the wrong direction. But never the less, even if the personal person feels that flow of love that passes through them and as they feel that flow of love, you will know that it changes every atom in your body. And before you really know complete love, we have to know it through the personal sense first. Then we gradually grow into something greater and finer.

The atmosphere of a city is impregnated with the quality of the thoughts of the people who live in it. The unwary are caught up in it, therefore a knowledge of the law of electromagnetic thought-waves is very essential wherever you live.

If you live in a particular part of the country that is influenced by a certain individual or certain feelings, you will find yourself caught-up in them. But by a power of your own thought, you can change all that vibration. Even one individual who understands the power of electromagnetic waves, can in a meeting, change the whole atmosphere of that meeting without saying a single word. Those electric-magnetic waves are so powerful, that they permeate the minds of every individual but that individual must understand the power that is necessary to produce those electric-magnetic waves that permeate the minds of every individual in that meeting.

Therefore, a whole meeting can change from one of, an unruly one to one of peace and harmony, because of the fact that those electric-magnetic waves are the most powerful things in operation. And no matter how the individual thinks, and feels, he is powerless against these electro-magnetic waves that are projected by a most powerful consciousness that understands the process, and how it takes place.

A hospital can become one of the danger spots, if one is not careful. A sick person can become affected by the thought-waves permeating the hospital to such a degree that recovery is impossible, therefore purity of thought is essential. A ward can be brightened up by one mind who knows, while another can depress it through constant thoughts of sickness.

I have known people being put into a ward, where there has been one or two people very very sick, and have passed out of the body, and that person has remained in the ward for a specific time and has been affected by the influences of their own thought and feelings.

I can remember long ago, early in 1915, when we went up to the Hohenzollern-Redoubt.¹ I was in the Cameron Highlanders at that time, and we were going in to relieve another regiment, (that had) fought seven days before. So, we went in to relieve them about 5 o'clock in the morning. And we got up there during the night and in the early morning, the light was coming over into the dawn. And I was standing with my foot on something, just like this, resting just as though nothing was happening. Of course, you could hear the bullets and everything flying all around about you but of course you get accustomed to these things. And therefore when the light came a little bit more, I looked down and what I had my foot on, was the soldiers who had been brought out through the trenches who had been killed that night or the day before, and they were on the bodies line to go down to the burial ground. And I had had my foot on this thing, I did not know it was that, but when I saw it was this sort of thing, it gave me a bit of a shock to begin with. And the first thing that entered into my mind I said, "I wonder if I will be one of these fellows tonight." That was the first reaction I had. Now, the influence of that was slightly difficult to overcome for an hour or so, and I kept thinking of it, for the simple reason that it got a hold of me. But immediately I began to discern what I was thinking, and the emotion behind it, it disappeared. And I felt within myself, "well, the bullet

is not created yet, that is going to kill me,” so I went away, whistling on my way.

But it gives you how a thought, an influence, can depress one. And that, in early 1915, was the first time we went into the trenches and it was a bit of a shock because that was the first thing that met you there, the first time you entered the trench. After a few days in the trenches you don't give a hang, you get so callous and nothing bothers you.

Your reactions to conditions in life has got to be discerned and by doing so, you are not affected by that unconscious reaction that you have all the time which brings fear into your heart, and also produces in your body according to your thoughts and emotions.

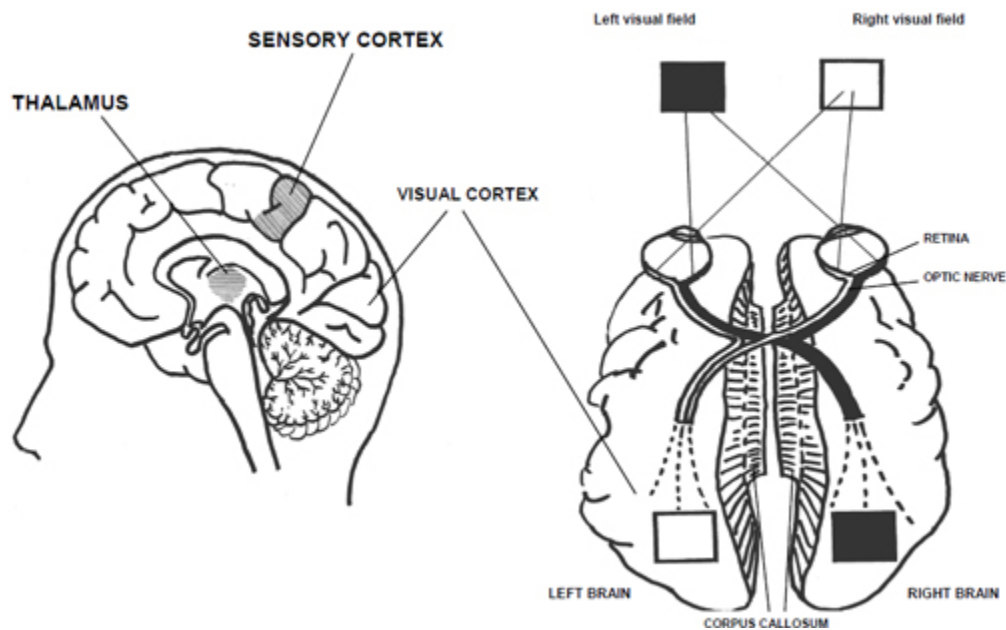
But the intellect of man will yet be forced into avenues towards the cause of things and will no longer be caught up in the effects of things. Just as electricity and magnetism have been harnessed for the benefit of mankind so will the scientific laws of mind and the creative power of thought and sound be harnessed. They have an eternal existence because they are the basic principles upon which *this* Universe is built and are still the basic principles on which life exists. The Word that was in the beginning carries the essentials of Creation.

And the Word means this: the idea must exist before the word can be spoken. The consciousness becomes aware of the idea and gives reflection to the idea in form and sound, therefore a Creation is created.

My words to you, come forth in sound, they enter into your mind and by doing so, you also pick-up those vibrations through your ear. They are carried through to your brain, to the various receiving centres in your brain, vibrations. There, they are interpreted, then the conscious mind takes hold of all these various vibrations, and forms them into an image, and the consciousness becomes aware of it at once.

A tremendous amount of work is done from the time my voice you hear, from the time you accept it and understand what I am saying. There is a multiple number of mental activities taking place in your brain before you can actually know what I am saying. The ear only receives vibrations, it does not discern or interpret what you hear, it only carries vibrations to the various centres in your brain, from there it is interpreted.

Just for instance, when you are looking at something with your eye, what you see of that image is a reflection of the image in miniature. Because if you look into your iris when you are looking at anything, you will find there an inverted image of that thing, very small. And these rays are then carried through the optic-nerve, in a form of electro-magnetic waves, through the optic-thalamus into the optic centre* at the back of the head. There it is interpreted and is passed through other various centres in your brain, giving it colour and dimension and so forth. Then the consciousness becomes aware of the image that is presented in the mind and gives it a relative reality.*



THALAMUS, on top of the brain stem, collects, sorts and redistributes sense signals. It receives (1) impulses concerned with general sensation from the whole of the opposite side of the body, and (2) impulses concerned with the special senses of vision, hearing, and taste. Only one sense bypasses the Thalamus entirely—Smell. Body sensations reach the sensory cortex.

THALAMUS AND OPTIC NERVES

A relative reality then, is a relative reality, not a Reality in itself, but it gives it, what we call a relative reality.

Therefore your eyes do not see and your ears do not hear, nor do your fingers feel, nor does your nose smell. These things are only reporters that carry vibrations to these various centres in your brain, through which these

vibrations are interpreted. And through the mechanism of your memory cells, a picture is created of what you see and feel and hear. And is produced to the consciousness, and the consciousness becomes aware of it. That is exactly what takes place in everything; through your ear, through your eyes and through your nose and through your fingers. Therefore, everything is mental, a mental-phenomena.

As science progresses and each new discovery of atomic energy is followed up, including all that is found in the relative world, the cause will be found within man himself. This is a profound statement *and* nevertheless true, for science is pointing this way. Science will prove that the inner and the outer are one and that there is no effect without cause. The study of the Cosmic Ray will unfold the great Law of the creative power of thought.

When science comes to acknowledge the existence of an invisible Universe it will extend its investigation into the world of cause and the study of the powerful properties of mental energies and thought-power. Again I have to remind you that the Master Jesus was the greatest scientist the world has ever known. Yet his discoveries have never been followed up in a scientific way, although his sayings have been made the basis of the greatest religion of our modern age.

And why was Jesus the greatest scientist of the modern age? Because he had every instrument that science could ever-create; for the purpose of looking into the most minutest particle of matter, for looking to the greatest distance on the earth, by understanding the process of the atomic structure of his own body and beyond, by knowing the constituents of electricity and magnetism, understanding the essence that is behind every form, understanding also the consciousness that is created, and having a balanced view of both the relative and that which is not relative, but Real. Having that balanced state of understanding the difference between the two, and joining them together in one complete Whole, recognizing himself as the Creative Principle behind all things.

By this great mighty understanding, he was able to penetrate deep into the structure of matter, to understand the confines of the very atoms. To be able to use his own telescope which is within himself, and see the greatest distance of where he wanted to see, and that is why, he saw Philip under the tree. And he could also use all his instruments, and he had within himself, a

mental library of all the things that could ever be published, and will ever be published in the world, because that was open to him.

All things then are now open to the Master who can penetrate the confines of matter, of ether, of distance of space, both the infinitely small and the infinitely great. That is the power of the Master that is behind all Creative Forces, understanding them, and recognising them as part of himself. "I and the Father are One."

Yet no religion or philosophy can ever endure unless its claims are based upon a firm scientific basis of truth in the most practical way. The results will no doubt be painful to many adherents and will shatter their coveted delusions, nevertheless unless this is accomplished such a religion or philosophy is doomed. The time is coming fast for this to be done, Truth-Science and religion must walk hand in hand.

Otherwise religion will pass into oblivion, at least the religion that we know of today.

Therefore all philosophy or religion must follow the true path of concentrating on the study of mankind and not merely be caught up in ethics, for ethics will never reveal that which is fundamental in man but only creates duality of mind, and Reality can never be found in duality.

Only through the world of cause can effects be understood, and only that which is within man himself can guide him to the world of cause. Then he will find that the electro-magnetic wave is the secondary cause behind all Creation which uses the boundless ocean of ether as the basis of all phenomena which respond to the powerful generator of thought. We will then have a glimpse of the reason why, although the real why will always be locked up in the unknowable who is the first Cause of all things, yet is all things.

So we see that these electro-magnetic waves are secondary causes, which are projected by a consciousness that is aware. If the consciousness is aware, then its power of projection of the electro-magnetic waves becomes accurate and devastating, both in creation or disintegration. It is a powerful generator of our thought, and according to your awareness, not only of that which is relative to you, but awareness of that which is Real within yourselves. Then in that state, there is a Consciousness that has the power of a generating station, just as you recognize a regenerating station

that is terrifically powerful that magnetizes the ether all over the world, while a generating station that is very weak it can only magnetize the ether a short distance.

The only ethics man will then know to be true is “Love” and “Wisdom,” then man will be true to himself, consequently he cannot be false to any man, for knowledge will show him the true path to freedom. When thought, the greatest of all forces, is revealed the only effective means for security will be love and wisdom, otherwise the misuse of this great power would destroy man himself.

That is why that it is essential, that those who are ignorant of this truth who have not built-up an understanding within themselves. If they use this tremendous force without that security of Love and Wisdom, they could destroy ourselves. So powerful is the consciousness of man, when it becomes aware.

A black magician is just the same as a white magician. A black magician is one who concentrates in his mind thoughts of ill-will and destruction upon another. But little does he know, that eventually all these return upon himself and destroy him.

While the white magician is one who uses Love and Wisdom and healing. And by doing so, these vibrations rebound back upon himself, and he becomes rejuvenated and strong and youthful, even in old age. He becomes then, a centre through which those vibrations of Love and Wisdom which are youthful in nature and have a rejuvenating power upon the individual, constantly expressing these thoughts brings health and strength back to them.

Therefore if one is engaged in destructive thinking, unconsciously, or you feel that you want to have revenge upon some person, you always find that coming back upon yourself. Jesus said clearly and distinctly as a means of security for yourselves, “bless them that curse you, do good unto those who injure you.” Therefore for your own security, you have to express those things, Love and Wisdom.

The scientists of today are perturbed, unless a proper control of atomic energy is devised, man might destroy himself. So were the ancient scientists, who were well acquainted with the science of thought which is

behind the atom, careful lest the uninitiated would gain (the) secret to this vast power.

Therefore Love and Wisdom will be the fundamental ethics upon which humanity has any hope of survival, and not merely words without meaning. *But words without meaning are useless. You will sit and you will listen perhaps, to words read in a different language which you do not understand, there is nothing to appeal to your consciousness at all, except the rhythm perhaps but beyond that it has no effect upon you whatsoever because you cannot think.*

And unless you think for yourselves, you are caught-up; in conformity, in tradition, in vicious circles, and naturally you are swept along with these particular things that injure and destroy the people. If you then, can stand in the midst of a crowd and listen; not be affected by say any martial music, not be affected by any political talk, not be affected by a national anthem or patriotic thing, if you can stand there without being moved by any of those things, then that is being aware. If you can stand in the midst of all these things and without having any movement whatsoever but keeping your perfect balance through being aware of what is taking place around you. Then you are aware and not affected. Although you are swept aside or swept in the whirlpool of the thought that mingles with the crowd.

The crowd will create a thought, that becomes a electric-magnetic wave of that crowd and everybody is swept along with it, they can no longer think. Only a person who is aware and can withstand all these influences. That is what you must learn to do, under all circumstances, you must learn to do, to become aware, and not be affected by anything external to yourselves. Only those who have seen behind the scenes can lead man to freedom and ultimate good.

All you who are now students of this University course on Universal Science, studying these lessons, assume a tremendous responsibility. When you acquire a clear logical and scientific understanding of the power of thought it reveals to you the great secrets of *Creation*.² Jesus, knowing this science, never condemned anyone but forgave even those who crucified him. He was aware of the power of his thought which he demonstrated on the fig tree that did not bear fruit. By his word he withdrew the Life from the tree. To use this law indiscriminately would do untold harm.

This knowledge transmitted to you thrusts upon you a great responsibility and you cannot afford to disregard these words of mine. No individual can ever escape from the consequences of his own creation. As you have already seen in our previous lessons, as you measure out to others so will it be measured out to you again.

That is security and there is no other security. The greatest Master of all times, gave this security to mankind, yet mankind passed it by. And what do we see today! The Christian religion we see today is not the teachings of the Christ. And not until the Christian religion has died, can the teachings of the Christ be made manifest. Only then will the teachings of Christ be revealed, and it is the security of mankind.

But is the Christian religion today a security for mankind when the Christian religion themselves are battling against one another? Within the Christian religion there are battles going on between one dogma and another.

Any time you can go to Glasgow and during these particular periods of time, when these particular organizations have their day out, such as St Patrick's day and so forth and Protestant day. You will see one band coming down one side of the street, the Protestant band and the other side the Orangeman's band. And immediately they get near enough to each other, they take their instruments and bash each other's head, and it takes the police to separate them. And here is the Christian religion which is supposed to be the teaching of the Christ.

Well, you see, the whole thing is preposterous and ridiculous, for the simple reason, that they have got no truth at all. They have a dogma of course, but a dogma is not Truth, an idea of truth is not Truth, the word truth is not Truth. Christian religion is not Truth, Mohammedism is not Truth, Hinduism is not Truth. All these things are beliefs, ideas and images in the mind, and have no existence in Truth at all. That is why people fight about them. But they never fight about the Truth, they cannot because they do not know what it is, therefore they cannot fight about something they do not know what it is.

And only those who know that it is, do not argue with ignorance, that is a fool's paradise.

This knowledge transmitted to you then, thrusts upon you, a great responsibility.

It is extremely difficult to break the habit of past thinking formed by years of ignorant unconscious re-actions. Yes, truly we are born in the ignorance of past generations. But if you will discern your thoughts and your reactions to things and people as I have taught you in the past, it will not be difficult for you to check these thoughts which cause havoc in yourself and around you. Jesus gave us the key to our safety, "love your neighbour as yourself." "As the Father hath loved me so have I loved you: continue ye in my love." John 15: 9.

Also read again the Sermon on the Mount and there you will find the security of man, and the only security man has.

Man ignorantly weaves the path of his life here by mixed thoughts. Yet man knowingly can check accidents and calamities by the mighty power of his conscious concentrated thought. His thought will stand in the way and dam up the destructive avalanche of a thought world overwhelming mankind, so strong is the power of a concentrated thought-wave projected into the ether.

We have seen that, recently here and in Johannesburg, when each of us was quiet and in a state of passivity. A thought was created and generated into the ether with tremendous force, carrying with it the ectoplasm which you give off, making it such a mighty thing, that it was physically felt by people in different parts of the world. At a time, not very long ago, one spark would have set off, the power-keg of the world.

And by this tremendous force, this power that we have as students of this great wonderful Truth, we have helped mankind. And perhaps we will see the day when we will perhaps disperse all this stupidity, where we see two armed camps facing each other, who are ready to spring upon each other, at the slightest provocation.

Man's greatest protection is his own thought. It is his greatest friend and his greatest enemy according to his own choice. So is man's speech a blessing or a curse to him, thought and speech are united in their action and create attraction and repulsion. The wise are wise unto themselves, to attract good and repulse all that is undesirable.

In our next lesson I will deal with the power of the word and the tone of the voice.

When you have gained the art of discerning your thoughts you can select the thought you want to express. Care and attention to what I have said is most essential if you would become a world builder not only for your own good but for the good of all humanity.

Everything can be accomplished in the way I have shown you, mere words loosely spoken are trash. Wisdom is choosing your thoughts and words and is the key to a successful life, which will be dealt with in our next lesson.

These few words are most enlightening and it is necessary for students to take heed of them, to protect themselves.

Man's greatest protection is his own thought. It is his greatest friend and his greatest enemy according to his own choice. So is man's speech a blessing or a curse to him, thought and speech are united in their action and create attraction and repulsion. The wise are wise unto themselves, to attract good and repulse all that is undesirable.

So think deeply over those words. Because unless you discern their true meaning, you will be caught-up in your thoughts, in your speech, in your actions.

The power of the Master is always one of awareness, where he feels and finds himself unattached to everything, even the awful powers which he uses. Just as you can go into the sea and have a bathe and come out of it, you are unattached to it. So is the Master unattached to all of the relative world; he can enter into it, and use it, and change it. Yet he can extricate and distract his consciousness or retract his consciousness completely from the relative and there remain within the Consciousness itself—free, with all its Creative Power uninfluenced from anything external to the Consciousness itself. Therefore the Consciousness becomes Creative, without being influenced in any way by the relative world.

This is truly the Master, through un-attachment in every way; to people, things in the relative world. Yet he can enter into that relative world and enjoy the effects of that relative world. He can work in it and yet not be of it. "I am not of this world."

Here, is then the Consciousness of a Master, completely detached, yet using everything at his hand. He used mud to bring the sight to the man's eyes. He used water to make the lame walk. He used loaves and fishes to feed the multitudes. He walked upon the water because it suited him. He stilled the waves because it helped his disciples.

If he was in the wave, he could not do it. If he was in the sea, he could not do it. If he was in the relative world, he could not do it.

This non-attachment to the relative world is the secret of Mastership. "I AM in the world, but not of it."

"Peace I leave with you; my own peace I give you; not as the world gives, I give to you. Let not your heart be troubled, and do not be afraid."
John 14: 27.

BENEDICTION

O Thou of Wisdom and Love, Thy nature Thou hast given unto me that I may walk in Thy ways.

Even though I was born in ignorance Thou hast shown me the way to Thy glory.

It was through Thy Son Jesus I saw the Light. Thank Thee, O Blessed One, for sending him into the world to be *the* light unto men.

Grant me the understanding to guide others *unto* the ways of Truth and Freedom through Wisdom and Love, O Mighty One.

EPILOGUE

Let us enter now into the Sanctuary of the Silent Healing Power. In this quiet peace.....

(short silence)

.....In this quiet peace and in the knowledge that there is protection, even through imperfection. That which seems imperfect will dissolve away, because it has no existence of its own. No permanent existence exists in the error in the mind of man. Only the continued expression of the Divine

Nature, that expression that is Eternal and Ever-present. And the fundamental understanding of that, is found in these words, “I and the Father are One.”

My peace now I leave with you, my blessing remains with you also.

* 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 20th May 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The *Hohenzollern Redoubt*, near to Auchy-Les-Mines in France, was a German fortification on the Western Front in World War I. The British first attacked the Redoubt on the first day of the Battle of Loos (September 25—October 13, 1915), was one of the major British offensives, but was a gallant failure, with the loss of over 20,000 officers and men.
2. In the recording Murdo had changed the text from “existence” to *Creation*. The Lecture Note sentence reads: [When you acquire a clear logical and scientific understanding of the power of thought it reveals to you the great secrets of *existence*.]

Lecture 7 (27th May 1952)

“THE SPIRIT ALONE IS VOICE”*

“The godless draw the sword, and bend their bows for murder; the sword runs into their own heart, and their bows shall be broken!”
Psalms 37: 14-15.

(That is exactly what takes place in the world today.

“Who lives by the sword shall die by the sword.”)

“The words of good men will make many wise, by a fool’s lack of sense is death to himself.” Proverbs 11: 21.

These two paragraphs are very important on what we have to say this evening in this lecture.

Speech is one of the great marvels of God’s creation. The combination of thoughts and words express what is in the mind of man. Have you ever thought of the deep mystery of how thought becomes speech, how the brain, vocal organs, throat, mouth, teeth and tongue come into play to express a thought in the form of sound-words?

We speak, we utter a sound. Do we realise what happens when we utter a sound? How the whole body, even the chest, the lungs, the brain, the nerves, the mouth, the tongue, the teeth, everything moves in absolute precision, to produce the word. The thought becomes the word in form. The thought that is travelling at a high rate of 186 thousand miles per second, is reduced to sound, a rate of 700 miles per hour, so that you can hear the thought in the word. That is what is happening now, the Spirit alone has Voice. The Spirit alone creates the Word. Nothing else can create a word, except the spirit. There is no other form, no other power that can create the word, or the voice, but the Spirit, and the Spirit alone has Voice. That is the Creative Power of the Spirit—the thought and sound.

Eloquence is the skill of selecting words giving them harmony and rhythm through a voice-tone that is vibrant. Think of the power of words specially selected and expounded through a voice personality that can sway millions. Words that sink deep into the soul to stir the human heart into a response that nothing else can.

Here we see then, a Voice of the Spirit. And it is according to the enlightenment of the individual that enables that person to speak with eloquence or with ignorance.

Wisdom is a gift of God. And he who wants Wisdom can get it, he only has to ask and he shall receive. But those who ask amiss, shall not receive the Wisdom that gives true expression to the Word of the Spirit because the Spirit Itself—is Wisdom.

Where do you see Wisdom in the world today? Are there many words of Wisdom spoken in the world today? The secret lies in the fact, that they do not know the mechanism that God created for the purpose of expressing Himself. But man has taken hold of the Tree of Knowledge of Good and Evil and is beginning to expound that Tree to the detriment of the whole of humanity.

No one has yet seen the great Truth of the One Tree of Life, that has its roots in God. And very few have clung to this which is the salvation of the world.

But people are always found in this duplicity of good and evil. The tree that you are told, “that you are not to eat the fruit thereof, unless you die in your ignorance,” that tree that grows out of man’s mind. And by doing so, man has led himself into the trouble he is in today.

But the miracle will take place. Mark you this, the Spirit alone that has Voice shall speak and the Eternal shall be heard once more. In the hearts of man, the Eternal speaks. That great saying is a Truth that shall manifest in the minds of people, when they have found out, they have been carried away with the Tree of Knowledge of Good and Evil.

Great achievements and progress are bound up in the thought-word expressions. The mighty power of a word can change a nation from a mediocre nation into a champion of a great cause. *Jesus was master of*

thought-word expression, he also turned a few fishermen into the greatest word power machines the world has ever known.

And in fact, each and every one of you can become one of these word power machines for the expression of the Truth of Life Itself, to discern all the things that are false.

When I tell you, it is necessary for you to discern the error. Do not worry about the Truth, the Truth exists Eternally, you cannot create a Truth, do not worry about it, it exists now. All you have got to worry about, is the errors, and then discern them and dissolve them. And when you do that, you will let go of that Tree of knowledge of Good and Evil and you will find the Tree of Life.

Do not worry about the Truth, I say. Do not worry about it, the Truth Is. You cannot spoil it, you cannot destroy it. No one can destroy the Truth. No one can argue about the Truth, it is beyond the mind, therefore, how can you argue about something that is beyond your mind. You can only argue about something that is in your mind and what is in your mind is error; it is a belief, an idea, an image of the truth which is not the Truth.

Therefore I say to you, forget the truth and discern your errors. And when you have discerned these things that are causing you all the misery, you will know what they are and the misery will pass because you no longer perpetuate the error.

It is necessary that you have had these words, to know and understand the meaning. And do not listen to anybody that can tell you the Truth because they do not know about it, he is leading you up the garden path.

St. John says, “in the beginning was the Word and the Word was with God and the Word was God.” *In another translation, in Moffatt’s it says, “the beginning was the Word and the Word was with God and God was that Word.”* With this great occult Truth the profound secret of Creation is revealed. God spoke the *Word of Creation* and Creation came into being. Here we see the magical power of thought and sound in the form of the Word. This combination nothing can withstand for it is the essential instrument of Universal Creation and expression.

If the Consciousness withdraws itself from all Creation, no Creation or relative creation could exist because the Consciousness alone holds

Creation within Itself.

Consciousness is the boundary of the invisible, unlimited boundary, in which there is no outside. Consciousness envelops the Whole of the Universe and everything is within the Consciousness of God. And the Consciousness of God is within everything.

There is the paradox, that we have to understand in relation to the relative world in which we see and understand. It is the relative world that we see, the relative world that we studying. We see everything that is relative, even your thoughts are relative. When you think of God you make God a relative God, do you not? Something outside yourself, an image in your mind. Do you not pray to this imagery God? You pray to an image, is not that idolatry!

Most of your prayers mean nothing. How would you truly pray? Jesus said, "God is Spirit." You pray to God in Spirit in Reality. God is Spirit, the only Creative existing Power in the Universe because nothing can come into Being except through Spirit. And Spirit is the Word and the Spirit alone has Voice. And that is why, "in the beginning was the Word and the Word was with God, and God was that Word." That is Creativeness.

Here we see the magical power of thought and sound in the form of the Word. This combination nothing can withstand for it is the essential instrument of the Universal Creation and expression.

The Masters are aware of the potency of sound and cultivate a tone of voice that creates harmony and creative action, they know the power of a word spoken with the understanding of the Truth behind it.

If you look into your own minds and think of the words you speak, are there any Truth behind the words you speak? Do you speak from your own emotional habit patterns, which were created and established within yourselves, that you have not discerned? Therefore you speak from ignorance. You do not know whether you speak from Truth or not, so therefore you are confused.

Most people use words, with no knowledge of what they are doing. But when the knowledge comes into your hands you are careful to choose *your* words with discretion for the very reason that the power of thought and speech are allied and are expressed as one.

A woman came to me the other day, and said to me, "Doctor, I know that you are annoyed at me for asking you those various questions!"

I said, "no, I'm not annoyed. I was never annoyed with anybody. Why do you think that I was annoyed with you?"

She said, "because you didn't answer me."

"Well," I said, "if I answered you, I wouldn't have given you the Truth, I'd given you an idea, something you wanted to know. And I didn't please you, you'd reject it, if it did please you, you'd accept it. So, I say, why should I answer your question? Did I not say, go and think it out for yourself and any answer you really truly arrived at, after you've discerned everything regarding it will be the Truth to you, not what I give to you."

She said, "I see Doctor, I see now."

I said, "are you sure you see now?"

Now that we have realized the power of thought we must also realize the power of the spoken word, which gives thought the added power of Creation.

Let us think how the ether is magnetized by the power of a thought. The electrons are swept into gigantic action as if struck with terrific force like lightning. Take sound now which amplifies the thought-energy-impulse causing displacement in the air, *as well as in the ether*, creating currents of sound which affect the minds and bodies of all within hearing.

Sound, that is within the ultrasonic range, above the ordinary sound range, the vibrations of this sound which is created is not heard with the physical ear at all. But that sound is a form of vibration which penetrate the very walls of your atoms. It interpenetrates the tissue, the structure of the body. It passes through you, just as light would pass through you also that is vibrating at a higher rate of vibration than 750 vibrations per second.

There are lights that are flowing right through you. The Cosmic Ray flows right through the very atoms, right through the very centre of the atom, even right through the electrons. And even you know what an electron is and the atom is, it is invisible to the physical eye, yet these rays pass through them and cause a change to take place in the atoms. A change for creating and building, and also the change for disintegrating the same atoms. So you have a building process and a disintegrating process, all

going on, controlled and directed by a Cosmic Ray, a force of Intelligence that passes through every cell of your body.

Supposing that you could control these Cosmic Rays, what would you do with them? You would be the most powerful individual upon the earth, would you not! Yet you have the capacity to do so but you do not know it.

Time will reveal that man has all power given unto him, in heaven and on earth, above and below. Most people use words with no knowledge of what they are doing.

Let us think how the ether is magnetized by a power of a thought. The electrons are swept into a gigantic action as if struck by a terrific force of white lightning. Take sound now which amplifies the thought-energy-impulse causing displacement in the air, creating currents of sound which affect the minds and bodies of all within hearing.

When the word is spoken the thought has the added force behind it, for it sets up vibrations in the atmosphere similar to thought-waves in the ether.

And they are joined together for the purpose of bringing the thought that is travelling at 186,000 miles per second, and they both mould together into a vibration that is travelling at 700 miles per hour. Therefore that high velocity is now condensed into the atomic structure which you see with the physical eye because sound is nothing more than vibration, and vibration is everything. Creation is vibration, thought is vibration. Thought and sound are the two things that mingle together; to bring down the vibration of the atoms, those electrons, those etherons, bring them down so that they are mingled together and brought into and condensed into a form, that becomes a physical thing, known to you as physical or material. But material things are nothing more than this ether, itself modified and condensed, visible to you also to the touch. All is vibration.

When Jesus uttered the words, "be still" the storm abated; not only did the winds drop but also the waves which revealed the greater expression of the word, "be still." The stillness was complete, yet when understood there is no miracle about it but that a scientific law was revealed of which he was aware.

He was aware of all the elements that existed. He controlled the ether vibration. He controlled the air vibration. He controlled the fire or

expansion vibration. He controlled the water or condensing vibration. He controlled the earth, the contraction vibration. He controlled all these elements which are the five elements, which the Masters use in the purpose of reducing ether in vibration, to a phenomena which you see as the physical thing. Jesus was aware of all these things because he was a Master of Nature.

And what I have seen and I have been taught by the Masters myself. I have given to you, just the knowledge that I know to be true. And these things are not a fantasy, but an expression of the Spirit. The Spirit alone has Voice. Jesus knew that the Spirit alone had Voice and the Spirit alone was Creative. It created all things in the beginning. It was the Creative Principle that existed in man. Therefore by his voice, "be still," not only did the winds abate but the waves also which prove the stillness of his own mind.

In choosing one's words in speech there must be an intelligent understanding of the underlying principles involved. The thought must be bound up in the words expressed, the thought is then carried in the sound, characterised by the tone of the voice with rhythm, harmony and meaning. This produces an intelligent electric impulse carrying the thought or idea as its nucleus.

Think into your own minds and see if your words are expressed in this way.

Now think what a wonderful and gigantic power is placed in the hand of man. *The Masters say, that this knowledge should only be given out to those who have developed Spiritually. For if used by those who have acquired this knowledge without Spiritual understanding untold havoc can be done.*

It has been done in the past. And havoc has been done among people in the past and havoc will be done among people in the future. A person without Spiritual understanding has grasped this knowledge, by the power of his words he has brought millions of people under his spell, and led them to destruction and himself as well.

The same things are happening today before your eyes. Right through the whole world this is taking place, and what is the cause of it? Confusion in the mind of the people. Your minds are confused, I know they are confused. You read your papers, morning, noon and night, you hear one

side and another, you do not know what is truth and what is not true. Therefore, you have lost your own self confidence because you have put your confidence in someone else. You believe that they know more than you do, therefore you are too lazy to think for yourselves. Consequently you follow a leader that leads you to destruction. But if you have sound common sense, you will know that you are in confusion. And if you know that your mind is confused, then the first thing to do, is to get out of that confusion and think for yourselves. Confusion comes about through lack of self confidence. You have no confidence in yourselves because you are swayed by the words of another.

Where does the Truth lie—in yourselves. And how will you know that which is beneficial to mankind? Well, the greatest Master in the world gave it long ago. He said, “love thy neighbour as thyself” There is no longer any confusion, your confusion disappears.

But how do you know your neighbour? You have got no neighbours. Why have you not got any neighbours? Because you treat your neighbours as a piece of furniture, for your own benefits. As your relationship to your neighbour so is your relationship to God. Then you call yourselves Children of God. “I am a child of God” Oh yes, you are a child of God, but you act like a heathen. That is Truth. Unless I tell you those Truths, you would never look into your minds to see where you are going.

Let us examine what takes place when thought is formed into words and sounds. The thought creates impulses in the brain cells connecting with nerves reaching the lungs, the vocal cords, the tongue, the lips, the mouth, the palate, the jaws and teeth, the nose, the head, chest and diaphragm etc., all these come into play to give voice to the thought and to give-thought-sound. It has gained an actual existence in the relative world—the world of effects.

The voice discloses the character and quality of the person giving expression to the thought. The voice is the audible representation of the quality of the mind, that is why voice personality is so important in all walks of life. It is this combination that gives life to the thought in sound-words.

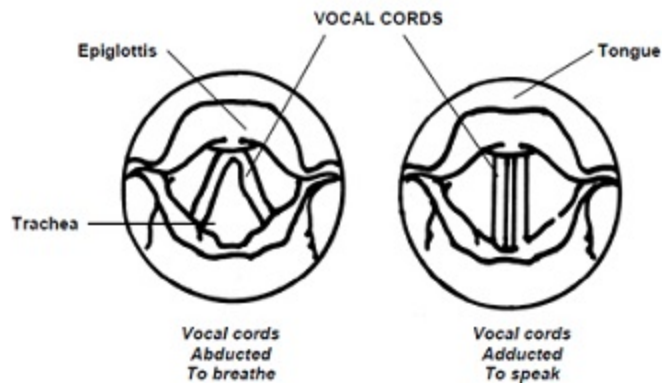
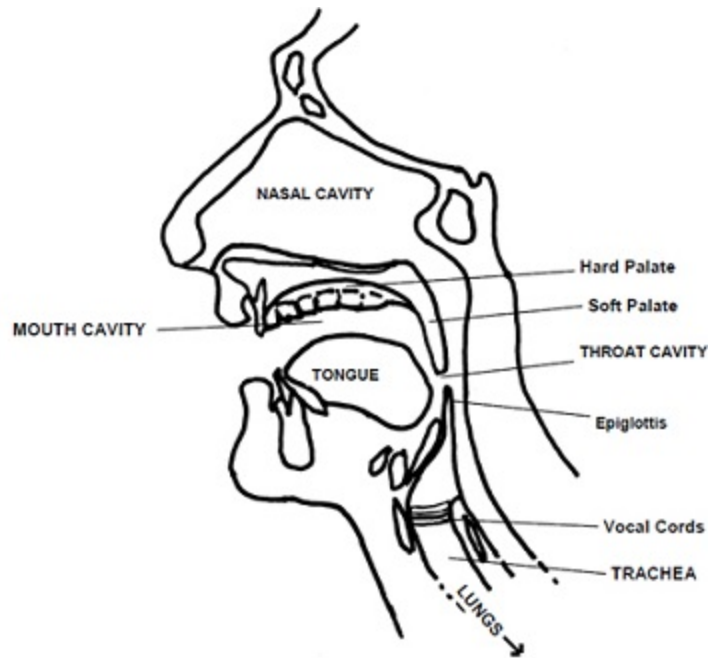
*Where is your voice?** u Your head is the dome of the sounding box through which the sound flows outwardly in all directions. I speak my voice,

my voice sounds there and there and everywhere, down to the end and right away back as well because here is the sounding dome—the head. So, the vibrations flow out in all directions. With it the thought and sound are mingled together, and when you hear my voice, you know my thought because they are both together, mingled as one.

Thought is a living entity expressed from Life Itself. The word is also a living entity expressed from Life, for there is nothing else that can express voice in its original form. Thought is an electro-magnetic force that magnetizes the ether. Sound is also an electric impulse that magnetizes the atmosphere. Thought is an ether-wave and sound is an air-wave combined for the purpose of creation. The Word that was in the beginning was the Word of God the Creator of all things in heaven and on earth, The inner and the outer become one by thought-word-sound. Therefore thought and word have the same creative force when combined by the *Living*¹ Force expressing it.

“I Am alive and Living, I Am Life. I alone have Voice.” That Spirit that is alive alone has Voice. That is the power of the spoken word—LIFE.

Are you beginning to understand the power of the word that was spoken by the Master, when he silenced the storm. Have you now confidence in your own words or are you still in the kindergarten stage.



THE SOUNDING BOX

Thought travels at the speed of light, 186,000 miles per second, sound travels at the rate of 700 miles per hour. The transformation of ether into material is in the exact proportion to the thought which is caught up in the ether and condensed into the slower vibration represented by sound. Here lies the power of the Master's words. Ether is materialized by the combination of thought and sound, the word transformed the thought into form, "arise and walk."

There is no division anywhere. There is only wholeness and completeness. Division exists only in your mind. It is an illusion, it is a

belief. It is through the senses that you receive these feelings or sense of separation.

Your senses are lying to you all the time. They can only give you vibrations of light and sound and touch. And you create those vibrations in your own mind which in themselves, are only electro-magnetic.

The eye catches vibrations of light. The image of that vibration is in the pupil of the eye. It is transferred into electro-magnetic vibrations which pass through the optic-thalamus into the optic centre at the back of the head. There it is dissected into various things and through the various centres of conception in the brain, so you have then; colour, size, objection and so forth.

So the mind builds a picture of what is seen through these vibrations, all in the fraction of a second. Therefore everything is mental because all your senses, all your images, are mental. So everything is mental. If you know that everything is mental, then you change it, can you not?

The Masters knowledge of the fact, is that everything was mind, was mental, was his power over everything that was physical because physical was a modification of that which was mental.

I am telling you knowledge now, perhaps that I should not be giving out but I know perfectly well, that the majority will never use it. Anyhow you are sufficiently Spiritualized to understand you will not use it to the disadvantage of yourself and others.

Ether-waves and air-waves equal thought and sound, both are united in all that is material in nature. The ether wave is in the material as well as the sound-wave is in the material. Both are carried in the material. The sound of the ocean can be heard in the sea-shell. The vibration of the sound of the sea is caught up in the atoms of the shell, each individual molecule of the shell resounds the harmonious song of the sea.

Even those walls receive the sound of my voice. And if you had an instrument, a magnetic-instrument, you could extract this sound as it is extracted from the wire in that instrument there (Webster Wire Recorder). My voice is put onto that wire there, magnetized, and that voice can be extracted again from the wire. So can it be extracted from the walls, so it

can be extracted from the ether. So can my thoughts also be extracted from the ether because there is nothing lost.

Oh, could I make you understand the most wonderful thing in the Universe is—you. Nothing outside you is so great and is so magnificent as yourselves. But unfortunately, book after book weigh down our weary shelves, the only point of ignorance is centred in ourselves.

Everything in Nature reveals its own sound if we can hear it. Electrical instruments have been created which reveal these sounds. Everything in Nature is electrical, carrying its own vibration both in the ether that interpenetrates the object as well as the molecules that make up the object. When we begin to understand this then we begin to see Nature herself in all her beauty and glory.

So in every object there is ether which interpenetrates the very atoms and cells of that particular object. Yet that object made, itself has come from ether and ether is its foundation. It is held together by the Consciousness. Consciousness alone holds the image to make it a relative reality in the relative world. Now, can you understand what phenomena is.

You are creating phenomena every day, unfortunately to your detriment. Through your emotions and your fears, and ideas flare-up in your mind, your consciousness takes hold of them and therefore you fear them. You have produced a phenomena, do you know that? Because a change took place in atomic structure of your body.

That is why Jesus made it so plain to all his disciples, “fear not, there is nothing to fear.” He put a tremendous stress upon “to fear not,” to eliminate fear from the mind of man.

The Masters explained Nature to me by the sound of the “OM” which I will deal with later. The pulsation of the heart is the rhythm of Life—inaudible, being expressed in sound—audible.

The “OM” then becomes the most powerful word expression that man can give. Because what does OM mean? OM means the Completeness of everything. Omniscient, Omnipresent, Omnipotent, (OMniscient, are then, OMnipotent and OMnipresent.) The three OM’s are the great and wonderful thing that the Master sounds. And he knows what he is doing when he sounds it because he knows what is behind it.

When you sound the OM you may think it is a funny thing to sound the OM and you listen to the sound OM and you do not know what you are doing.

But the Master knows what he says when he says, AUM..... AUM.....AUM.....

Then he sounds the “OM”—silently. The silent OM becomes then the thought, the power. And here is the silent OM the Master expressed.....

The last OM was the most powerful because it was Omnipresence, present everywhere, it went all through everywhere. First it was Omniscient—all knowledge, all wisdom, then become Omnipotent—all power. And then it became Omnipresent—everywhere.

Then you think, that what I am telling you sometimes is the product of your imagination or mine. Let me tell you this, that what I am telling you now is the most glorious Truth that man can find within himself. And if he dare to use it against his fellows, then it returns unto himself. Has it not been since time immemorial, that if anyone tries to dominate another, even individual, group or nations or whatever the case maybe. That group, individual or nation is building the structure for its own destruction.

Look back down through the various empires; the Greek, the Roman, come into our present time just recently Hitler and Mussolini, they carried with them thousands to be destroyed with themselves. You are seeing it at this very moment. Little do the people know what is happening around them. That those very vibrations that are flowing around them are returning to bury them in the very vibrations they created.

That is why the Master says, “always bless them that curse you. Do good unto them that injure you. Do all these things, so that you may be Children of your Father that is in heaven.”

In the growth of the trees, flowers, corn etc., there is motion and there cannot be motion without sound, these sounds are above the range heard by the human ear, nevertheless there is sound in what is called the ultrasonic realm, this is the realm of the “Deva.”² The “Deva” is a word given to reveal the occult or inner activity of an Intelligence working on a level beyond the range of the range of sound heard by man.

I am not going into these occult things of the Deva because it is not our purpose. But many of you have heard of these things but have not understood them.

Within man there is a mechanism that can sense the vibrations of sound and when man has developed sufficiently he can catch this vibratory motion, and by the power of his thought and word can change the entire motion, this is known as transformation of substance, by this method the Master can hasten the growth of a flower or plant or tree from its seed to its fully grown state in a few hours. This developed sense reveals the existence of immense forces awaiting the “sons of God” to work upon the secret process of actually growing a tree out of a seed within an hour lies hidden the knowledge of ultrasonic vibrations which combine the elements hydrogen, nitrogen, carbon, phosphorus etc., etc. There are five natural elements behind all elements, these are ether, air, heat, water, earth. Each of these elements have Spirits or Devas which control them.

But man has been given all power in heaven and on earth and these Devas obey you. The Devas of fire, the Devas of the ether, the Devas of the heat, the Devas of the expansion, the Devas of the contraction and the Devas of cohesion.

Little do you know about the great source of power and knowledge that the Masters know. Do you know that in the mind there is the greatest microscope, greater than any electronic microscope could ever reveal to you. There is also the greatest telescope, greater than any telescope that could ever be invented by man. There is all the instruments that man could ever create for seeing into the relative world. These are hidden within man's mind himself.

There is no book written or can ever be written that cannot be fathomed in that mental library of man himself. There lies the secret of all things, and yet it is an open book for man to find, only it is necessary for him to clear his mind. To discern all the things that are hindering the expression of these wonderful gifts that God has given to man, made in His own image and likeness. The Father has Life in Himself, and He grants the Son to have the same Life in himself.

I am not saying that these great gifts are easy to obtain, by no means, but I know that they are there. And I know they will come into operation as

soon as you cleanse your minds; clear your mind of all antagonisms, all greed, all confusion, all conflict, all ignorance.

I am not going into the ways of acting on these Spirits or Devas for the simple reason that such information cannot be given out in detail till you have advanced sufficiently to understand the principles. Yet if any of you have grasped what I have said you have already found the secret.

In the natural way the seed germination, growth and bearing of fruit take years to bring *into* fruition the finished product. Each flower or tree has its own sound so this slow patient mood is accelerated by identical powerful vibrations through chanting the thought-word-sound *of that particular growth; tree, plant or whatever the case may be.*

Everything has a note of its own of itself and you have your own note also, you can find it within yourselves. I cannot find it for you. But when you strike it, you will feel as a vibration from the top of your head moves right the way down to your feet, your whole body begins to vibrate and you will know you have found your note.

So it is with every creation, there is a note in everything. That flower has a note. Everything in creation has a different note. The Masters can listen and hear, by their own very sensitive ear, that is within themselves, the sound of every creation.

Sound has a terrific effect upon the material world. Caruso³ could smash a glass with the tone of his voice. A violin will cause iron filings to group themselves and dance according to the notes played. A bridge can be destroyed by sound waves caused by repeated uniform impulses of marching men.

The continuous playing of the same note on a violin under a bridge can make it collapse. The story of the walls of Jericho is no fable but an actual experience.

Sound has a terrific power. That is why the invisible OM is so powerful. The secret of youth is to know and understand how to produce that particular word in silence.

The ultrasonic vibration caught-up in the thought which gives expression to that which IS, not something that which you can create but

something that which IS. So in the silent expression of the “OM” it is the expression of that which IS comes into its own, to give expression to Itself.

Sound waves have been experimented with by many scientists who have been startled with the results and the voice is one of the most fascinating examples in this field. *Because the Spirit alone has Voice.*

We have seen in our previous lessons how electro-magnetic-waves magnetize the ether and affect people and things. How these waves enter into the very confines of the atomic walls transforming them. So sound-air-waves of a particular wavelength and with sufficient impulses sustained on that level can create convulsions among the atoms so as to burst asunder their cohesion, their grip on one another forcing them into different combinations.

That is how Jesus turned the water into wine, a knowledge of these things. I have seen these things done by the Masters. And when in the Himalayas I was trained do them. But I was forbidden to do them away outside the particular confines of where they were performed. The fact that it is not conducive to do these things. I can do it through healing people and helping people and bringing about different things for their aid and for their benefit. But these are the fundamentals, what I am telling you, and you can see how clearly and distinctly these things come about.

In this is the hidden secret of thought-sound-words or ether-airwaves or impulses which are constructive or destructive in the human mind or body in the atmosphere or in matter, as they pass through them. Thus it is with extreme care that the Masters have guarded this esoteric knowledge of the electro-magnetic-sound vibration.

A word is not a powerful thing on its own but when expressed with the knowledge of thought-ether-sound-waves it has a tremendous force.

Because those who use it, bring into operation the five Devas controlling the five great fundamental elements that are the foundation of all relative construction in the Universe.

The five vowels, the five senses, the five basic elements—with the manipulation of these the advanced adept can produce any phenomena.

The one who is in possession of the secret of ether-air-waves or thought-sound formulas can control the waves, the winds, can move mountains, can

bring rain or sunshine and can do many more astounding feats.

Matter is mind, materialized. Thought-words stir the mind into action. The adept is trained to understand this so his mind is fortified; disciplined and trained by the power of thought-sound-words having a definite meaning and knowledge contained within them to carry out what they are sent forth to do.⁴

“My word shall not return unto me void but shall accomplish that which it is sent forth to do.”

Most people make their affirmations with the idea of overcoming something else with the result that this something else is stimulated and the affirmation does more harm than good.

Some experiments in detail *in* this most exciting, beneficial and benign wisdom and knowledge will be given in our next lesson.

Leviticus 19: 4, “heed not unreal gods, never make yourselves metal gods; I am the Eternal your God.”

BENEDICTION

O Eternal One, Thou art alone. There is none other but Thee. Within Thy mind Thou hast created all through Thy thought and word.

Now that I know myself I find also that I Create within my mind with thought and word.

I now know the power of Thy Thought and Word, O Eternal One, for I have seen the power within myself.

Thou art the word and I am Thy word. How else could it be? O Blessed One, I thank Thee for revealing this Truth to me that we are one Eternally, O Eternal 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 27th May 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

* See diagram on [page 269](#)

1. In the Lecture Notes the word is “*Life*.” Murdo either changed it or mis-read it. The sentence would then read: “*Therefore thought and word have the same creative force when combined by the Life Force expressing it.*”
2. *Deva*. (in Hinduism and Buddhism) a divine being or God. In the Vedic religion of India, one of the many divine powers, roughly divided into sky, air, and earth divinities. According to Theosophical teachings Devas constitute the ranks or orders of spirits who compose the hierarchy that rules the Universe under the deity. Their numbers are vast and their functions are not all known to mankind, though generally these functions may be said to be connected with the evolution of systems and of life.
3. Enrico Caruso (1873-1921). Famous Italian operatic tenor.
4. The next paragraph in the Lecture Notes is missing from the sound recording. [*This is the only way an affirmation can be made, a wave-energy is released and the same repetition of thought-sound-wave causes a change to take place.*]

Lecture 8 (3rd June 1952)

THE WORD OF CREATION*

“GOD SAID.....” 1st Chapter (Genesis)

The first chapter of Genesis, you will see in nearly every a small paragraph, God said! God said! We will get a clearer understanding of the meaning of that when we get into the lecture. But you will see that it was the Word that was in the beginning, and the Word was with God and the Word was God and God was that Word and the Word was made flesh.

Memory is made up of past impressions which take hold of the mind, memory holds our experiences, pleasant and unpleasant. These are valuable possessions indeed, but are apt to hinder rather than increase our worth. The things that are dominant are the things that affect us most, therefore there is little use in making suggestions to ourselves unless we understand the self.

So therefore memories, experiences are held in the mind as impressions. The impressions that are dominant in the mind is the things that affect us the most. Therefore very often these memories are of little value to us, in fact they may be a hindrance unless we understand the self. Now how do we understand the self? The self, is that which is; caught up in the relative, caught-up in desire, caught-up in craving, caught-up in tradition, caught - up in belief. Therefore the self is conditioned by our beliefs, our ideas, our images, our memories, our experiences. And we generally think according to our conditioning.

If we think then according to our conditioning, there is no use in trying to suggest to ourselves anything at all because we would only create confusion. But when you begin to understand the self and the conditioning of the self, we will dissolve away this conditioning and our thoughts will be purified, they will be purer.

You think and you speak according to your conditioning. How you are conditioned yourself, with; your beliefs, your ideas, your traditions. Think in your mind now, how you think. Do you think because of a certain group, a certain nation, a certain religion? Are you speaking and thinking according to how you are conditioned yourselves or do you think through your traditions?

You carry your beliefs with you. Your beliefs are conditioning you and they are conditioning your thinking. Your impressions are conditioning your thinking. Your impressions which you have received in your infancy. If you belonged to a certain religion it has been pushed into your mind continuously from your infancy, you are conditioned by that belief. How can you throw that belief off? Only by discerning what it is. Only by discerning how false it is and discerning that it is not your idea but some other person's idea. And you are conforming to these ideas and naturally what happens is that you are conditioned, and you are thinking according to your conditioning. Therefore your thinking is not clear, you are in confusion.

Before you can in any way use the power that is within you, your mind must be cleared of all that is hindering the use of that power.

You do not want to go through life on trial and error, the path of pain and suffering or mere joy and gladness for no purpose, knowledge alone will free us from this state of affairs. We must become aware of the past, present and future in the now, then there will be freedom from the past and the future for the now alone is creative. Memory is not creative, hope is not creative, creation is always in the now. So we have to discern what is in the mind that is hindering our Creativeness in the now.

When you think naturally you create, you create unconsciously because you think. But your thinking is based upon a falsehood, therefore you are creating false conditions. If you fear, you are creating what you fear. And fear is generally utmost in the mind of man because of the fact that he does not understand.

Understanding only comes when you have a self revealing process to reveal the self and all the ways of the self; its ideas, its images, beliefs, its traditions, and you have got to see how you are thinking. You have got to examine your mind to see how you are thinking. You have got to become aware every day, every moment, of your thoughts and your emotion.

If anything is said to you that interferes with your pet theory, you are up in arms, you become emotional, you reject it. If anybody says anything about any person you love you are doing the same thing. If anybody says anything about your belief or your tradition or your nation or group, you do the same thing. What are you thinking from? Are you not thinking from the group? You are thinking from the nation. You are thinking from your tradition. You are in a sense of protectiveness, you are trying to protect yourself. It cannot be done.

It shows that you are full of experiences, impressions, beliefs in tradition, in nationalism, in ideas or beliefs or religion or whatever the case may be, therefore you are totally conditioned and your thinking is conditioned!

Unless you discern these facts you will always be arguing with ignorance. And I told you before, so often, that to argue with ignorance is a fool's paradise.

Unless we are aware of our mental make-up, that which is memory will make us act unconsciously. It is all very well for us to try and influence our minds with great qualities, successful motives, virtues and such like through repeated affirmation of thought-word-waves. But if there are antagonistic forces opposing them we will have only confusion.

I do not ask you to accept anything I say and I do not care one rap if you accept it or not, it does not worry me one way or another. Neither would I argue with you whether you did or not. All I am trying to do is to enable you to think for yourselves. And only when you think for yourselves can you free yourselves from your inhibitions, from your limitations.

Therefore in the first place we have to establish a peaceful rhythm and soothing harmony within, firstly by relaxation then by outcropping what is in the mind, at the same time discerning these things as if we were watching a series of pictures impersonally.

A good way to do this is to listen to gentle inspiring music so that the extraneous mental energies are caught up allowing an easy flow of the memory-thought-pictures.

When you listen to rhythmic music, it floats over you, your mind begins to run-out. There is one portion of your mind that seems to hang onto the

rhythm of the music that you are hearing and another portion of your mind seems to run-out of all the ideas, and there is nothing to prevent those ideas from rising up to consciousness. And as they raise up to the consciousness, you are beginning to view them in front of you impersonally. The music is caught-up in one portion of your mind, so that it holds these extraneous energies which very often hold and grip a thought as it moves out and creates a fear of emotion according to the thought or the influence of thought when it was created. So therefore you will find that by doing this out-cropping it is easy. The mind must be cleared, you must know what is in the mind.

If you do not know what is in your mind then you will never be able to think clearly because you will be thinking according (to) what is in your mind. Your mind is influencing you, your mind is preventing you from really thinking clearly. Therefore as I say again, you are limited and your thinking is limited and conditioned by your own conditioning.

If I can in any way show you how to clear your minds of all confusion then you will be able to do the things that I will tell you of later.

So this lessens the disturbance of the surface of the mind created by stirring turbulent waves of thoughts that may arise, pleasing sound has a soothing effect on the mind. There must be permanent peace established in the mental domain through discernment.

But is your mind at peace? I think not. You have a long way to go yet but nevertheless you are on the way.

Everyone is seeking an escape from something and when there is frustration we seek an outlet. As long as we want to be something we are inviting frustration. Being frustrated is painful, therefore we seek an escape from it, therefore we cling to something *or* busy ourselves with it, whether it be religion, politics, love of country, or we may take to drinking as an outlet, they have the same deadening effect.

When people really know what they are doing and how their action comes about then they will see what is causing their action.

People are frustrated. If you were brought up a child that is spoilt. They get everything, as it were, in your infancy and as you grow up you get everything too until such time as you go out into the world. And you have

got to face the world on your own. Now you find that you do not get anything at all, that everybody is taking things from you instead of giving them to you, therefore you are frustrated. And you get fearful, you wonder what is going to happen to you, and you turn around and do all sorts of things because you are frustrated. You maybe steal, you may drink or you make take to religion, you may take any of these things because you are frustrated.

If you know why you are frustrated then you will know the self, you will know why the self is doing these things. The same thing is in everything in your life, a desire that is not fulfilled means frustration.

If you know what the desire is and what the self is, there shall be no frustration. But there is no escape, although you may try to escape, there can be no escape whatsoever. You have to face the problem and dissolve it yourselves.

But if you continue to try and escape, you will see that no matter which way you try to escape, it is the same thing. Whether it is drinking, religion, politics or anything else you will find it is the same thing.

Are we not all a bundle of memories, a chain of memories in reaction to the present? We want to perpetuate ourselves through family, through name, through ideas etc. So the “me” is just an idea which is giving sensation to that to which the mind clings. The “me” gives itself an importance that is entirely false, therefore there must be pain, so we try to escape through innumerable ways and the means of escape are similar. All this must be seen clearly as the mind gives up its cherished desires which have been frustrated. For as long as there are opposing forces in the mind there can be no peace.

And why do you desire something? Because you do not know that you have got everything.

Frustration comes through lack, that is, a sense of lack. If you were brought up with a silver spoon in your mouth and you go on, into the world, and you find that the silver spoon is taken from you, there is frustration.

Why are so many of those noodles, that we know in the world today, such as sons of Earls and Baronets and all the rest of it become noodles and useless individuals in the world? Because they entered the world with a*

silver spoon in their mouth and they find that they have no silver spoon, and they are frustrated. And what do they turn to? The first thing they turn to is to drink or to something else. If they were trained to know the self and understood the cravings of the self and what the self was doing, then there would be freedom.

Freedom can only come when you discern the hindrances of the self, the desires of the self, the cravings of the self. How the self is following a particular belief, whether it is following in tradition, whether it is following a particular religion, whether it is following a political group or whatever the case may be it is all the same, you are frustrated and confused.

And if you are confused you are frustrated, and if you are frustrated you are confused. So therefore you have no self confidence and then you look for others to help you because you have no confidence in yourself. So you believe in others and you get further confused because of your belief in others. You have lost your self-confidence because you are confused. And your confusion comes from lack of understanding the self.

Only with harmony in *the* mind and soul can we see the Real Self in all and the all in the Real Self. We see the one in all and the all in one. *And in the Bhagavad Gita*¹ *it says this, “verily, I say unto thee that he that see that me in all and all in me him will I never forsake nor will I suffer him to forsake me, forever shall I bind him to me with the golden fetters of Love. Yea, even say I that he who realizeth me in my unity, and who loveth me so, him shall I cause to live forever within my Being even though he appeareth to live separately in his own mode of Life even in this world.”*

This is the state of consciousness that one finds when the mind is cleared of all that hinders this true expression. In this state the creative power of sound becomes a glorious experience.

Now you see what I am leading up to. I sounded the AUM for you the other night. I told you about the AUM the other night But can you experience the sound of the AUM in yourselves? You can only experience it when you are not conditioned. If you are conditioned, even in your mind, in that subconscious realm, but in your mind, in that memory cells where you have your experiences, your beliefs. These are the things that you are continually expressing and when you sound the AUM, what do you do? You

only increase the intensity of these things that are in your inner mind, you do not express reality.

You must see clearly that you have to cleanse the vehicle through which you are expressing the AUM. If you are looking through a glass that is smeared with smoke or grease or dirt, what do you see? You see through that glass according to how it is smeared, do you not? That is exactly what you do with your mind. You are expressing through your mind which is smeared and you get a smear on the other side, that is how you produce the AUM. You think that now when I tell you that you can make the same vibration as I made to you the other night.

Some of you in the front here almost felt that you were lifted off the seat—that is the power of pranayama. But can you produce pranayama with a mind so filled with beliefs and ideas of traditions, of nationality, of political beliefs, of this and that. Don't you see that these things do not matter at all that the mind must be cleansed from all these hindrances, otherwise you are conditioned. And when you try to express the AUM you express the AUM in your conditioned mind. I hope I am making myself plain enough, that is what I am trying to do anyhow.

This is the secret of secrets, the sounding of the glorious word OM or AUM, with its overwhelming magical potency. This magical mystic syllable has a source of power when repeated with understanding.

AUM is a most sacred name of the Eternal Spirit and is composed of the three sounds, A-U-M, AUM.....

It means the opening and the closing. In fact it is sounded in some methods, it is sounded by opening at the lower portion of the spine and as it flows up, is closed at the head. Such as AUM.....

And the vibration does that but if I go into the details of what happens is so complicated. But I will give you some idea quickly. There is two nerves which flow down each side of the spine, the Pingala and the Ida. One is the outgoing and the other is the in going. These two work together through motor or sensory nerves which join them in the spine.*

At the bottom of the spine there is a small hole in the spine itself, called the Sushumna, right up to the top of the head. Forces come down from the top of the head here. Magnetic forces which enter into what we call the*

thousand petal lotus at the top of the head. They come down through and pass through the various centres. First the centre which becomes the individual centre. The next centre which becomes the fusing centre of mind and matter. The next centre becomes the first great vital centre of the body. And as it flows down it spreads through those various nerve centres right down throughout the whole body until it reaches the bottom of the spine. That force coming down on the outside, it then tends to flow out from the body, through the aura and right away out through into the atmosphere.

*When a person thinks and clears his mind, what happens is this, that there is this channel in the spine which opens called the Sushumna. And there is the two forces that come down each side of the spine joined together at the bottom and begin to go up as one force up through the centre of the spine. The positive and the negative have joined together and when they reach the top of the head then the Consciousness has power over everything. Because the Consciousness has power over the energies that flow from the Spiritual sense into the first centre which is the Spiritual sense. The next centre is individual sense. The next centre is the mind and matter which controls all mind and matter, which are one. And down right through all the planes which man has, right down to the mineral, the vegetable, the animal, the habit and so forth and these planes are all under his control.**

This is the secret of when the mind is cleansed. If the mind is not cleansed there is the influences of these particular planes such as his habits, his beliefs, his mental ideas and so forth hindering the whole process of the clearness of the control of the prana. That is the energies in the Universe. And therefore it is necessary for man to control his own thoughts first. To direct them, to discern them and also to see his own emotions. He therefore understands his emotions. He understands everything and therefore he controls every plane of existence through the whole of his body. And by doing so he controls every plane in existence in the whole Universe.

“Man know thyself first then all power is given unto thee in heaven and on earth.”

I am not going to discuss any more of it because it is going to lead us away from our lecture.

If you were with me for a year under intensive training with the Masters in Tibet, you would have to work day and night. There is no let up. There is no moment where you can say, "I'm tired. I cannot do this or I cannot do that." For every moment of the day is scheduled so that you have your particular work to do and your particular understanding and the teachings that you have to go through. And by doing so you master all these things in a natural way. Not through, as it were, struggle because if you have a struggle at the beginning the end will be struggle.

Therefore controlling the mind and subjecting the mind is not freedom. Subjecting or suppressing an emotion or suppressing a thought is not freedom. Freedom comes through the discerning of a thought in freedom and understanding it, therefore there is no longer any struggle. If you struggle at the beginning the end will be struggle and you are just as far away from your success as you were from the beginning.

I want you to see clearly and distinctly that the method I am showing you is one of ease and comfort, without fear, without struggle.

So AUM is the most sacred word of the Eternal Spirit and is composed of three sounds A-U-M which gives to the devotee the best concise meaning of this mystical magical word. When chanted properly with true reverence and understanding it can calm the storms "and give life to the dying, it can do wondrous things" for it is the word of immortality, being the unperishable word, the matrix of all sounds.

The word is glorified and chanted by all devotees in their meditation. It means, I am the taste in the waters, I am the light in the sun, I am the sound in the ether as well as the consciousness in man, the word of the Lord of the Universe, the all-pervading Universal Spirit, and the Consciousness feels itself one with all and all with One.

So the AUM is produced. These sounds being the matrix of all sounds in the Universe, is the basis of all creation. That same sound is heard in everything. But the pitch of the tone determines the vibration of that particular object or subject or individual.

Constant repetition with concentrated meditation, with the mind clean of all obstacles, the soul is liberated from time and space and enters into the All-ness of everything. "All power is given unto me in heaven and earth."

You will not yet grasp this great Truth, but one day it will dawn upon you.

Now the things I said to you, probably months ago, are just beginning to dawn upon you now. And so it will be so. The things I say to you tonight you will not perhaps understand wholly. But probably in a week or two's time or a month's time it will all come to you. That is the Truth that Jesus said, "the Comforter will come to you and will show you. All I have said to you will then be made plain to you." So it is with you, as well.

AUM is the sound of creation and the thought goes forth in the sound to create or disintegrate. The ether-wave and the airwave mingle together, and all is possible because the unconsciousness has become aware of itself as the Creative Force sending forth into the ether and the air waves that cause the etherons to form and the sound reduces them into form to be seen and heard and felt in the material world, thus matter is mind materialized. In this way Jesus fed the multitude. How little do we understand the grand mysterious power of the Masters!

Those who chant rituals know little of what they are doing neither do those who use words lightly. *You can go to church, you can hear people singing, their chanting. You do not know what you are doing, you are just singing. But if every word of what you are saying becomes a formed image in the mind it goes forth into the ether with the sound you have created.* The therapeutic properties of sound and their harmonising vibration exercise an influence upon the atomic structure of the mind and body. They affect the ethereal, astral and physical sheaths that clothe the real self. It is the sound of the AUM that comes from within that harmonizes all the cells of the body. When this is realized a great civilization will appear. The only power will be seen as that which comes from the Spirit within.

The Creative Power of Sound as well as the knowledge and realization of the Spirit's Creative Power creates a pleasing harmonious balance when the AUM is sounded with the correct tone and understanding. It has the power of rejuvenating the mind and body.

Why has it the power of rejuvenating the mind and body? When you sound your own note, the creative AUM that is within yourself, the Word that was in the beginning, the Word that was with God and the Word that

was God—the Word of Creation. When you see through God said. So it was the **Word** not Creation.

Knowing that sound passes down completely through the whole Universe, from its ultrasonic range down into the hearing range and below the hearing range. Because you can only hear from 30 to 32 thousand vibrations per second. Above and below, you do not hear those vibrations.

There are vibrations of sound that you do not hear at all which are below the scale of your own hearing. There are vibrations of sound above your scale of hearing, into infinity that you have never heard before. But these sounds are in operation because of the motion of the atoms and etherons that are in activity. Wherever you have motion, you have sound.

If the ethereal sounds were heard in your ears just now, it would deafen you. Because your ears are not composed of the vibratory substance that would hear those sounds. Therefore if you did hear them, they would be at a terrific rate of vibration, it would almost lift you off your feet.

Have you ever stood in a railway station where there was a shrill whistle of the engine in a high, high pitch. And then you listen to that and all the time you feel that you are being lifted off your feet. That is sound almost above the vibration of what you should hear. If that sound went more shrill, it would get into the ultrasonic-range, and you would not hear the vibration at all. Same with ethereal vibrations if you heard them at this moment.

This grand science of ether and air waves when thoroughly understood will dissolve discordant thoughts that cause fear, weakness and disease and leaves peace, confidence, courage in their place. This method is the simplest and most efficacious means of purging mass hysteria *or* dissolving undesirable influences and injurious magnetic vibrations that maybe intertwined themselves in the elaborate ethereal network of the individual aura.

The human magnetic aura and ethereal network are thickest over the main nerve plexus and are connected with the whole of man's nervous system, and has much material effect upon his thinking and emotional life thereby affecting his general health, as well as man's environment and those *who* come in contact with *him*.

It is a very important lecture this one and I would like you to read it carefully in your own homes. And if you study it carefully and think it over, you will find the true meaning in regard to it.

Through man's ethereal and magnetic aura pass magnetic lines of force from the great ocean of Life in which he lives. These lines of force feed the body of man to keep him alive in this plane of action. *Jesus said, "I do not live by bread alone." Neither do you.* If you could cover your body with an insulating substance, in one hour you would expire.

The entire body is covered with a delicate network of lymph vessels which absorb all foreign substance that penetrates the shield we call the skin and enters the body in microscopic particles, thus the interior of the body is kept clean.²

Under the skin and through the whole of the tissue is this lymph. And it protects the body from all extraneous and microscopic substances that enter through the skin. People have said that the skin does not absorb anything but that is stupid nonsense. The skin absorbs a lot of things, vibrations are passing through the skin all the time, through your magnetic aura which spreads out beyond the skin, and at a distance beyond you.

There are influences around you that are always pushing in through your magnetic aura into your nervous system. And through that nervous system they get into your consciousness and you become consciously aware of some subconscious activity which you are unaware of altogether.

How are you going to prevent these things happening? We will see shortly in a lecture next session how all this comes about. We will see how mass psychology is affected. How mass domination is affected. We will see how man's mind is affected. We will see how ideas, take effect in the mind. We will see then your complete protection against all these things. Anyway in the meantime, I am drawing your attention to this most important portion of your body, the lymph vessels.

The body has an ethereal counterpart that supports the physical and this body is kept clean and clear of all inharmonious magnetic forces by bathing the ethereal body in harmonious sound of the AUM, completed³ with the consciousness of power from within.

So the ethereal body that supports the physical and this body is kept clean and clear of all inharmonious magnetic forces by bathing the ethereal body in harmonious sound of the AUM. So it goes out from the body and cleanses the body. So when the AUM is produced AUM....., thought and the sound goes out together and the vibration is still going, they are moving outwardly. Out to the very end of the aura. I can feel it still going further and further out beyond me. I am still aware that my aura is moving, is far out. If I stand in your midst I come near enough to you at this moment, you would feel the aura. If I came and stood here at this moment those who are near me would be in my aura. Do you feel the aura? I go back out of it, it gets less.

Some people's aura only move round their body, just about a few feet from their body, that is a weak aura. That is an aura of an individual who is caught-up in all these things with a confused mind.

But the mind that is clear the consciousness becomes aware. Therefore is setting off vibrations of a higher-rate of vibration, through the aura and none of these negative vibrations can enter in.

The ethereal atmosphere is charged with vibrations of hate, anger, jealousy, sickness as well as personally directed antagonistic thoughts. All these vibrations can be expelled and dissolved by pure thought and the sound of the powerful harmonious note of the AUM the primary vibration of Life Itself. When this is understood you will see the grand *magical* power of the sound wave as well as the ethereal wave upon the mind and body.

The magic sound of the AUM sweeps the atoms of the mental, ethereal and physical bodies into harmony bringing them in tune with the Universal Song of Life. *The Universal Song of Life going through the whole of Life itself. The various notes in harmony with one another. There is no discordant note of any kind because the AUM is the foundation and the matrix of all sounds.*

The pitch of the note determines the vibration of that particular subject or object. Therefore you have a harmonious tone right through the whole of the Universe. And here I will show you of what I mean by a harmonious tone of all the pitches. Listen to my voice, you will hear in this tone of the AUM, from the lowest pitch to the highest. Listen to it. AUM.....

.....*There is harmony, all the notes, every pitch is in that one sound. Yet itself is the sound, the Word that was in the beginning. And you can listen, you can hear it in the waves of the sea, you can hear it in the rocks, you can hear it in the trees, in the flowers. You can hear it in the animals and in man. If you have that Word, the animals will bow down before you, they are under your control. You can do anything with any wild animal, without any danger whatsoever. That is the power of the AUM, the controlling sound of all Creation.* This is the most scientific method ever devised for man, known only to the Masters, and has been handed down by word of mouth to those who have advanced sufficiently to understand. To those who are ignorant of these things there is danger from their own folly and many who are truly ignorant of the higher things of Life will disregard them because of their ignorance, “a wise man is wise unto himself.”

Those who are prejudiced should make investigation into the properties of sound waves and there is plenty of literature on the market on the subject, which would dispel their ignorance and prejudice overnight.

The AUM is the combination of all sounds heard from Nature, therefore the fundamental manifesting vibration of the Universe. In the beginning was the Word and the Word was with God and God was that Word “AUM,” in other interpretation the Christ of God. *Consciousness and Intelligence.*

Consciousness is the directing force. Consciousness is the thought, the silence. The activity is the Intelligence. Consciousness, Intelligence and Substance are the three great things in the Universe. Consciousness—“A,” Intelligence—“U,” and Substance—“M.” AUM....., these three are one and they are never separated from one and another.

Consciousness is the Silence, the silent Completeness. In that Consciousness then man is all power. The Intelligence responds to the Consciousness and acts as an Intelligence that Knows what to do. It is the “Knowing how” brings into operation what the Consciousness directs in the Substance which is the foundation of all form you see or feel. AUM, Omnipresent, Omniscient, Omnipotent.

When your mind has been cleansed, put your fingers *in* both ears to keep out the noises from without, then listen within *and* hear the booming monotonous sound of the AUM of all Creation. You can only hear the sound when you have established Absolute Silence by silencing the sound

of your thoughts and emotions as well as the sound of your breathing from your nostrils. It is then you will hear the “Nada”⁴ the mysterious sound of the AUM.

As the Master calls it, “the Nada.” Have you heard the Nada yet? Every day, “have you heard the Nada yet?” And you say, “yes you have.” They know blime’n well you have not.

There is the perfect way to hear the AUM without putting your fingers in your ears. Listen to Nature, listen to the sea, listen to the trees. In the desert you will hear it. It is within you it is around you, everywhere, make yourself part of the Song of Life, for you are the Song of Life Itself. You will soon discern the mysterious hum of Nature in the Song of Creation, the Divine harmony the “AUM.”

You will then realise the power of the vowel in speech; without the vowel you could, not utter a word, there would be no means of communication. In all the tribes the language is mostly made up of vowels because they are next to Nature even if it is in the raw sometimes.

The sounds of the AUM are pure basic unaffected sounds, and are uttered without the help of the tongue, *the* palate or teeth and therefore represents the foundation of sound production.⁵

AUM....., the tongue does not come in, the teeth does not come in, it is the actual sound.

Therefore animals respond to the sound of the AUM. And why does the Master control the lion, the tiger, the serpent? Because he knows the sound of the vibration and he has no fear because he knows he controls the Principle which permeates the animal life.

If you control the Principle of the animal life you can do anything you like with that animal or any animal. Because you know the Principle. But how do you know the Principle? You have to become One with the Principle. Therefore the Master becomes One with the animal Principle. Although not of It, he becomes One with it, for the time being. He is not separate from it but he controls It and directs it. He does the same with a seed in the ground. He does the same with the minerals. It is the same with any inanimate object. It is the same with a human being.

Read again in the light that I have told you, the words that Jesus said and you will have a tremendous awakening.

Animals all respond to the sound of AUM and you can quell the wildest beast of all Creation by the sound of the AUM, produced with the understanding and power of the Spirit within.

The Science of cosmogony which is being investigated has revealed some startling phenomena in this direction. When other investigations and experiments are contemplated this will guide the world into realms of beauty and power beyond our wildest dreams. We will find out the active part sound play in the Principles of Creation.

I will have more to say on this subject in our next lesson.

“Let us make man in our own likeness, to resemble us, with mastery over the fish in the sea, the birds of the air, the animals *and* every wild beast of the earth, and every reptile that crawls on earth. *And* God formed man in his own likeness, in the likeness of God he formed him, male and female he formed both.” Genesis 1: 26-27.

BENEDICTION

O Mighty One, I was ignorant of my birth, then from within I heard Thy Voice of Creation, I realized I was within Thy Mighty Self.

Since then, O Mighty One, I am forever bound with Thee in Thy Love for me. The golden fetters of Thy Love supported me even in the darkness of *my* ignorance.

The sound of Thy Creation is forever with me and I am now forever in Thy Presence, O Mighty 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 3rd June 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

* Simpletons.

* See Diagram [page 165](#)

* See Diagram on [page 187](#)

1. *Bhagavad Gita*. (Sanskrit; “Song of Love”) A portion of the sacred books of Hinduism from the larger work the *Mahabharata*. It contains a discussion between the deity Krishna and the Indian hero Arjuna on human nature and human purpose.
2. The next paragraph in the Lecture Notes is missing from the sound recording of this lecture. [*If the pores of the body become clogged with the salts discharged through perspiration and other dust substance from outside physical health cannot be maintained, that is why I have said to you that any skin brushing is of great importance in maintaining health in the body.*]
3. In the Lecture Notes the word is “coupled.” Therefore the paragraph would read: “*The body has an ethereal counterpart that supports the physical and this body is kept clean and clear of all inharmonious magnetic forces by bathing the ethereal body in harmonious sound of the AUM, coupled with the consciousness of power from within.*”
4. *Nada*. A Sanskrit term used in Hindu musical theory to denote the mystical essence of sound heard by yogis in meditation and is related to the chakra’s (psychic centres) in the human body.
5. The next sentence and end of the paragraph in the Lecture Notes is missing from the recording. [*The AUM is called the matrix of all sounds and the source of all power.*]

Lecture 9 (17th June 1952)

THOUGHT-WORD-SOUND*

“Happy is the man who listens to me.” Prov. 8: 34.

“Take care how you listen for he who has to him shall more be given.” Luke 8: 18.

In these lessons we are revealing action and only by action can we understand. We can never understand by belief, by mere meditation, by mere suggestions. Nor in the future nor in the past can be found the Truth. The Truth is not in the past, what is in the past is memory, Truth is not in the future for the future is hope and apprehension.

Then how do we arrive at the Truth? Not by mere analysis for this is only digging up the past. *For* we can see that the process of mere analysis is a false process we will discard it, it will drop from us.

What is in your mind is dead it is not a living thing. **But Truth is that which is living from moment to moment. It must be discovered not merely believed in, not to be quoted nor to be formulated.** To be alive that is Truth. *The significance of these words are tremendous. For what is in your mind is already dead. It is past, it is a memory. What you have in your mind for the future is a hope, tinged with fear, apprehension. But that is not Truth. Truth is a living thing not a dead thing. Not something that exists in the past or something that exists in the future.*

Truth is a Living Presence now, you are that Living Presence. You have the power to think, the power to create. Only a Living Presence has that power to create and to think. In your mind then the things of the past are dead things and not living things. I am a living thing but I live moment to moment. You are a living thing and you live from moment to moment. You cannot exist in the past nor can you exist in the future. You can only exist

now, now as a Living Reality, with a power to think. And Creativeness is within that power, that is living now, not in the past nor the future.

Therefore analysis is delving into the past, therefore it is not Truth, it is a false process. A Living Process is discerning moment by moment every thought, every emotion, every idea; seeing for what it is, discerning it clearly so that you will understand that it is not Truth. You will see that it is a creation of your own. It is something that has nothing to do with Truth. But if I am alive now then I know that I am Living. In that Living then is the power in heaven and on earth. To know that you are Life and living every moment of It, that is Truth. These words are pregnant with Wisdom. Perhaps your minds will not take in the completeness of what I am saying.

But the time will come and the Spirit is within you that will reveal those words to you and reveal the meaning of them, clearly to you as time arises in yourselves. That is to say there is the unfoldment of the individual where the Spirit becomes more and more aware of Itself; aware of Its own relationship to one another, aware of Its relationship to the Infinite Life itself, aware of Its own Creativeness also aware of that which Itself creates, aware of everything that is external to Itself. Therefore it becomes consciously aware of Itself not knowing what it is but knowing that It Is. To know this your mind and heart must be extremely alert and free from all that is false.

Is it not so that most do not want to be alive, alert, they want to be put to sleep? They want to escape from the conditions which themselves have created.

If you have desire you will have frustration because you will not be able, as it were, to fulfil your desire therefore you are frustrated in your desire. And in this frustration you are desiring escape because you find that there is misery, there is trouble, there is trials, there is tribulations. You are faced with so many things because your desires are not fulfilled and you try and force your desire to be fulfilled, therefore being not fulfilled there is frustration. The first thing you do is to try and escape from this frustration because it hurts you therefore you want to be put to sleep. To sleep from it as an escape from it.

You do not want to be awake to face everything that comes your way, knowing that everything that comes your way is your own creations, no

matter how they are. The boomerang always returns to the foot of the thrower.

If you understand everything then you will be free. But if you are caught-up in your desires, caught-up in your frustrations, caught-up in your desire for escape then are you free? But if you can discern that you are trying to escape and the means by which you are trying to escape you can free yourself. But if you are not aware the means whereby you are trying to escape, you will be caught-up and you are creating more misery, is that not so? But these things are your own creations are they not? When hurt, like children, they want their mother's apron strings where they can shelter from the storm. Is not the storm the result of our relationship to others? If we can discern this relationship by understanding ourselves then only can there be freedom and not mere false protection.

What is your relationship to one another? Are you using each other as a means to an end? As a piece of furniture for your own benefit? If that is your relationship to one another there can be no relationship at all. There is no communion between one and another. How can there be any communion between each other when you use each other as a piece of furniture for your own ends, for your own means? There can be no relationship. But if you mark my words your relationship to your brother, your sister, to your neighbour—is your relationship to God. Because you have never seen God but God is manifested in your neighbour, and that is your relationship to God. Then you will say you are a Child of God but don't you see that is but only an idea. You take into your own prison and is of no value to you.

Is it not so that we despise one and cherish another and then we claim to know *the* Truth? Is this not the height of contradiction? If we can discern the falseness of our claim then we will discover the Truth. But if our action is in contradiction to the Truth how can we claim to know the Truth.

If we are influenced by what is in our minds, if we are influenced by our experiences then we will hate one and cherish another according to our experiences and reactions.

What is in your mind is dead, is the result of your experiences, is the result of your reaction to things and people. Is then your continual reactions in the future or in the present based upon these experiences and reactions of

the past? If it is you are living in a world of illusion. And you are only creating more misery because you do not understand yourselves.

But if you understand yourselves you will understand your actions, you will understand your reactions and you will know what your mind is built from. And then you will know what is false and what is true. It takes Wisdom to know that which is false and that which true. But Wisdom is given unto you.

If our experience is the foundation of our actions then the Truth is not in us.

Because your actions is according to your experience, according to the past. But if I am a Living Reality, I know I am Life. I know that I am conscious. I know that this Consciousness is the power behind the Intelligence that is always active. I know that there is a Substance that is also perfect in Itself. Here I see the Trinity of the Infinite. Consciousness, Intelligence and Substance, the Trinity which is Perfect in Itself out of which everything is created.

I know then if I am aware of this Wisdom and allow this Wisdom to manifest through my consciousness. Then the Intelligence will perform the Perfection according to what my consciousness is aware of in the perfect Substance that is the basis of all form, yet not form Itself.

If I am aware of these things completely then, I can see clearly that I am free am I not? Form does not hold me because form is a limitation. If form holds you and your body holds you you are limited according to your idea of the body. If your mind holds you then you are limited according to what is in your mind. If you are conscious of freedom, conscious of a Reality that is free in Itself, that is Creativeness that has by itside an Intelligence that will act according to what the Consciousness is aware of in a Substance that is Perfect in Itself, then you will know that you are free and the form has no longer any power over you.

One day you will realise these words. Perhaps at the Present, you have not yet comprehended the fullness, the greatness of. Even those words of mine are relative they are only directing you to something that is within yourself. That you must find, I cannot give it to you but it is there. It is the pearl of great price. It is beyond all possessions that man could ever have. It is the Creativeness behind all Creation. And when man has that and is

humbled then all things are possible unto him. And there is nothing impossible to him who knoweth this Truth.

If the Truth you know is built upon what you have read and heard, then it will be superficial, *it will be on the surface, will be a belief. But a belief is not the Truth. A sensation is not the Truth. The word truth is not the Truth. The Truth is a Living-ness that exists moment to moment. And only is it in that moment and that moment is Eternity. And every moment is Eternity. Only **now** is Eternity. Past and the future is in your mind, how can that be Eternity? If you could only realise that that is dead material. A Living material is **now**. What I am saying at this moment and when I have said it, it is past. In your mind it is dead. In your self it is Living because it will bring into operation that Livingness that is your Self.*

The truth you know is built upon what you have read and heard, then it will be superficial. In discovering the Truth we must each search our minds to see what is false.

We must not merely enjoy what another is playing, we must not fill our minds and hearts with the song of another for that is not your song. You just become another gramophone changing the records according to your moods. We must become musicians each one of us, not merely listening to another.

Therefore, we must understand the creations of the mind in reaction to others, to things, to the external. *The creations you have created in your own mind which you think are true, which you think are eternal but they are entirely false. These are your creations to things external to yourselves according to your own experiences, according to your reactions, so you create in your mind. And each and everyone of you creates something different.*

There is one living thing that is the same in you and me and that is Life Itself and that is the only Reality because Its alive and Living.

You react to conditions and people according to your experiences of the past, your hopes of the future. In your mind you create a pattern which you want to follow. Therefore your reactions are according to the pattern you feel exists in your mind. We must see the falseness of these creations, then we will not fill our hearts and minds with these creations, for if we do we will be filled with ashes and not Truth. Truth is eternal and ever-present. We

must empty the heart of all that is false. Then there is the song, the song that cannot be destroyed or perverted because it is not put together by the mind, it is beyond mind, and when the mind is quiet you will hear that song, the song of all Creation, AUM.....

*.....It is not an idea. It is not a word. It is something that you hear beyond your mind. It is the Creativeness within yourself. It is the Word that was in the beginning, the Word was with God and that Word was God and the Word became flesh. It is this great knowledge of wisdom handed down by word of mouth, so that those Masters teaching to those Masters to come, the knowledge and wisdom behind all Creation. And the secret eventually revolves itself into one thing—**Love**. Here was the Perfect thing behind all things. And Jesus said, “love your neighbour as yourself.*

What I am doing tonight before going into the hidden secret of the AUM is to get the mind clear of all that hinders the true expression of the Word of Creation. Without a clear mind there can be no true expression. That is why I say that we must become each one of us musicians and not merely gramophones repeating the song of another or merely repeating the word AUM and listening to our words. It is the Word of Creation that we must hear in our own hearts.

Not listening to a word we ourselves create but listening to that Word of Creation when the mind is quiet, when the mind is no longer perturbed by opposites. Where the mind is no longer perturbed by memories, where the mind is no longer perturbed by fears or hopes, where there is a complete understanding of the Living Presence that is Eternal and Ever-present. And that Power being above all other powers situated, is the consciousness of man. And what the Consciousness is aware of so does the Intelligence fulfil in the Perfect Substance which is the Mind of God. You cannot think outside God, you can only think inside It because there is no outside It.

Therefore when the mind is clear of all opposites, of all fears, of all doubts. Then that quiet AUM.....

.....Now I hear the sound without leaving it in the depth I hear it, that's the Nada. Have you heard the Nada yet? Where your mind is peaceful and quiet, there the Nada will sound. The AUM sings through your consciousness. Then you are caught-up in the AUM, the Creativeness of all

things and behind all things, it is the sound of sounds. It is the matrix of all sounds. The matrix of all Creation, as thought and sound make up all form.

It is not merely changing our character that we want for the Word of Creation can never be caught-up in the net of time like character. Character can be changed but the Word of Creation never. For instance, if you are born in a certain country you have certain influences, certain moulds of character which are shaping the mind. But in other countries the same is going on shaping the mind *in* a different way.

Thus character can be changed, modified, enlarged etc., but character is not the Word of Creation therefore to understand the sound of the Word of Creation fully, character conditioning must cease through discerning this conditioning and understanding it. *You were brought up a certain way you are conditioned that way. You go to a certain church you are conditioned that way. If you belong to a particular political or religious sect you are conditioned that way. That is your conditioning.*

But are you aware of your conditioning? No, you believe in what you have heard and has been told and how you have been conditioned. You are always reflecting your conditioning. You are not reflecting Truth, you think you are but you are a liar all the time. Because the whole of your basis is based upon lies and not Truth. Where there is confusion of ideas there can be no Truth. Where there is confusion of religion there can be no Truth. These are things that you quarrel about.

*You cannot quarrel about Truth because you do not know it. You only quarrel about an idea in your mind that is dead that is not the Truth. Because Truth is not an idea, Truth is not a religion. Truth is not a philosophy. Truth is none of these things. Truth is a Livingness **now** at this very moment, from moment to moment, I am the Truth, I am the Life.*

Therefore to understand the sound of the Word of Creation fully, character conditioning must cease through discerning this conditioning and understanding it, thereby becoming capable of making immediate adjustments, this is virtue. Virtue is not the denial of a vice, it is a state of "Being" and "Being" is not an idea, therefore the one who cultivates virtue is not virtuous.

Because there is good and evil. Can you be virtuous with evil in your mind and you are searching for good? Can you be virtuous if you are

confused with opposites.

I am the Living Presence and no one can deny that. That is virtuous, that is being.

To experience that which is not an idea the process of ideas must cease. If you want to experience that which is not an idea the process of ideas in your mind must cease, you must not try and make it an idea.

Have I not told you before that meditation is not the subjection of the mind to a particular idea or the holding of the mind in subjection with the idea that you can find Truth. Meditation is none other than discerning all that is false in the mind, so that it will dissolve away. And when these opposites, contradictions in the mind cease, when the process of ideas cease, then Truth is found. It Itself is free and in that freedom alone can it be experienced, and in no other way. The Word of Creation is not an idea It is a Reality beyond the process of ideas. Yet this Word is within each one of us and is not affected by ideas but can only be known when the process of ideas ceases.

Therefore the Word of Creation must not be an idea in your mind. The word AUM cannot be an idea only in your mind. I am taking you beyond my mental state into what the Masters know and understand, and what they know of Creation. And immediately you become One with the Word of Creation, all power is been given unto to you in heaven and on earth because you become that Word, you become the Christ of God. The Word that was with God and the Word that was God and the Word that was made flesh remains immortal.

It is the most difficult to explain in relative terms, yet only in these relative terms can I bring you to know what is beyond the relative.

I cannot explain Truth to you. Anyone who says he tells you the Truth is a liar. Do not believe him because he does not know. And those who tell you that they do know, you will know that they do not know.

But through these relative words of mine, in pointing out all that is false and relative, you will come to the Truth—yourselves. And you will find that great pearl, great price that is greater than all the possessions than man could ever have, even in heaven or upon earth.

The trinity of Creation we see in operation everywhere is combination, preservation and transformation. What is termed disintegration is but transformation. In trying to find the ultimate sound formula behind all Creation we must learn from Nature herself where the process is continuous beyond time.

The word AUM exists eternally beyond time. What you call time is a relative thing.

When we have awakened to the illuminating soundless sound of “AUM” (*What a wonderful thing. I wish I could bring you into it. Only the time will come and you will find it yourselves. But it is the most exhilarating, the most thrilling feeling you could ever have is to listen to the soundless sound of the AUM, beyond the ultrasonic range.*) When we have awakened to the illuminating soundless sound of the “AUM,” vibrating in the ultrasonic planes and still higher planes, and realize this Infinite Creative Power¹ we have discovered one of the greatest secrets in heaven and on earth. Remember there can be no sound without thought and there can be no thought without consciousness and there can be no consciousness without Life. Therefore Life alone is creative. AUM represents the trinity of sound in all Creation.

From the very high to the very low it is the same sound vibrating throughout the whole Universe. It is the Word of God that becomes sound. The invisible becomes visible in exact proportion as the sound vibrates. The vibration of the invisible thought.

Thoughts that pass into my mind from some remote, control thoughts that move into my mind and giving expression through my mind. And are formulated in your mind through the medium of sound. The thought invisible from this remote, control the medium as it were through which these great thoughts come. And through the instrument of the brain, the nervous system, the mouth, the tongue and the lungs in the chest. The formation of the word then is formed according to the thought that strikes the consciousness, and it comes forth in the sound of the word to be formulated in your own mind.

Sometimes people wonder, how is it possible for him to know all these things? But I always say, “of myself I am nothing, it is the Spirit of the Father within me that knoweth all things.”

*And it is true, this remote control, this remote direction through a Consciousness that becomes conscious **now**—in tune. As Paul says, “put on your armour.” And that is what you put on—an armour. One day you will find yourselves, how to put on this armour, how to become in tune with the great Spiritual Forces. How to become a medium through which the great thoughts will flow just as your mind then receives them, the consciousness receives them internally just like a wireless set. So are they modified completely through the instrument and given forth again in sound so they can be heard with all people within range. How wonderful we are made. Yet how simple is the process of this receiving and projecting. How simple is the Truth, “I and the Father are One.” But how mighty is that Truth?*

And when I think always in my time, when I think of the things that I see, the words that I write and people speak to me about them. In my own mind, quietly I say to myself, “of my own self I am nothing, It is the Spirit of the Father within me that doeth these things.” Then I lose all this stupidity, this sort of self-aggrandisement, this foolishness, this desire for approbation because I know it leads me away from that which is really true.

The majority of people are always expressing their own personalities. But I say, allow that which is supreme in Itself to manifest Itself through the instrument that It created for Its own expression, then there is freedom of thought, the words flow freely without interruption, without difficulty, without thought. I do not think what I am going to say before I speak to you. As a matter of fact, I do not know what one word should come after another. I am convinced of the fact, that at that moment the word will be given.

All sounds are built from these three basic notes which constitute all sounds. The method in expression of these sounds will be given by word of mouth because they cannot be written. Thus all Masters handed down this secret to their chelas by repetition.

And it is the repetition of this Truth the mind must see, so that it clears the mind completely of all the things that are false. And as the Word is sounded within the self then within the consciousness the sound is spared and then you reproduce it in exact accord with the sound you receive.

AUM.....AUM.....

.....The whole body becomes filled, vibrating with the sound. Every atom of the body is vibrating. It will keep on vibrating like this because I

have touched the Nada, the sound of Creation. Now you will feel this form of vibration within yourself. You will still go on, on, on. I could remain in this Consciousness for a long long time. Still you would feel the vibration, the sound of the Nada, the invisible sound of the Nada.

Has it stopped yet has it? It keeps going and going and going is it not? All the time you are feeling it, sounds of the invisible in the ultrasonic range the sound is going still, the body is filled with it.

The Magnetic aura is expressing it. Nothing now can come near the magnetic body, it cannot enter it. There is no thought of any kind can enter into this magnetic body surrounding me at the present time. It is only when I give way to any conditioning or condition myself according to what is external to myself, then these things float through the magnetic body in and influence the mind. Invisible thoughts and form.

But Immediately I take the consciousness away from the sound of the Creative Word, the vibration ceases. That I have done for seven days on end without stopping day or night. That is meditation but it only comes when the mind is clarified and cleared of all that is false; all beliefs, all ideas, all things that are hindering the expression of that perfect Word that was in the beginning. I do not create that Word—that Word created me. It exists in me Eternally. I am that Word. I am the Living Expression of that Word.

The repeating the AUM when the mind is clear of hindrances has a tremendous power. It is not repeated as from an idea but is given expression from within when the process of ideas has ceased. The word is chanted as from within the soul and expressed outwardly affecting every atom and cell in the body and beyond. It protects the magnetic body from other influences that may come from without, as I have already explained.

The enjoyment obtained from the repeating of the magical formula “Om Mani Padme Hum” with its fortifying effects has to be experienced to be realized.

In the monasteries throughout Tibet, the Lamas repeat this word, “Om Mani Padme Hum” hundreds of times but they are only repeating it. The Lamas are not yet conversant with the complete Truth that I have told you. Only the Masters are conversant with it.

And I am giving you some very secret information that has a tremendous power. But perhaps you will need it some day in the not far distant future, then the Spirit will lead you. The Spirit which is the Comforter will come to you and will make known to you all the I have already said.

When we begin to understand that matter is but a combination of atoms combined by the force of certain notes, sounds or vibrations, speech provides the avenue to hurl atoms of energy into activity in the production of form. It also has its destructive role in the disintegration of the atoms of form which we call transformation, for nothing can be destroyed only transformation takes place, from one form into another. This is the fundamental secret in the Creative Power of the word of man.

When this is known there is extreme care exercised in the utterance. For like lightening we send forth and like lightening it returns again according to the potency of the word. So does it draw to itself with immense impact the concrete image of its original purpose.

“My word shall return unto me void but will accomplish that which it has been sent forth to do.”

Some of you image, some of you wonder how these so called miracles take place in your midst. There is no such thing as a miracle. When we understand the law inherent behind that particular so called miracle is understood, the miracle disappears, understanding takes its place.

Thus we see the tremendous risk taken by those people who ignorantly violate this sacred law. Fortunately for the ignorant there is very little power in their words. In Matthew 12: 37, Jesus says, “by your words you will be acquitted and by your words you will be condemned.” Therefore through the magic potency of the thought-word-sound and the magnetic power of the voice we have in our hands the greatest secret of the Timeless, the Ever-present Life.

And only is the Ever-present Life capable of giving expression to voice and sound. That is why I say, “I am the Truth, I am the Living Truth and I voice.” My voice is the expression of the Living Truth because there can be no other means. And my voice can only be heard from moment to moment. And each moment is the expression of the Livingness, the Ever-present Truth, the Ever-present Life. “I am that Life.”

Is it not necessary then that we select carefully our thoughts and words built not upon memory or experience but with the understanding of the Ever-present Life which alone gives power to thought and words.

Try to inspire those you meet with words of Truth. Be optimistic at all times no matter in what company you may be, discerning the conditioning that has taken place. *(Never argue with ignorance it is a fools paradise. When you know the Truth you will never argue because only ignorance argues with ignorance. Truth cannot argue with Truth, neither can Truth argue with ignorance. "The Light in the world the darkness comprehendeth it not." But the Light is the light of man but the darkness does not overcome the Light but where there is Light darkness disappears.)* Learn to relax and speak in eloquent tones with words composed from a healthy state of mind. Learn the skill of using convincing words to attract attention towards that which is constructive.

You will discover that words are priceless jewels and must never be wasted in idle talk. Feel the power and effectiveness of your word, wherever you are remembering the Source, from moment to moment making your words Divine. *From moment to moment making your words Divine.*

From the heart of Truth the sacred hidden treasure will pour out, radiating beams to dispel the darkness and ignorance wherever it may be.

Little do the masses realize the damage to humanity caused through the perversion of the Truth through the press, radio, stage and screen. These subtle instruments creating trends of thought which later become the creative power of speech are doing untold damage to millions of people who are led to destruction, yet how ignorant are they of the fact that the rebounding process of these words spoken and written affect those who express them. Remember I am not propagating a Truth, I am not giving you an idea, what I am doing is to help you to see what is preventing you from directly expressing Truth. The word "truth" is not Truth. If *you* are merely speaking the word "truth" *you* have done nothing.

If you do not know that you are **now**, you will never be tomorrow. If you are not brotherly now, tomorrow will not make you, for it is also the now. If you have your mind full and your heart empty, Truth will not reveal

Itself. Only when the mind is still and the heart full does it reveal Its great Creative Power and this Creative Power is Love.

*I will say again, **LOVE**. So deep in your heart must this be full, overflowing. For the mind must be empty of ideas and images and beliefs, they are the contradiction of Love. Love knows no ideas. Love never contradicts Itself. Love is a Living Force an idea is a dead one. Love is the expression of that which is Eternal and Ever-present moment by moment. "I am Life."*

Translated from Isaiah, "Honour not the Truth with your lips while your hearts are far remote. Your religion is a mockery a mere tradition learned by rote."

BENEDICTION

O Blessed Truth, Thou art Ever-present and Eternal. Thou alone art my Guide, my Friend, my Staff that comforts me.

When I heard Thy Voice in all Creation I knelt before Thee. As I did so, I heard Thy Voice also within me.

My mind was silenced, my memories dissolved for I knew Thee alone.

And forever afterwards I knew what was false. This knowing kept me close to Thee forever, O Blessed Eternal Truth.

* 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 17th June 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. In the Lecture Notes the word is "*Force*." The sentence would then read: [*When we have awakened to the illuminating soundless sound of "AUM," vibrating in the ultrasonic planes and still higher planes, and realize this Infinite Creative Force we have discovered one of the greatest secrets in heaven and on earth.*]

Lecture 10 (24th June 1952)

BELIEVING AND DISBELIEVING IS A PROCESS OF IGNORANCE*

When you read those words you will think, well surely that's not true. But when you look into the matter you will see how true it is.

In Luke 8: 16, it says, "No one lights a lamp and hides it under a vessel or puts it below the bed: he puts it on a stand, so that those who come in can see the light."

Do you live in hope or do you live in despair? When you see that these two impostors are the same you will drop them. Is it not a fact that we live in hope for the future and at the same time we despair the future, *because of the past*? In this state we are not really living at all because we make the future much more important than the present.

I have often tried to show you the importance of the Presence. And that the past and future are very often a hindrance to the expression of the Presence in the present. You can only express in the present you cannot express in the past or the future. These are in the mind. And really what is in the mind is dead. What is alive is the Presence at this very moment from moment to moment. That is the only Living thing and the only Living Creative thing is the Presence that is always present.

*Then if you look into your mind you will see, that the past is in your mind, the future is in your mind but they have no creativeness whatsoever. Both are very often a hindrance to the expression of the Presence in this very present moment. The Living Presence is the only Creative Force. Therefore the past and the future are not more important than the present. And if you recognise this Truth you will see, the past is but a memory the future is but a hope, both in the mind they are not creative in anyway whatsoever and very often a hindrance to the expression of the Presence **now**.*

Is it not a fact that to most people the future is so extraordinarily important *that* they 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 sacrificing the present, that is they are willing to liquidate you and me for the future. So all political parties, all ideologists, dangle a hope in front of us and when we pursue this hope we are destroyed.

Unless we can see the whole process of the desire for this security that is driving us to destruction we will never know the Truth of the living Present. *Unless we see this desire, unless we understand it, you are caught-up in the hope, caught-up in the belief, caught-up in that which is dangled in front of you, thinking that this security is security when it is no security at all. The only security exists in the present devoid of all past and future, a Living Presence that is only created and in that Presence; there is Love, there is Wisdom and there is Power.* When we begin to see that there can be no security from the external, in the present or in the future, we will discover what *Reality is*. But this cannot be realized by those who seek an end for there is no end but only a renewal from moment to moment. *What do you do? Don't you seek an end, a security with an end or an end with security? But there can be none of these because there is no end. When you look for an end you are living in an illusion. There is no security if you are looking for an end. But there is only security when you recognise that there is continual renewal moment to moment—that is **Living**.* When we have come to this realization in continuity moment to moment we live, the past and the future are but *memories and dreams* of some fanciful state.

Is the world not torn at present between systems, the left and the right? The world is broken up by beliefs, by ideas, by formulas. How can there be security in any of these fleeting and changeable things? Yet we are promised security by them. We quarrel over the systems which we think will give us more security and so cultivate war, destruction and misery. Do you call that security?

What I am doing in this last Lecture of this series, is to make you wise towards all these so-called securities; all those so-called utopians, all those so-called groups who promise and dangle hope in front of you, which lead you to destruction. You are students now of the great Universal Science, the

College of Universal Science, a Science that is beyond the ordinary form of education.

It is an education on its own leading the mind into higher spheres of activity, so it will grasp that which is false and thereby understand that which true.

If you depend on a system for security there must be insecurity. Those who believe in Utopias are only concerned with ideas and not with people, this breeds separation and destruction, which is actually taking place now. As long as we look for security through an ideal, through political or economic means, there must be separation and contention which brings about further insecurity.

And if you look back now during the last 25 years or more, you will see what has been happening. There is less security. We have more political parties. We have more ideas of new economic means of security. We see that we have more and more separation between the peoples of the world and groups, in different countries and in the same country. And which has brought about more separation and contention, which brings about further insecurity.

If you look then to what has happened, you can think now that the past and the future no matter how you think about it, you are going to build your future on the past. And because you build your future on the past you are building it upon an illusion and upon sand. You can only build now upon the present existing Life which is security and is God, and is Love, and is Wisdom, and is Truth, and is Unity.

We can never have security until there is unity between the peoples of the world. You can never have security in our own country unless there is unity between the different groups in that particular country. We will never have security of any kind throughout the world until such time as this unity is understood by our leaders. So that our leaders will give to those people who are less informed, the truth about separation and how it comes about. But those who are leading us today are more ignorant about the conditions and the causes of our troubles, than the majority of people in the groups are themselves. With the result that they do not think because they are lazy, they do not want to think, so they allow other people to do their thinking for them. That breeds trouble and insecurity.

The world is now torn up into different nationalities, different beliefs, different ideologies each promising security. Now there can never be unity through beliefs or ideas, this cannot bring people together. It has already been proven throughout the world and those who advocate these methods are immature in their understanding and should have no say in communal affairs.

If we can see the futility of ideas which create division, the idea of being a Christian, a Hindu, a Mohammedan, a Nationalist, a Communist, a Socialist, a capitalist, a worker, an Afrikaner, a Britisher, an American, a Chinaman, a Russian and God knows what else. *These are all ideas in the mind of man. And each then perpetuate his own idea with the result that he becomes antagonistic to the other. Naturally you have then division. And when you have division you have misery and destruction.*

As long as we do not see the fallacy of these divisions we will continue in our ignorance and continue in our destruction. It is alright to say, "I'm a Christian" and you pray to God. And you say to yourself, you are a Child of God. I am a Child of God. Yes, but you are in prison are you not? Because you have separated yourself from your brother. You must be in prison if there is separation. Therefore what do you do when you say, "are you a Child of God?" It is just an idea. Somebody else put the idea in your mind and you say, "yes I believe it, I am a Child of God, I must be," and so forth, and you take the idea into your mind. And you take into your prison, it becomes an idea and nothing more. Why? Because you do not act as a Child of God you act as a damn fool. So the whole thing is clearly and distinctly, that unless we see these divisions, these conditions, and how we have conditioned ourselves, we will never get rid of our misery. Never! It is these things that are separating us and they are nothing but beliefs, ideas, and as long as we cling to beliefs there will be separation, ill-will and chaos.

So we cling to our beliefs and defend them with all our might against another belief which we think is not in accordance with our own. How can there be any solution to any human problem under these circumstances when each group is at war with the other! *The means of war is not the means of peace. The means of political aggrandisement and separation is not the means of unity. You can never have unity in any way whatsoever*

when you have separation or an idea between one person or another being separated because of their nationality. It cannot exist and it never will work in a human community. The fundamental principles underlying the human must be understood. And that is the One Life that is common to us all. If we could see the self and its ways we would see how false these things are. Then we would discover that “something” from moment to moment which is not a belief but an actual livingness which we have in common with everyone else.

So we have not in the past nor in the future but Living in the Presence of that very present that is now. In the understanding of this, then we will know that we have a livingness which is in common with every other living being, no matter what nationality or what group he belongs to.

That is the fundamental principle upon which humanity stands and upon which the whole of humanity is moved along towards security. And the only security we have is that fundamental principle where the Whole is secure, where the individual then is secure in the Wholeness of that Wholeness. So that we find ourselves not separated but one with that which is fundamental and which is the underlying principle, the Livingness that is in common with every being that lives upon the earth.

Is it not that we perpetuate the memories of the past to blind us to the ever-present Life? So *that* we struggle with each other and for what end? An end in chaos! This state of affairs will continue until man sees the falseness of his ways. When we wake up to the ways of the self with its memories, its beliefs, its antagonisms, its fears, hope and all the appalling distortions of the self, we become horrified, and not until we become horrified at the ways of the self will there ever be freedom and security.

Unless you become horrified at the ways of the self, the cravings of the self, the desires of the self, there can never be freedom. And the more horrified you are of the ways of your own self, the sooner will that freedom come.

You always blame the other individual, someone outside ourselves. We never see that it is within ourselves the trouble lies.

If we allow the past to influence the present then our future must be the past so we will perpetuate our illusion to the destruction of ourselves. *What are we doing now? We are trying to patch up the world upon the*

experiences and the deadwood of the past. How can a new world be born out of the dead bones of a past? Not until we see this new Life, this Life that is Eternal, that will give security to the world at large. That our leaders will come to the realization of this Truth. So that those who are ignorant of this Truth shall be led into Truth. Once we see the false, the true will appear to us. Then let us live from moment to moment, living each moment in the present, otherwise we will flounder in dogma, creeds and even a philosophy. We do not have to be created, we are one with the Creator for we cannot be separated, for Life is not divided.

Is it not a fact that we live in the illusion of the senses? What we see, touch and feel we think is real yet it has no power of its own. How can anything having no power of its own have any reality in itself? All we see is the manifestation of the phenomena of thought-sound-waves. The cause is not seen, only the effect.

So we take the effect to be a Reality and consequently we live in the illusion of the effect. We think then what we see and feel around us is Real. Not understanding the cause we are caught-up in the illusion of the effect.

So the world is the same. All the time we are trying to adjust our economic status throughout the world. Every few months or few weeks we have a crisis. This crisis comes then it passes but sure enough there is another crisis around the corner. Are we going to carry on like this continuously, with a crisis coming on every other month or so? There is no end to these crisis. And one day it will blow up in our faces like a delayed action bomb.

The time is coming soon for the wisdom of great Statesmen with an underlying knowledge of the principle of mankind. And upon which only a human family can be built in security. Not in division, not in separation.

All your propaganda, all your great men today are talking a lot of silly nonsense. Whatever they express in word of mouth it is put through the whole of the press throughout the world, thinking it is a masterpiece, when it is lot of damn foolery.

*When we realise the Truth about what I am telling you. Strong words are needed so that it will get into your mind, so you as students of the greatest and most important thing in existence is **Life**. The Students of Life*

will understand the fundamental principle upon which the human family is built.

It is from you then and from about you, your kind, will come the time when the world is in chaos for people to lead the world. And is it not so, it is said, "yes, and a babe shall lead them." That means one who is not known as a great man, "but a babe shall lead them."

When this is realized we will see that the power is within ourselves, for where true realization and recognition exist there also exists the cause. Truth is never created, it always was and is ever-present. Substance-ether is the foundation of all forms, visible and invisible, substance has no power of its own neither do we create substance. Yet Consciousness-Intelligence-Substance is the trinity in form. *That is the trinity in form, behind all form and within form is the Formless. The Formless is the Power, the form is the effect. Therefore let me point this out to you most clearly. Consciousness, Intelligence and Substance is the trinity in the form. That is the Formless. And it is out of the Formless all form is created. Yet form is the effect and the Formless is the cause.*

Consciousness is the directing Power. It is the Power existing behind everything. The Intelligence is a "Knowing How," it is allied with Consciousness, just like Father-Mother God. Consciousness is a Father the Mother is the Intelligence. The Substance then, is that perfect Formless Substance out of which everything is created. These three are the perfect trinity, Consciousness-Intelligence-Substance, out of which all form is built. The Formless is the Power. The effect has no power whatsoever.

That is why Jesus said, "unless you are born again this time of Spirit (which means Father-Mother God and water, which to him was the name he gave to the Substance, which was pliable out of which every form was created). Unless you are born again of Spirit and water you shall not enter the Kingdom of Heaven." You shall not enter the Kingdom of Creativeness and security and understanding. Because if you live in the world of effects, thinking that the effects are real. You will loose the Power of that Formless cause that is behind all Creation. Yet Consciousness-Intelligence-Substance is the trinity in form. We create form and phenomena through our thought-sound-waves. Therefore when we believe in the false we create chaos. When we believe in ideas we create separation, only when we know that we

live *from* moment to moment eternally do we awaken to our stupidity of living in the past and in the future.

In the presence then and in the present we live in the Formless cause, Consciousness-Intelligence and Substance out of which everything has been created, therefore we know the Creativeness that is within us. Without this understanding you shall never be Masters because you have the potentiality of a Master within yourselves, and this wisdom, this understanding enables you to bring that Mastership into operation.

Consciousness, Intelligence and Substance are perfect in themselves, when we are caught-up in the false we produce that which is false and which must ultimately destroy itself, for only the true can live, because it is eternal and ever-present, never in enmity or in separation to another.

We quarrel over our beliefs, our ideas have murdered each other because of them and we do not know whether they are true or not. We must discern these things that bind us, that make us murderers. *No matter whether you really murder or not, if you condone this murder you are just as much a murderer as the fellow who does the murdering. You must seek these things and search them in your minds, to see how clear and concise this Truth is.* Those illusions, ideas, concepts are created by dogmatists, by politicians in whom people believe without thinking, they follow and are destroyed through their own ignorance.

We must free the mind from fixed ideas and concepts, the mind must be empty of these things before we can understand the true. *It is a matter of emptying our minds of all the things that are false.* 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 do not know it. We do not create Truth we only create *a concept of Truth which is not Truth.* When we dissolve those away Truth is there to take its place. It is Eternal and Ever-present and we live in that ever-present Eternal Truth and this Truth is everywhere and Its motive is Love.

How we could go on talking about the motive of Truth, otherwise the Universe could not exist or stand complete without the motive of Love. Therefore the motion of God, that motion which is Eternal which is functioning through the Intelligence which is working through the whole of

the Universe, the motion is harmonious, a harmonious vibration known as Love.

Jesus said, "love thy neighbour as thyself." That was the key to all security throughout the whole world, to love your neighbour as yourself.

But let us look into our minds and see, do we love our neighbour? Do we criticize him? Do we hate him? Do we say despicable things about him? Do we say that he is a rogue, he is a vagabond, he is a cheat, he is all these sort of things? And never looking into our own minds to see what is hidden in our own souls. That we ourselves although we do not perhaps perform these things we are just as diabolically bad as our neighbour. And we are trying to excuse ourselves and to escape our own searchlight within ourselves by expressing what we think our neighbour is. But the Master said clearly and distinctly, and it is a very true one, "take the plank out of your own eye, you hypocrite, and you will see how to take the splinter out of your brothers eye."

I am saying these things clearly and distinctly for the simple reason, that it is the basis of your security. To love your neighbour is not a virtue, it is virtually a law of protection.

By our reactions to the external and our lack of understanding we flounder in phenomena and cause our own misery through our ignorance of the power that is within us. Yet Truth is waiting to manifest Itself in all Its glory and perfectness, this is our security.

Truth is waiting to express Itself—this is our security. How wonderful is the Truth. Pay no attention to what you shall say, heed not what you shall say in other words, at that moment it shall be given unto you.

When I came into this room tonight, I had not looked at this Lecture since the 3/4/52. And I was sitting in there and I said I have not looked at my Lecture tonight at all but all will be given unto me just what to say when the time comes. I do not mind, but as I sat down and began to think what I would say about this Lecture, I would be creating in my own mind some idea about what I should say.

But the words that come from my mouth are not my own, the Spirit alone has Voice. And I am convinced of this fact. I have seen it in my last forty years working on people. I have at that very moment, the very beginning

spoken to people just the same as I am speaking to you without any experience in talking. But just I believed clearly and distinctly, that the Spirit alone had Voice and the Word of the Spirit shall be given forth in the Voice.

If you then know within yourselves that this Spirit is Father-Mother God (Consciousness and Intelligence). Intelligence in “Knowing How,” Consciousness the directing Power behind all things. The Intelligence then is the Active Principle in your body, makes all the cells work that brings together the atoms, forms your brain, your eyes, your senses and the most delicate mechanism of your whole being. Here is an Intelligence that is working through you continuously. This Intelligence knows how, it is still working in your body and Knowing How, and will continue to do so.

Your consciousness then is the directing power. If you are consciously aware of an Intelligence that “Knows How” —that is faith. But faith and fear in the ordinary way, (the ignorance person has a faith and in that faith there is fear,) there is no knowing or understanding. Understanding faith is the Realisation of the Truth, of an Intelligence that Knows How and a Consciousness that is aware of that Knowing.

When you are consciously aware of that Knowing How then I say, you have the power of a Master, that is the Masters Power.

Nature responds because the Consciousness is the directing Power. The Consciousness of God must be in man otherwise God could not be Infinite. If mans consciousness was separated from God then he could not be Infinite because there would be another consciousness entirely different to his own, therefore he could not be Infinite in Nature.

If the Intelligence—The Mother (that Father-Mother God) the Knowing How, the Wisdom in Creation, if that was not working in man then the Infinite could not be Infinite. Because there would another Intelligence apart and distinct from the Infinite God and that would be impossible. If that was so then God could not be Infinite. But as God’s Consciousness is One and the Mother which is the Infinite Expression of that Knowing How, active in every human being. The fundamental principles under humanity is the Spirit. And the Spirit of God dwelleth in man and this is a Temple of the Holy Spirit. “And when you have seen me you have seen the Father.”

*You have seen the Father-Mother God in action because the Spirit alone has Voice. And the Spirit is speaking **now**. If you can actually see behind your own phenomenon into that Formless state of the Spirit then you will know what is behind the Voice and behind this form that you see before your eyes. The Knowing How, the Intelligence of God in action.*

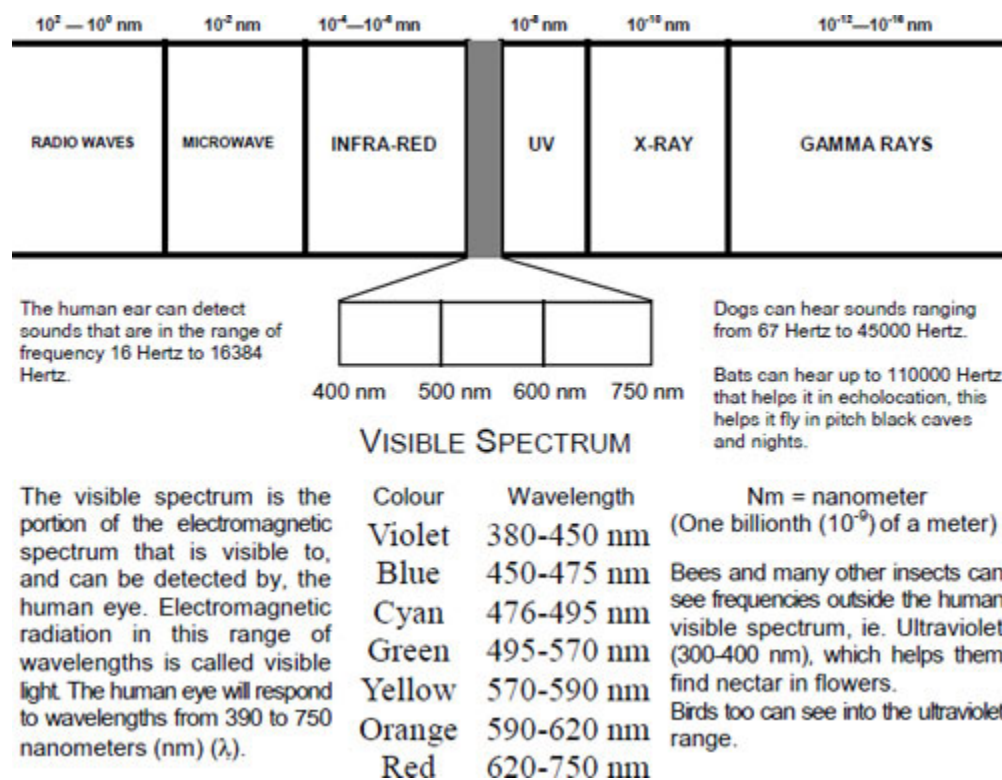
As the consciousness becomes freed from the false, thought becomes purified, therefore thought-sound-waves *can* create harmony and peace in and out of the body. *Thought-sound-waves can also create havoc through ignorance.*

Life is and is perfect, like electricity it flows into *the* form created by Itself manifesting Its eternal Presence. So Life, Consciousness-Intelligence-Substance, *without form*, is perfect Life, Life is God and God is Life, therefore cannot be divided, for there is nothing to divide It with. Life cannot be destroyed, there is nothing that can destroy Life, just as there is nothing that can destroy electricity.

Science has proved to us that matter as we know it, is porous and not solid, that Light-Sound and Colour pass through it, we only see these vibrations are caught up in matter which is but a fraction of the scale of vibration that exists, thus the atoms that make up matter are affected by the vibrations that passes into them as we have already come to understand.

What the physical eye sees is but a very portion of the vibration of Light and Sound. What the physical sees is but, in Light, from 450 trillion vibrations to 750 trillion vibrations per second. All above and below these vibrations exists but it is not visible to the physical eye. The physical ear hears a very small range of sound from 30 to 32 thousand vibrations per inch.

So you see, we have right through the area Light which permeates the whole of the Universe from the very highest invisible sources to the very gross state underneath. Man's visible and conception of that Light is about that much of the totality of all the Light that flows through the Universe. And his sound would be in a similar nature.



But above and below these vibrations go into Infinity. Down into the deepest stratas of what we call the ultra-red and the ultra-violet and pure white we do not see. Yet these vibrations are working through us continuously. They are passing through our bodies. Some of those lights which are a very high vibration do not even touch the atoms they pass through the atoms, so high are the vibrations of these lights. Yet it is motion, light is motion. And the atom is motion. And the atom having a nucleus of its own with electrons revolving round it centre. It is a whirlpool or eddy in this ether. And if these particular atoms that are flowing round its centre which becomes the outer, becomes the periphery of the atom which makes a whirlpool or eddy in the invisible ether. The space between these electrons and the periphery of the atom are in exact accordance, relatively speaking, as the planets and the sun.

Therefore light of a higher vibration interpenetrates right through the atoms not even touching the electrons, not even interfering with the movement of the electron. It is only when we get a vibration of light that is of a similar vibration as that atom, does it strike and cause certain of these

electrons to spring up and make further formations with other atoms in other directions, therefore causing transformation in the atomic structure of the body or in the form. And because your body is created in accordance with your own consciousness in the body so does your consciousness create electromagnetic waves in exact accordance with the vibrations of your own structure. Therefore causing electrons to flow from certain atoms into others causing transformation to take place and therefore you have a constructive or a destruction action in your body according to your thought.

Next series we will be going more definitely into the most important scientific activities of how these things take place.

As you well know that this knowledge was known to the great, what we call, the atomic philosophers of ancient times. Their knowledge of the atom and the electron and even more advanced than our scientists are today. And I can assure you this, what I will tell you in a very short time during next period you will find that the scientists will eventually reveal the same thing in years to come through their own experiments.

These instructions were given to me by the Masters themselves. And I am sure I could not give you this information if it was not necessary for you at this time.

So we see, science has proved to us that matter as we know it, is porous and not solid, that Light-Sound and Colour pass through it, we only see these vibrations are caught up in matter which is but a fraction of the scale of vibration that exists, thus the atoms that make up matter are affected by the vibrations that passes into the atoms as we have already come to understand

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 beyond the family circle, a Love that is beyond beliefs, ideas. *This Love is deep and simple and nothing can change it. For God is Love. When we become Love Itself, that is our security and nothing else can give us security.*

Love is beauty, it manifests when we dissolve all the false things that are hiding It.

“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.” Isaiah 66: 1-2 (Moffatt translation)

That is you and me. These are the buildings that He has made. These are His own buildings in which He Lives.

This not only applies to you and me but applies to every living being upon the earth. Then can you not see, that the fundamental underlying the human only, is our security. No ideas, no means of atomic change, no means of economic change, no means of these political changes and ideas, no means whereby nations group themselves together jockeying for positions so that they could be in a better position in event of war.

You think that we can have peace when we have two armed-camps facing each other, neither knowing the underlying principles of human nature, only having a belief in an ideology or a system. And which ever system they think is best is going to bring them the most security, they shall fight to the death and destroy others in the doing so. And where is the security? There is none. Look back and see from time immemorial to the last few years in fact, has there been any security during the war that was promised security? This is the final war that would give the world security. Has there have been any security one war after another? Is there not more insecurity? And will not more insecurity follow?

BENEDICTION

O Eternal Love, the Sweetness of Thy Perfume in the human heart is the Perfume of Perfumes.

How can I seek anything less than the greatest when It is silently waiting to express Itself without struggle.

Yes, when *my* struggle and craving ceased, in my soul I found that which I *had* craved for.

O Ever-enduring Love, may Thy Perfume awaken the hearts of all to perceive the beauty of Thy Presence everywhere, O Eternal Love.

* 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 24th June 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

ADDITIONAL MATERIAL

PUBLISHERS NOTE

No date has been given for the production of this particular article but it is believed to have been written in 1947. Also there is no information as to it ever been given as a Lecture, but if it was given as a lecture in either Pretoria or Johannesburg, it would have been in 1947.

**THE PRACTICAL APPLICATION OF—THE HEALING POWER OF LIGHT, SOUND
AND COLOUR ON MIND AND BODY**

There is but one God unlimited and eternal—Triune in Nature: Consciousness, Intelligence, Substance—Father, Mother, Child—Spirit, Soul and Body—Father, Son and Holy Ghost. One in all, all in one. If we do not know this truth then we are lost in the world of action and reaction. Colours are but the reflection of light vibrating at different rates of vibration in this world of action and reaction.

The vast field to explore along the lines of Light, Sound and Colour is so intriguing, yet I can only deal briefly with this subject in an article like this; therefore I will confine myself to that which would be of most use to the reader in a practical way.

Light, Sound and Colour have a powerful effect in harmonising the mind and body; they have also great healing values when used harmoniously and in accordance with their natural correspondences, but they can also have a negative effect on mind and body when used disharmoniously. Harmony is the keynote of the Universe and is the foundation of our well-being, therefore the harmonious use of Light, Sound and Colour greatly helps us to regain that harmony so much needed today in mind and body, when we are continually reacting to an external world in chaos.

The following Chart will reveal a harmonious Universe in which we live and move in Light, Sound and Colour. From this we can learn the Mighty Secret of our Divine origin—“I am the light of the world.”

1	-A-	GOD	- "I AM" the Creator of all there is and there is none other beside me.	
9	-G-	LIGHT	- The reflection of God, "I am the Light of the World." (Christ-Consciousness)	
8	-F-	WHITE	-Do	- The manifestation of the perfect light wherein all colours are held. When sounding this note you can feel it above the head—in the "Christ Centre" from which all other centres emerge and return. This is the source of our life energy manifesting in the body
7	-E-	VIOLET	-Te	- <i>Mind or Mental Body</i> - This higher series of colour and sound affects the mind and nervous system, and find their correlates in these higher centres (1) Dome of the Head; (2) Forehead; (3) Base of Skull. When the corresponding notes are sounded you can feel them in their corresponding centres—these colours and sound effect and modify mental and nervous disorders.
6	-D-	INDIGO	-La	
5	-C-	BLUE	-So	
4	-B-	GREEN	-Fa	- <i>Magnetism or Magnetic Body</i> - This represents the intermediate or transitional or passive. Affects the emotional body and heart centre. Green soothes the emotions; the heart is responsive to green; it gives one a feeling of peace. It is through the magnetic body that our thoughts are transformed into effects in the physical.
3	-A-	YELLOW	-Me	- <i>Matter Physical - The Body of Sensation</i> - This Lower Series of Colours and Sounds affect the physical body—the Body of Manifestation or body of Effects—the centres here are: "ME"—Solar plexus, "RAY"—small of back, "DO"—Base of spine. Their respective notes can be felt in these centres even when sounded outside oneself. Note that "DO" (White Light) reaches its lowest manifestation in the lowest centre "DO"—red—in the base of the spine in man and must return to whence it came. These colours and sounds definitely affect the physical body.
2	-G-	ORANGE	-Ray	
1	-F-	RED	-Do	

Music that has charm produces a perfect blending of Colours unseen by the physical, yet we are affected just as if these Colours were played upon us. As you proceed through this article you will see how colours can be used with great effect in regaining the natural harmony of your mental, emotional and physical bodies.

The Colours of the Spectrum

Positive:			Passive:	Negative:		
<u>Violet</u>	<u>Indigo</u>	<u>Blue</u>	<u>Green</u>	<u>Yellow</u>	<u>Orange</u>	<u>Red</u>
7	6	5	4	3	2	1
			<i>Wave Length in Ten millionths of an inch</i>	<i>Number of undulations per inch</i>	<i>Number of undulations per second in trillions</i>	
1.	Red	266		37.640	458	
2.	Orange	240		41.610	506	
3.	Yellow	227		44.000	535	
4.	Green	211		47.460	577	
5.	Blue	196		51.110	622	
6.	Indigo	185		54.070	653	
7.	Violet	167		59.750	727	

We see from 34 to 64 waves to the inch. From the ultra Red to the ultra Violet—this is the range of colour or light vibrations visible to the physical eye. Above and below these points vibrations exist, yet although we do not see them that is not to say we are not affected by them. For in fact we are, much more than we realise, but this is matter for another article on Cosmic Radiations and would lead us away from our present subject of Colour and Sound which we see and hear.

COMPLEMENTARY PARTS AND DIVISIONS OF LIGHT REPRESENTED IN COLOUR

	<u>POSITIVE</u>	<u>NEGATIVE</u>
Higher Series	White (Violet (Indigo (Blue	Black Yellow-Green Orange-Yellow Orange-Red
Intermediate or) Transitional)	Green Yellow Orange Red	Reddish-Violet Indigo-Blue Azure-Blue Bluish-Green

We need a variety of colour in many of Nature's manifestations to keep us fit and well in mind and body. Nature has seen to it that we have this variety; it is up to us to take advantage of it. There are enormous forces stored up in light, reflected in the various shades of colour or **vibration**. We have a magnetic body and this body is the link between mind and matter. It is through this medium that vibrations are transformed into effects in the body.

This magnetic body forms a magnetic field like that of a magnet. It is like matter but invisible. In this field there are radiations in colour—each side being different, one being positive, the other negative. On the left side our body radiates yellow and red, while on the right it radiates blue verging on green. This continues all our life, and the intensity of the radiation depends upon our health. Our head vibrates the colour of violet and blue—violet in the higher regions and blue in the lower. Our whole system radiates in various colours according to our own vibrations. We are surrounded by a magnetic field which picks up and discharges radiations. These are transformed and absorbed into our system through our nervous system and blood by a process of chemical action. According to the strength of our mind and health, so do these radiations vary in colour and intensity.

When we are strong in mind through awareness of our Divine Power, this sets in motion that Divine Atom, which in turn sets in motion the magnetic field and radiates through our body, the magnetic body being the link that transfers our spiritual power into physical action and our body responds. Thus we impart fresh impulses of Divine Life and primary force when we are “aware”.

We are also benefited in a secondary way by colour radiation through our magnetic body, and this is the formula of the action of colour—the complementary colour is attracted by its opposite, but will repel its like. That is to say, if the left side of the body radiates red and yellow, this will attract blue and blue-green rays but will repel rays of yellow and red; yet the right side radiating blue will absorb yellow and red. So by applying blue to the left and yellow and red to the right, we increase the vitality of our body because we absorb vibrations through the magnetic field which are transformed into action in our body.

I will state here just plain, practical facts regarding colour therapy for I know this is of more value to the majority of my readers than the theory.

The medium or glass used for Colour Therapy must produce the proper colour; the colour must be isolated, and not a mixture of the spectrum as is seen in the ordinary glass. The Ernest Ray Co. of America as well as the Sollux Co. of England, have experimented extensively along these lines and have produced suitable filters for this work.

Blue Rays transmitted through a glass filter made of ammonium sulphate and copper oxide will stop haemorrhage of the lungs and bowels, reduce blood pressure, allay fever, relieve a sore throat, help hearing and many other things.

I have experimented with both the Sollux Lamp and the Ernest Cromo Ray, and when I used a blue filter I got reduction of inflammation in the part of the body where the light was directed; a form of local anaemia was obtained. This means a local anaesthesia had been created. Should any of you suffer from sleeplessness try the blue light over the bed and see the result. I found that blue had the effect of reducing blood pressure, inflammation of the nerves and tissues, especially in neuralgia and rheumatism in the face and head.

BLUE—The tone of the element air is blue. Blue is cold in nature, therefore we note that sky-blue dress will make one feel cool. Go into a theatre where there is a blue sky canopy and feel the cool feeling you get when you look into it. Blue is positive in action, it increases the magnetism in the system. In the open air when we breathe deeply we increase the magnetism in our body and improve our health. When blue colour is used in conjunction with thermal or heat rays—red—it will create intense heat. Thus when we use a blue light we impart to our system heat rays as well as electro-magnetic energy when we use thermal or heat rays—“Red”—with it.

Indigo-blue light will induce sleep. If you place a blue light over your bed you will find sleep will come easily. It has the effect of slowing down and harmonising the brain centres; it also slows down the synaptic process. Blue strengthens the nerves and makes one calm.

GREEN—The colour green brings peace to us through our senses. How the green fields and meadows bring that peace to a worried brain. How the

yellow harvest field calms our nerves and stimulates our mind. So we see the most beneficial colours of nature are blue, green and yellow. Green has the power of neutralising our thoughts, thereby influencing our higher brain centres, and calming our emotions. It also regulates the heart action. By using blue, green and yellow I get a delightful effect upon the mind, nerves and body. Green itself being a combination of yellow and blue, has a strong vitalising effect. Green increases the blood circulation and makes the brain active with clearness and alertness, yet the emotions are under control, so effective is the Green Ray.

YELLOW—strengthens our nerves, increases the action of the liver and stomach and helps indigestion. To the mind it adds power to our thoughts, stimulates the brain cells, makes us happy, and gives us control of our emotions. The liver responds instantly to the yellow colour vibration, which makes it work normally, and at the same time acts as a tonic on the mind.

RED—Red colour also increases the blood circulation and acts upon the mind as a stimulant. Green stimulates the mind and body with harmony and balance, while red has an irritating effect on its stimulation. Red is beneficial to those suffering from depression and melancholia as it arouses such people from their depth of despair. But as red excites the nerve centres it is detrimental to those suffering from nerves. In such cases blue or green should be used also.

In my “Master’s Course” you will see that Red is the colour of the lowest centre and stimulates the energy arising from this centre, while green is the centre of the heart; it controls the emotions and unifies the Soul and Body. Red is a good physical stimulant and revives one from physical and mental exhaustion. But violet light or ultra-violet rays should be used afterwards to stabilise and increase the effects of red light rays.

It has been definitely proved that the combination of the various colours such as blue and yellow, green and red, and yellow and green are stimulating, and give health and strength to mind and body

VIOLET—The colour Violet affects our mind. Look again at the colour of the centres in the chart—Page (325). When working with these centres the colour represented should be held in mind.

Some colours have different healing effects, whilst others have none. Violet has little effect upon our body. It elevates the mind and keeps our thoughts high; that is why it is used in altars, churches, and stained glass windows, mostly unknowingly. It is also good for meditation and deep contemplation. Violet light vibrates at 750 trillion vibrations per second, and affects only our mind and nerves. It has a soothing effect on lunatics and the mentally deranged. In fact, violet is one of the colours that will be used to uplift humanity. When a large group of people are subjected to the rays of a violet light they become more spiritual and peaceful. When subjected to red, the opposite is the case. That is why Communists are always fighting the wrong way for Social Security. We find red vibrates at the lowest rate, something like 394 trillion vibrations, while violet is the highest, 750. So when we raise our vibrations we become more spiritual, and when we lower them we become more brutal. When we experiment more with light and colour with the awareness of our being and a knowledge of the active Universe in harmony and colour, we will enter a realm of action not yet tapped by science.

From my own experience in Colour Therapy, I found the best curative colours are—Blue, green, yellow and red. I found that the blue ray softens and neutralises and has a very strong effect upon the mind, while green is more vital, and generates more circulation. (NOTE: The heart centre is green.) Yet it calms our emotions. Blue rays will stop mental storms and delirium in a very short time. A deep violet or mauve also influences our brain and nerves and calms our mind and the whole of our nervous system; therefore it is the best colour to use in fits and brain storms.

Red light and red colour I found stimulating: they excited the nerve centres, but were irritating in some cases because of their stimulating effect. Red also stimulates the circulation, and is good for chronic inflammatory conditions when used with blue; but red irritates an acute state of inflammation yet is good for rheumatic cases of long standing because it stirs up old condition. Red purifies the blood, relieves melancholia, but intensifies disharmonious thoughts. Red also increases blood circulation, especially in the body and limbs.

Yellow light and yellow colour help to harmonise our thoughts. Yellow creates cheerfulness, also stimulates the brain centres, and has a strong

effect upon the liver, stomach and solar plexus; stimulates into action the involuntary processes of our thoracic and abdominal regions including our Sympathetic Nervous System.

Green light and all shades of green act like a tonic on the mind and body. Green light rays are vitalising life rays. They harmonise soul and body; influencing the higher brain centres. Green stands between the cold and sedative effect of blue and the exciting effect of red. Thus green has the neutralising effect on both blue and red and can be used with each according to the condition of the trouble or patient.

Blue light is cold and silencing; these rays affect our mind, calm our thoughts and nerves, bring on sleep, relieve neuralgia and rheumatism, especially in the head, allay hysteria and reduce blood pressure, and reduce inflammation and should be used in all cases of acute inflammation.

Violet light and colour gives us the calm spiritual control so needed today, helps us to meditate and concentrate, raises our thoughts from the material to the spiritual, and cures most mental cases. Epilepsy has been cured by a patient sleeping under a violet light.

Orange light and colour increases the action of our glands and helps to balance our body, releasing tensions and giving mental as well as physical stimulus; its influence is like a combination of yellow and red where each is modified.

Brown light and colours help us to call up our latent powers into action, makes our minds alert, helping us to decide and act with judgment; it is more of a material colour and is good for business. Board rooms panelled in brown are of great aid in helping directors to come to decisions; brown also aids the blood formation in the body, but is weak in nature, so red and yellow should be used to strengthen its action.

Three of the most vulnerable points to apply light and colour are through the temples, the top and back of the head, and at the solar plexus. These three great radiating points of the body are the pineal and the pituitary glands, situated in the head, and the solar plexus in the body.

Pure white light is beneficial in all cases and has great curative powers. This is the light of the Christ, and when we let this light shine through our being it is well seen what happens. We are flooded with the Divine Healing

Rays of the white light. Apply this in your daily life and benefit by this mighty intelligent healing power.

Dr. William Luftig¹ of London, the eminent eye specialist, has used colour extensively in his work of relieving all kinds of eye troubles. The following is what he found from practical experience:

“**Blue light**—While red is a warm and stimulating colour, blue light is cold and has a sedative effect, which is its main feature. It produces good results on the blood and nerves. The patient will derive great benefit from blue radiation (a) in inflammations; (b) in nervous symptoms of the eye; (c) in attacks of pain.

“(a) Blue light causes anaemia or lack of blood and is, for this reason, of high value, if one wants to counteract inflammation of the eye. The good influence manifests itself in a decline of the inflammatory redness and the acute morbid process. Blue light stops the rush of blood to the head and eyes. If, for instance, the eyelids are swollen, the astringent effects of the blue light rays will help to reduce the heat and swelling of the tissue. The same is the case in any part of the body, where an unnatural state of redness, heat, swelling and pain exists. It is the cooling and soothing influence of blue light which is of special use when body tissues are inflamed and irritated.

“(b) When nervous conditions prevail, blue light is the colour of choice. It is a nerve tonic and acts very favourably on the nervous system by calming and steadying the nerves. It remedies the nervous disorders and reduces hyper-sensitivity, tension and nervousness. It quiets excitable persons who are highly strung, restless and easily agitated, and gives a welcome relief and rest to weak and strained nerves. That is the reason why blue irradiation is of great help in insomnia or sleeplessness.

“(c) Blue has marked pain-relieving properties. Persons suffering from neuralgic pains in the head and around the eyes will experience a lessening of the trouble, particularly when blue light therapy is combined with homeopathic medicines and other measures advocated. Blue mitigates painful sensations; when pain is present in acute glaucoma, blue, especially in connection with concentrated white light, makes it less severe, because it is possible by these measures to alleviate the eye pressure which irritates the nerves. I often advise patients to use blue and green light as a home

treatment before going to bed. The glaucoma patient may take advantage of the balancing influence of these light rays on the circulation. Blue light is an effective agent in equalising the blood stream within the eyeball and removing congestion in its channels. Besides, it will enable nervous patients to relax and calm the nerves and to fall asleep.

“**Green light**—In contrast to the pronounced exciting effect of red light and the strongly marked soothing character of blue light, green light rays have less decided characteristics and are more neutral. They stand between these two extremes; their nature is less active and positive than red and less passive and negative than blue.

“Green light has a valuable influence on the blood stream of the eye. It secures and maintains the equilibrium in the globe by keeping its circulation steady. Its practical worth is, therefore, often very obvious, particularly in glaucoma. Green is the colour that is never contra-indicated in eye diseases. It presents two distinguishing features:-

“(a) It imparts a mild stimulation which can be made use of in any state of the eyes. When they are in need of assistance, green light is of service, no matter whether the disease is of an inflammatory nature or not.

“(b) Another distinctive quality is the regulative action on the blood circulation. These two characteristics make green light an important therapeutic agent in eye diseases. Green has a pleasant reaction on the patient, and its effect is equally good in acute as well as in chronic conditions of the eyeball. Moreover, green light rays have antiseptic properties. They have the power to prevent the decay of eye tissues and the growth of disease germs. One will be surprised how beneficial the effect is, for instance, in those cases of iris inflammation where the disease process has given rise to the formation of pus in the anterior eye chamber.

“**Yellow light**—Yellow is a very warm light. It has a stimulating influence on the nerves, and it is due to this circumstance that yellow light-rays are effective in a case of paralysis of the eye muscles. As a result of the application of yellow light, the loss of muscular action incurred by the paralytic state may be curtailed and counterbalanced, and the muscle which is powerless to move can be freed from its inactivity and lack of force.

“Yellow light rays kindle and enliven the specific activity of the paralysed muscle and quicken its functional recovery. If neuralgic pains

manifest themselves in and around the eyes, yellow is contra-indicated, because it does not calm down the nervous system, but animates it. Where we want to rouse and intensify the movement and distribution of the blood and lymph current in the eye, the administration of yellow light is useful. As far as glaucoma, cataract, and detachment of the retina are concerned, yellow can, therefore, be utilised with advantage as a stimulus to increase the fluid stream in the eyeball.

“The enlivening effect of yellow light-rays is of special value in chronic eye diseases. Yellow puts life into inert and sluggish sections of the eyeball. It rouses them out of their lethargy, enhances their active forces, and transforms the passive and unresponsive state into a more reactive condition. In its effect yellow light is similar to that of red light rays. For this reason it has approximately the same indications and contra-indications.

“**Red light**—The main characteristic of red light is its stimulating influence on the blood and nerves.

“(a) It has the distinctive quality of exciting and urging the circulation to a vigorous motion. Red causes hyperaemia, or an excess of blood. It is, therefore, contra-indicated in a case of fresh inflammation, such as acute retinitis or iritis. The stimulus of red light is a valuable factor in cataract and detachment of the retina, where it rouses the blood and lymph current to increased activity. Under no circumstances must red light be employed in acute inflammatory conditions which call for the cooling and anti-inflammatory therapeutic action of blue.

“(b) The patient may derive benefit from red if he suffers from a paralysis of an external eye muscle, because red is a stimulant which may spur on its working power and augment its efficiency. It is this stimulating action which, besides the animation of the blood and lymph current, irritates the nerves and produces temporary restlessness, when the nervous system of the patient is out of balance and requires the application of soothing blue light.

“Where the vitality is low, red light is a helpful measure of stimulation. It calls forth a functional reaction by rousing the activity and vital energy of the patient. In this connection I should like to mention that red is not the right colour for wall papers, carpets, draperies, etc., if the patient is nervous.

Red affects weak nerves most unfavourably and is likely to cause irritability. Red stimulates not only the nerves of the eye, but also the life processes and metabolic functions of its cells and tissues.”

My one reason for quoting Dr. Luftig and these valuable extracts from his diary is to prove that through his extensive practical experience he has confirmed as well as added valuable data to what I have already said. There has been a mass of material written on Colour, with the result that it is difficult for the lay reader to extract any practical knowledge, so I have confined myself to the simple and most effective practical application of this vast and interesting subject. At the same time, I have retained the true foundations of our being, for this is most essential, otherwise we get lost in a maze of phenomena that leads us into utter confusion.

The Universe in which we live and have our being is harmonious, but with our reactions we create in ourselves and about us inharmonious vibrations and upset the balance. The Science of Colour is a method whereby we can to some extent regain this harmony in mind and body; yet above all we must realise that when we know the truth, the truth will set us free. This means to be aware of the Divine perfect action in and through us; the Divine atom then is automatically set in motion and completes the Harmony without effort, flooding our mind and body with its perfect white light wherein all the colours are. A perfect Harmony fulfilling the Perfect Divine Law in us. For the Infinite has individualised himself and we are that individualisation—“I and the Father are One.”

M. MACDONALD-BAYNE.

1. Dr. Wilhem (William) Luftig M.D. (1888-?). Was originally Austrian, and obtained the degree of M.D. of Berlin University in 1913. He became a British subject by naturalisation in 1938 and practised in London and Northampton and from 1944 in Brighton, where he specialised in ophthalmology. He was once taken to court for inappropriate use of the title M.D. in England. He wrote several books on eye diseases, including “The Natural Treatment of Eye Diseases in Simple, Advanced and So-called Incurable Cases” (1947), in which he claimed to have considerable success treating the condition using crystal reflectors. However it should be noted, that his book contained no case studies or peer reviewed research. His claims were not accepted by the

mainstream medical profession and was regarded as something of a maverick. In brief, he claimed that directing visible light (ie. non ultraviolet or infrared) onto closed eyes has a therapeutic affect on the eye and could cure a number of eye conditions including floaters, non surgically.

ATOMIC WEIGHTS OF THE ELEMENTS

ATOMIC NUMBER	SYMBOL	NAME	ATOMIC WEIGHT	DISCOVERY (YEAR)
1	H	Hydrogen	1.0079	1776
2	He	Helium	4.0026	1895
3	Li	Lithium	6.941	1817
4	Be	Beryllium	9.0122	1797
5	B	Boron	10.811	1808
6	C	Carbon	12.0107	Ancient
7	N	Nitrogen	14.0067	1772
8	O	Oxygen	15.9994	1774
9	F	Fluorine	18.9984	1886
10	Ne	Neon	20.1797	1898
11	Na	Sodium	22.9897	1807
12	Mg	Magnesium	24.3050	1755
13	Al	Aluminium	26.9815	1825
14	Si	Silicon	28.0855	1824
15	P	Phosphorus	30.9738	1669
16	S	Sulphur	32.065	Ancient
17	Cl	Chlorine	35.453	1774
18	Ar	Argon	39.948	1894
19	K	Potassium	39.0983	1807
20	Ca	Calcium	40.078	1808
21	Sc	Scandium	44.9559	1879
22	Ti	Titanium	47.867	1791
23	V	Vanadium	50.9415	1830
24	Cr	Chromium	51.9961	1797
25	Mn	Manganese	54.938	1774
26	Fe	Iron	55.845	Ancient
27	Co	Cobalt	58.9332	1735
28	Ni	Nickel	58.6934	1751
29	Cu	Copper	63.546	Ancient
30	Zn	Zinc	65.39	Ancient
31	Ga	Gallium	69.723	1875
32	Ge	Germanium	72.64	1886
33	As	Arsenic	74.9216	Ancient
34	Se	Selenium	78.96	1817
35	Br	Bromine	79.904	1826
36	Kr	Krypton	83.798	1898
37	Rb	Rubidium	85.4678	1861
38	Sr	Strontium	87.62	1790
39	Y	Yttrium	88.9059	1794
40	Zr	Zirconium	91.224	1789
41	Nb	Niobium	92.9064	1801
42	Mo	Molybdenum	95.94	1781
43	Te	Technetium	98	1937
44	Ru	Ruthenium	101.07	1844
45	Rh	Rhodium	102.9055	1803
46	Pd	Palladium	106.42	1803
47	Ag	Silver	107.8682	Ancient
48	Cd	Cadmium	112.411	1817
49	In	Indium	114.818	1863
50	Sn	Tin	118.710	Ancient
51	Sb	Antimony	121.760	Ancient
52	Te	Tellurium	127.60	1783
53	I	Iodine	126.9045	1811
54	Xe	Xenon	131.293	1898

55	Cs	Caesium	132.9055	1860
56	Ba	Barium	137.327	1808
57	La	Lanthanum	138.9055	1839
58	Ce	Cerium	140.116	1803
59	Pr	Praseodymium	140.9077	1885
60	Nd	Neodymium	144.24	1885
61	Pm	Promethium	145	1945
62	Sm	Samarium	150.36	1879
63	Eu	Europium	151.964	1901
64	Gd	Gadolinium	157.25	1880
65	Tb	Terbium	158.9253	1843
66	Dy	Dysprosium	162.50	1886
67	Ho	Holmium	164.9303	1867
68	Er	Erbium	167.259	1842
69	Tm	Thulium	168.9342	1879
70	Yb	Ytterbium	173.04	1878
71	Lu	Lutetium	174.9667	1907
72	Hf	Hafnium	178.49	1923
73	Ta	Tantalum	180.9479	1802
74	W	Tungsten	183.84	1783

75	Re	Rhenium	186.207	1925
76	Os	Osmium	190.23	1803
77	Ir	Iridium	192.217	1803
78	Pt	Platinum	195.078	1735
79	Au	Gold	196.9665	Ancient
80	Hg	Mercury	200.59	Ancient
81	Tl	Thallium	204.3833	1861
82	Pb	Lead	207.2	Ancient
83	Bi	Bismuth	208.9804	Ancient
84	Po	Polonium	209	1898
85	At	Astatine	210	1940
86	Rn	Radon	222	1900
87	Fr	Francium	223	1939
* 88	Ra	Radium	226	1898
89	Ac	Actinium	227	1899
90	Th	Thorium	232.0381	1829
91	Pa	Protactinium	231.0359	1913
92	U	Uranium	238.0289	1789
93	Np	Neptunium	237	1940
94	Pu	Plutonium	244	1940
95	Am	Americium	243	1944
96	Cm	Curium	247	1944
97	Bk	Berkelium	247	1949
98	Cf	Californium	251	1950
99	Es	Einsteinium	252	1952
100	Fm	Fermium	257	1952
101	Md	Mendelevium	258	1955
102	No	Nobelium	259	1958
103	Lr	Lawrencium	262	1961
104	Rf	Rutherfordium	265	1964
105	Db	Dubnium	268	1967
106	Sg	Seaborgium	271	1974
107	Bh	Bohrium	272	1981
108	Hs	Hassium	270	1984
109	Mt	Meitnerium	276	1982

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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 WORD OF CREATION

The following lectures were given in Pretoria, South Africa, between 5th February and 24th June 1952. (The same also being given earlier in Johannesburg between 4th October 1951 and 3rd April 1952). 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 19 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 goes much deeper than before, the most thought provoking to date, revealing more of the Inner Teachings of the Ancient Ones as given to him by the Masters in Tibet.



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