



Murdo MacDonald-Bayne

WISDOM IS THE FOUNTAIN OF LIFE

(LECTURE NOTES 1953)

WISDOM IS THE FOUNTAIN OF LIFE

(LECTURE NOTES 1953)

**As Given in Series By
DR. MURDO MACDONALD-BAYNE**

MYSTICA
PUBLICATIONS LTD

Other Paperback titles by Murdo MacDonald-Bayne

BEYOND THE HIMALAYAS

THE YOGA OF THE CHRIST

(SEQUEL TO BEYOND THE HIMALAYAS)

BEYOND THE HIMALAYAS/THE YOGA OF THE CHRIST

(SPECIAL ONE VOLUME EDITION)

YOUR LIFE RENEWED EVERY DAY:

EXPANDED REVISED EDITION

*(A BOOK OF 366 OF MURDO'S BENEDICTIONS)**

SANCTUARY OF THE SILENT HEALING POWER

*(THE MONTHLY NEWSLETTERS 1947-1955)**

THE HIGHER POWER YOU CAN USE:

*(WITH COMMENTARY)**

I AM THE LIFE

HEAL YOURSELF

SPIRITUAL AND MENTAL HEALING

WHAT IS MINE IS THINE

(PARTS I & II IN ONE VOLUME)

COSMIC CONSCIOUSNESS: YOUR SILENT PARTNER

*(LECTURE NOTES 1947-48)**

DIVINE HEALING OF MIND AND BODY

(THE MASTER SPEAKS AGAIN THROUGH A SERIES OF LECTURES)

LIFE EVERLASTING: 2ND REVISED EDITION

*(LECTURE NOTES 1948-49)**

DEVELOPING YOUR FAITH

*(LECTURE NOTES 1949-50)**

HOW TO RELAX AND REVITALISE YOURSELF:

EXPANDED DEFINITIVE EDITION

*(LECTURE NOTES 1950)**

LIFE MORE ABUNDANT

*(LECTURE NOTES 1951)**

THE WORD OF CREATION

*(LECTURE NOTES 1952, PART 1)**
THE SECRETS OF THE SCIENCE OF LIFE
*(LECTURE NOTES 1952, PART 2)**
WISDOM IS THE FOUNTAIN OF LIFE
*(LECTURE NOTES 1953)**
THE SPRING OF LIVING WATER
*(LECTURE NOTES 1954)**

* POSTHUMOUS PUBLICATIONS

For a complete catalogue of our titles contact:

MYSTICA PUBLICATIONS LTD
P.O. BOX 13-581
CHRISTCHURCH
NEW ZEALAND

www.mystica.co.nz

Originally given out as lecture notes in advance to students in South Africa
in series in 1953

First Paperback Edition.
2013 MYSTICA PUBLICATIONS LTD
2ND PRINTING 2015

ISBN 978-0-9864510-7-2 (print)
ISBN 978-0-9941280-3-4 (EPUB)
ISBN 978-0-9941280-4-1 (Kindle)

MYSTICA
PUBLICATIONS LTD
P.O. BOX 13-581 CHRISTCHURCH
NEW ZEALAND
Ebook conversion 2015 by [meBooks](#)

CONTENTS

Front Cover

Title Page

Copyright

Acknowledgments

Publishers Preface

Publishers Notes on “Wisdom is the Fountain of Life” (Lecture Notes 1953)

(1953)

1 Love, Wisdom and Power are Now - This is Health, Happiness and Abundance

2 Our Thoughts and Words Go Forth to Produce Themselves

3 Divine Reasoning and Knowing the Self leads Us to Reality.

4 The Continuous Renewal of the Ever-present

5 The Universal and the Individual are One

6 See What Nature Has Done

7 *Our Capabilities Must be Directed into the Right Channels if They are to be of Real Value to Mankind**

8 *The Real Can Only be Experienced in Freedom**

9 *Security of the External is an Illusion**

10 He Who Clings to Authority is Ever in Doubt

1 Thy Will Not Mine

2 *What We Know is Relative, The Unknown is Reality**

3 Peace Comes When We Ourselves are Peaceful

[4 To Experience Truth We Must Know the False*](#)

[5 Wisdom is the Fountain of Life*](#)

[6 Reaction is Not Action](#)

[7 There is No Dead Among the Living](#)

[8 The Unknown Cannot be Known. What is Known is Not the Unknown](#)

[9 The Kingdom is Within](#)

[10 Transformation Within is the Salvation of the Race](#)

[ADDITIONAL MATERIAL](#)
[\(Johannesburg Series\)](#)

[5 The Universal and the Individual are One](#)

[7 There is No Dead Among the Living](#)

[8 The Unknown Cannot be Known. What is Known is Not the Unknown](#)

[\(EXTRA TEXT\)](#)

[“WHEAT AND TARES” \(PARABLES\)](#)

[MATTHEW: CHAPTER 13: 24-30, 36-43](#)

[King James Version](#)

[Moffatt Translation](#)

[ILLUSTRATIONS](#)

[1 Cerebellum & Cerebrum](#)

[2 The Nervous System](#)

[3 Thalamus and Optic Nerves](#)

[Back Cover](#)

* No original wire recording's currently exist of these Lectures.

ACKNOWLEDGMENTS

This volume could not have been put together without the assistance of: Clothide Scheffer, Corrie Straub, Paul Straub, Louise Wade, David & Daisy White, and both the late Margaret Straub and Harry E. Knowles, all of South Africa. Also thanks go to Bruce Hogarth of Christchurch, New Zealand for his assistance with the sound recordings.

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 another source, Moffatt:

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

PUBLISHERS NOTES ON

“WISDOM IS THE FOUNTAIN OF LIFE” *(LECTURE NOTES 1953)*

The following lectures were given in Pretoria, South Africa, between 3rd February and 23rd June 1953. No further Lectures were given for the rest of year as Murdo undertook a tour visiting several countries giving lectures. The same set of the Lectures that make up this book had also been given earlier in Johannesburg between 9th October 1952 and 9th April 1953). Transcriptions of three of the Johannesburg Lectures have also been included in this book.

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 17 known sound recordings have never been made public until now. This edition is now the definitive version of the full inner course as given by Murdo to his South Africa students.

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

NOTES ON THE RECORDED LECTURES

Included in this book are verbatim transcriptions into text taken from the known 14 original ‘wire’ sound recordings from the Pretoria lecture series. Also included is three recordings from the Johannesburg Lecture series. Each recording has been edited to remove the residual noise to a level that does not interfere with the vocal. Extraneous noise such as coughing, hall, traffic noise have been removed where possible without interfering with the vocal. Murdo’s long pauses have also been removed.

Wire breaks, undecipherable speech, announcements and talk errors have also been removed to avoid confusion.

These definitive recordings retain the core inner teaching as given in his closed sessions and therefore are not made for purists but for the sincere students of Murdo's teachings today and into the future (MMB 8097-113).

1953

Lecture 1 (3rd February 1953)

LOVE, WISDOM AND POWER ARE NOW—THIS IS HEALTH, HAPPINESS AND ABUNDANCE

(PROLOGUE)

**....the old ones too, which have come through so many different classes, that we have reached that stage where we feel that there is a lot more yet to know. Off course, the new students coming along, will have to come slowly. But if you begin to think deeply and do not try and make up in your minds what I am going to say to you. That is to say, I do not want you to make ideas in your mind of what I want to say to you. I want to clear your mind of all ideas and images, beliefs and so-forth, so that which in Itself, which is Real in Itself will manifest.*

We know perfectly well that if we read many books about this truth. And many people have gotten different ideas about the truth. But you will know that all those ideas about the truth are false. They have no truth in them whatsoever because Truth is not an idea, it is not an image, its not a belief.

Now if your mind is cleansed from all those ideas and beliefs and images about the truth, then you will find that Truth Is. Truth does not have to be, you do not have to create an idea about the truth; to say it is the truth. What you have got to do is eliminate from your mind the ideas you have about the truth. So that the Truth being Itself, something Unknown, because Truth is Unknown and no one knows what the Truth Is—you only know that It Is. And therefore you are Living and that Life is the Truth. Just as the Master said, “I am the Truth, I am the Life.”

Therefore it is necessary that we should begin clearly at first, not to try and create any ideas in the mind about the truth because the Truth is not an idea, it is not an image, it is not a belief. But the Truth is the Livingness. Your own Livingness. But you do not know what Life is, just the same as you do not know what electricity is but never-the-less it is.

Therefore the teaching that I am giving to you, is the Master's teaching, that take away from the mind of the individual all the various beliefs and ideas about the truth. So that the Truth Itself will manifest in Its glory and Its power because It is Love, Wisdom and Power.

No one knows what Love is but we know that It Is. Wisdom and Love are beyond the mind. What is in the mind is not truth. What you create and build up in your own mind is not truth. What you formulate in your mind about the truth is not Truth.

That is the foundation then you must have in these classes, otherwise you will be creating ideas about the truth which will lead you away from the Truth.

Now Lesson One in this series.

*LOVE, WISDOM AND POWER ARE NOW—THIS IS HEALTH,
HAPPINESS AND ABUNDANCE.*

“Consider the lilies of the field, how they grow; they toil not, neither do they spin; and yet I say unto you, that even Solomon in all his glory was not arrayed like one of these.” Matthew 6: 28-29.

Well Jesus was talking about something that was beyond the mind and that was the Creative Principle, that was Creative in Itself.

Solomon was arrayed by his own glory, his clothes, his robes and so forth. But the lilies in the fields were robed with Nature. So it was Nature that Jesus was looking to and to the robes that clothed the man. And it is the same when we realise what Jesus said also in these words, “unless you receive the Kingdom of God as a little child, you shall not enter therein.”

Many people wonder at his words. But it is quite simple to understand his words, he was speaking again about that Unknowable, the Kingdom of God. A little child has no ideas, no images or beliefs about this Kingdom of God. Like the majority of people who try and create various ideas, images and beliefs about the Kingdom of God. But the little child is a little child, creative because the Creator created that little child and therefore the child has not [been] conditioned in anyway by his own intellect. Therefore it was the same words that Jesus used when he said, “consider the lilies in the field, how they grow; they toil not, neither do they spin.” And again the

words are clear enough to us, “unless ye receive the Kingdom of God as a little child, ye shall not enter therein.”

How wonderful that Truth is. Because an idea, an image prevents you from entering into that which really IS. Because what you have got in your mind is but an idea of that which is.

But I have dispelled with all those ideas. I know that I AM. I do not know what IT IS but I know that I AM. Therefore free from all ideas of images that limit the expression of that great Infinite Life. When I dispose of all those images and beliefs regarding It, what does it take? It manifests Itself clearly and easily without effort. I do not try and force It into a pattern or a mould. Because you cannot force Life into a mould. Life is free and natural.

What mankind wants most in the world is a technique that will give him health, happiness and abundance. Is there such a technique and how can it be used?

There are many books written upon this subject. Health books, books on the mind, and how to obtain abundance etc., but all these books miss the main point, that is, that health, happiness and abundance are Ever-present, otherwise it could never be. *In the beginning it says, “the end is in the beginning, the beginning is in the end.” Unless you realise this Truth, then you will know, that that which IS must Be. That which can Ever-Be must Be NOW, otherwise it will never be.*

The Infinite Universe and the Infinite is Complete. There is no outside the Infinite. If there was anything outside the Infinite, the Infinite could not be Infinite. And that the Infinite was not everywhere in every particle and every human being, He could not be Infinite because there would be somewhere where He is not. Therefore it was impossible for Him to be Infinite.

Therefore in the beginning the end is and the end is the beginning. People are taught to run after these things instead of knowing that they are already here. What we must do is to prepare to receive these gifts, *which are waiting to give expression through those who understand.*

The first thing necessary is to love our neighbour as ourselves. *What a wonderful thing that is but the majority of people say it cannot be done, that*

they cannot love their neighbour. But I am telling you this. Some will say that this is impossible, then if this is impossible, health, happiness and abundance are also impossible for without Love we cannot receive the great gifts that await us. Therefore we must discern that which is preventing the expression of “Love, Wisdom and Power.”

Therefore we have got to look into our own minds and see what is preventing us loving our neighbour. What is it in the mind that causes us all these inhibitions? Is it not fear, hate, envy, jealousy, are all these things that are preventing man from expressing his true nature? If you are caught-up in these things you will not know you are caught-up in them, you just become them, is that not so? As a man thinketh in his heart so is he.

But if you can discern in your own minds, clearly and distinctly and look at these things, not condemning them nor identifying yourselves with them but knowing them for what they are.

If you identify yourself with hate, with envy, with jealousy, you become that. If you fear those things, if you condemn those things, are you not caught-up in them? You must look upon these things as you look upon a screen, a picture screen, impersonally, unmoved. Then you will know what is made up in your mind and you will be able to dispose of them. It is when you are emotionally caught-up with these things, condemning them, fearing them—you can never escape them.

Good and evil grew out of the same Tree, does it not? It says, “there is the one Tree no matter which good and evil grows.” They grow out of the same Tree, they have the same root. The other Tree is the Tree of Life. But good and evil is what man makes up in his own mind in regards to the truth of what is good and evil.

But he (Jesus) knows that these things are made up in his own mind and he knows that Life Itself is Creative and free from these opposites. He can look upon this Tree and he says, “I shall not eat the fruit thereof, unless I die in my ignorance of that Tree which is Life Itself.” So Love, Wisdom and Power, the Ever-present Life that lead to complete living now.

Not some time in the future where the future does not exist in the Ever-present. The Ever-present is Ever-present. A future is something you make up in your mind. Your past experiences become your memories. If your experiences are difficult you identify yourself with these memories. Will you

ever know the Ever-Living Presence if you identify yourself with this memory of the past that is difficult, if its always influencing the present and you always have it before your eyes and in your mind? You must understand it and see it and it will pass away, dissolve into nothingness where it belongs because it only belongs to the mind.

Love, Wisdom and Power is beyond mind. It is Ever-present. It is Living Presence. Therefore the future is made up in the mind. The past is of the mind but the Ever-Living Presence is NOW. I AM that Living Presence. You are that Living Presence. And this is what is so essential to enable to you dispose of the conditions and the conditioning of your own minds by your memories, by your hopes, by your desires, by your experiences. If your experiences are going to affect the expression of the Ever-present Life, dissolve them away. Is the Ever-present Life much more important than your memories or the future?

It is the Ever-present Life, that was the Master Jesus and he was the greatest exponent of the Love, Wisdom and Power that is beyond the mind. But he could not know of it unless he had dissolved everything that was preventing Its true expression.

We must look into our hearts, not by introspection, but by finding the cause behind the adverse conditioning of our minds and bodies. Then these things will melt away before the rising sun of our Divine Consciousness.

Introspection is a hindrance to the expression of that which is Real. And it is essential that we look into our minds not as introspection but to look to see what is there, how we are conditioned and what has conditioned us.

When our conditioning has dissolved away; Love, Wisdom and Power which are Ever-present will manifest immediately. In this alone is health, happiness and abundance. But the idea of health, happiness and abundance carries with it its opposites all the time. Health carries with it its opposite ill-health. Happiness carries with it its sorrow and abundance carries with it its lack. Why do you want abundance because you lack something. Why do you want happiness because you are in sorrow. Why do you want health because you are in ill-health. Is that not so? Of course it is and you are living in opposites. How can you ever express the Ever-Living Present Life if you are living in opposites continuously.

Many will say it cannot be done, but others have done it and so can we. It has been done by those we call Masters. But Masters are not separate from us for they are expressing the same Life, the only difference is that the conditioning which we have allowed to take place is not present within them.

Jesus was the greatest exponent of Love, Wisdom and Power. *He was that because he dissolved all that was preventing the expression of Love, Wisdom and Power. Do you express power when you are in fear? Can you express health if you are in ill-health? Can you express abundance if you are in lack? Health, happiness and abundance are NOW. They do not have to be created. They are the Living Expression of the Eternal Ever-present. Neither of the past nor the future can influence, unless you allow that influence to take place in your own minds.* Now, we do not create Love, Wisdom and Power, they are Ever-present. *You do not create anything that is Ever-present. They are Ever-present and wait for us to prepare the way for their true expression.*

When you switch on the light you expect a light and if all things are prepared for it, electricity is then waiting *will* express itself in the form of light. Life, which is Love, Wisdom and Power, is likewise waiting to give expression through those who are prepared to receive It.

And how can you receive It? "Unless you receive the Kingdom of God as a little child, you shall not enter therein."

Out of that which is formless comes the formed, out of Love, Wisdom and Power come health, happiness and abundance, "I have come that you may have Life and more abundant Life."

What is preventing the expression of this great abundant Life, is *it not* because our minds are bound by the paralysing suggestions that come from the crude thinking of the race, suggestions that are accepted without question and acted upon, [and] if we are not aware every moment we condition ourselves by *these suggestions*, through our actions and reactions.

Are you aware every moment? Being aware is watching. Knowing that which is false. And when you know that which is false, it does not enter therein. A suggestion that is false will enter into the mind that is not aware, easily and quickly. And that mind is bound by these paralysing suggestions

because that mind is not aware. To be aware of the false all the time is the protection against the paralysing suggestions that come from every side.

We fear and worry about the external, but the external has no power of its own. Yet we react *to it* as if it had all power, so we create sickness, unhappiness and lack.

We are always reacting to the external are we not? We give it a power it does not possess. But it is not the external that harms us by any way. It cannot jump up and bite you. It cannot hit you in the nose or the face or the cheek or hit you under the chin. It cannot knock you out. Well what is it that causes all this destruction. It is the way you react, you create it in your own minds. It is a self-created, a self-conditioning process through your reactions to the things external to yourselves giving them a power they have no possession of.

If you live in the Ever-present Life you will know that that Life is all Power. It is Creative. And anything that is created has no power of its own. Only the Uncreated which is Created has that Power.

Modern science has revealed that light and sound are simply different intensities of motion. So are our thoughts.

Matter is mind materialized and consciousness, being creative, acts upon the mind substance underlying all form. As Life alone has consciousness we see how we create conditions through our ignorance of the Truth of our Being, "Being now." *Not becoming.*

I told you in the last series of Lectures, I dealt with "becoming" very effectively. Because I want you to see the difference of becoming and "Being." Being is NOW!

If God is Living in you which He must be, you cannot make God anything else can you? You cannot become anything else can you? That is Being. NOW!

But if you want to become something, you are going away from it. You are going away from Being and you have lost the great and mighty Power of Light. You are trying to force Life into a channel of your own making. A cage in which you imprison yourselves in. A cage of your own making.

Many people are not aware that they are conscious at all, they are only aware of the external and consequently they react in fear, worry, anxiety

etc., so creating their own conditioning.

The external does not condition us, it is our reactions that condition us and when we become aware of this we can free ourselves, *and* not before.

When you know that you are conditioning yourselves and you know how you are conditioning yourselves, you can free yourselves.

Our Reality cannot be measured by our present standard of thought, because we cannot conceive the tremendous power that is inherent within us. Jesus gives us the key when he says, “the Kingdom of God is within you.”

The Kingdom of God is within you! What does that mean? To you and to many people it is just a saying, a platitude. To me it is not, it is a Reality. And Jesus knew what he was saying when he said, “the Kingdom of God is within you.”

Even a glimpse into the inner quality of man’s consciousness will reveal that there is nothing impossible when we *realize*¹ the Divine Power of Love, Wisdom and Power that lies behind our consciousness.

Love is Creative. It is the only Creative thing there is. Wisdom is not of man’s mind. Wisdom is beyond man’s mind. What is in man’s mind is intellect, an idea of wisdom, an idea of Love. He says that God is Love. And he praises God because God is Love. Is that any value to him at all by saying God is Love. Of course it is not! But when man realises that he himself is Love, then it is a different thing altogether. He gives expression to it because he will begin to see what is preventing the expression of it.

It is true that thought is the projection of our consciousness, yet our thought is conditioned by our lack of understanding. Thought does not originate by itself, thought mostly originates through our reactions to the external. Without consciousness there could be no thought at all, what the consciousness is aware of is the cause of thought.² *And you will know that thought then is the expression of your own feelings. That is why your bodies are so affected by the power of your thought.* Therefore understanding determines the quality of our thinking.

To understand ourselves. If I do not understand myself, how can I go further? Can I go any further if I do not understand myself? If I do not understand that I am greedy, that I am envious, I am this and I am that, how

can I go beyond it? I will still be envious. I will still be greedy. I will still be this and I will still be that. But if I understand why I am that and how I am conditioned, then I can get beyond it.

I wish I could give you the understanding but you must find it for yourselves. It comes. It's there waiting to give expression to Itself NOW.

Now, we know that Life alone is consciousness, consciousness is Life. Life is God, therefore we can become aware *that* the Life **is**. But if our minds are full of beliefs, reactions and paralyzing suggestions that come from fear of any kind, even *a* fear of God, we are lost in *our own* conditioning, *the conditioning* of our minds. Our external consciousness will be caught-up in the conditioning, it begins to affect our bodies and circumstances.

And immediately your consciousness becomes caught-up in this conditioning, then your body and your mind must suffer. But to know that health, happiness and abundance are Ever-present. I do not have to create them. It is not an idea of them because if I hold an idea of them I will always have the opposite, waiting to take their place. I will always be afraid of lack. I will be afraid of ill-health. I will be afraid that I will not be happy because I will experience sorrow. But if I experience sorrow I will know why I experience sorrow. If I experience lack I will know why I do so. And if I experience ill-health then I will know that I am conditioned and how I have been conditioned.

But that which IS is not conditioned. It is free. Therefore if I dissolve my conditioning, Life that is free expresses Itself. I Am the Life.

Oh, to look into the mind of Jesus to see the tremendous understanding, the Truth that he knew. But his Truth is your Truth, my Truth and every other Truth because of the one fact, it is the One Life. And when we do as he did, we find that same Life, that same Power, that same Love, that same abundance that is Ever-present.

Therefore it is useless reading books about how you can acquire Life, how you can acquire Love, Wisdom and abundance if you do not understand the fundamental principles.

When Consciousness knows its own creative power, thought becomes the spearhead of our creativeness because we begin to understand its Laws,

just as we begin to understand the laws of electricity. Man has not yet touched the fringe of what electricity can do. Neither have we touched the fringe of what Life can do until we give it free expression, and free expression can only come when we have prepared for it.

It is by diligent observation and awareness of what we are doing that enables us to discard the cause that prevents Life's full expression. In verse 15 Mark 10, Jesus says, "verily, I say unto you, whosoever shall not receive the Kingdom of God as a little child, [he] shall not enter therein."

Unless the mind is free from beliefs, images, ideas, confusion, conflict of opposition, tradition, dogmas, creeds or anything that separates man from man, he cannot enter into the Kingdom nor can the Kingdom express Itself through such a conditioned mind. *Man separated from man. What separates man from man? His beliefs of course; his ideas, his different religions, his creeds, his dogmas, his traditions, his nationalities, his so-called social structure and so forth. And all the stupid things that man creates for his own downfall.*

Why do we want leaders, because we are confused, that's why? When we are not confused we do not need any leaders. It is only when we are confused we want a leader to show us the way. And our leaders are very often more confused than ourselves, so we are all dragged into the ditch.

How do you get rid of your confusion? By noting that which is false. By discerning that which is in your own mind. By discerning that which is holding man and separating man from man. By discerning all that is false then you shall have confidence. In confidence we do not need any leaders. It is only when you are confused that you need leaders. For is it not so that we think in accordance with our conditioning? Proper understanding of this fact will produce results with invariable exactitude.

"I am the Life" is knowing, but you cannot know *what Life is*. If there is separation in your mind you *will not be able to express Life, because Life is one Whole there is no separation in it. How can Life express Itself through a limited mind, a mind that is conditioned?* If, in any way, you consciously or unconsciously separate yourself from another then you do not understand, for Life is not separated in any way, so you may say *that you are Life a million times but it will do nothing for you, you only bring the idea into your own conditioning. Into this cage you have created for yourself.*³

Therefore, you can repeat a million times "I am the Life," it will be of no value to you. It becomes an idea only. If I could tear all those ideas you believe, then you know the grown-up is such stupid people. They accept this and that, they have got various ideas and that all in opposition to one another and they are all confused.

What you formulate in your mind is not truth. What you make up in your mind is not truth. I can see how Jesus wept.

When we learn that Love, Wisdom and Power come from within we will find that we are weak only when we fail to recognise this or when we believe it comes from without or through our "becoming." Love, Wisdom and Power are now, and when we are prepared for It, It expresses Itself in Its perfect Trinity having power over all things, great *or* small. Immediately we comprehend this great fundamental Truth we acquire the attitude of mind that works miracles.

Everything in the Universe is electro-magnetic, Science has proved this to us. Yet the secret of electro-magnetism has not yet been fathomed.

Electro-magnetism is the secret of the Universe. If we had this secret of electro-magnetism we could travel from here to Venus in a few hours. We could travel to Mars and to Jupiter probably in twenty-fours and return. Electro-magnetism is the magnetizing of the ether. And the ether is everywhere, there is nowhere where it is not.

Light travels at the rate of 186,000 miles per second. But it is that particle of light that causes the ether to be affected, it magnetizes the ether.

Sound travels at 750 miles an hour. But I can speak into a radio and my voice will be boosted up to the vibration of light, the speed of a 186,000 miles per second and it will be heard right over the world at the same time. It will be heard up in the stratosphere down the bowels of the earth and across the surface of the earth because ether interpenetrates the earth, the bowels of the earth it goes right through up into the stratosphere, it is everywhere. Therefore you can hear that broadcast all over the world at the same time because ether carries it, it passes through matter. Ether is the basis of this matter and the framework with which it is built.

Vibrations of light pass through these walls because of the fact that ether passes through those walls too and carries the vibration with it. Ether

interpenetrates right through into the very walls of the atoms, into the very core of the atoms of your body that makes up the cells of your body.

Thought travels at the same speed as light. Thought also magnetizes the ether and these vibrations pass through the ether into the very cores of the atoms of your body and change and transform the body. It is lucky for you that that fundamental principle of Life still exists otherwise you would have blown yourselves sky-high by this time.

But here we have that very power of the Cosmic Ray that comes from the Sun and passes through the most finest of ethers, causing the etherons to change. Therefore the Cosmic Ray causes the etherons to disintegrate matter. It will cause it to create matter and disintegrate matter. It creates the flower, causes the flowers to grow and the flowers to disintegrate. It causes the rain to fall, it takes the water up into the sky. The Cosmic Ray does everything. And within the Cosmic Ray also is a Consciousness, an Intelligence that is out-picturing the Divine Plan and nothing can stop it. Man can interfere and transform his own body in matter but he can never touch the Cosmic Ray. The beginning and the end are one. In the end is the beginning and the beginning is the end.

I have not got time to go into this very interesting question of these particular Rays, but if you have sufficient sense, you will see what I am driving at. You will know what is most important to you, is this, that your own thoughts and feelings have an effect upon the structure of your body and transform the atoms.

If you then understand how your conditioning comes about and why you think because you are conditioned, and how your thoughts are expressed because you are conditioned, if you understand that, then your conditioning will fall away. And Life Itself, the glorious Life that is Perfect in Itself, will express Itself.

Do I look any older than I was last year? I don't think I do, do I? Don't you think I am a little bit younger?

Well, realize the whole Truth, that if you are conditioned, know how you are conditioned. It is quite simple. There is nothing difficult about it. It requires a little bit of courage, sometimes.

Everything in the Universe is electro-magnetic, Science has proved this to us. Yet the secret of electro-magnetism has not been fathomed.

We know that there is only one mind in the whole Universe, out of which all must come, or in which all must exist, therefore electro-magnetism is mind in action. Electricity is derived from the same mind for there can be nothing outside the Divine Mind, being Infinite in nature. Therefore everything is possible in that Mind and we are in It for we cannot be outside It.

Therefore electricity is in that Divine Mind. It is not something apart and distinct from Divine Mind. Because there is nothing outside It.

I have said before that thought is an electro-magnetic force which causes a change to take place in the atoms of matter, when we fully comprehend this we will have a power beyond measure. But this power will remain dormant until we are aware of the Law upon which it works, just as electricity remained dormant until we learned the laws upon which it acted.

Jesus said, “all power is given unto me in heaven and on earth.” Why? Because he was aware of that which in Itself was everything and the Law upon which it worked was simple, for he said, “thy faith hath made thee whole.” *Now this is very difficult to understand. These words seem words to you. But to me they are different. Jesus knew that the power was within and his consciousness was the ruling factor. He walked upon the water. He healed as easy as breathing. He fed the multitude. He did all these things, why? Because he was not conditioned, in anyway whatsoever, he was free. In that freedom, Life which is Itself continually expressing Itself, Consciousness then creates electro-magnetic flow or activity that causes matter to transform into something else. Therefore he changed water into wine as simple as you breathe. I can see, I can understand the Master’s mind. I can see how grand it was and how easy and simple he put it in these words, “thy faith hath made thee whole.” Can you grasp it now. He knew the action of this power and the means by which it could be put into operation.*

Jesus said these words, “with man it is impossible, but not with God! For with God all things are possible.” *What a wonderful Truth.* He was the Son of God, not by choice but through understanding, that is why he said, in

other words, all things are possible with God, but without God nothing is possible. According to our understanding so it will be unto us.

We have not yet tapped a millionth part of the power of God within us, yet He is there waiting to express Himself when we make a place for Him, we do not have to create Him for He is Creator in and through us, when we understand that “the Father who ever *remains* within me is performing His own deeds.”

Therefore through understanding we establish the Eternal Truth of our Being that we are not separate from God nor are we separate from our neighbour.

Because God is our neighbour and He made ourselves. That is to say unless you love your neighbour as yourself, then you cannot have that happiness, that peace that comes with Love, with understanding.

What we see in our neighbour we see within ourselves, for there can be no other place where we can become conscious of what we see. *Everything you see you must become conscious of it within yourself. It cannot become conscious outside yourself. Therefore what you see in your neighbour is in yourself, you create it in your own mind, you build it up in your own mind and it is in your own mind, is it not?*

Light is but a vibration that the eye receives. It passes through the optic centre, into the various portions of the brain, these centres that cause [and] give it dimension and interpretation and so forth. And you build up the picture according to your experience, according to your memory cells and you build up a picture of what you see. Where do you build it up, not outside yourself, do you? You build it up in yourselves and what you see in your neighbour is in yourselves.

So Jesus knew that perfectly well when he said clearly, “take the plank out of your own eye you hypocrite and then you will see better how to take the splinter out of your brother’s eye. In truth our neighbour reveals us to ourselves, if we are wise enough to discover it. It may take a long time for some to become aware of this Truth but the sooner they understand this the sooner will they discard that which is preventing Love, Wisdom and Power from manifesting now, for it is immediate when we “clear the way for the Lord.”

It does not come by time. How can the Timeless come into operation through time? The Timeless is NOW and that is immediate. The very Expression of God is immediate NOW. Put away your conditioning then and you will experience that which is Ever-present.

I have often drawn the simile that there are millions of lights in the city but only one electricity, so without electricity there could be no lights. In the same way we see the one Life within each individual. When Jesus said, "I am the Light of the world," he knew this great and mighty Truth. But he could not have known *it* until he had dissolved all that was false.

It is essential to know this for ourselves through experience, and not just through ideas which are merely intellectual. We can talk about truth till doomsday but it avails us nothing, we must experience truth before it becomes a conscious Reality, and we can only experience Truth as Jesus said; we must receive the Kingdom of God as a little child, free from the mental conditioning of ideas, beliefs, creeds and the like which separate man from man, for in the Kingdom of God there is no division, *and there is* no separation.

This state of consciousness becomes the awareness of our Being, which means that we experience Life here and now to the full. According to our understanding so will it be unto us.

"Therefore all things whatsoever ye would that men should do to you do even so unto them." Matt. 7:12 (Old version)

BENEDICTION

O Fountain of Love, Wisdom and Power make us discern all that is preventing our hearts from being flooded by Thy Omnipresence.

O Mighty Source of all things, we were lost in the sands of short-lived sense satisfaction and forgot that Thou alone *existed* forever.

Through our cravings we have been swept through the lowland rivers of passion and strife torn by the jutting rocks of opposites.

O Omnipresent Love, we have at last discerned the cause and now we merge in the ocean of all fulfilment in Thee.

Now we no longer feel the drought of dreary selfishness that came from our sense of separation ... (*Break*) ... [for we have found the source of all things, O 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 3rd February 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. In the Lecture Notes the word is 'release.' The sentence would then read: [*Even a glimpse into the inner quality of man's consciousness will reveal that there is nothing impossible when we release the Divine Power of Love, Wisdom and Power that lies behind our consciousness.*]
 2. The next sentence in the Lecture Notes is missing from the sound recording. The full paragraph would read: [It is true that thought is the projection of our consciousness, yet our thought is conditioned by our lack of understanding. Thought does not originate by itself, thought mostly originates through our reactions to the external. Without consciousness there could be no thought at all, what the consciousness is aware of is the cause of thought. *Yet outer man cannot be more than his thought.* Therefore understanding determines the quality of our thinking.]
 3. Sections of this paragraph in the Lecture Notes are missing from the recording. The full paragraph would read: ["I am the Life" is knowing, but you cannot know *you are Life* if there is separation in your mind you, *nor can you express It for consciousness is Life.* If, in any way, you consciously or unconsciously separate yourself from another then you do not understand, for Life is not separated in any way, so you may say you are Life a million times but it will do nothing for you, you *can* only bring the idea into your own conditioning.]

Lecture 2 (10th February 1953)

OUR THOUGHTS AND WORDS GO FORTH TO PRODUCE THEMSELVES*

“Heaven and Earth will pass away, but my words never.” Luke 21: 33.

We must learn the art of Divine reasoning, yet we have to go beyond it, for reasoning is of the mind, yet that which is **Real** is not of the mind although the mind is the vehicle through which it functions when the mind is cleansed of all that hinders it.

Now we know that Divine reasoning is a means whereby you are able to reason things out for yourselves. Divine reason enables you to reason spiritually. And for instance, if I would say to you this, “God must be Infinite.” Yes, well He must be Infinite in nature otherwise He could not exist.

“There is no time.” Time does not exist at all in the Universe, it is only made up in man’s mind. Man measures time according to the movement of the Planets, the Sun and the Moon, and so-forth and therefore he counts the hours, the days, and the minutes and the years. But in time there is no time, in fact, it is timeless. There is no beginning, therefore if there was a beginning something would have to begin that, and therefore something would have to begin that. And you reason and you say, well that is true. And you can go back ad-infinitum and you will find that something must have been that never had a beginning.

Then you come to conclusion that God must be Infinite in nature. And there cannot be anything outside Him, if there was anything outside Him, He could not be Infinite. That is true, that is Divine reasoning.

Therefore you say again, well if He is Infinite He must be everywhere, there cannot be anywhere where He is not. That is true too, that is Divine

reason. And then you come to the conclusion, well, Jesus said that, now when I remember it, I read it somewhere and he said, "no ye not that I am in the Father and the Father is in me." Extraordinary. Then you see that Jesus knew all about it, before you see. Therefore you come to the conclusion that it is a Truth. That if you come to a conclusion about anything it means to say that you have closed your mind regarding it. The mind must be free. Divine reasoning must go to the very beyond, yet it is not the beyond. Because what you are doing is you are using your mind to reason Divinely.

But that which is Truth is beyond your mind, you do not know what it is. But it leads you to that particular barrier, as it were, and when the mind begins to cease thinking and reasoning, you find that there is no barrier at all.

That which Is, is Ever-present, always was, it is timeless, Infinite, therefore it IS. Therefore It cannot be made up in your mind, what It is because you do not know what It is. You only make things up in your mind that you know something about but you cannot create an idea of that which you do not know.

The Infinite then and this Reality is beyond your mind. If you try to make an idea of it, an image of it, you have lost it. But that which IS, is yourself, that Creativeness within man. That Creativeness that is the Livingness in you, that is that which is Eternal and Ever-present. It cannot be anything else.

Therefore it is when the mind ceases to think that you reach that which is beyond the mind.

I have often been in that particular state when I have ceased to think. And I have found then, at that particular time, that I could not think at all. My mind was in that state of complete quiescence. Nothing could move It. It was as calm as the lake surface, without the single breeze that would ruffle the surface. So silent was the surface, I could not think, and there in that silence I knew. There was that knowing. Not thinking or creating in my mind something about It, but that which was, really IS and is Eternal and Ever-present, was there. And I knew that I was IT. That is then the state of mind when it is quiet, silent, then Reality IS.

Now you try, don't you, to build an idea in your mind about what Reality is. But I have told you so often, I am not going to give some idea about Reality, I am going to take all your ideas of reality away from you and by doing so then you will find Reality. But if I give you another idea, no matter how great the idea could be, most elevated idea, so elevated that it is beyond anything you had ever thought of, it would still be an idea but it would keep you from knowing what Reality is. Keep you from experiencing Reality as it is Itself—Life.

Therefore I am speaking in relative terms and I have got to speak in these words because there is no other means how we can communicate. But I speak those words to show you what is relative; to show you what the mind is, how it reasons, how it creates ideas, and it does all these various things. I am showing you that that is not truth.

The mind of man is steadily unfolding the knowledge of the world of things, this is a process that we must understand, for without understanding this process we are caught up in it, and the same prevents that which is Real from expressing its true nature in us.

Knowledge can become binding unless we are aware of this fact. Wisdom alone is freedom, but Wisdom is of the Spirit. Knowledge is of the mind.

We must be able to understand by discerning our thought-action, and we will find that *it moves from within, outwards, then we will find that we are identical in this nature with the first Principle of the Universe. Because everything works from within, outwards.* It is important for us to know this, yet if there is no understanding of the mind which is yourself/myself, the question as to whether there is Reality or not has very little meaning if we are caught-up in our mental reactions, *beliefs etc.*

Therefore it does not matter, one iota, to the mind that is caught-up in ideas, whether Reality exists or not. And if one is caught-up in our beliefs it does not matter to that individual whether Reality exists or not because he is living in his belief.

The world is living in beliefs today, that is the cause of all our misery. If we got rid of our beliefs, our different opinions, ideologies and all these things that separate man from man, we would have goodwill between man and man, then we would have no misery at all. But we have so many beliefs

and ideas in the mind that everyone is quarrelling about whether their idea is right or wrong. And the fact is, that they will die for their belief, their idea, when it is entirely a false thing altogether, a thing self-created made up in the mind, when it is not Reality or God as they think it is.

The heathen is an individual who is nearer to God than many of the individuals who follow a religion. For the simple reason, that he to a great extent does not believe in any of the beliefs that people have, their ideas. He is not caught-up in them therefore he does not fight and quarrel about his belief.

An atheist is much about the same. He says, "there is no God, there is no such thing as a God." He does not believe there is anything in the world such as a God. Of course, naturally, he has been caught-up in the idea of the material things and he has seen material things everywhere. And he sees some form of activity everywhere and he says, "there can be no God," because he sees various activities in the Universe, in [the] mind of man, in ideas, in ideologies, in religions and so-forth. But he sees people quarrelling and fighting and killing each other because of them.

Now all the misery in the world today is created out of man's mind. Man creates the misery. Man is responsible for the misery and man alone is responsible for the ending of that misery.

The principle of combustion is the same whether it is a large or small fire and so it is with the Creative Power that first created the Universe and that which is individualized in us. *This individualization is not separation.* But if we are caught-up in our thinking how can we know that which is thinking—that which is creating. *What do you do when you think? Are you caught-up in your thinking and your thoughts? If you can discern your thinking, discern your thought-action, discern the movements in your mind, then you will know what your thinking is. You will know how your mind is made up. But if you are caught-up in your thinking, you will never know that which IS thinking. You will never come to know that It is. You will never know what It is but you will come to know that IT IS.* If we are caught-up in our creating or our creations how can we know that which is Creative.

The problem is vast and complex. It lies in you and me and no one can solve it for us. No teacher can solve it, no saviour can solve it, no organised compulsion can solve it, only yourself, myself, for therein lies the Essence

Itself in you and me and not outside us. You look to the outside for the solving of your problems. You look to a leader for that solving of your problems. But you are the individual that can only solve the problem because you are the problem. There is no other problem except the individual. The individual is the problem. The problem is not outside the individual because the individual is the problem. If you are caught-up in your beliefs and your greeds and your cravings and all those sort of things that is a problem, therefore you are the problem. Therefore you have got to know yourself. And by knowing yourself you dissolve all these things that are hindering the expression of that which is Real in Itself, that which is Creative. That which Itself is Love and Wisdom. That which is, in Itself is, goodwill and peace.

You cannot have peace outside yourself until you have peace within you. And to have peace you must have peace within yourselves before you have peace in the world, because you are the problem. You are the cause of all the world misery. There is no other cause except the individual but you will blame it on anybody or anything external to yourself because you do not want to pin it upon yourself. But unless we recognise this great Truth, that it is within ourselves all our problems begin and end, we will never get out of the misery in which we are in today. Divine reason will lead us toward It and although It does not go contrary to Divine Reason, It goes beyond Divine reason.

My way of teaching is to prevent you from making an image of Reality. If I take away all your images, all your beliefs, all your ideas of Reality then you will know *that* Reality is, but if I only give you another idea of Reality, however more advanced than the one you have, it is still an idea even more subtle and more difficult to get rid of because you *again* become *the* prisoner in your ideal.

So Reality is not an ideal, it is not an idea, it is not made up in your mind and you will never know it until you have ceased creating ideas about it.

Some people will say that I take everything away from you and give you nothing in its place. If I did give you something in its place it would be a limitation, however great it could be. But if I take away from you that which is preventing the expression of Reality which is not an idea nor an

image nor a belief, there will be no limitation, for Reality is everything in Itself. *Ever-present. And that which is Ever-present is not made up in your mind.* Yet you are limited by your ideas which is not Reality.

Therefore I can only explain that which is not truth, then that which is Truth will reveal itself to you. It is Ever-present and Eternal, unlimited, unconditioned.

But with your ideas you condition yourself. With your beliefs you condition yourself. And if you can discern how you are conditioning yourselves then your conditioning will cease. But if you cannot discern how your conditioning will cease, it will continue and you will be caught-up in your conditioning. And your thinking and your actions will be according to that conditioning. That is how you think that is how you act. You can easily see how a person acts. What is their conditioning? You can easily know what their conditioning is. If you follow a pattern of any kind you are conditioned.

If you condition yourself by making an idea of Reality, an image of It, this will prevent you from truly “knowing.” Therefore Divine reasoning and true discernment of that which is not Reality will lead you to Reality, then the Father will perform His own deeds through you.

And that is why Jesus knew the whole Truth about the thing was, “I of myself am nothing it is the Spirit of the Father Who ever remaineth within me performing His own deeds.” So it is the Father that was ever remaining within him that was performing His own deeds. Because he himself was nothing.

Now what do you make of yourself? Something. Well then if you make something of yourself, then you are limiting yourself. But if you can dissolve this self that is greedy, that is selfish, that has egotism, that is vanity, that is craving, and all these things, if you can eliminate that self which is a limitation and a hindrance through your conditioning, then that which is not a limitation, that which is Ever-present, that which is Eternal, that which ALL IS and everything there is that will express Itself, through you. Then you will say, “the Father Whoever remaineth within me is performing His own deeds.” Thy Will be done not mine.

You cannot comprehend the immensity of the great Universal Intelligence. You cannot comprehend or even create an idea of the greatness

and the mightiness of this tremendous mighty Intelligence that is behind all the movement of the Planets, the suns. And also in Its lowliness, It is in Its greatness and in Its greatness It exists in Its lowliness.

Then if you try by your own mind to comprehend and limit that, it would be a limitation. But that which Is can give expression to Itself through the instrument It created for that purpose—and humanity is that instrument.

Why is it then that this mighty Intelligence is not manifesting Itself perfectly reflecting Its own Perfection? Because stupid man has created so many ideas about it; he has created cults, he has created religions and dogmas and creeds, he has created nationalities, he has created a society of divisions here and there, the high and the low. Man has divided himself into many parts. And he quarrels about them, they kill one another about them and they do not know whether they are true or not.

Here is the tremendous state of man today. Then man is the evil in the world. The only evil that ever came into the world, came out of man's mind. It did not come out of that Infinite Perfect Expression of the Intelligence of the Universe. It is the error-will, the antagonisms, the greed, the selfishness, the nationalities, the divisions, is the foundation of the evil in the world. Separation is that evil.

When man begins to throw away his ideas, his beliefs, his creeds, his dogmas, his nationalities, and reaches to that which in Itself is the only Living Creative Essence in the whole of humanity. Then when he sees the Wholeness of All-things, harmony will be established and man will be at peace. But that peace must be established within himself before it will be outside himself.

When we become aware of our thoughts and reactions to ideas, to beliefs, to all internal and external sensations and know what they are, we will not be caught up in the paralyzing suggestions that come from the crude thinking of the race. We will understand disease, worry, disability, therefore it will not be registered in the consciousness as a Reality. Neither will it be in the subconscious mind nor will the subconscious mind accept it, to be expressed again when the opportunity arises.

Are we not always looking for something outside ourselves to give us [the] power to accomplish? We are deluding ourselves, creating images of

something that does not exist, looking for Truth from some outside source, *that will only blind you to the Truth itself.*

A person said to me the other day, “is it necessary for me to go to church to find God?” *And I replied, “if you go to church God goes with you, if you go to a theatre God goes with you, for where you are God is and where God is you are.” It makes no difference.*

If you believe in hell and you think there is a place in hell and you want to go there, well God will be there with you. Because there cannot be any hell except in God because He is Infinite and there is nothing outside Him. And He being Infinite must be everywhere therefore He must be in hell too if hell is a place at all. And He must be the Devil too because God is Infinite in nature.

God cannot divide Himself into one thing or another. He cannot be the Devil and God at the same time. One is and the other is not. So if God is, the Devil is not. But it is the non-existence of the Devil that makes up the Devil. So he was the liar from the beginning, as Jesus called him, the liar from the beginning. And the Devil is the relative world, that is the Devil in man's world. The world that man has made for himself and that is hell too.

So it is not a matter of finding God, but a matter of searching your own mind to find that which is preventing the Father from working in you and through you. It is not a matter of place or time for there is no such thing, except in your mind. God-Reality must be Ever-present everywhere being Infinite. In the light of this *Truth, then* Truth will reveal Itself to you. Read these words again! “Do you not understand? When you have seen me you have seen the Father. What do you mean by saying show us the Father? Do you not believe that I am in the Father and the Father is in me and the words I speak to you all I do not speak of my own accord, it is the Father who ever remains in me who is performing His own deeds.”

It does not matter how often you hear these words or say them, they will mean nothing to you if you make a mental image of them or if you imagine someone else, even Jesus, saying them. They must be alive in yourself to be Real. *It must be a Living thing in yourself, the Real, not outside yourself. It is not that someone else says it that makes it a Reality to you. But you know that it is true to yourself that makes it a Reality to you.* When the son of man realizes he is the Son of God, the Father reveals Himself to the Son.

The Son knows that he and the Father are one, so the Father expresses Himself through the Son, this comes when the Divine Love in the Son transcends all else.

Nothing else except Its Love. Above everything It exists. Above everything, remember! Therefore then search in your own minds and see if that Love is above everything in your world, in your lives.

True expression is always assured when Love rules our lives, *when* our minds *are* free from possessiveness, free from greed, free from envy, hate, free from separation, which includes nationalities, creeds etc., then never a word can be out of place because you will not be conditioned, therefore your thought and speech will be pure this was the state of the Master. The same can be for us also for the same Life runs through all.

And the great wonderful Truth that the Master showed us was this, that he was not different to ourselves. I in you and you in me and we in them, all One. There are other folds I must go to and bring them in too so that there will be only one fold and one shepherd. That is to say that there are many different types of beliefs in the world. Many nationalities of the world who are separate folds but they themselves have separated themselves, made themselves separate folds. And the Masters words were clear and distinct, "I must go and bring so that there will be one fold and one shepherd."

I am making you conscious of a state that perhaps has not been revealed to you before. **As we think so we speak and our thoughts and words go forth to reproduce themselves in our lives and in the lives of others.** Sir James Jeans said these words, "the whole Universe is a mental phenomenon." Yet consciousness is not a product of [the] mind but a directing power within the mind itself. Thought is governed by Law and the reason why we have so little faith is because we lack understanding of this fact. When we know that everything works according to Divine Law we begin to know and feel the meaning of faith, "thy faith hath made thee whole," so simple is the rule when we understand.

Wholeness is Ever-present, it is not something you have to create. Won't you be as Wholeness is now. You do not create Wholeness—It is. It exists at that very moment. It exists Eternally. You can have that Wholeness and Completeness NOW. If Wholeness was not now it could never be. An utter impossibility.

Faith is feeling in thought. The knowledge that the thought will bring about just what it is itself is understanding faith. But when faith and fear are linked together in ignorance we have a confusion of duality in which there is chaos and lack of confidence in ourselves. *Faith and fear. One is uppermost and the other is down. When faith is up, fear is down. When fear is up, faith is down. These two are linked in the mind, they are mental creations, they are not Reality. They are not the faith that Jesus said, "thy faith hath made thee whole."* So in our belief in duality we pray in our confusion without result. *So if your mind is confused and you pray, how can you get any results with a mind confused? The first thing you do is to get rid of the confusion through understanding. If you live in opposites such as good and evil, success and failure, health—ill-health, and all the rest of dualities, you are in confusion are you not? And if you know that you are living in opposites you will get rid of these opposites. Unless your eye be single.* If we do not understand this we will continue to condition ourselves and then rebel against this conditioning, thereby intensifying our troubles because we live in opposites which is a belief in the reality of our troubles.

Everything works in accordance with the Divine Law, *that* the Law of thought is as definite as the Law of Mathematics. when we realize that ill-health, unhappiness, lack and every condition is the result of our **conditioned thought**, consciously or unconsciously, we will agree immediately that a working knowledge of the law governing our thought-world is vitally important. It has been proved that thought takes root in the mind and produces fruit after its kind.

Our thought then goes forth according to our conditioning. How are you conditioned? Look into your minds and you will see how you are conditioned.

To improve on our living in this world of ours we must first improve ourselves through *our* discernment of our thought-feeling-reactions, for if we are caught up in them they will show in our lives and environment. To be ignorant of this is to be like a child playing with fire.

We have already learned that mind is one whole substance, quiescent in nature, underlying all things, and forms into ponderable substance—into effects—which become visible to us. These effects are just mind in action. The cause is hidden from the ignorant who only see the effects which they

react to. So these reactions help to sustain these effects in our lives whether we like them or not. *That is the truth of the matter.*

Everything *seen* is effect, and as mind is the foundation of all effects and the only substance out of which *things* are created, we must know that the cause is within, for the outer is always giving expression to the inner, whether it be a Universe, a planet, a man, a beast in the Infinite mind or a conditioning in the mind of man.¹

Man not knowing himself becomes afraid. He fears this and he fears that. Why? He does not understand himself.

There is no use of saying, I have courage, if your heart is full of fear. But if you discern why you are afraid then you will know and your fears will pass away, you will understand why you are afraid. And you will see that these things are made up in your mind, things self-created, a belief in fear, a belief in something that will do you harm...

(A possible bad break occurs here)

This Spirit is perfect, it is Creative. In Itself it is Life. Nothing has touched it, nothing can touch you. Consciousness and Life are synonymous.

When then you discern all the relative world and see it for what it is, you will see effects. You will see Creation but Creation has no power of its own, it is only the Uncreated that has the Power. Nothing can touch then the Uncreated. Life Itself creates but it remains Uncreated, it remains Eternal and Ever-present. Your consciousness is the self, the same, seek and you shall find It. But your consciousness is still creative, always remains creative. But in your ignorance if you are caught-up in your creations, in your fears through misunderstanding them, then you will have fear. And in your fears you are lost.

Oh, to have that which would give you the knowledge that I want you to have, but I cannot do it. No one can do it. There is no teacher can give it to you. You must be lead to it and there you must drink from the fountain Itself. You alone must drink from that fountain. That is what I have found, that is what you shall find also.

It is imperative and immediate that we discern every thought-feeling-reaction that enters the mind, whether it be from within or from without we must become aware of it. This is not so easy at first because of our habit of

spontaneous reaction. *We are reacting spontaneously because we are caught-up in fear.* We must discern without judgment without comparison, without feeling, so that we can free ourselves. *If you are caught-up in your judgement, if you are caught-up in your discernment, then you will not be free. You see, if you look upon these things impersonally, as you look upon a screen or a picture, then you will know what is in your mind. You will know that it is your own creations. You will know it has no power except the power you give it, then you will be no longer afraid of it. And after all your own creations has been seen and dissolved, that which is Eternal and Ever-present being present, takes Its place.* For if we are caught-up in the discernment we are still bound, our thoughts will still perpetuate what we think and feel. In other words, we will be forever conditioning ourselves. In this is the beginning of self-knowledge which is the beginning of freedom.

So if you are caught-up in your discernment, if you fear that you judge, you look upon good and bad, you're then caught-up, you will still be conditioning yourselves.

The Spirit is free. Oh, my God, to know that wonderful Truth that the Spirit is free. It is no longer tainted in any way whatsoever, it is free, completely free. It is Love and Wisdom, nothing can touch It. It is only when you enter into the relative world and are caught-up in the relative world, you are conditioned. But if you discern how you are conditioned, you can free yourself.

The vast scheme of Nature is lavish wherever we look. The process of creation and recreation is forever in operation. We have not yet realized the universality of all substance, that consciousness and mind are the active principles which set cause into *effect* and thus we are related to all that exists.

The first thing I do to a sick person is to show him or her what mind in action means, and they will realize themselves that *the conditioning is of the mind and the body has no power of its own. So the conditioning is of the mind, the mind is conditioned and therefore you have your troubles. Look into your mind and see how its been conditioned. But if you are caught-up in your conditioning you will never know it. So the body is just a sounding board for our thought-feeling-reactions. Life built the body for its own self-expression. It is the temple of the Living God, Divinely created.*

If the patient will learn to understand that is not real, Reality Itself will manifest according to the understanding of the cause of the condition. The sick are generally reacting to old suggestions *and suggestions* that arise from the crude thinking of the race which *has become* habitual. It is *the* habit that can be eliminated only by understanding the cause, then awakening comes that Divine Nature is not subject to sickness, etc.

It is by patience *and* diligent observation of all that is false that we become aware of the Ever-present Reality. "I and the Father are one" means "I am the Life."

If we live in opposites we will see that we create both favourable and unfavourable conditions, this is the law of mind in action. We blame others for our lack, *for* our limitations, for our weaknesses, for our ill-health. We dwell upon both fear and faith, good and evil because we do not discern that these impostors are both the same, the product of our minds caught up in duality, **this is the great problem**. Get rid of the idea of good and you will get rid of the idea of evil, *they are both creations of the mind*.

In Reality there is Perfectness. There is neither good nor evil in Love and Wisdom. They are beyond all creations of man's mind.

The discovery of the oneness of Truth in which there is no duality, brings happiness and to discover Truth there must be the understanding of *the self* through an enquiring mind. A mind that is alertly aware without condemnation, without identification or justification. Such an awareness brings an immediate release from the problem. Therefore the search is not for an answer to the problem, but an understanding of the problem itself.² *And that is you, that is me. The understanding the self, solves the problem.* It is only at the moment when your reactions arise that you can understand them. If you discipline your reactions to a particular pattern or follow a particular rule of conduct then you cannot discern your reactions. Freedom comes from the release from the reactions not the disciplining of the reaction.

So without understanding the inner, merely to change the pattern or to put a positive in *the* place of a negative, has very little meaning or release *of* the problem. To bring lasting reorganisation in the outer we must begin with the self, and the ways of the self. The outer will then be transformed with

intelligence, then you will know yourself TO BE, NOW, free from all conditioning. *When you discern how you are conditioned and why.*

“Take heed to yourselves. If your brother sins, check him; [and] if he repents forgive him. Even if he sins against you seven times in one day and turns to you seven times saying, ‘I repent,’ you must forgive him.” Luke 17; 3-4.

That is to say, that you must have nothing and hold nothing against your brother. Because your brother is yourself. “Love your neighbour as yourself.

BENEDICTION

O Mighty One, Thou art all that exists, I have no place outside Thee and time does not separate us, for we are one in Thy Timeless State.

Thy Omnipresence frees *us* from all my conditioning when I can see the cause within my mind.

Thy Omnipotence gives me all power in heaven and on earth because we are one. Thy Omniscience gives me Thy Wisdom and Knowledge to work in harmony with Thy creation.

Thy Love is Thy perfection in me, O Beautiful One. Hide from my eyes, O Lovely One, all that seem unkind in others, so that Thy Love alone shall remain forever in me, O Beloved One.

(Epilogue)

Think that then we can hide all that is unkind in others. It can be dissolved away immediately so that Love that is Eternal and Ever-present would always remain in us. That then is the peace which we have within ourselves, that is the peace then that the world will have because we are the world.

* 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 10th February 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next paragraph in the Lecture Notes is missing from the recording. [*Thought is the product of the consciousness which works through the mind. Therefore man has the power within himself, for he creates in his own life that which he thinks. Therefore it is the immediate task of man to discern his thought-feeling-reaction, to understand himself and the cause of his conditioning.*]
2. The next sentence in the Lecture Notes is missing from the recording. The full paragraph in the Lecture Notes reads: [The discovery of the oneness of Truth in which there is no duality, brings happiness and to discover Truth there must be the understanding of ourselves through an enquiring mind. A mind that is alertly aware without condemnation, without identification or justification. Such an awareness brings an immediate release from the problem. Therefore the search is not for an answer to the problem, but an understanding of the problem itself. *The problem is not outside you, the problem is yourself for you are the creator of the problem.* It is only at the moment when your reactions arise that you can understand them. But if you discipline your reactions to a particular pattern or follow a particular rule of conduct then you cannot discern your reactions. Freedom comes only from the release from the reactions not the disciplining of the reaction.]

Lecture 3 (17th February 1953)

DIVINE REASONING AND KNOWING THE SELF LEADS US TO REALITY

* “That all men should honour the Son, even as they honour the Father. He that honoureth not the Son honoureth not the Father which hath sent him.” John 5: 23.

Let us follow up *the* last lecture in the threefold way that reveals our Reality, this is shown through Divine reasoning, the knowing the self, and the realization of our Oneness, Wholeness. In this way we free ourselves from all that binds us, and this freedom will lead us to that which in Itself is Wholeness, Completeness, where we express Love, Wisdom and Power.

I have told you so often before, that just the realization of your Oneness only is an idea in your mind because you have not discovered your self. And if your self which is generally caught-up in the external, in your ideas, in your beliefs, in your various emotions, it is a prison in which you have put yourself in. Therefore you only bring your idea of God into your prison.

Now unless you then discern yourself and the ways of the self, it is useless trying to, as it were, realize the Truth because you are still caught-up in the things that are hiding the expression of the Truth.

Therefore Divine reason is essential but above all is the knowing of the self. Then when the three work in harmony with one another; Divine reasoning, knowing the self and the Realization of your Oneness, Wholeness, then you have found that which is Real in Itself. It begins to express Itself of its own accord because it is not made up in the mind. Your ideas no matter how great they are, how small they may be, how magnificent they are, they are made up in the mind. They are your own creations, they are made up in your mind. Do you understand what I am saying? They are made up by yourself in your minds. Therefore they are not

Reality. They are made up in your mind and they are not Reality. Reality is not made up in your mind, Reality IS. Reality is Eternal and Ever-present, it is not made up in your minds!

There is no other way, for if we are caught up in the outer we will wander into chaos and separation through ignorance, which is destructive.

So let us continue in our reasoning Divinely at the same time let us discern our thoughts, motives, reactions etc., so that we will come to know ourselves for what we are, then we will know the false from the Real.

After due consideration we will arrive at the fact that the Infinite Mind is the only Mind out of which anything can come because there is nothing outside It. We will find that the Universal Mind is a substance more real than anything we will ever know. In this Mind we live and move and have our "Being." *And this Mind is always expressing Itself when It has the opportunity of doing so. Man-woman has been given the same Life as the Father hath Life in Himself, so He grants man-woman to have the same Life in themselves. It is the same Life that is functioning continuously. Life is Consciousness and Intelligence. An Intelligence that knows how. Life has built the body. It brought together all the various electrons, atoms and built the organism out of the Mind-Substance Itself. The Intelligence is the Active Principle of Life that is continually acting through your body. It is continually harmonizing all your nerves centres in the brain, throughout the whole of the nervous system in the body, organising every cell in the organs.*

Therefore there is an Intelligence continuously acting through you, that is the Mother, the Mother Principle of Life. The Consciousness is the directing Power. The Consciousness is that which becomes aware. It is a Conscious Awareness and whatever the Consciousness is aware of, this Intelligence will manifest.

And we see clearly, that man given Life, Consciousness and Intelligence which is the Father-Mother Love and Wisdom which co-operate continuously throughout the body, tending to create harmony and peace everywhere.

Now we will say, as people have said to me so often, "but I cannot understand why this should happen to me." "You know I am a good person." "I go to church every Sunday and I don't think that I have done

anybody any harm.” And all these things. I says, “the very talk about it shows what you are.”

You see you are building on yourself. And it is not being good. If you realize that if you can get rid of the good, you will get rid of the evil too because good and evil exist in the mind, they are made up in your own minds.

But Reality is neither good nor evil. It is not made up of good and evil, it has neither. It is like electricity. Is electricity made up of good and evil?

Electricity is a force, a power. It is intelligence itself otherwise you could not have light. It drives dynamos, it is intelligence in itself because you could not have a dynamo moving. A dynamo thing is a dead thing, it has no power of its own. But when electricity moves into it it begins to spin. But light does not come on until you use the switch but the electricity is always waiting to give expression to itself.

Life is the same, it is always waiting to give expression to Itself through you, providing you know. And that knowing is beginning to know yourself, what you are, what is preventing Life from manifesting through you.

If then something went wrong with the dynamo, what would you do? You would have to have some knowledge about the dynamo, wherefore you would put the dynamo in order and then you find the electricity will flow through it and the dynamo will spin again.

Exactly the same thing with you people. It is neither whether you are a good person or anything else because I am telling you this; Life in Itself is beyond the perfection of mans mind.

The perfection of mans mind is something that is made up in his mind. He judges and compares. That comparison is odious, it is useless, and you cannot arrive at Reality from comparisons. You can only arrive at Reality when you have discovered yourselves, knowing yourselves, utterly knowing yourselves. Then by doing so you will find all the false things passing away, duality and opposites pass away too, and therefore Life Itself remains as It is, Eternal and gives expression to Itself. It is not made up in your minds. Consciousness and Intelligence are partners we can call it if you like Father-Mother-God, Consciousness being the ruling factor—the directing power in

all Creation as it is in man himself, the Intelligence expresses what the Consciousness directs, because Intelligence knows how.

Therefore there is an Intelligence in your body that knows how to digest your food. You do not jump inside your stomach, do you and then try to digest your own food? Neither do you carry it to the various portions of your body, that is done by the Intelligence, an Intelligence that is active. But you do not see this Intelligence. It is not visible to you. You only see the manifestation of an Intelligence.

Just as you have never seen electricity. No one has ever seen electricity. But you see the manifestation of electricity. No one knows what electricity is.

I told you before the story about when I was in University, we had a fellow called Brownlee. He was a wonderful athlete but a very poor student. So he got plenty of privileges because he was tops in cricket and tops in football and tops in rowing and tops in everything but as far as his schooling was concerned, he was a dud.

So one day they had the examination and the Professor pulled him out and said, "Brownlee, stand up."

So Brownlee stood up. And he said, "this is the most atrocious paper I have ever read." So he said to Brownlee, "I'll ask you one or two questions, Brownlee." So he said, "what is electricity, Brownlee?"

So Brownlee thought he would be smart, so he said, "well sir, I knew what it was just before breakfast but since then I have forgotten it."

So the Professor said, "that is wonderful, Brownlee, wonderful." "You know there are only two in the whole Universe that knows what electricity is, yourself and God, and you have forgotten all about it."

You see that we do not create these principles of *Consciousness and Intelligence*. We do not create these principles of Creation but by them and through them we create in heaven and on earth. Therefore out of the Universal Mind comes everything even the bread we eat, the clothes we wear, everything that we use or can ever use comes from this source. It is the Universal supply, the foundation of everything.

We then come to realize that this substance resolves Itself into form, not separate from Itself but in Itself. This can only be done by conscious action,

our thoughts are expressed in this way, creating form.

Therefore everything is resolved, this Mind-Substance, which is the only substance underlying everything, resolves Itself into form but the form remains in the Mind. And the Mind supports the form and interpenetrates it.

Now we have been told by Science that there is a substance known to Science as ether. And Science says, that the ether of space is everywhere, there is nowhere where it is not. The ether of space is a product of the Universal Mind. The Universal Mind is behind it. Therefore the Universal Mind interpenetrates everything as well as ether, as ether interpenetrates every object.

Now ether is a substance that carries vibrations everywhere. It carries vibrations, electro-magnetic vibrations which is the activity of the Divine Mind, are the Thought (your own thoughts are electro-magnetic), these electro-magnetic vibrations have the power of passing through the atoms because they are carried by the ether that interpenetrates every atom. And as the ether carries the atoms and interpenetrates atoms, these electro-magnetic vibrations interpenetrate the very walls of the atoms and transforms them.

That is why, to a great extent, your bodies and other things get wrong because of your fears, your emotions. Why? Because you have not discerned them, you have not realized what you are doing, therefore you are caught-up in your thoughts, in your emotions, and you do not know yourself. How then can that which in Itself is free from duality, free from these things, express Itself when you are a bundle of these things; emotions, reactions, fears, and so forth. Do not you see then that you are continually creating these electro-magnetic vibrations which interpenetrate the cell structure of your body.

Now Nature, of course, is continually trying to balance everything. And if it does it endeavours to balance everything and under the circumstances if you give it an opportunity, it will balance it.

Now, healing is a thing that is not made up in your mind. Healing and Wholeness is something that exists. The Completeness and the Wholeness of your Being exists NOW. When Jesus said to the woman, "thy faith made thee whole." The Wholeness existed all the time, it was an Eternal thing

and it is an Eternal thing NOW. And if Wholeness did not exist, the woman could not be made whole.

Therefore you see this, that immediately this three-way; of Divine reason, knowing the self, and the Realisation of your Wholeness, enables you to eliminate from your minds, the things that are preventing the expression of that Wholeness that exists NOW.

Wholeness is not made up in your mind. You do not have to create Wholeness, you cannot anyhow because you do not what It is. But as it is already waiting to give expression to Itself, once that you dissolve all that is false and preventing It, It manifests of Its own accord, that is the simplicity of it.

Everyone knows now that matter is not solid as it was thought to be, just as the Earth is round and not flat as it was thought to be although there are a few fatheads who still cling to these outmoded ideas.

We must go further now and see that ideas are the product of man's mind. They are our own creations and to find that which is behind our ideas, however great or small they may be, we must go beyond them. But to get to that which is beyond we must see clearly all that is of the mind, so that we will not be lost or caught-up in our ideas, thoughts or creations.

All the time there is a changing of mans ideas. The old idea of the earth being flat. The old idea of matter being solid. These ideas are long ago been broken to pieces. But there are a few stupid asses that still hang on to these old outmoded ideas, preventing the expression of new ideas that come along. But no matter how great an idea is, how new it is, it is still an idea.

It is a way of knowledge but knowledge is binding. Wisdom is not binding. Wisdom is releasing. Wisdom is freedom but knowledge is binding. You see then how an idea can be binding, such as matter being solid, such as the world being flat and many, many, many other ideas that are outmoded long ago. But they have taken root, crystallized, in the minds of individuals and they are bound by them. Therefore you see, the difference between Wisdom and knowledge. And unless you see the difference between Wisdom and knowledge, you will still be caught-up and bound by knowledge.

So Science has been a great help to us in removing the ideas of the solidity of matter, for science has shown that matter is porous and changeable, because it is made up of a combination of atoms that change and form into new combinations thus changing the form itself.

In our further search in the relative or outer structure we find that the atom is a vortex of energy, the power of which staggers the imagination. But this vortex of energy is nothing compared to the force that is behind it, the force that created it. The force that created it is electro-magnetic in nature being the action of the Father-Mother-God. *Just as the Father-Mother-God is inherent in you, the same mode of action exists in the Universe as exists within yourselves. Therefore you see, God made you in His Own image and likeness. And because there cannot be two Consciousness, there cannot be Life that has been divided in Itself, having one Life here and another Life there. Life being Indivisible is expressing Itself through you and me. Your consciousness can be none other than the Consciousness of God, God being Infinite in nature. If your consciousness was derived from some other source, then God could not be Infinite, and that would be ridiculous!*

So we have to use Divine reasoning in our way along. And as we use Divine reasoning on our way along, coupled with what I have told you, in knowledge of the self and the Realization of our Wholeness, that which is not made up in the mind, we reach that which in Itself is Eternal and Ever-present. Consciousness and Intelligence in action, for everything in the Universe is electro-magnetic, the secret of this force will give us power to traverse the Universe itself.

You have heard me say before, that energy encased in its smallest space has the greatest intensity and as science further develops along this line of action we will reach the source of all energy, which is One Whole and not separated from anything. We will reach point and behind point is the potential energy behind all creation—the Universal Mind.

I say point, because point is everywhere and there is nowhere where point is not. Point is, if you can see it clearly, is the very smallest, the very tiniest, beyond the capability of mans thought, from which energy begins to move outward to create atoms, cells and forms.

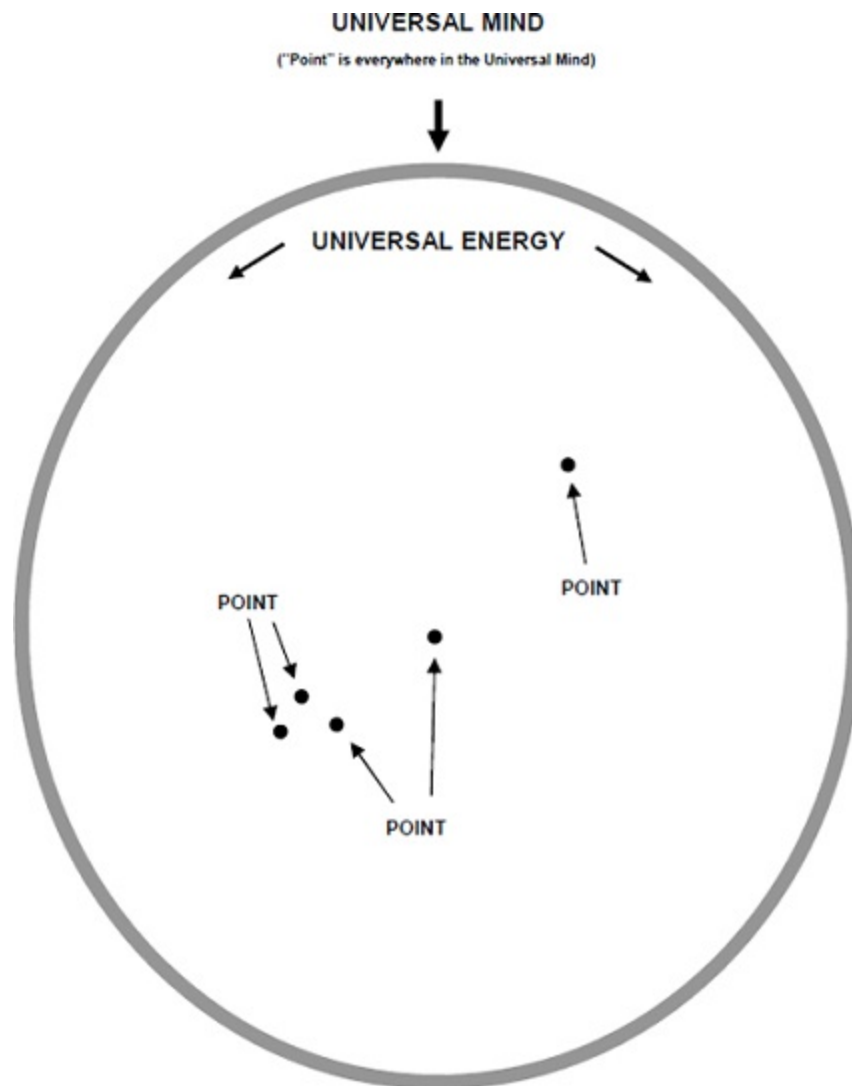
If I do a line. If I had this, say for instance, here was the Universal Energy total, in that board which is a very poor imitation and idea of it, just because I am just trying to give you an idea now, but I do not want to give you an idea really of that Energy because we do not know what it is. But to preclude my point, that is point, that is point, that is point, that is point, that is point. Now point is everywhere in that Universal Mind, is It not? Therefore point is where that Universal Mind begins to act outwardly to create energy, in the relative, such as creating atoms. Creating, we call, etherons. From the etherons then into the atoms. From the atoms into the molecules. From the molecules into the cells, the cells into the organs. Here is an Intelligence that follows energy itself being Intelligence in action. Mind being Intelligence having within Itself Consciousness and Intelligence being that Itself. Then begins to express Itself, carrying with Itself, its potentialities of Consciousness and Intelligence.*

Therefore energy is Intelligence in action. You have seen it in your bodies, everywhere.

I am only giving to you what I have been taught by the Masters, myself. Perhaps should not be given to you anyway but I am giving it to you now. But the point is this, that if you can grasp what I am telling you, you have found something that will enable you to reason Divinely. So that you will find that which is beyond reason. Reason is of the mind but that which is Real is beyond the mind. But Divine reason leads you up to it and it is essential that you should understand.

I am condensing into a word-picture what the Masters know in relation to cause and effect. Therefore the outer shell we call matter consists of masses of atoms and electrons which form various combinations through electro-magnetic vibrations. This is mind in action.

All form changes *and* dissolves back to their original elements, this change we call death. The ignorant say, this or that thing is dead, a person *or* an animal is dead, but there cannot be a dead particle in the whole living Universe, so death becomes a real thing to those who do not know the Real Truth. It is hard for those who stick to beliefs and ideas to realize that there is no death because they are caught up in their beliefs, which is separation.



UNIVERSAL ENERGY & "POINT"

How terrible it is, that even those who should know something about this, the greatest knowledge that is possible to enable man to reason Divinely, that these people are still caught-up in ignorance of their beliefs and still hindering the progress of humanity.

There has been more bloodshed throughout the world and more misery and cruelty through religious beliefs. Read your history and you will see that these words of mine are true. More misery and more cruelty exist in the religious beliefs throughout the world than in anything else. You can prove it with your own history, I do not have to go into the details of it.

Therefore a knowledge of the Universal and a knowledge of the self must go hand in hand with Divine reasoning. We then arrive at the Birthless and Deathless state of Reality which is the essence within ourselves.

In the general way the majority of people practice a meditation that is a form of becoming, a building up in the mind, *of a series of images which leads away from Reality. That is what I am trying to show you. In your meditations what are you doing? You are building up ideas in your mind, images and so-forth, which leads you away from Reality. Real meditation is a breaking down of these images and eliminating them, so that which is Real can give expression to Itself.* So they deny, imitate, concentrate all in one, which is a mental process narrowing down thought-feeling instead of understanding it, They try to cultivate virtue by trying to focus their wandering attention on a saint, *or a teacher or an idea. And that is the sum total of their virtue. Their virtue is an imitation it is not a Reality. They are trying to imitate a teacher of two-thousand years ago or five-thousand years ago, whatever the case maybe. That is not virtue. Virtue is understanding the self, what is in the mind, what is preventing Reality from expressing Itself, because Reality is virtue Itself.* They use various techniques, so they become slaves to their ideas which must eventually end in illusion. They seek an end and the end is the illusion, it never comes so they are caught-up in their endless ideas, mantrams and the like, so what they really seek is never found. Reality is “Being” now. *So they are always trying to become something and not knowing that Being is NOW. Being is now, and comes into Being when you have discerned all that is preventing Its Presence now.*

Meditation, with the majority who do not understand, is merely craving to become or not to become, *(they crave not to become evil and they crave to become good, so there is a continual conflict in the mind)*, It is a subtle form of self-expansion and self-assertiveness, so it becomes a series of struggles within the pattern of duality, within the pattern of opposites. No matter how high or how low *you* may go in ones meditation there is no end to the conflict. Only with the cessation of craving is there peace and knowing, that is beyond the pattern of duality or opposites.

So if you crave for a material thing or you crave for a spiritual thing, it is just the same, you are going away from both. The craving for a material

thing is a belief that you have not got it. A craving for a spiritual thing is exactly the same.

Therefore you are being torn one way and the other. You think then that material things are evil and spiritual things are good. Therefore you want to cling onto your material things, yet you want to discard them. You want to bring in the spiritual things into your life but you are afraid because you have material things, so you are still in conflict again. But a material thing and a spiritual thing is one and the same. There is no division between the material and the spiritual. That which you see is the manifestation of the Spirit, it cannot be anything else.

It is what you use, how you use a thing, how you think, how you react. Therefore the thing does not hurt you. It's your reactions to those things; how you react, how your emotions and conditions. And if you discern your reactions, if you can discern your cravings, if you can discern your motives, then you will understand yourself. Then you will understand, not only that but you will understand that Being is NOW, and that spiritual and material things are one and the same. One is the Inner and the other is the outer, it cannot be otherwise. Otherwise God could not be Infinite in nature.

Don't you see now, that matter is not a solid thing, it is a something that is built up. It is a combination of atoms and electrons, etherons, which come about by electro-magnetic vibrations, built up and expresses itself in the form held in the mind.

Hope to God, you can understand me. If you can, you have found something that is priceless!

I know perfectly well, that I had to think deeply when I was in the Himalayas, when I was taught all these things. When it was brought to the surface, brought to me clearly, but I had to think it out for myself. And what I am saying to you, now, you have to find and think it out for yourselves too and you will find the Truth.

So if you do not know yourself, your meditation is of little value, in fact your meditation becomes a hindrance. If I do not understand myself, my cravings, my motives, my contradictions, how can I arrive at that which is beyond,¹ I do not create Reality, It is now, comes into being when I understand myself.

If I do not understand that I am greedy, antagonistic, envious, jealous living in opposites, my meditation only strengthens my self-enclosing process. *That self-enclosing process which is these things that I have not yet understood.* Without self-knowledge my thought-feeling cannot transcend itself, for the mind will be caught up in it.

Is it not so that many who practise meditation and talk about brotherly love condone *and* participate in separatism, in war which is organised murder. This kind of meditation only strengthens their narrowness, ill-will and ignorance.

I told you before that true meditation is not trying to control your wandering thoughts, you must become aware of them. Think-out, feel-out, every thought, comprehend its significance however pleasant or unpleasant, trying to understand each thought-feeling. Each thought-feeling thus pursued will yield its meaning and as the mind comprehends its own repetitive wandering thoughts, it becomes emptied of its own formulations.

So the thing is always repeating itself. Why is a thought always rising to the surface and troubling you? Why is your mind always troubled by a particular form of thought? It rises and rises again and repeats itself. This repetitive process of a thought is because you have not dealt with it, you have not read it, you do not understand it. Therefore it rises again because you are troubled by it. And the more you are troubled by a thought, the more it will rise. If you try then to pacify your thought without understanding it or relegate it to some subterranean channel of your brain, it will change its course, it will hide its self, hide its head. But the energy, the emotion attached to it will rise up through your system and bring about some other devastating affair in your system because you do not understand it. But immediately you begin to discern your thoughts as they arise, all these hidden ones will raise their head also and you will be able to discern them clearly and distinctly, and you will be free. They are false anyhow, so why be afraid of them?

A memory. Are you afraid of a memory which is something that has happened which has relegated itself to a cell in your brain, are you afraid if it? But you are afraid of your memories, you do not like the unpleasant things. You like to think of the pleasant things but not the unpleasant. But

you have to see them equally alike and without any particular identification. Without, as it were, condemnation.

If you condemn yourself because of your thought rising to yourself, then you have lost yourself, you are caught-up again in your condemnation.

You must see these things so clearly so that you will understand your thought-feeling, the feeling you have in regard to it. And when you understand the feeling in regard to it, it passes away. You see that it has no power of its own except the power you give it.

Your mind is burdened with the past, a storehouse of the many contradictory values, it is ever-gathering, ever-becoming. So we must be aware of these accumulations and understand them as they arise.

Your meditation should be like a person who has stored up many letters in a drawer for years, who now begins to read them one after another. Keeping some, discarding others, what you keep re-read again and again, *until* you discard them all, then your drawer will be empty.

If your thoughts arise again and again it is because you have not understood them, you have not read them. Just as the drawer can only be useful when it is empty, so must your mind be empty before wisdom and love *can* manifest. *And if you have fears, ideas of limitation, if you have hatreds, if you have antagonisms, if you have jealousies, you must discern them and understand the cause, and you will see the self is the cause. And when you understand the self, you will see the self lives in a falsehood. It has no existence in Reality whatsoever because Reality is the Real You. Therefore when you have done away with imitations and fears and limitations, that which is Real in Itself will give expression to Itself. When you have done away with opposites and duality, that which is not duality, Who does not live in opposites, Who is not contradictory in Itself, will give expression to Itself. But if you live in contradiction, if you live in opposites, you will express them according to your conditioning. And that is what you are doing everyday, you are expressing your own thoughts, according to your conditioning. And who has conditioned you? Yourself, of course. You will blame it on other people, naturally you would, you will always put the blame on someone else. Oh, yes that is the finest thing in the world, to try an escape, but there is no escape. You mean to say, that if you put the blame on someone else you are going to escape from your own reaction. The mind*

must be open to wisdom and the ecstasy of the Real to receive It, It comes into being only in the awareness of understanding.

So we see that without wisdom, knowledge can become binding which leads to illusion and chaos. When the mind is clear, right thinking is possible, but with a mind full of concepts, beliefs, ideals, this prevents right thinking. Wisdom leads to the right use of things which brings happiness, while knowledge alone can lead to the wrong use of things which brings misery.

And we are seeing that very, very much today. We are seeing knowledge today used without Wisdom. We see all the destructive weapons that can be brought about into the world by knowledge being used for the destruction of humanity.

We see knowledge everywhere but it is not tempered with Wisdom. Wisdom is absent and so is Love. The two foundations, the two fundamental pillars of Creation, is missing and everything else is false. When these two are missing everything else is false, I tell you! And if you read in your own mind, you will see how false it is.

All form will dissolve into the substance from which it arose, yet the basis of all form still remains the same from which other forms can be created. *Just like a drop of the ocean. Take a drop from the ocean, analyze it, no matter how small it may be but it is the same constituency as the whole ocean. And when that drop passes into the ocean, it becomes the ocean.* Therefore the Creative Power that, in the first place, created the world and all that is in it, remains within us as the Eternal Uncreated, the formless for in the uncreated alone exists the Creative Power of God and Man, *and not in the created.*

The created has no power of its own it is created. Paul says, "things are not made out of things that were created but that which is not created." And as it tells you, your creativeness exists in the Uncreated and not in the created.

And your Wholeness and Completeness, the Real You, is held completely in that Wholeness, in that Uncreated. And if it is not in the Uncreated then it has no creativeness whatsoever because you are caught-up in the outer, you are caught-up in the created. The created can give you no power. It is only

that which is hidden within, that Uncreated, the un-formless, the things that are not formed.

Life is **Creative**, Life is not created, *Life is not made up*, Life then is the Father-Mother-God who *created* man-woman to have the same Life. Thus the “Father and I are one.” This is the Tree of Life that the prophet revealed to the soul of man, when understood becomes a Spring of Living Water rising up to Eternal Life.

Is it not so that most people are looking for the good and the evil at the same time, *is it not so that they preach* about the evil and the good at the same time? Thus the mind will produce what it sees, *good and evil*. If you are desiring the good and fearing the evil at the same time, you live in ignorance of your creative power, because you are caught up in opposites. Jesus said, “*resist not evil.*” “Do unto others what you would have them do unto you.” “Condemn not lest ye be condemned.”

So, what you see, what you look upon, so it is unto you. What the consciousness sees as a reality, so it is a reality unto you, whether it is a false thing or not. So therefore you have to discern that which is false so that the consciousness will not make a reality out of it.

Nothing exists to you at all unless you are conscious of it, is not that so? Well you have got to discern what is false, so that your consciousness will not make it a reality of a false thing.

It is not so difficult to do because it is quite easy. And I am going to show you the secret of it. Discern what is made up in your mind and you will know that it is not Reality because Reality is not made up in your mind. It is not an idea or an image or a belief. And as soon as you grasp that Truth it will lead you to that which is not made up, Uncreated, that which is not form.

We are not born of the blood or the flesh of man nor by the will of man, but born of the Spirit of God. “Call no man your Father on earth for one is your Father who is in heaven.” God being infinite Spirit, we must also be Spirit, Infinite, Creative.

You cannot get outside Infinity. Always was within the Infinite and there is nothing outside the Infinite.

So therefore we begin to see through our Divine reasoning, through understanding ourselves, we see how clearly we can reach at that which is in Itself All-Power, Wisdom and Love. You do not have to create Power, Wisdom and Love—you have got to open yourself to It.

We are Spirit individualized, not separated but one and it is only when the mind is clear of confusion can this be comprehended, and not as an idea or a belief, but as our livingness. There can be no unity of man and God in a belief because belief is of the mind and there are many beliefs and many theories. When the many ideas and beliefs are at variance with each other how then can there be peace and goodwill? When the mind is in contradiction, when the mind is caught up in duality, in separation, in opposites, how can there be a realization of that which is not a contradiction, that which does not exist in duality or opposites.

Are we not giving expression to our conditions instead of understanding them. We must become aware of our relation to people and things, discerning our thought-feeling-reaction, how and where it is moving. Is it unconsciously moving in ignorance towards chaos and misery, or can we discern it and dissolve it so that the mind can be free to express wisdom and love, which alone is Real and is not made up in the mind?

All your books, everyone you read, is a matter of something that is made up in the mind. But you will notice that my teachings from the very beginning, which some of you are beginning to see now, my teachings were to eliminate the ideas and images you created about reality. And I was trying to prevent you from getting another idea of what reality is. Otherwise I would be only giving you probably an extended or a wonderful greater idea which would be just be a prison exactly the same as you were before but perhaps a finer prison, one you liked a little bit better but it was just a prison.

But if I do not give you an idea of reality. If I take all your ideas and beliefs and ideas of reality from your mind, and I leave you with nothing at all, then you will have Reality because It is not an idea and not an image, not a belief, It is a Livingness. It is the expression of God, NOW, because you are alive and Living. You are Life. And as Jesus said, "I Am the Life," it was the greatest Truth that was ever expressed through the mouth of man.

When we are dependent upon people and things we are bound, limited. Our freedom comes from self-reliance and this is obtained through understanding our limitations knowing what they are, and the realization of our oneness with all there is created and Uncreated, yet we must understand the difference between the created and the Uncreated, for all things exist in the Divine Mind and all are created there for there is no outside. Therefore It is the Father who ever remaineth within who is performing His own deeds. With this understanding there is no separation, for we work together as one, the Father being greater than I. When you have seen me you have seen the Father, the Uncreated and the created are one, with this difference that one is Creative while the other is not.

That is why Jesus said these words, "I of myself am nothing, it is the Spirit of the Father within me that doeth these things." And unless you can comprehend this then you are caught-up in the created and you have lost that which is Real in Itself.

“But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up *unto Eternal Life.*” John 4: 14.

BENEDICTION

Divine Father-Mother, Thou art all seen and unseen, created and Uncreated. Within Thy bosom I exist and do give expression to Thy Love and Wisdom when I understand myself.

I have found through Thy wisdom that the Uncreated alone is Creative and the created is Thy word gone forth to fulfil Thy will within Thy Self, O Mighty One.

When Thy son Jesus said, “when you have seen me you have seen the Father” I found the key to Thy treasure which was also mine.

Thy Wisdom was gained when I knew that It was Thee alone who lived in me.

Thy Love manifested in me when I found that within *my* neighbour I saw Thee there also.

Now I am crowned with Thy Holy Presence, when all my limitations are swept away by Thy Eternal Word of Power, invested in me, “O Eternal Father-Mother 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 17th February 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

* See Diagram on [page 46](#)

1. The phrase in the sentence in the Lecture Notes is missing from the sound recording. The full paragraph would then read: [So if you do not know yourself your meditation is of little value, in fact your meditation becomes a hindrance. If I do not understand myself, my cravings, motives, my contradictions, how can I arrive at that which is beyond, *which is Reality?* I do not create Reality, It is now, comes into being when I understand myself.]

Lecture 4 (24th February 1953)

THE CONTINUOUS RENEWAL OF THE EVER-PRESENT*

“Jesus noticed her and called to her, ‘woman, you are released from your weakness.’ He laid his hands on her, and instantly she became erect and glorified God.” (Luke 13: 12-13.)

Now there is a tremendous message in these words because it shows at once, that the person was released from a condition. And that condition was weakness. And immediately he told her that she was released from the weakness, she instantly became erect and glorified God.

Well we see clearly now, these words mean this, the continuous renewal of the Ever-present. The Ever-present is always renewing Itself in you and me, every moment. That moment, now, is the Living Ever-present. It is a Living presence, it is not a dead presence, it is not something you create in your mind, an idea of the presence or a belief in the presence. It is a Living Expression of the Presence Itself and that is why these words are put to show definitely, the continuous renewal of the Ever-present.

Most people cannot realize the continuous renewal of the Ever-present. And it is when we begin to see the cause of our troubles and to know that they are self-created. To know that they have no power of their own except the power we give them. And as we discern these things so they dissolve away, they pass away, and then the continuous renewal of the Ever-present is there NOW. You do not create It, IT IS.

So that is the secret of the great and mighty Truth that the Master knew was, he himself was the Ever-present Life. And he knew it that every other individual had It too. And immediately he saw the weakness he said, “you are released from your weakness.” Knowing that the Ever-present Life would express Itself immediately the weakness disappeared.

Total freedom is possible only when we use the Divine Consciousness as we would use a surgeon's knife to cut out the things that bind us.

In our *relationship* with people and things we are able to free ourselves from our thought-feeling-reaction when we discern deeply that relationship. If we are greedy, possessive, envious, jealous, dependent on people and things and if we do not become aware of this relationship our freedom is impossible for we will be caught up in the conflict we ourselves create and thus we create the very conditions we abhor.

So we have got to be watchful continuously to see how we are conditioning ourselves and in our thought-feeling-reaction towards our neighbour. Whoever is your neighbour is the one who is nearest to you. Well you will find out what you are doing and how you are thinking and how you are reacting. And when you begin to discern these reactions then you begin to free yourself because you see how stupid they are. But if you are caught-up in them you do not see how stupid you are because you are caught-up in these conditions. But immediately you discern these conditions then you begin to realize the great Truth of the continuous renewal of the Ever-present.

So you look at a picture, perhaps, and look at the painting and begin to scratch part of that painting off and underneath you begin to see there is another painting here. So you begin to clean the whole of the paint off this picture that is underneath and reveals the great masterpiece. Now the masterpiece was there all the time and it was necessary that you had take off the paint that covered it.

It is the same with the individual, you have got to take off these things that cover the great masterpiece of the continuous renewal of the Ever-present in our lives.

It is because of this unconscious conditioning existing in our mind that the effects we produce are not understood. But if we understood the cause we would also understand the effects.

Is it not therefore of primary importance to us to know what we make up in our minds? *Your thought-feeling-reaction is making something up in your mind. If you discern what you are making up in your mind through your thought-feeling-reaction to your neighbour or the one who is nearest to you, that is your relationship, then you will know what is made up in your*

mind. And if you know what is made up in your mind, you will know the cause of the effects. And if you have any effects you will realize the cause of them are within yourselves. Because the continuous renewal of the Ever-present is always a perfect expression of Life Itself.

If the globe breaks you do not destroy electricity. Electricity is not affected if the motor breaks down. Life is not affected if your body breaks down or something goes wrong with your body or your condition yourself. Life is not affected by that conditioning. Just as like, electricity is not affected because the globe is broken. If we do not understand this how can we ever realize that which is not made up in our minds—the unlimited power to act, to do? “What we see the Father do.”

So Jesus said these words, “what I see the Father do I do also.”

“All power is given unto me in heaven and on earth” was not an idea made up in the Master’s mind for he was speaking from the Christ Consciousness. He was speaking from a complete awareness of the Truth, that he was truly the Son of God. And being the Son of God he was the Son of Life. And being Life, “I Am the Life.” He knew that he could not be destroyed in anyway whatsoever, even if it destroyed the body, Life remained intact. We know that mental efficiency is dependent upon the power of attention, yet attention is not something that is created, it is a quality of mind itself, when the mind is free from conflict. You will clearly see that confusion in the mind can only produce confusion in your thought and in your environment.

Attention is a quality of the mind itself when the mind is peaceful and quiet, when there is no confusion and no conflict in it. When there is no opposition. When there is no duality. When there is no conflict of opposites.

In your meditation, I am sure that you have found that your mind is not quiet. You try continuously to suppress the thoughts that rise to the surface and you think by doing so that you can meditate. But what are you meditating on?

You cannot meditate upon something you do not know. Therefore your meditation should be the elimination from the mind of all conflict so that the mind becomes peaceful and quiet. And in that quiet peaceful there is attention.

To attend to one thing at a time is a great help to the individual. When the mind is caught-up in a particular thing, all the various ideas belong to that particular thing flows into the consciousness as the mind is dwelling upon it. And information regarding that thing would rise to the consciousness, scraps of information that you know nothing at all about that have been hidden away in the recesses of your mind.

And consequently attention means to a great extent gathering together all these scraps of information, building them together, and as they rise to the consciousness, you find them all tied together by a line of association which is the easiest form of bringing things to the consciousness.

But a mind that is free from conflict, a mind that is free from irritations, is the mind that has attention. Therefore it is to free the mind from all conflict because attention is a quality of the mind that itself is free.

The great secret most people are looking for is how to eliminate confusion. But if you do not know how confusion comes about how can you eliminate *confusion*? Let us look at what is happening in our minds and we will see clearly the cause of confusion.

The surface mind deals with things we see, hear and feel through the senses. We have already dealt with this subject, showing that what the mind receives through the senses is vibration and as the result of these vibrations we build up in our minds mental pictures of what these vibrations represent to us through experience and memory.

So what we see and feel and touch are vibrations that we receive, that enter into our minds through the various channels of our brain. The various dissecting centres through which we build those pictures from the sensations of the vibrations we receive from light, sound and touch. And through experience and memory we are able to say, that is water, that is a glass, that is a tray, and we will look at and we will see, is it silver or is it not silver. You see what I mean, therefore through your experience, your memory, you are able to say what a thing is through the sight, feeling and touch, through your experience and memory. But if your experience and your memory is going to hinder the expression of that ever-renewal, that continuous renewal of the Ever-present, then it is a hindrance. But if your memory and experience can be a means and a ladder through which you can rise out of the conditions you are in, then it becomes an asset. But to the

majority of the people, their beliefs, their memories, their conclusions become a hindrance to the expression of new knowledge and wisdom.

It is the subjective mental activity that feeds upon what the surface mind gives to it. It is in the subjective mind that these pictures are made up. *Not on the objective mind because the objective mind is always absorbing things coming from the outside.* The subjective mind is the reflector so that the consciousness can become aware of that which is made up, so the consciousness makes it an apparent reality to you. *Therefore if you are not conscious of the picture at all there is nothing to it. Even if the vibrations passed into your eye, the ear, whatever the case maybe and you are oblivious to these vibrations and sensations, the consciousness would not then give it a reality and it would not exist to you at all. Now you will see what I am driving at in a few minutes, as I draw the whole picture, so that you can see what consciousness really is. And you will see that without a conscious realization of anything, it cannot exist at all to you.* But if the consciousness is not aware of what is taking place it is caught-up in the things that are made up in the mind and therefore cannot become aware of that which is not made up *in the mind*. That is why Jesus said, “I do what I see the Father do,” showing that he was aware that what was made up in *his* mind was not a Reality.

He knew that what he made up in his own mind was his own creation. But the great thing to him was the continuous renewal of the Ever-present Life, that was always present, that was Eternal, that was the only Creativeness. Therefore he and the Father were One.

We therefore create causes through our acceptance of what is made up in the mind as being a reality. These we will call secondary causes which create secondary effects, some of which are pleasant and some unpleasant, but they both come from the same source—*the mind*.

Just as you will see, that your ideas in your mind of health—ill-health, success—failure, follow a leader and so-forth are all of your mind. They come from the same source but you think they are different. You put one there and the other there and you separate them but they are both in your mind, created by yourself.

Good and evil is just the same thing. And when we can begin to see the opposites and understand the opposites, then they will have no effect upon

us, we will see that they are made up in our mind. Just as the two Trees people fail to see, that the Tree of Life is one tree and the Tree of Good and Evil is another tree. It is not two trees. They are not two things good and evil, they are on the one tree. They grow out of mans mind, they have one source.

So you have the pleasant and the unpleasant thing. The pleasant you will call good and the unpleasant you will call bad. But they arise from within yourselves. If you do not see that, then you will never know and experience the continuous renewal of the Ever-present Life. Because you will be hanging onto the Tree of Knowledge of Good and Evil and you will be eating of the fruit thereof. But the prophet said, "take hold of the Tree of Life and It will be a Spring of Living Water rising up to Eternal Life, it will be your Salvation. So clear is the understanding.

Primary causes are perfect creations of the Divine Mind and are not made up in the individual mind *at all*. What is made up in the individual mind no matter how magnificent it is, it is still a limitation therefore it is not perfect. *Paul says, "when the Perfect comes, the imperfect will disappear." The imperfect will be superseded.* But Divine Creations are beyond the idea of our perfection. *The perfection we make up in our minds is brought about from comparison. We see a thing here and we say it is perfect and we see another thing and we say it is not perfect. Therefore we compare the two. Our comparisons are our perfections. But we cannot compare something that we do not know the Perfection of because the Perfection of that Divine Creation is beyond comparison of the individual mind. But if you are stupid enough, you say it is perfect. So the idea of our perfection which is made up from comparison, but comparison is made up from things we know. The Divine Mind is not limited therefore Divine Creations are not limited like those of the individual mind.*

And we have come then to the realization that you and I are the Divine Creation. And it is the ever-renewal, is the continuous renewal of the Ever-present, that is the Perfect Creation of man of woman.

You cannot destroy the Spirit. You cannot destroy the Life, no matter if you hack the body to pieces. Just as you cannot destroy electricity if you smash the light. The Life is one Whole, it is not individual life at all, it is Whole Life individualized. It is the Wholeness individualized. It is not the

individual in the whole but the Whole in the individual. Therefore the individual itself have no consequent whatsoever. And as soon as you see that, you will come to the realization, of the words of Jesus, when he said, "I of mine own self am nothing, it is the Spirit of the Father within me that doeth these things."

Therefore he got rid of the self because it was an illusion. The self is a bundle of wants, a bundle of reactions, a bundle of cravings, a bundle of falseness. And unless you begin to discern the self and this first thing to do, is self-knowledge. And with self-knowledge then there is the clearing of the mind, of what's made up in the mind. Then when we see what is made up in the mind is our own creations and behind and beyond there Is the Divine Creation, that is beyond comparison, beyond ideas, beyond images, beyond beliefs, IT IS.

If we had no beliefs, no ideas and no images of the Divine Creation, we would be the continuous renewal of the Ever-present Life.

What I am trying to do is to show you that which is made up in your mind is not a reality, therefore is limited and imperfect, not that you can compare your own creations with that of the Divine because the Divine is beyond your mind, therefore there can be no comparison, for comparison is of the mind itself. Yet the Divine Creativeness exists in us all, yet it is not made up in our minds. Therefore what you make up in your mind about the Divine Creativeness is but an image, an idea, a belief, which is not the Divine Creativeness.

Are you still caught-up in your ideas and your images of this Divine Creativeness or are you beginning to see that the elimination of these ideas and beliefs allow the Divine Creativeness Itself to manifest? I of mine own self am nothing it is the Spirit of the Father within me that doeth these things.

I think it is becoming clearer and clearer to your minds, that without the clarity of your own images and beliefs, the clarity of seeing and knowing what is made up in the mind, the clarity of knowing that which is false, then you will never know that which is Truth. Unless you then become aware of that, which in itself is made up in your mind which is not a real thing, when that comes about it drops away from you, the mind becomes free from its

own conditioning and there is the continuous renewal of the Ever-present, every moment.

You may experience that in the quietness of your mind for a second and then you begin to think again and you have lost it. You try to recapture that moment of bliss but that moment of bliss is past, it is but a memory now, and you can never recapture that. If you try to recapture the moment of bliss that has passed, it is past but memory, it is nothing. But if you continually know that it is but a memory and the Ever-present is still every moment, then as the mind clears again, as it frees itself from memory, from experience, from identifying itself from all these things, then there is a freedom comes and in that quietness, which is attention itself, attention beyond attention, it is an experiencing of the Ever-present. So simple is this that it cannot be put into words.

If man does not know the difference between the false and the Real he is lost in error, nearly all minds are caught-up in both so-called truth and error *the so-called truth is then faith in the good, while fearing the evil.* If this is not confusion then what is it? Don't you see that both these are made up in your minds, your faith in *the good* and your *fearing the evil*, both are of the mind but truth is beyond your mind? That which is in your mind then is not truth but an idea of it, a belief, a theory which is made up and what is made up is not truth. *Because Truth is not made up at all.*

Truth is Love and Wisdom. And if you will see and you will see clearly that these things are not made up in your mind. They are the expression of Truth Itself. And when all that is false is dissolved away then Love and Wisdom is there. A great and mighty wonderful Truth. Love and Wisdom, the Perfectness behind all Creation. The created is not Creative. That which is Creative is not created. It is only the Uncreated that is Creative. Life remains always Uncreated while it creates and remains in Its own creation as It was in the beginning.

Just as electricity remains electricity even through the light it remains electricity. And the energy that flows from the light passes back in vibration, out into the atmosphere and is caught-up again in the movement, and the atomic movement of the atoms is absorbed again into the great atomic structure of the ether. Moulded again back into electricity once more, which it was and always will be. So is Life. The very vibrations of my voice is Life.

The Spirit alone has Voice. And when you know that the Spirit alone has Voice, you know the Spirit in the Voice gives it tone in the sound of the Spirit, and you begin to understand.

When you begin to see this confusion of the mind it will drop from you and your freedom that always existed comes into Being, and there *is* no better words than these to lead you beyond the mind, “it is the Father who ever remains within me is performing His own deeds.” Now do not try to make an idea of the Father working in you for then you will be caught-up in your idea again which has no power because it is self-created. *And when I say these words to you, you immediately create an idea of the Father working within you. But it is an idea, it not a Living Reality. Oh, could I give you this but I cannot. You must find it out for yourselves. I can point the way but you must travel that way yourselves.* But if you keep your mind open free from confusion, the Real which is Love, Wisdom and Power will manifest then you can say the Father is performing His own deeds. *When you discern then the false, you will see that the false will fall away, then you will find that Love and Wisdom begins to work in your own lives. It cannot help Itself it must do because It Is, IT IS the continuous renewal of the Ever-present.* And whatever the result will be, you will know that all is well.

You will not question. You will not ask. You will not say, I wonder if it is right or wrong. You will not question when you have dissolved from your mind all that is false, you will know that the Father is working in you. You will say as the Master said, “not my will but Thy Will be done.”

Your consciousness will be one with the Divine Consciousness in action, you will become aware of the Divine Creativeness which is not caught-up in the effects of secondary causes even if your consciousness is caught-up in your own mental creation which is limited according to your own conditioning.

And if you will examine your own thoughts and your thinking and your talk, you will see how you are conditioned. If you are not aware of your own thoughts, your own talk, your own actions, you will not be aware of how you are conditioned. But if you become aware of your own actions, your thought-feeling-reaction, then you will be aware of your conditioning. Then they will fall away from you because you will see how false it is. But if you

are caught-up in it you will not see it at all, therefore you will continue to be conditioned.

When we begin to enquire, really enquire, we find that we are connected to the outside world by our surface [or] objective mind, the brain is the organ of *the* objective mind. The cerebro-spinal system and nerves put us in touch with every part of the body. *The* system responds to sensation or vibrations received through the senses, in the form of vibrations of light, sound, taste, smell, hearing and feeling. These vibrations are then interpreted in the mind, and according to our experiences we give them a place in the mind *and* the consciousness giving them an apparent reality. When we are aware of what is taking place and how we arrive at our conclusions we see how erroneous they can be.

It is said, things are not as they seem to be. And that is very true. And it only needs a little examination of your own minds to find out how true it is. You come to your conclusions through the vibrations of the senses; of hearing, seeing, touching, smelling, tasting and so-forth. But your conclusions are very often erroneous. To come to a conclusion about anything is erroneous, it prevents further understanding. If I condemn you and you condemn me, you will never understand me. If you resist anything you will not understand it either. Resistance puts an ending to understanding. Condemning and blaming puts an ending to understanding.

There must be no resistance whatsoever. If there is any resistance there can be no understanding of any kind. Even if you resist a thought in your own mind and try to suppress it, there can be no understanding at all.

This teaching is the very opposite of what you have been taught by the so-called psychologists who think we are living in the mind in opposites. And they say, you must suppress that thought and put another in its place.

A woman came to me yesterday and she was in a terrible turmoil. I never saw a person in such a turmoil. And she said to me, "I don't know what's wrong with me," but she said, "I am terribly agitated and in terrible turmoil, I'm depressed and everything."

And I said to her, "you have been repeating mantrams, haven't you?"

She said, "I repeat them from morning until night."

I said, "well your subconscious has got caught-up on you."

She says, "what do you mean by that."

Well I said, "what happens to you, is this. Every time you say a mantram about the opposite of what was troubling you. You only increased the opposite in your subconscious because you were afraid of it. Therefore you said a mantram to overcome it. But the subconscious does not act on don't and not's, it only acts according to your feeling. Therefore I say, your subconscious is caught-up in you now and you are living in a world of opposites." I said, "But the opposite is growing further than the one that you would like to have therefore the bad is atop of you and the good is underneath you. Now do you see what I mean now?"

And immediately she began to see the truth.

I said, "don't you see the falseness now of all your mantrams and all the things that you are doing?" And it fell away from her.

I took a chair for Sir Paul Dukes,¹ last night, at the Salban Hall. And I saw the woman who sent her to me.

"Good gracious me," she said, "I have never seen such a change in the woman, in all my life." She said, "this morning and during several weeks or months, she was in a terrible turmoil, she couldn't do anything." "Now," she said, "she came back this afternoon, a new woman, completely cleared. I have never seen anything like it!"

Well, what happened? She dropped the whole business. It was like a tray full of china, she broke in pieces and it all disappeared. And that is the cause of a good many other people in their troubles today. Their subconscious is catching up on them.

You cannot put a positive in place of a negative, the negative will still be there. And will increase its intensity as quick as you make a mantram in the opposite direction.

I do not know how people are so stupid. I say, damn stupid because really it is, to see how people are doing, repeating mantrams.... then they want to meditate and keep going.... they close their eyes and meditate.... before they know something jumps up in their mind.... and say, "why I can't meditate, can't meditate." ... they run over and take another book and read a little bit of it and so-forth.... oh yes, that is so and so and so and so....

Well isn't that it! Living in opposites. I think we give the opposites a few kicks in the pants we will get rid of it.

A story I told you some time ago. A Parson met a chap. And the chap looked at the Parson and he said, "where in hell have I met you before." So the Parson said to him, "well what part of hell do you come from?"

But it is true that we can send constructive impulses as well as destructive impulses through the nervous system creating pleasant or unpleasant sensations, and it is possible that we can be benefited by our constructive impulses and adversely affected by our destructive impulses. But to be wide awake with understanding we can become aware of both these impulses arising from the same source within ourselves. We will know that both come about through our reactions to people and things and when this is discerned we will arrive at that which in Itself has no reaction, that which does not react, being Divine in nature having all power in heaven and on earth. Therefore all creations from this source are Divine, created through the Christ Consciousness, this is the door leading to the Father which is always open when we understand ourselves.

Therefore there is always the Oneness between the Father and the Son. The Father hath Life in Himself and He granted the Son to have the same Life in himself.

Good gracious the Master's words are as plain pipe staff, it is absolutely plain. I cannot see why people cannot see it properly. They make it a mantram or a repeatable and so-forth and it is nothing to them but an idea.

So we see that if the mind is seeking a result however noble and worthy it is concerned with becoming therefore ceases to be infinitely pliable. It must be as the Unknown to receive the unknowable, it must be utterly tranquil for the "Being" of the Eternal.

So the mind must understand every value it has accumulated and in this process the many layers of consciousness both open and hidden are uncovered and understood. The more there is an awareness of the conscious layers the more the hidden layers come to the surface. If the conscious layers are confused [and] distorted then the deeper layers of consciousness cannot project themselves into the consciousness except through dreams. It is the hidden layers of consciousness that convey their significance through

dreams and symbols. If every thought-feeling is thought out, felt out, as fully and deeply as possible without condemnation [or] comparison, acceptance or identification, then the hidden layers of consciousness will reveal themselves *and dreaming will cease.*

Therefore through constant awareness the dreamer ceases to dream, for through alert and passive awareness every movement of thought-feeling of the open and hidden layers of consciousness is being understood. But if you do not think-out, feel-out, every thought completely then you begin to dream.

It is the suppression of thoughts, the conflict, the fears, the duplication, the duality, the formulations of your own thoughts in fear, anxiety and so-forth are then brought into the dream world. And there they appear as symbols.

Therefore meditation can only be effective when freeing the mind-heart from its self-enclosing process. *When the mind-heart, the thought-feeling, can free itself from its own self-enclosing process, that is meditation. Not trying to suppress or to, as it were, concentrate upon a saint, to think that you will become like that saint. How can you become like that saint if your whole mind is caught-up and conditioned? If you are conditioned and you do not know how you are conditioned, are you going to escape that conditioning? Meditation can only be effected when freeing the mind-heart or thought-feeling from its self-enclosing process.* The open and hidden layers of consciousness are the result of the past, of accumulation, of centuries of education and certainly such an educated conditioned mind cannot be sensitive to the Real.

Ask a bishop if he knows anything about Reality and he will tell you, no, he does not know anything about Reality because of his own conditioned mind. Listen over the radio, one day, and you listen to the stuff that goes over and you will soon find how conditioned the people are. Read your newspaper and see how the whole world is conditioned.

Anything that separates man from man, conditions man. Anything that separates man from man is not true it is false. The basis of whole humanity is unity. Anything that separates, destroys that unity is false. A belief in any religion, a belief in any political party, a belief in anything whatsoever that separates man from man, is a falsehood.

Now as soon as you realize that and learn that and realize it to be true and see it for yourselves—Truth, the sooner these things will fall away from you.

The world today is broken up because of these various beliefs, ideals and so-forth.

[In] the still silence after the storm of conflict and pain there comes inexpressible beauty and joy. It is not the result of the storm but the cessation of conflict. *People think that storm is the cause of the trouble after the storm is over, it is nothing of the sort. The storm will come again because the conflict has not been dealt with.* The mind-heart must be passively still for the Creative Being of Reality.

Therefore there must be a constant renewal of the present. If the present is burdened with experience of yesterday there can be no renewal. Renewal is not the action of birth and death, it is beyond opposites only freedom from the accumulation of memory brings renewal *of the present* and there is no understanding except in the present.

Mind can understand only if it does not compare [or] judge. The desire to alter or condemn the present without understanding gives *a continuity* to the past. Only in comprehending the reflection of the past in the mirror of the present without distortion is there renewal.

Without fear, without condemnation, without comparison, you will see then what is made up in the mind. Impersonally you will view it, without being affected in anyway whatsoever, then you will know what is false. Then the Truth Itself will reveal Itself.

Continuous renewal of the Ever-present in the present is freedom. Now, freedom is not of the mind, you cannot picture it for it is beyond mind, yet it is Ever-present now in you and me, present everywhere. This is the Eternal joy that wells up as a Spring of Living Water, renewing the soul and body, for it created both for its own self-expression.

“Which of you shall have an ass or an ox fallen into a pit, and will not straightway pull him out on the Sabbath day?” Luke 14: 5.

BENEDICTION

Thou art Ever-present in the present always, O Eternal One.

When I was caught up in the past in memories, in experiences, the present was clouded and I could not feel Thy Omnipresence.

When I saw that all that I had created about Thee in my mind was my own creation it fell away from me and I knew Thou always existed in me, O Eternal One.

Then I comprehended the reflection of the past in the mirror of the present without distortion and I began to live in Thee and I saw what was false, then I knew that Thy Reality was Ever-present in me now and that we are one, O Divine Creator 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 24th February 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Sir Paul Dukes KBE (1889-1967). Was a British Author and MI6 officer. Known as the "Man of a Hundred Faces," Dukes continued his use of disguises, which aided him in assuming a number of identities in his work in Russia for British Intelligence. He returned to Britain a distinguished hero and to this day, Dukes is the only person knighted based entirely on his exploits in espionage. He was also a leading figure in introducing yoga to the Western World. He died on 27th August 1967 in Cape Town, South Africa, aged 78.

Lecture 5 (3rd March 1953)

THE UNIVERSAL AND THE INDIVIDUAL ARE ONE*

“All has been handed over to me by my Father: and no one knows the Son except the Father—nor does anyone know the Father except the Son, and he to whom the Son chooses to reveal him”
Matthew 11: 27.

Which is proof again where the Universal and the individual are one. But it is the individual that must recognise this Truth before it becomes a Reality to the individual.

And how can the individual, then, realize this Truth? He cannot realize it from ignorance and from error. He could only know that it is true when he has eliminated all that is false from the mind. Because the Father is not created, you do not create Him. You do create the Universal, the Universal always IS, it does not have to Be.

Therefore what we do create in the mind is only a formulation of our own, which we think is real but you will know it is not Real at all, it is a formulation of your own mind as to regard the Universal or the Father. So it is on the intellectual plane.

If it is on the intellectual plane then it is just reaction. A reaction to an idea that I give you or my words, and you create another reaction to those words and becomes an intellectual thing instead of Reality.

A Reality only comes when you have action within yourselves, not reaction. Reaction to what I say is nothing. It is action within yourselves that brings about this Realization of the Eternal and Ever-present.

And that is why the majority of people can never get past the intellectual because they are always reacting to words. They read this and read that and they create another idea in their mind or it creates an idea in their minds in

regards what it is and remains there. It does not go any further therefore there can be no action.

Action only comes when the individual begins to see what the intellectual process is and leaves it alone and goes deeper into that which is action in Itself which only exists in the present, not in the past or the future but in the present—the Living Present.

Consciousness is the Instrument of Creation, the instrument of all activity from within out. Yet, you will notice that all things to be known at all we must be conscious of them, even those sensations that arise from within. Therefore all sensations must be interpreted within ourselves before we understand them.

Consciousness makes things to you an apparent reality. But consciousness Itself is the only Reality but it makes other things an apparent reality but it is not so. There is nothing Real except the Infinite Himself. There is nothing Real except God or the Spirit. There is nothing Real but the Consciousness Itself. But the conscious makes other things apparently real which is not so. Because you create the consciousness by creating an idea in the mind or the idea becomes some concrete idea in the mind that the consciousness takes hold of and makes it a reality. It is not a truth, it is not a Reality.

The only Reality is Life Itself. And how can you know what Life is? You cannot know what Life is, you try to make an idea of Life in your mind. You conjure up an idea of Life and you lose Life Itself.

You do not know what Life is but IT IS. Just the same you do not know what electricity is but it is. You see electricity as a light. Yes it is quite true it is a light, it is a manifestation of electricity. When you have seen me you will also say, it is life. It is so, it is a manifestation of life. That is why Jesus said, “he who have seen me has seen the Father.”

And unless we begin to see clearly, that what is in our mind, is but an idea. The word god is not God. The word love is not Love. But you read in your Bible various things and you come away with it and you say, the Bible says so and so—that is a reaction. But if you begin to see what you are doing and you are only reacting, then you will have action. But action only comes when you know what reaction is.

The subconscious is a name we give to the inner functions of the mind. It is not a separate mind, it is an organism through which we contact the inner world as well as the reflector of what we see, hear and feel.

The solar plexus is the brain of the sympathetic nervous system and works in conjunction with the cerebellum, where all control of the subjective functions is regulated, such as circulation, breathing, glandular secretion, digestion, absorption etc., etc. *All* emotional reflexes greatly affect this wonderful mechanism.

So it is the solar plexus and the cerebellum^{D1} or this area here at the back of the head which is automatic in nature, which is controlled directly by the Intelligence. But you can affect it to a great extent by your emotional reflexes.

If you have a pain anywhere in the body you will become anxious about that pain. And then have a feeling about that pain in your mind. The cerebrum comes into operation then and tells you that you have a pain. The feeling of that pain comes from the cerebellum, not from the cerebrum^{D2} here in the front but from the cerebellum.

Therefore you have then an activity that takes place throughout the whole body which affects the solar plexus. The solar plexus being the brain of, what they call, the sympathetic or the subjective mentality. It is even much more important even than your cerebrum, that is, what you see, feel and touch because that deals with the senses.

But your sensations that come from the body and your emotional reflexes have an affect upon this cerebellum, at the back, which affects all these glandular secretions; the digestion, the absorption and breathing etc. And these emotional reflexes, of course, you will see affecting this organism, causes a deterioration in the activity of that particular brain called the cerebellum.

If you could only see what an emotional reflex does to that organism, which throws out of gear much of your automatic activities in the body, especially the glandular secretions.

Man is an¹ expression of the Universal Mind which is also the instrument of the Universal Consciousness, therefore we are bound up with

the Universal through our consciousness, that is why I have explained that consciousness alone is Creative, “Consciousness is Cause.”

Now, you do not what Consciousness is because you can never analyze your consciousness. You do not know what it is because the consciousness will always be analyzing something external to itself. Therefore when you try to analyze your consciousness you will see that consciousness is analyzing something else. Therefore Consciousness can never be analyzed and can never be known. You cannot tell what Consciousness is just as you cannot tell what Life is.

But Life and Consciousness are synonymous. Without Life you can have no Consciousness. So therefore Consciousness is the instrument of Life Itself, its Creativeness.

To go into the details of the activities of how consciousness works, we will have to deal with that another night.

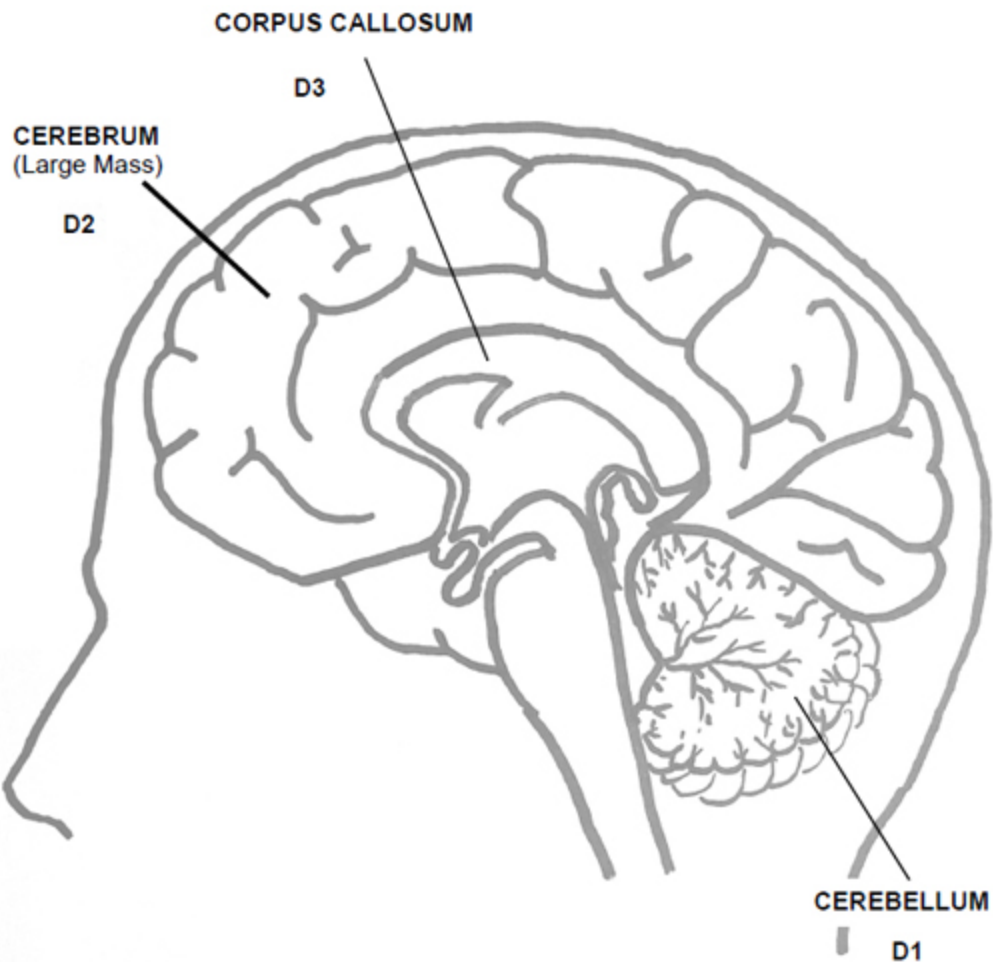


DIAGRAM 1: CEREBELLUM & CEREBRUM

We can be caught up in both good and bad, health and ill-health, success and failure. It is when we recognise this that we can free ourselves from opposites.

The Universal Mind is impersonal in nature and we are created impersonally in the Universal, *it cannot be otherwise*, for there cannot be any creation outside It. We also must have the qualities of the Impersonal individualized in us. When we understand this we will understand the saying, “as a man thinketh in his heart so is he.”

It is said now often, it is God that is working in and through you, well that is a Truth. But it is to a majority of people just an idea. It is an intellectual idea. It is not a truth to them because they have not found it yet. Then they try to think about it and they say, how can God work through me

now. You can find the reason why you think that is because that you want to know. You want to be sure of the fact, that God is working in and through you.

But how can you know if you are caught-up in the various things that hinder the expression of that Life that you can experience. And only through experience, the activity of that life itself, will you know that it is true. You cannot know it is true in your own mind because that can only be an idea. It cannot be a truth at all, you can change it about anyway you like. There can be all sort of formulations regarding to it and there can be a thousand of them. But the idea or the word is not Life. Life Itself is entirely different.

How are you going to experience It then? You are going to experience it only when you discern everything that is in your mind. When you see what you are doing in your mind; how you are reacting, how you receive.

Believing and disbelieving is in the mind. Why do believe something and disbelieve another thing? Well, it is just pure ignorance, that is all. Disbelieving and believing is not understanding.

If you go to a meeting and there you will hear a speaker, and no sooner do you hear the speaker, you agree with him, you shout hurrah! Another speaker comes on and he has a different idea and you disagree with him and you boo! Well, you see, the whole thing is total ignorance, is it not so? Because you do not understand what one person is saying or what the other person has said. You have given it no consideration and you have not examined what he has said. And the reason why you accept a thing and reject a thing is because what is in your own minds. What you believe you accept because what is in your subconscious mind you will accept and what you disbelieve in your subconscious mind you will reject. Therefore you do not understand, you are just ignorant, saying yes and no. Now you see, unless you understand this and what is made up in your mind, you will never know what is in your mind. You will only react and reaction is of no use to you whatsoever.

The mind is a most tremendous and wonderful thing but we have got to know it. And we have to get behind and beyond the mind to know Reality and Life Itself.

Therefore if you do not know why you say yes and why you say no, you are just ignorant of the fact. But if you consider and examine the statements

of any individual. Once you begin to know the Truth, you will know whether it is true or not. If there is anything in the statement that causes an idea of separation between man and man, then it is a lie, it has no existence in truth at all, it is false.

You will very soon see, that an individual makes statements according to his own mental makeup. And if you are in accordance and your makeup are similar, you will accept those statements. And if your makeup is different you will reject those statements. But you do not know which is right or which is wrong because you are ignorant of both, you are just reacting.

Action comes when you get rid of reaction and understand what reaction is and means. And you will never know what Truth is until you get rid of that.

The Universal Mind must hold all the laws and means of manifestation, "It knows how." You do not have to tell it how to digest your food, it knows how. When a child is born it knows where to go for its milk. The Universal Mind is the vehicle in which God and man resemble each other, the one being the product of the other, "man made in God's likeness."

Through the Universal Creativeness a man, a beast, a tree, a flower etc., are created, all are creations in the Universal Mind yet all are different phases of activity, reproducing their kind according to the seed or idea held in the Universal Mind, for there cannot be any creation outside it being Universal in nature.

A Divine Ideal is Perfect. A Divine Idea is a creation. You and I are Divine Ideas because there can be no flaw in the Divine Idea. When man begins to create his ideas of what a Divine Idea is, he has lost himself. But if you can cleanse the mind freely and the mind becomes peaceful and quiet, and in the silence of that mind, then the Divine Idea will express Itself.

And it is only when you are aware. Awareness is this; be alert, to watch, to pray. To be alert all the time so that you will know whether you are reacting to something that is already in your mind. Awareness is consideration and examination. Awareness is a means through which Reality begins to move Itself and manifest. Because awareness does away with all things that hinder the expression of Reality. And to be aware is something that you must learn. Every day of your life you must be aware

and not be caught-up; in statements, in things, ideas, beliefs or disbeliefs. Awareness is the spearhead of understanding.

Consciousness alone being creative, we see that Consciousness permeates the whole of the Universal, including man. When man becomes truly aware of this, he becomes impersonal and becomes Master of Nature. This is the great truth the Master revealed and it is *a Truth I am revealing to you so that you will realize that consciousness alone is creative.*

The more impersonal you are, the more the Universal Mind will respond. Therefore the personal *is a* hindrance to the expression of the impersonal, the personal is lost in separation between man and man, the impersonal is the unity between *man²* and man. *So think it out, the personal is separation. And when you think about it you will see how true it is. But the impersonal is unity, it is the union between man and man. So therefore you will realize the difference between the two. The one is false created by man and the other is God Himself.*

Very true the prophet said, "you must forsake this Tree of Knowledge of Good and Evil and cling to this Tree of Life, it will be your Salvation." How true he was because you cannot bridge between error and Truth, it is impossible. For one is an error, having no foundation whatsoever, while the other is true and has a foundation. You cannot then bridge the gap between the wind and a building, can you? Can you bridge the gap between nothing and that which is? You must either dispose of the one, leave it alone, and cling to the other. And the prophets knew it and saw it so clearly, that unless you cling to the Tree of Life there you have your Salvation. Then you must let go of the Tree of Knowledge of Good and Evil because it grows out of mans mind. It is mans own creation. Therefore the Law operates for man as it does for God when man knows himself. Knowing the self is much more than is generally understood. "Know thyself," is but a phrase of speech but to know the Self one must understand the self, the ways of the self, otherwise the personal cannot be superseded by the impersonal, for the personal always remains the obstruction.

Get the personal out of the way!

A person sometimes comes and they say a certain thing and I say, "your name is....John so and so?" "Yes." And I say, "well, the only way you can get rid of this trouble is to get John so and so out of the way." You see it is

quite clear, then you get John so and so out of the way, then when you get him out of the way, there is Reality Itself. Reality, that which IS, is there.

The personal is always violating the laws of the impersonal through separation, therefore the personal must become aware of what it is doing. *Otherwise it will be still caught-up in falseness in the error of separation.* If the personal sees that it is living in separation this is the first step to the elimination of the obstruction, and following this, there must be the discernment of the mind-heart. This is the only way to arrive at the impersonal. To have an idea only of the impersonal is of little value while the personal is still living in separation, which is chaos.

So if you are still living in separation and in chaos, and you only have an idea of the impersonal, what use is it to you. Is there any use of it at all? Of course there is not because you will never know what the impersonal is when living in the personal in separation. You must understand to know it; that it is false, has no existence in Reality, it is built by the self, it is grown in man and man alone is responsible for its growth, therefore it has no existence outside man himself! Therefore it must be dissolved away.

The Lamb is representative of the impersonal, the lion is representative of the personal. It is said in the Bible that the Lamb overcomes the Lion and they both lie down together as one. *The Christ is the Love, Wisdom and Power. The self is the illusion. So the one will be overcome by the other and it is stated perfectly clearly, that the lamb overcomes the lion, and it is perfectly true.* This is symbolical of the mystery of Life itself. Love, the impersonal, must overcome all things personal, Love being the Eternal Creative Power in the Universe, what is universal in God is individualized in man.

Only in God is there Power. Man by himself is nothing, he struggles to be something but if he only knew he would cease his struggling and he would know. Then he would find that the Power of God would be in him.

You struggle to get it. You struggle to be somebody. You are always trying to become something. What are you trying to become? Don't you see you are going away from Reality. You are going away from the impersonal. But if you know what you are struggling about and you see how futile it is, you will cease struggling, will you not? And when you cease struggling, what is there there? There is peace is not there? There is quietness. And in

that quietness there is Reality. It can only express Itself in peace and quietness because in that there is great and mighty Power.

The law operates universally so that the whole Universe will express harmony. We must understand that the Universal mind will create for the individual just as he thinks and feels. Therefore if we live in opposites we create opposites, if we live in duality it is evident that we do not understand, because we create both good and evil together, within ourselves. Duality then exists only in the mind of man who does not know himself.

When we understand the laws that operate within ourselves we will see that what Paul says is true for us: “Love never disappears. As for prophesying, it will be superseded; as for ‘tongues,’ they will cease; as for knowledge, it will be superseded. For we only know bit by bit, and we only prophesy bit by bit; but when the perfect comes, the imperfect will be superseded. *It will just be not there. You will not bother about it. You will not even worry about it.*

This is the Law that man cannot disregard with impunity otherwise he creates for himself all the misery which he suffers, and not until he has *discarded* the ways of the self *and discerned them so that he can discard them, he will create misery continually*, then Love which is the permanent Universal Eternal Creative Power will remain in him³ *when he frees himself from the things of the self.*

When he frees himself from the misery created by the self. When he ceases to struggle. When he begins to see what an error is has no foundation in itself. It does not build up anything.

I have said so often before to my point to you clearly is: an error in a sum has no foundation. When the error is corrected it just disappears, it has no foundation whatsoever. But the sum is based upon the foundation of mathematics. Therefore a sum that is correct is always correct. Because it is based upon the fundamental principle of mathematics.

Misery, therefore, is temporary and transient, a creation of man, not knowing himself. *That is the most wonderful Truth, is it not? Life being perfect in Itself is expressing Itself. It cannot be an idea. The Divine must be peaceful and quiet, then in that quietness—Life, His joy, His power, His healing flows through the whole body. The body becomes charged. Goes out*

through then out into the atmosphere. Every other person is affected by it. It is the flowing of the Light through the consciousness that is aware of It. But immediately he becomes aware of the cause of his misery, which is the personal self, the cause will dissolve and with it the effect also, then Reality will manifest immediately for It is Eternal and Ever-present. Therefore individual and world peace begins with us and not outside us.

So the extraordinary thing is this, that Reality is immediate, immediately you get rid of the false. Now I am telling you a Truth and you will find it true for yourselves. But you like to cling on to the things of the self because you feel they are a certain sense of security. But there is no security with the self, it is an illusion.

*Creativeness can only exist in the Ever-present. It cannot exist in the future. It cannot exist in the past. Because these are things of the mind. Creativeness is existing **now** which is not of the mind. It is greater than mind, it is beyond mind, it is Ever-present.*

The consciousness that becomes aware of It becomes the point through which it expresses Itself outwardly. It begins to express Itself outwardly. It is the secret that Jesus said, "it is the Father who ever remaineth within me performing His own deeds.

Wisdom guides the proper use of knowledge, as well as knowing what knowledge is. The accumulation of memory is made up from knowledge with its scars of experience, and we are interpreting the present, according to the memory, giving continuity to its own scars and conditioning. Therefore there can be no renewal of the present.⁴

You must be free from the past and the future. If experience is alright, yes, but experiences are limiting and so is knowledge. You learn something. Yes, you learn it the hard way perhaps. You experience also and it costs you a lot too. Because it cost you a lot, you want to keep it, therefore you can not get anything else. But don't you see what a fool you are, you are preventing new and greater experiences. And you are preventing new and greater knowledge because you are trying to hold onto the old knowledge you have. And you think that it is final when it is nothing of the sort, you are hindered by that idea of finality in your own knowledge or your own experiences.

It is not until you are freed from your past and your future. It is not until you free yourself from your own experiences. And not until you free yourself from the knowledge you have, can you go forward. And Wisdom then guides knowledge into greater and greater understanding. For knowledge is always widening but Wisdom is Eternal and Ever-present. Knowledge is always going and widening out to a greater sphere of activity. But Wisdom remains the same forever and ever, It is Eternal and Ever-present. It is the direction of the Infinite Mind.

Our continuity of thought, built upon memory, is time-building,⁵ so there can be no renewal, no rebirth of the Ever-present. But if we have lived an experience fully, completely, it leaves no trace behind. When you *begin to understand* the experience it does not give continuity to its self-identified memory. *It begins to see that your experiences you see to the very end you understand it completely. It no longer crops up in your mind continuously, to baffle you in which you struggle with.*

Therefore if you discern the experience completely and know it for what it is, it is finished with. When you understand something, its finished with, it no longer troubles you? It is when you do not understand something it will always troubles you. Therefore begin to understand what your experiences are, know them for what they are. But if they are continually creating a disturbance in your mind you are identifying yourselves with them. And what is the experience anyhow, it is a memory is it not? And it is this memory that is holding you back.

You identify yourselves with your memories, with your experiences, with your hurts, with your mistakes, with all the things that are troubling you. And not until time as you see them for what they are. A memory cannot hurt you when you understand what it is. But a memory will always burden you until you do understand it.

Is it not a fact that we consider the present as a means to an end? So the present loses its immense significance. *The present is the Ever-presence. It is continually renewing Itself from moment to moment and you are renewed with It. **The present is the Eternal.*** But how can a mind that is made up of memory, experience, understand that which is not made up, which is beyond all value—the Eternal?

We must understand every experience to be free from the accumulation of memory that blinds the Ever-present, As we do this consciously, the unconscious will come to the surface, so that all the conscious and unconscious accumulation will no longer be a hindrance. *Is it not so that every act you do today is the result of an act that is done yesterday? Is it not so that what you think today is because of the subconscious of yesterday? If you do not understand that then you will be continually giving expression to the subconscious. But if you discern everything you are doing today, now at this moment, you will bring to the surface all the hidden unconscious and it will be dealt with.*

What is the use of searching in your unconscious for something that happened years ago? How stupid it is. You do not know what it is anyhow. You are only chasing an effect. That is an effect of something you do not know. But if you are discerning, if you are a wide awake, if you are aware; what your thoughts, your feelings, now in the present, all that is submerged in the subconscious will rise to the surface and will be seen easily and understood because they are all linked together by the chain of association of ideas.

What is in the sub-conscious you are expressing you are expressing in the consciousness now. If you understand that then you will be able to bring everything that is in the subconscious to the surface by discerning your thoughts and your emotions at this very moment. But you would see them without fear. You must not condemn or blame. There must be no condemnation, no blaming, no identifying. They must be seen on the surface clearly to understand them.

If you are afraid of anything you cannot understand it. If you suppress something you cannot understand it. If you are fearful of a thought you cannot understand it. You can only understand it when you look at it impersonally. There must be no resistance whatsoever, as I told you the other night. So that all the conscious and the unconscious accumulation will no longer be a hindrance. It is those uncompleted, not understood, experiences with their recurring memories that blind us to the Ever-present Reality. And if we are blinded to the Ever-present Reality then we will not know what it is. We cling so tenaciously to what we have gathered because

we are afraid to be insecure. But security only exists in the present and not in memories.

Security only exists, NOW, at this very moment, not in the past or the future. Security does not exist in memories of the past or experience in the past. So you try to hold onto these things to make yourself secure. But is the present not even greater than that? Is the present not the totality of all things?

Therefore your meditation should be a continual renewal by dying to the past and the dissolving of the desire to become, *then the Living Presence is revealed.*

I wish I could give it to you like a glass of water but Jesus said, "the water I will give you, you will never thirst anymore, it will be like a Spring of Living Water rising up to Eternal Life." And it is this Eternal Life that he saw so clearly. And when you read him having knowledge and understanding then you will see the beauty of his words.

If you go to the Bible without any knowledge of the Truth, you will be just expressing what is in your mind, your own formulations. You will not understand one word he says. Why? Because the simple reason: you are giving expression to your own conditioning and these words only create a reaction so that you give expression to your own conditioning, that is all. But if you begin to understand and discern clearly then it will reveal wonderful, wonderful Truth.

There is no greater man in all the world to me except that man of Galilee. And I can say this, that every time I read these words I know the meaning behind them in his mind. So great was that mind. Why? Because really he was the Son of God. He expressed the Father in all his ways in his love and his wisdom. And he also said to us, "these I do, greater things shall you do if you will but understand."

It is a great pity that men and women have cast aside the pearl of great price. That is why the world is in the state it is in today and will remain in that state, till such time as they be able to see and understand, cast off the false then they will see the Truth. Therefore your meditation should be a continual renewal by dying to the past and dissolving of the desire to become, then the realization of "Being" in the Ever-present will be

established. Only when the mind ceases to recreate its experiences is there true creativeness.

Are you trying to recreate your own experiences? Are you allowing the great Ever-present to create, which is only Creative, to manifest through you now?

Is it not so that we try to eradicate symptoms rather than [the] cause and this applies also to our physical ailments? Love, kindness, goodwill create a harmonious chemicalization of the body, exciting a healthy flow of all the secretions and opening the channels so that Life's forces surge through the organism.

That is why Love and kindness is the cure.

Our psychological tensions, conflicts, maladjustments, produce the major part of our body ailments. Unless there is a radical change in our values that create tension there will and *must* be an ever-increasing disharmony within and without. This radical change can only be brought about through understanding. When we become aware of our tensions and the cause *of our tensions*, without the conflict of opposites then they will begin to disappear, so that that which is Eternal and Ever-present—the All-creativeness—will manifest.

I have often said, yes, in my own mind through certain meditation and cleansing the mind of all that burdens it. Not trying to hold the mind to an idea or trying to hold the mind in subjection to some thought or trying to concentrate on some saint, thinking I might become like that saint. With all this stupid nonsense in my mind? And concentrating on a saint and still do not know what that stupid nonsense is. Unless I know what the stupid nonsense is how can I ever know what is beyond it. There is a time that comes in when you will say, yes, even if the heavens fell in, I am safe. That is the feeling. And that is the feeling you get in the Presence.

With this understanding you can say, “Divine Life fills me” fills the inner mind and the effects are seen on the outer.

The physical body is a mechanism which is especially adapted for the transmission of the inner into modes of external activity. The whole body is traversed by a network of nerves *which* serve as channels of communication between the indwelling Spirit and the function of the external organ.

Thought is the Spirit's one mode of action and all is the result of thought. But if your thought arises from your own conditioning it has the effect of creating fear and apprehension, which interferes with the smooth running of *your* organism.

Pure Thinking can only arise when you have discerned all your own formulations which create fear and disturbances. Pure Thinking is the result of awareness of your own thinking and what I should say, thought-feeling-reactions. And your awareness of them, knowing that they are your own creations, they die away. Then Pure Thinking is Spirit's mode of action. But if you are caught-up in opposites you are conditioned. So you think in opposites so you are still conditioned. Do not you see how stupid it is?

Sometimes I could swear to let go somehow, to think how terribly stupid people are in this world of opposites and how they hang on to them and how they hang onto error and think that they can make a bridge to bridge the gap, it can never be done.

Truth is never found in ignorance. Ignorance has no foundation, so therefore you cannot bridge the gap between the two. That is what everybody is trying to do, unfortunately, with the result that the world is upside down.

The Spirit is complete now. It does not have to become something else. It is Ever-present now and we are renewed moment by moment with Its Completeness. When Jesus said, "be ye perfect as your Father in heaven is perfect," he knew this Completeness. We must rest in the Eternal, then He shall reveal His glory in and through us.⁶ *Yes, when Jesus said these words, I could imagine the state that he was in. He could see error all about him. He could see this error and he could see how false it was, and as he discerned the falseness of this error that had no foundation, then he knew in his own consciousness the greatness and the purity and the Perfection of the Father. Then his words were words of Truth, "be ye perfect as your Father in heaven is perfect."*

The Creator—the Thinker—is therefore First Cause, the thought is the Secondary Cause and the manifestation is the effect. Heaven *means* a higher state of consciousness and earth is the lower. Jesus gave us the key when he said, "the Kingdom of heaven is within you." There is no separation, Life alone lives, Life is not divided, then the same Life must

exist in God and man at the same time, *not at different times. Not tomorrow or the next day or sometime in the future or sometime in the past! Two thousand years ago or sometime in the future two thousand years hence. That Life is Ever-present now. So it exist in God and man at the same time, in the Timeless, the Ever-present. This is the Christ Consciousness.*

In Isaiah 58 (:9), the prophets say, “the Eternal will answer when you call and when you cry He will say, ‘Here am I!’ Is that not significant now.

BENEDICTION

In Thy *Eternal* Abode, I do exist one with Thee, for Thy Eternal Nature is expressed in Thy Word *which* was made flesh.

O Ever-present Eternal Being, when I searched for Thee in my personal self I could not find Thee, but when my personal self died I found I was always one with Thee, never for one moment separated, except in my own ignorance.

Thou art behind my seeing, Thou art behind my hearing, Thou art behind my feeling. Thou art behind my touch.

Now I see Thy beauty in all Thy creation, O Mighty One. Now I hear Thy Voice in all that Thou hast created. Thy Being, Thy Eternal Sweetness lay hidden within me, and when I awoke out of my mortal dream It became my Life, O Eternal One.

Let us go into the Sanctuary of the Silent Healing Power. In this peace, in this understanding.....

* 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 March 1953, at 7.45 pm. A recording exists of the Johannesburg lecture (see page 257).

[D1-D2](#) See Diagram [page 72](#)

1. In the Lecture Notes the sentence reads: [*Man is the expression of the Universal Mind which is also the instrument of the Universal Consciousness, therefore we are bound up with the Universal*

through our consciousness, that is why I have explained that consciousness alone is Creative, "Consciousness is Cause."]

2. In the Lecture Notes the paragraph reads: *[The more impersonal you are the more the Universal Mind will respond. Therefore the personal the hindrance to the expression of the impersonal, the personal is lost in separation between man and man, the impersonal is the unity between God and man. Therefore the Law operates for man as it does with God when man knows himself. Knowing the self is much more than is generally understood. "Know thyself," is but a phrase of speech but to know the Self one must understand the self, the ways of the self, otherwise the personal cannot be superseded by the impersonal, for the personal always remains the obstruction.]*
3. In the Lecture Notes the paragraph reads: *[This is the Law that man cannot disregard with impunity otherwise he creates for himself all the misery from which he suffers, and not until he has discerned the ways of the self can this misery cease, then Love which is the permanent Universal Eternal Creative Power will remain in him and he will be free.]*
4. In the Lecture Notes, the sentence reads: *[Therefore there can be no renewal of the present which frees the past.]*
5. *Time-building*. A mis-read by Murdo. The word should be *time-binding*. The paragraph in the Lecture Notes reads as follows: *[Our continuity of thought, built upon memory, is time-binding, so there can be no renewal, no rebirth of the Ever-present. But if you have lived an experience fully, completely, it leaves no trace behind. When you understand the experience it does not give continuity to the self-identified memory in regard to it.]*
6. The next sentence/quotation in the Lecture Notes is missing from the recording: *["Now is the son of man glorified and God glorified in him." John 13: 31 (Old version).]*

Lecture 6 (10th March 1953)

SEE WHAT NATURE HAS DONE

“Bow down thine ear and hear the words of the wise and apply thine heart unto my knowledge.” Proverbs 22: 17

When we realize that we create out of the uncreated and not from the created we begin to take note of our thought-feeling-reaction, for if we ignorantly are caught up in the created there will be no end to the misery we create for ourselves and others.

** these things external to yourselves that you create within yourselves according to your thought-feelings. And if you can be aware of your thought-feeling-reaction then you will be aware of what you are thinking and how you are feeling and what you are doing.*

It is this awareness of your thought-feeling-reaction that enables you to live in the present to dissolve in the present always those conditions which are conditioning you all the time. If then you are creating in the present, you will see that if your reactions are through fear, through emotions of any kind whatsoever, you will understand them.

It is so difficult for people to try and analyze their thoughts, the things that have happened long, long ago. And it is supposed that you shall clear your mind by analyzing these things that happened to you long ago. But this is a cumbersome method and a method that does not lead to the cleansing of the mind and clearing the consciousness, it only hinders it. You must discern in the present. And when you are discerning your thought-feeling-reactions in the present; those thoughts, images and ideas and experiences of the past will rise up from the deeper layers of consciousness and you will be able to deal with them as you are aware in the present. Because all these things that have in the past affected you are associated with your life today.

With your actual living today, these things that have happened in the past are associated with you now. And they rise through the lines of associations to be dealt with now, as long as you are aware of your thought-feeling-reaction. If you are caught-up in these thought-feeling-reactions then you are conditioning yourself while you are ignorant of the fact. And it is these thoughts that move out from your consciousness, unaware that these thoughts are moving out through your emotional state, these thoughts become part of yourself. Thoughts that arise unknown to you through your emotional state of fear and of hate. These thoughts you would not consider at any time in your own consciousness because you would say, "I could never have thought such a thing at all, no, that is not me."

This mechanism of the mind, which we will deal with this evening, showing what we call, the subconscious. But the subconscious and the conscious are one mind but we deal with the names of it because you are familiar.

Now the inner mind is the mind that receives those impressions, whether you are aware of these impressions or not. Whether you are aware of the thoughts that you are creating in your own consciousness, while you are in a state of emotion, these enter into this inner mind and become affected there and remain until such time as they rise to the surface. They will rise to the surface sometime and they will try to have an understanding and escape of some kind. Therefore they will rise up to your consciousness and you will feel, no, "I can't think a thought like that, I never did." Therefore you press it down again into the inner mind and you say, "hide yourself, I don't want to see you." Now because you do that and you try to hide and escape from your thoughts that you created yourselves, while in a state of emotion and willingly, you suppress them. But here is a vortex of energy that is part and parcel of your consciousness, what we call, one of the layers of consciousness underneath. And this energy tries to escape in some way or another and you then suppress it again and again. And because you have not allowed it to rise to the surface and you have dealt with it clearly, without identifying yourself with it, without judgement and without condemning, then it will just pass away without leaving any trace. It will be like a flock of birds that cross the windless sky. That come into view, you see

them and they pass. That is exactly what happens when you discern in the present.

You will see then clearly, that you are a very involved mechanism. And we will deal with this mechanism, this evening. First of all, I want you to see clearly this, that your only safety is to become aware, NOW, in the present. Not try and analyze the things of the past. Because your present situations are similar to the situations of the past, they are associated in your mind and these things that you have tried to hide and forget will rise to the surface. And as they rise to the surface consciousness you will be able to deal with them, you will be able to read them and understand them. And you will no longer be bothered with them, they will pass away and you will be free. It is the freedom you require and there is only one way of obtaining that freedom.

No matter how many people will give you ideas about the truth, the Truth is not an idea. And I have told you so often, that what you have made up in your mind about truth is not the Truth. But if you discern what you have made up in your mind about truth, you will find you will be able to reach that which is beyond your mind, which is Real.

The Truth is not made up. The Truth IS, it does not have to be made up. Your ideas about truth is in your mind which you think it is. Therefore all you have of truth is an idea and not the Truth at all. But if I say, you discern your thought-actions and thought-feelings you will be able to see what you are making up in your mind. And you will not be afraid of your own creations that you have in the past, with the result that you have become a nervous wreck. If you then know clearly what I am saying, it is not an escape that you need but an understanding of your own thought-feeling-reaction.

We live and move and have our being in that substance of the Universe we call Universal Mind and out of this substance God created us together with the means to create through the same mode of action by which He created us. When we are not aware we create through our reactions, and the most disastrous effects are those created through fear. Fear is an emotion of great strength and the thought held within its orbit produces its kind according to the intensity of the emotion.

That is the thought that is held within the emotion, it is hidden. And if you discern of course, clearly, you will know those thoughts they are no longer hidden but you discern them now. You do not have to rummage away in your subconscious mind to find the things that are troubling you, you know them now. It is by knowing them now in the present that you are released continuously from moment to moment. Then you have that renewal of that which is Reality Itself.

So it is necessary to have a working knowledge of the mechanism through which our thoughts and feelings move, producing within ourselves pleasant or unpleasant results for we create both within ourselves. We have already learned that the body is the sounding board of our thoughts and emotions.

So we create the pleasant and the unpleasant things within ourselves. It is how you react to conditions. Yes, we may think it is true, the pleasant and the unpleasant things we create within yourself. You create fear and faith within yourself. You create success and failure within yourself. Health and ill-health is just the same. These belong to the world of opposites. And when you try to escape from the negative, you try to put a positive in its place, that is how you think you can escape but you cannot. You cannot escape at all because the negative is always there and you are trying to plaster it over with something else. Well you cannot do it because the negative is always there waiting to rise at any moment. And it will rise and take you by the throat. Before you know where you are you are caught-up in the negative again. Then you struggle and you struggle and you put a positive in its place and you keep on struggling. Is not that stupid? I should think it is stupid.

What should you do? Understand the negative and how it arises and it will leave you, it will disappear. Therefore you have no opposites. You will have a knowing an understanding of Reality, that which is that has no opposites. Opposites are created in the mind, that is what you make up in your mind.

My teaching, I assure you, is different to all the teachings you have had before because the other teachings are immature. Because they do not come from the Masters. They are immature because the people do not know the Truth themselves, they are always trying to give you an idea of the truth.

And you think you have the truth when you get an idea from a book. And you think that wonderful. But I tell you, you are being caught-up in ideas again.

Read if you like but be careful not to allow it in to your mind. If it pleases you think twice before you accept.

The human body is traversed by a twofold nervous system as a means through which our thoughts and emotions are manifested upon the body and in our circumstances. The effect of our thought-feeling also affects others as well for we surround ourselves with the general tone of our thought-feeling and this can be felt by others.

Our thought-feeling is transferred to the body through our nervous system and tends to produce the replica of the dominating thought which we hold, that is why those who are bound by hate do not attract while those who are free and **natural** do attract.

A hateful person, you can tell them absolutely a mile away. And it is the same, the dominating thought, the dominating characteristic of the individual who does not discern his thought-feeling-reaction, he begins to create an influence upon himself that other people dislike.

You love people who Love, you cannot help it, it is impossible for you to do otherwise. But Love is something you do not know, you do not create Love. Love belongs to the Divine Nature Itself. Love is the expression of the Infinite-Divine Heart.

Hate is the expression of mans stupidity, his ignorance. And when you discern all hate, anger, jealousy how it is made up and how you react to conditions and created within yourselves. Then you begin to understand yourselves and that is virtue.

Virtue is not, as it is, an idea of trying to concentrate on some saint or some kind of saint and you think by concentrating on this saint that you will obtain the virtue of that saint. As a matter of fact, the only way you can obtain virtue is to understand yourself. And when you understand yourself you will find that is virtue. Virtue comes from the realization of what you are, yourself and not what you want to be while you do not know what you are. So if you do not know you are greedy, if you do not know you are selfish, if you do not know you are jealous, if you do not know you have all

these negative, so-called things in you, and then you try to concentrate on some saint to make yourself virtuous then you are a fool, and that is the whole story about it. It is impossible for you to obtain virtue in that way. But when you discern all your own qualities, so-called qualities which I call these personal qualities that most people have; hate, jealousy, anger and so forth, when you discern these things they will drop away from you. And then after you have discerned all these things, you will know yourself and self-knowledge is the beginning of virtue.

The nervous system is dual in nature, one system is known as the sympathetic nervous system and is the channel for all the activities of Nature herself. These activities are not consciously directed by the mind of man, nor are they directed through our will, but manifest according to the Intelligence that built the body. Nevertheless this system is thrown out of gear by our fear thoughts etc., call it thought-feeling if you like for more comprehensive understanding.

This system is naturally called involuntary, which directs the process of digestion, circulation, building and repairing of the body tissue, and the excretory system through which we get rid of the waste matter. It also controls the heart, lungs liver, spleen, kidneys, bowels, glands etc. In fact it has a multitude of different activities in the performance of the control and direction of body functions. It is only when we realize what it does do we begin to respect it, thereby leaving it to carry on its work unhindered.

So Nature has created a mechanism for its own expression. It is an Intelligence that is still working and continues to work through the whole organism. This Intelligence is God in action. "When you have seen me, you have seen the Father," Jesus said. And that is a very great Truth. Because no-one could create you or me, except God Himself.

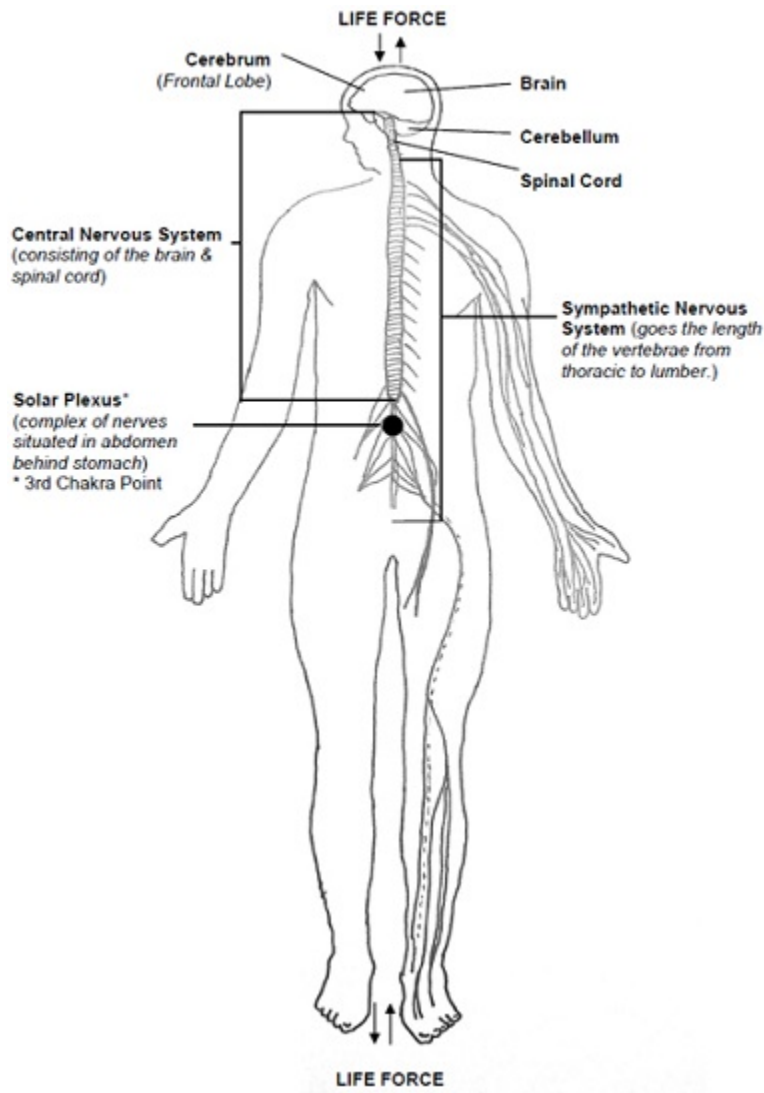


DIAGRAM 2: THE NERVOUS SYSTEM

And there is only one Life and God being the only Living Being there is, my living is proof of His Living in me. And as the Master said, "I am in the Father and the Father is in me." It is a Truth for you and me as well because it could not be otherwise, God being Infinite in nature.

The cerebro-spinal system is that system which is under the control of the conscious will. It enables the body to move from place to place. Through it we receive impressions through the senses, we build these impressions into mind pictures which we believe to be true according to our experiences and memories. This centre is in the frontal brain connected

with the centre of individuality, where man feels himself to be a separate individual. There is no time or space to go into [all] the details of the function of this cerebro-spinal system at present. What I am aiming at, is to show you how your thoughts and emotions are transferred to your body and beyond your body.

I have given you already a short résumé of conscious and unconscious activities and although I may be repeating something of what I have said before it is so important that it warrants this repetition.

The sympathetic nervous system* has its centre in that ganglionic mass at the back of the stomach known as the solar plexus,¹ *situated right at the back connected with the spine but it is inside at the back of the stomach. It is a brain that is made up of the same tissue as your brain, here is, exactly the same. Now the nervous system is the elongation of the brain. And the nerve tissue along the whole trunk of the nerve is made up of an exact same material as your brain is made up of. And your brain being just the root of the nervous system, its branches have its ramifications right through the whole of the organism, just as a tree has its roots in the ground. Therefore the tree trunk and its branches are made of the same material, so is the same happen to be your nervous system as well.*

But you will notice that your head is up in that way the root is at the top and not in the ground. For the simple reason, that you, we are living in ether. In a ethereal world we exist. And it is the magnetism that passes down from above, it enters in through the top of the head, which gives us the Life Forces that passes down the whole of the body, through the brain, through the nervous system right into the ground and back from the ground again into the body and back out into the atmosphere once more. There is a continual flow all the time of this Life Force, in out through the body and passes out through your skin and out into the atmosphere, known as the invisible evaporation.

If your skin was totally prevented from giving off this invisible evaporation, you could not live. If you ringed your skin from top to bottom or burnt completely then there is a danger of you living upon this earth, you will probably leave it. Just as you ring bark a tree so the tree dies, so will you also, if you were ring barked in the same way.

In the olden times that was some of the hideous things that they used to do. They used to make a band and tear the skin off so that the person would die in agony but they did not last very long, that was one thing sure. But the main thing is this, the body is an instrument and your consciousness is the ruling factor not only on this plane here but in all planes right through into the Spiritual because Consciousness is God's instrument of Creation. And He has granted the same Life in us as He has in Himself. And through the same mode of action and by the same means He created us, so by this means, we create also because we are made in His image and likeness.

We can say that the cerebro-spinal system is the organism of the conscious mind and the sympathetic system is the organism of the subconscious. These two are joined through the lower brain called the cerebellum, *which is at the back*, which is responsive to our thoughts and emotions. *And it is also responsive to body tensions because when the body talks back, it talks to the cerebellum. The cerebellum feels what is taking place in the body and carries the information back to the cerebrum, so that the cerebrum becomes conscious of the fact of what is taking place.*

Now, if then you react in such a way as to fear that certain thing that happened in the body, you intensify it by your struggle. And as you struggle and struggle then the struggle causes the misery you have and you feel in the body. If you do not struggle and you know, the consciousness becomes aware of what it is and also conscious of its own power being the Consciousness of God, the only Creative faculty you will ever have and creates out of the Uncreated, you will know then immediately you have this power of disposing of these things without any struggle. It is the struggle you put up that causes the misery.

Do I struggle with life? Do I struggle with age? I should think not. If I struggled with age I would be dead long ago. You do not struggle with any of these things. The body will eventually dissolve away but the fact that you are conscious of Life tends to keep the body in health and strong even for many years more than it would in the ordinary way. Consciousness is Life. Life is Consciousness. Consciousness uses both the conscious and subconscious as a vehicle of expression.

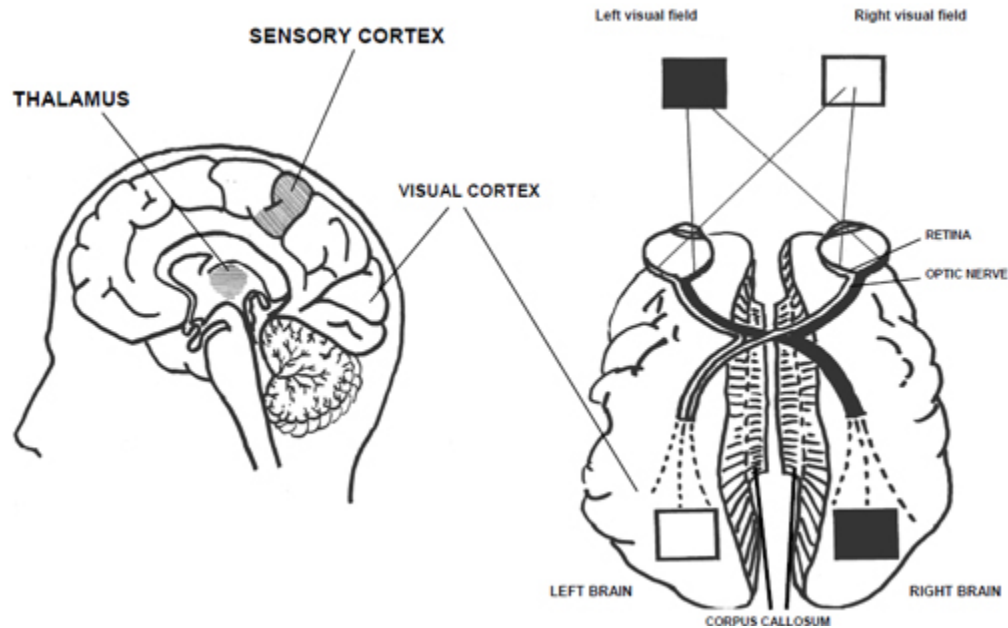
When we are conscious of anything that makes us afraid, our heart beats faster, we breathe faster, we create a stimulation in the nervous system to

resist what we fear [etc.], thoughts are created unconsciously, which become a powerful factor in our emotional life. If there was no link between the two systems there would be no physical reaction.

Further, there is a portion of the brain that is called the corpus callosum^{D3} which anatomists have not yet found [what] its real function is, for the simple reason that it is the inspirational centre situated at the top of the head. It is the centre of our sixth sense, through which inspiration comes, otherwise knowledge beyond that obtained by the five senses. *You see through reading, you read through sight. You hear through sound. You feel through touch. And you have these senses, now these give you vibrations, vibrations only you receive. You are receiving the very sound of the vibrations of my voice that pass to your ear. Those vibrations pass back into your brain. Through the various centres to your brain and they pass to the centres, where these centres can place these words and picture them forth as what I am saying. What you see is a light vibration, that light vibration strikes the retina of your eye, passes through the nerve also just carrying those vibrations to the optic centre. The optic thalamus* to the optic centre then through the various centres of recognition, bringing in the cells of memory and experience and you out-picture what you see. Now, don't you see all is this, everything is made up in yourselves.*

It is like two people walking down the street. One is blind he does not see and the other man sees. And going round the corner, this tiger coming bounding round the street. The man who sees takes to his heels and the man who does not see does not move at all, he does not see it he is not affected by it. What happens with the other fellow he runs for his life. One has seen the vibration, created the picture of what he sees then he passes. The other fellow does not see it at all which proves the fact, that he has got to make the picture up in himself. And all your fears and everything are built up within yourselves. All your pictures are built up within yourselves. Your good and your evil is built up within yourself, your fear and your faith. But the half of you do not know it. You are just walking around, wondering what you see, what you feel and what you hear. If you become wide-awake you will know, you will understand. Further, there is a portion of the brain that is called the corpus callosum. It is the centre of our sixth sense, through which inspiration comes, otherwise knowledge beyond that obtained by the

five senses. The conscious mind lays hold of these vibrations and transforms them into thought-action similar to those vibrations received through the senses yet vastly superior in nature.



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.

DIAGRAM 3: THALAMUS AND OPTIC NERVES

The conscious and the subconscious require an interaction so that orders can be carried out, a correspondence between the two nerve centres is necessary and this is performed by the motor and sensory nerves which connect all the way down the spine, also the vagus nerves which come direct from the brain passing down each side of the neck.

From the brain to the sympathetic nerve flexes and they are joined together making the individual one conscious being. Where the cerebro-spinal activities are joined with the sympathetic nervous system making you a single unit.

This nerve has ramifications throughout the thoracic area culminating all over the abdomen where its fibres connect with the ganglionic mass of

the sympathetic system uniting the two systems as one.

So we find that our conscious thought-feeling is passed on to the sympathetic nervous system to influence it. Thus our nervous system is the organ through which the body becomes the sounding board for our thoughts and emotions. *Because it is the elongation of the brain.*

The inspirational centre, the corpus callosum, is developed through the understanding of the self and what is made up in the self by the self, so that the higher vibrations of the Spiritual world are perceived. Their effect on our nature, when those unformed vibrations are formed into a more definite shape, is uplifting. Thus they can be of inestimable value to ourselves and mankind in general.

Although Nature has created the system through which she can work unhindered, man can interrupt this work through his fears, hates etc. Yet Nature has provided this wonderful centre, the corpus callosum, as a means of inspirations. When the consciousness lays hold upon the vibrations that comes through this sixth sense, similar currents are induced in the involuntary nervous system, giving it encouragement to function with greater efficiency, thereby prolonging life on earth with greater happiness and peace in the mind and body.

Here is an instrument that God has created that man can by his own volition find the way beyond the physical body and he finds it through the way that God and that great inspirational power reaches through the physical body.

You have various centres in the body, have you not? When you go to sleep at night, you probably leave your body. But you leave your body through a centre on the spleen on the left-hand side here. (Murdo demonstrates) You lie probably just asleep, just as your body sleeps, you are not awoken because you have not yet awoken. But some of you are, I think awoken, so you leave your body and you go through the astral world. And you go to many places, you go to help people, you do many things.

But when you pass out of the physical body eventually never to return to it, you pass through the top of the head. And it is through the top of the head you escape the physical body, carrying with it the ethereal body which forms again into the same shape as the physical body because it interpenetrates the physical body and is an exact form.

And that interpenetration of the physical body has the counterpart, a ethereal counterpart, which lives in the ethereal world, and you will find that there is a second death. But the second death which comes quite easily to the individual who knows. The first death comes to me and to those who know, just as Jesus knew the first death—he did not die. The first death and the second death are of a similar nature.

I could tell you all about stories that I have passed out through the physical body. When I was laid out, in no-mans land for four days, carried in with the dead. On the edge of the ground to be buried. I did not know I was lying four days in this lorry with other corpses, waiting to be put in the ground. But I just came to in the moment I was just being put in the ground. But during that time I was not dead, I was alive. I was more interested in what I was seeing before, around me and beyond. And I then became conscious of a wound that gave me pain. And that consciousness alone gives me pain because people groan and then I heard the words said, “there’s a live one here somewhere.” So when I heard that I came to my senses and I find out I had to make big business if I wanted to live in this plane. And here I stand today but that experience gives me more than all the books and whatever I tell you about it.

Through the senses we create opposites, through inspiration we dispense with them. Every mental action causes molecular action in the brain and in the two-fold nervous system which controls every cell in the body.

Now that we are convinced we can reach the subjective system and know that it is controlled by the Intelligence that created it, we are aware, without creating opposites, that the Divine Life is active in and through us, for there can be no division between God and man, thus all tension can be taken off the mind and body, and Nature can do her work, unhindered.

That is when struggle ceases. Therefore when struggling ceases the mischief ceases.

Life organises the tissue structure from the elements around us, and from the substance of mind in which we live and move and have our being. The Life within created the body for its own self-expression and I am that Life, my consciousness is in Life and Life is in my consciousness. In other words, I am in the Father and the Father is in me. I and the Father are one.

And it cannot be otherwise. It could not be otherwise, otherwise God could not be Infinite. He could not be Infinite at all—if He and I were not One. Because I would be outside It and there would be something outside the Infinite therefore He could not be Infinite. And if my life was different to His Life he could not be Infinite either because I would be alike apart from Him and therefore He could not be Infinite.

But we must go beyond Divine reason but yet we must go beyond this into that which IS, beyond mind. And how do you get beyond mind? By knowing what you make up in your mind. Then you will find there is something that you cannot make up in your mind.

You will know everything you make up in your mind and then you know that your self that made it up. But you will know that this self remains Complete in Itself and It cannot be made up in your mind because you do not know what IT IS. You do not know what your consciousness IS. That is Reality, we do not know what IT IS, you know only that IT IS. And when you open yourself to it, that the totality of this great and mighty power expresses Itself through you because It is its Wholeness.

You are not a bit of Life or a bit of Truth. People say you are a flame, you are a light. Stupid nonsense. These are ideas and images you try to create in your mind. That is externalizing everything, making everything relative and making truth relative. Truth is not relative, it is not a thing you can see external to yourself. And what you see is not Truth.

And as soon as you realize that the better. If you are caught-up in those sort of things, I would advise you to leave them immediately. Because they are of no value to you, they are destructive and prevent the Reality, the Real Truth from manifesting.

When we see ourselves separate, we pray to a God we make up in our minds, a God that is separate from us, a God outside ourselves. We receive not because we ask amiss. God is Spirit and we must worship Him in Spirit and Reality. “The Kingdom of Heaven is within you.”

A God that is made up in your mind is but an “image” of your own making. But God is not an image, He is Real now and we are one with Him now. Most of us are trying to become something; God knows what!! Yet only with the death of becoming is there “Being.” *Being NOW.*

God does not have to become something! If I and the Father are one, which I must be, why do I have to become something else? Am I not NOW?

In moments of great creativeness, in moments of great beauty there is utter tranquillity, undisturbed unmoved silence and peace. In these moments there is complete absence of the self with all its conflicts. In this state of self-denial is the highest form of thinking-feeling, that is essential for Creative Being.

These moments are rare with most of us, the moment when the thinker and his thoughts are transcended. These moments happen unexpectedly, but the self soon returns. Having once experienced this living stillness, thought-feeling clings to its memory, thus preventing further experience of Reality.

The moment, the split-second that, this Reality that has passed, that becomes a memory. It passed. Past is in the mind, the future is in the mind, the Ever-present is always renewing Itself in you and me. If we can then catch that renewal every second and not try and make it a memory but the experience then becomes a memory, and you try to recapture that memory. Do you think that you can ever get another moment, that split-second of Reality, while you are trying to remember that which has passed? Reality is NOW. It is not something that you have got to get in the past or the future. You are all living in the future or the past somewhere or another and yet you miss the great and mighty Ever-present Reality.

The cultivation of memory is effort directed along wrong channels resulting in the strengthening of the self with its opposites, conflicts and pain. But if we are completely and deeply aware of our problem and conflicts and try to understand them instead of trying to escape from them, then the cultivation of this self-knowledge will bring about an alert passive state which induces tranquillity. Then in this living silence, *this living silence*, when all the noise of conflicts and opposites *have* died, there is Reality. Only in utter simplicity, when all craving has ceased, is the bliss of [the] Eternal Reality.

And craving for spiritual things and craving for material things are just the same, it is craving. Craving goes away from Reality, which IS. Craving goes away from the centre of complete supply. Craving from the physical and craving from the spiritual takes you away from that which is Ever-

present NOW. That which you want now. That which you seek, you lose because of your craving, you want to become something.

And if I can only bring it in into your mind, that becoming is going away from Reality, Being is Reality.

In this tranquil state, all tension is released from mind and body. When this happens Nature expresses herself, this is “Being.”

The soul is the ethereal vehicle of the Deathless Immortal Creative Spirit. Spirit is the immortal part of the human constitution. It never knows death nor sickness, neither does It exist in opposites.

It is the only consciousness we will ever have. “Be ye perfect as your Father in heaven is perfect,” means when the Divine Consciousness is freed from the opposites and conflict of the self.

Then the Perfect shall reveal Itself. It is hidden by the conflicts you have within yourself.

God is the head of the Universe,
He is right here to stay,
In fact He always has been,
He has never been away.
It was in man’s own mind
Where separation began,
The Father and I are one
Has always been the plan.
In unity there is strength,
Separation is broken reeds
Man **alone** is a failure,
But with God he has all he needs.

“For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.” Prov. 23: 7.

That is where you see the self. And when you see the self here as you think in your heart, so is he. And when you say, “eat and drink,” But his heart is not with thee or the self, the self is separate.

And when you discern the self and all its ways of separation, then separation will pass away. Because it only exists in the self, it does not exist in Reality. Reality is one Whole.

BENEDICTION

O Great Eternal Spirit, Thou hast created my soul and body in which Thou liveth. Hence I can say, “this is Thy Holy Temple in which I live with Thee.”

I am Thy Self, I know I am, for in my soul and body Thy nature is revealed.

Every sound that I make, let it be the vibration of Thy Voice.

Every thought *that* I think let it be saturated with the consciousness of Thy Presence.

Let every feeling I have, glow with Thy Love.

Let every act of mine be guided with Thy Wisdom, then my life will be the ornament of Thy Creation, O Divine Mother 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 10th March 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

D3. See Diagram [page 72](#)

* See Diagram [page 94](#)

* See Diagram on [page 90](#)

1. The next part of the sentence in the Lecture Notes is missing from the recording. The full sentence reads: [*The sympathetic nervous system has its centre in that ganglionic mass at the back of the stomach known as the solar plexus, sometimes called the abdominal brain, and is of equal importance to the brain itself.*]

Lecture 7 (17th March 1953)

OUR CAPABILITIES MUST BE DIRECTED INTO THE RIGHT CHANNELS IF THEY ARE TO BE OF REAL VALUE TO MANKIND

“So if you are not faithful with dishonest mammon, how can you ever be trusted with true Riches?” Luke 16: 11.

We need much enlightenment in the ways of knowing the self so that the nature of Reality can manifest. If we are caught up in the self, the Real will be hidden behind confusion and ignorance. This is quite obvious to those who know the stupidity of the self.

The idea held in the mind of many people in regard to the Deity is an angry old man with all the human frailties, disgusted with His own handiwork. To abandon this idol is scarcely a loss.

Yet in recent times and with many truth students, this God is replaced by that of a God of Love. This idea is indeed more in harmony with the modern mind, but still retains the conception that God is a personal being, separate from man. To abandon this idea may be a disappointment to many, but the fact remains that the idea has also to be abandoned before we can advance very far. For in the idea we still retain separation which is an impossibility, because it cannot exist in Reality.

Not until we have discovered that all ideas are made up in the mind will they be discarded. We are merely speculating about God when we retain our separate nationalities, our separate religions, our separate groups, our traditions, for anything that separates man from man must be a lie for it does not exist in Reality,—the Truth of the “One” is Wholeness. The One exists in the many and the many in the One.

We have already seen that the objective self reflects in the form of thought, what the senses reveal to it. But this thought is reflected as a belief and a belief changes according to the change observed by the senses. Surely

it is obvious that this is not Reality for the intellect is a very inaccurate thing.

This is how so many people get lost in their belief even when their belief is entirely false.

They must first of all be convinced of the falsity of their beliefs and given the reason why. But when a new belief is given the second state is the same as the first, it is just a belief. Even a conception of yourself as Infinite unconditioned pure living Spirit, not hampered by any condition of any sort, yet retaining the self with all its contradictions and opposites ... how can the one be reconciled with the other? No, the self must first of all be understood so that all the opposites and conflicts will dissolve away, then you do not have to create a conception of yourself or a belief about yourself, you just **are** now, "Being," shorn of all falsities.

The individual who does not understand the self, who is not aware of the ways of the self, reacts to conditions and circumstances which the individual perceives, with the result that he is further conditioned by his beliefs, until he understands the cause and removes it.

Now, the subjective mind is full of these beliefs and it is difficult to get rid of them, for when the subjective mind accepts, it holds on to a lie as well as a truth with equal tenacity and you do not know what is true and what is not. In fact, it does not matter very much whether it is true or not.

"To be" is to be related, for you cannot exist in isolation except in your mind, for in Reality there can be no isolation. So without self-knowledge you become a danger to your neighbour and yourself. If you begin to see what is the barrier to relationship, then you will know what is true and what is not true.

Do we not think of our capabilities as something to be admired? But what is the use of our capabilities if our improving and rearranging all leads to the destruction of man. Most people are merely interested in fulfilling their particular capacity while disregarding the wider issues of Life, then their capabilities are meaningless. Only in relation to the ultimate Reality is our capacity significant.

If we are interested only in self-expression which is the common cry of the so-called truth student, then we are contributing to the conflict,

confusion and antagonism of man. Without first sounding out the meaning of Life, mere self-expression however gratifying, will only bring misery. But with self-knowledge self-fulfilment is transformed. The craving for fulfilment brings its own frustration and disillusionment, for the desire for self-fulfilment arises from ignorance. It arises from the idea of becoming.

Is it not so that in the midst of cruelty we desire to find Love? Is it not so that we justify murder on a colossal scale and in the very act we try to find Love? Is it not so that we create a society built upon the value of the senses, on greed, on acquisitiveness which breeds fear, so we need protection? So protection leads to aggression and aggression leads to conflict.

We justly condone murder because we want to acquire, at the same time we hope to find God-Love. Without fundamentally altering the structure of our thought-feeling the Real cannot be found. We are ignorant, envious and greedy and we want to be peaceful, loving and wise. It is this contradiction that must be understood. You cannot have both. You cannot justify ignorance and still have enlightenment.

Only when thought-feeling discerns its own opposing desire can there be freedom. This freedom with its joy comes with the deep awareness of the conflict of craving. The joy of the Real only comes when we are aware of the dual process of desire, this joy is not a product of the will or of time.

We cannot escape from ignorance at any time, it can only be dispelled through our own awakening and this must be done by oneself, for another cannot do it, he can only show the way. Only through one's own awareness of the ways of the self does the problem of one's own making cease to be. Being aware, in any human problem, has three stages. Firstly, being aware of the cause and the effect of the problem. Secondly, being aware of its dual or contradictory process and thinking. Thirdly, being aware of the self and experiencing the thinker and his thought as one. When this is accomplished freedom comes because you begin to understand.

For instance the problem of anger may arise from nervous tension, from fear etc., but these are secondary causes, one has still to become more aware of the cause and the effect. Many of us are aware of the conflict of opposites, but because we suffer we seek to get rid of the pain. We are concerned only with getting rid of the struggle rather than understanding it.

This desire to get rid of the conflict gives strength to its continuity and so maintains contradiction. It is the desire that must be understood.

The conflict cannot be got rid of through an act of will, it can only be transcended when choice ceases. No problem can be solved on its own plane, it can only be solved lastingly when the thinker has ceased to become, then there is Being.

In many cases first attempts are not successful, it is because we have been holding on to false beliefs, this is the primary cause of your condition and this conditioning has existed since childhood.

Within each one of us is the Divine Spirit and when we begin to see what is preventing its true expression we will not perpetuate the present slavery of the race.

As we become more aware of our ways we will dispose of those that are hindering the expression of the Real. We will acquire a knowledge of Being. As this knowledge is not in everyone, the world is suffering from false beliefs.

In healing, the one with the knowledge of Being influences the consciousness of the afflicted, and in many cases unites with the subconscious realm instantly, transforming it.

Now the question arises, does the healer substitute his own consciousness for that of the patient? This is a most enlightening point to consider.

Our ordinary conception of ourselves is that we are separate individuals, that the two personalities are entirely separate. This is the great error. There is no such thing as separation or boundaries between one and another in Reality. Only in the self does this false belief exist. This self-imposed barrier of the mind must be lifted through understanding.

This was the secret of the Master, and the secret of the Magi, and the secret of the ancient therapeuti of ancient Egypt. These secrets have now become yours. He who has ears to hear let him hear.

“The message of the Eternal: Listen to this, you who are old, hear this, all you inhabitants of the land. Has the like of it ever been heard in your day or in the days of your fathers? Tell it to your children and your children to

their children and their children to the coming generations. Thus it shall be that I pour my Spirit on all.” (Joel 1: 1-3, Moffatt Translation)

Here we see the Divine Law of the impersonal must benefit every person who will co-operate. But we cannot get from the Divine Mind unless we fulfil the Divine Law.

What we have already learned shows us that, to attempt to profit by the ignorance or weakness of another, to operate to one’s own advantage will bring no good.

The reason for this is plain, because the individual is not separate from the Universal and the Universal cannot operate contrary to the welfare of Itself, thus the law operates against those who operate against the Universal, which is in the individual.

The Divine Mind is constantly operating in the individual, expressing Its bounties, and we can only experience this expression when we free ourselves from the conflict of separation through the understanding that we are one with the Divine Mind. The Master’s words fit perfectly, **“All I have is thine.”**

The affirmation of this will prove wonderful when we are working with the Divine not separate from other selves, but as one. Then there will be no opposing forces to hinder Its expression. But when this affirmation is made, ignorant of the Law of Wholeness, it is useless. We will be like a person talking with his tongue in his cheek.

When the Law is in action, the affirmation becomes the “Word” that does not return unto me void but performs that which it is sent forth to do.

The word must contain the germ of the Divine Nature otherwise it will fade and die.

Know yourself to Be and your mind, body and circumstances will respond. You are Master of every situation. There can be no “can’t” about the “I am” because it is one with the Divine and the only Cause behind all creation and nothing is impossible to It.

“It is easier for heaven and earth to pass than one tittle* of the Law to fail.” Luke 16: 17.

BENEDICTION

O Divine Nature, through the door of true meditation Thy Omnipresence was released.

As I watched, It spread its wings over Infinite space. All who listened felt the joy of Its Presence, and all burdens fell away.

Then again the bird of heaven remembered its little cage of past memories, and the habits of the self. It folded its wings and lodged itself behind the bars of Time.

O Divine Eternity, the bars that bound Thee within my soul have now dissolved away. The torturing cage of self-imposed misery has been turned into joy, as I find myself everywhere one with Thee, O Eternal Divinity.

* Particle.

Lecture 8 (24th March 1953)

THE REAL CAN ONLY BE EXPERIENCED IN FREEDOM

“I am giving you wise directions and leading you aright; when you walk, you will never be hindered, when you run, you will not slip. Hold fast to my instructions, never let them go, keep them—they are life to you.” Prov. 4: 11-13.

Many people, in fact the majority of people, think that the images of saints and masters help to free them. But freedom does not come through concentration on any saint or master or any external object of adoration. In fact, it brings the opposite.

Freedom is not formulated, freedom is not a product of the mind as most of us think. Freedom comes when all formulations are understood. A belief is a formulation of the mind, it is not a truth. We cannot find freedom in the mind for the mind is bound by suggestions, even a belief is a suggestion that binds us.

We are free from the beginning and only when there is freedom from self-identifying memory is this freedom realized. Then ask yourself what is it that binds you. Is it not what you formulate in your mind? And what you formulate you believe and your belief binds you. If your beliefs bind you then how can concentration on a belief free you?

Are not our thoughts the result of the past and if we do not understand how we are conditioned by our thought-feeling how can we go beyond it? Therefore our thought-feeling enslaves us to its creation, to its own power of illusion, if we are unaware of its ways. Only when we cease to formulate out of our thought-feeling is there freedom, which is creative.

If we wish to go towards the sun why turn our backs on it? If we want freedom why become slaves? Is it necessary to know that you are sober

through drunkenness? Is it necessary to enslave ourselves to know freedom?

If meditation is of the highest importance to us then we must approach it rightly from the very beginning. Right meditation will bring right thinking. If the means is correct then the end will also be correct, for the beginning is in the end, is it not? If we are ignorantly engaged in wrong meditation it will never bring about right meditation.

By killing another how can you bring about tolerance and love? Only understanding will bring about freedom and only right meditation will bring about right understanding. It is not the object of your meditation you must understand, but you who is the meditator.

Without understanding yourself your meditation becomes a process of self-hypnosis inducing experiences according to your conditioning, according to your belief, which is binding and slavery. Therefore right meditation is a process of freeing oneself. Wrong meditation is the process of illusion.

Is it not so that we all want to understand our dreams, while the opposite is the case? The dreamer must understand himself not his dreams. When he awakens from his self-hypnotic state he will put an end to his dreams.

If you seek to become something, if you seek an end through your meditation, then you will hypnotise yourself by your desire. Wrong meditation, you will now readily see, is a process of self-hypnosis. It may produce certain desired results but such meditation does not bring enlightenment and freedom.

Images may help you to concentrate, to focus your attention but such concentration is not meditation. Concentration can be acquired but what of it? Do you know yourself any better than before? You have acquired a new faculty, a new means through which you can do more harm if you do not know yourself. So of what value is concentration if it brings more misery in its wake?

I am not saying that concentration should not be acquired, but right concentration comes when the mind is not formulating, and when you understand the formulations of the mind they will cease, then concentration

comes without effort. But to merely acquire concentration without understanding is stupid.

You will see now that mere concentration narrows the mind-heart which only strengthens its conditioning, with the result that you will still do harm to yourself and others. You will still create enmity and confusion, you will still be obstinate and bound by your formulations, your beliefs.

Before you learn to concentrate you should understand the whole structure of your being, not merely a part of it. The most difficult part to understand are the formulations of the mind and how they have come about, then you will begin to understand yourself. Your thought-feeling-reactions are mostly the result of your formulations, your beliefs, are they not? Search yourself and see if this is not true? To tell yourself that you are free under these conditions is not only foolish but dangerous.

To be watchful of the self brings self-knowledge and right thinking, because you will see what the mind is made up of. This must be done without apprehension, without judgment or condemning or identification. Then the mind will drop its cherished illusions, its conflicts, its contradictions, its opposites, its hates, its beliefs and all its stupid formulations that are conditioning you. Then this self-awareness creates its own concentration and such concentration is enduring and effective and not self-imposed through trying to become while retaining all these unruly inhabitants of the mind.

When you understand your motives, your thought-feeling, this understanding ever widens and deepens into a more comprehensive awareness. This awareness is essential for right meditation and right meditation leads to freedom, and the Real can only be experienced through freedom. Freedom is “Being” now and not “becoming.”

Why do most of us seek something outside ourselves to inspire us, an image of some kind or another? Is it not because we have become so mechanical through our conditioning, our lives became empty and dull? So we seek inspiration from some outside source which becomes a necessity, a necessity that enslaves us. Being enslaved we have to free ourselves from our enslavement to discover the Real, for the Real can only be found in freedom.

Is it not so that we seek any form of distraction because we are not interested in understanding ourselves? We seek outside ourselves for our inspiration, because we have not discovered ourselves. Trying to “become” prevents the flowing of self-knowledge.

The search in itself is devotion, it is in itself Inspiration. The search must be impersonal, free from identifying, free from comparing or judging. For a mind that is caught up in this conditioning soon wearies and needs distraction. Therefore so-called inspiration, all distraction, noble or otherwise, is idolatrous. For that which you worship prevents your freedom. “You worship something you do not know, but we ‘worship’ something we do know.”

If thought is caught up in the conditioned layer of consciousness how can it go above and beyond it? Only through self-knowledge can this be done. We must begin to understand ourselves, then our meditation has great significance. Meditation then is “Being” which has Its own Eternal movement, It is Creation Itself for the meditator ceases to be. “I of myself am nothing, It is the Spirit of the Father within me that doeth the work.”

When this is understood, meditation is not the cultivation of the becomer, but through self-knowledge the meditator—the becomer ceases, then the Real expresses Itself in Being now in the Ever-present.

What is in the mind is memory, experience. Formulations are based on these. What is made up, formulated, is the known and what is known is ever in the past. This is the burden that prevents the discovery of the Timeless. Freedom from the past is necessary to experience that which is Ever-present. To be in the Ever-present is to be with the Timeless.

Memory is indispensable for we could not communicate with each other without memory, but ever so much of our memory and experiences are binding and prevent understanding. It is this accumulated memory which becomes rigid and binding, facts which we hold on to which create antagonisms and division.

When you see the binding process of the accumulated memory which gives continuity to the self, then you can get rid of the self, for the self is but the accumulation of memory and experience. The Real is not the result of memory or experience, it is beyond this conditioned layer of consciousness.

Unless you understand the conditioned self how can you get beyond it? It is this accumulating memory, this self that must come to an end. As long as thought-feeling is identifying itself with the memories of yesterday, it will ever be in conflict and sorrow. As long as thought-feeling is ever-becoming it cannot experience the bliss of the Real.

Love does not flourish through conditioned thought-feeling but through freedom. Love cannot be conditioned because it is beyond conditioning. Therefore what is Real is not the continuation of accumulating identifying memory. It is to this accumulation that one dies before Love—the Real can manifest.

What is the world today? Is it not living in the accumulated memory of the past with all its misery and conflict. It is this confusion and conflict that is preventing the Ever-present Love-Life from manifesting now. Love-Life does not need to become, neither have we to create It. It is in the immediate now when we die to the past through understanding.

The educated conditioned consciousness cannot comprehend that which is not a result, therefore it must die to itself. Otherwise it is creating barriers, results, that are ever-enslaving itself. Only through self-awareness does this come to an end.

You will come to know that the world without is the expression of the world within. The world without is the effect, the world within is the cause. This is the meaning of the words, “All power is given unto me in heaven and on earth.”

This is not a mere statement for the purpose of confirming an idea, but is proclaiming the truth. It is not the product of the imagination nor can it be the product of the mind. It is substantial, and stands as the foundation upon which the whole Universe rests and is the foundation of your life and mine.

God created man in His own image and likeness, this is our “Being” now, then let It manifest now for It is Ever-present. It is the Christ Consciousness which is Eternal and Ever-present.

“The Eternal formed me first of his creation, first of all his works in days of old; I was fashioned in the earliest ages, from the very first, when earth began; I was born when there were no abysses, when there were no fountains full of water; ere he sunk the bases of the mountains, ere the hills

existed, I was born, when earth and fields were not created, nor the very first clods of the world. When he set the heavens up, I was there, when he drew the Vault o'er the abyss, when he made the clouds firm overhead, when he fixed the fountains of the deep, when he set the boundaries of the sea, when he laid foundations for the earth; I was with him then, his foster-child, I was his delight day after day, playing in his presence constantly, playing here and there over his world, finding my delight in human-kind." Prov. 8: 22-31.

BENEDICTION

O Eternal One, Thou hast formed me within Thy bosom, Thy Love-Life to manifest through me.

In my Reality I was with Thee while Thou formed the earth and the heavens.

Thy word filled me with joy for Thou didst express Thyself, O Holy One.

As I worked with Thee in the vineyard of souls I perceived the straying of the self that was made up of beliefs.

At first I was sad, O Perfect One, but when I perceived that Thou alone was Eternal and Ever-present I dissolved away the unreal and then again I was as Thou created me as Thy Self, O Eternal One.

Lecture 9 (31st March 1953)

SECURITY OF THE EXTERNAL IS AN ILLUSION

“The ear that heareth the reproof of Life abideth among the wise. He that refuseth instruction despiseth his own soul: but he that heareth reproof getteth understanding.” Prov. 15: 31-32

Divine Reasoning coupled with true discernment of the false enables us to think purely. When our thoughts arise from our conditioned state of memory and experience, we think according to our conditioning, Divine Reasoning is also relative but it arises from our contemplation upon the ways of the Creative Life Principle in action.

Divine Reasoning is the highest activity of the mind of man, yet it is not Truth. Because Truth is Ever-present and Eternal and beyond reason, we do not have to reason It into operation, It is always operating although we may not be aware of Its action. It is only when we become aware of everything we make up in our minds as relative, do we arrive at that which is not relative, having no beginning and no ending, being Ever-present and Eternal and beyond reason, although not contrary to Divine Reason.

There are certain observations which we are able to make in regard to the action of Life. In the first place, we must be endowed with the Divine qualities of our Creator, His Life being inherent within us and these qualities must be unchangeable, being Infinite in nature.

Having been given Life-Consciousness we often use that consciousness in a way that is not in accordance with our Divine Nature because of our conditioning.

The highest conception of man’s mind is of a Father-Mother-God, Creator of All, Who must be in all His Creation and all His Creations must be in Him otherwise He could not be Infinite in Nature, our Divine Reasoning reveals this. Yet when I am reasoning Divinely I make God a

relative God, something I am reasoning about in my mind. But God is not separate from myself so I must go beyond mind and its reason, yet my Divine Reason does not hinder the expression of that which is beyond reason.

When my consciousness is reasoning about something it is reasoning about something external to itself, so the great question is how can the consciousness become aware of itself? Only when the Consciousness realizes that itself and its thoughts are one, for the one cannot be separate from the other. When I become aware of all my thoughts as relative, then I find that I am the Creator of my thought.

If I am conditioned by my thought then I am not free. Is that not so? But if I become aware of my thoughts and know them for what they are I am not affected by them. If you will look into your own mind you will see what is made up, what thought is. Then you will arrive at that which is the Real Self which is creative.

Then I know myself to “Be” because I cannot create consciousness, I am consciousness. It is Eternal and Ever-present and therefore creative.

Yes, these are words, words, words, but we must observe that words are the expression of that something else and are not of themselves creative. Yet they contain an inherent power to manifest in the inner and the outer. Jesus said, “my word shall not return unto me void but shall accomplish that which it was sent forth to do.” He was aware that his words were the expression of that which was Eternal and Ever-present, not something apart from himself but that very Life which he was himself. “The Father hath Life in Himself and grants the Son to have the same Life in himself.”

To be free we must begin each day anew. We must be able, each day, to revalue the ideals and patterns that we have thought into being. Life can be deeply and truly understood only as it exists in each one. You are that Life, I am that Life, and without knowing “I am **that** I am” there can be no enduring joy and tranquillity.

But what do we do? We constantly struggle for a lasting security based upon things, and relationships with others, so we crave for those things that we think will give us that security. Now without understanding the problem of our insecurity there can be no security. So if we seek security in these things we will never find it. This search for security in the relative brings its

own destruction because the whole outlook of the consciousness is insecurity and unless we can understand the problem of insecurity there can be no security. Security only comes when insecurity is not the opposite of security.

The mind that is anchored, which feels safe in some outside refuge, can never know Reality of “Being” because being caught up in refuge it cannot look beyond it. Being caught up in the created it cannot know that which is creative.

Being inwardly uncreative, empty, destructive, we use our needs as a means of escape. So our needs assume a greater significance, they become all important. So we crave for things which create the illusion of security, but what it brings is only conflict, confusion and antagonism.

A mind that is seeking the security of things is ever in fear, it can never be joyous, it can never know “Creative Being.” Our intention to acquire much or little without understanding our inner passions, fears, envies will only cause more confusion.

The determined effort to possess little or to possess much is of no value, neither will this bring contentment and joy. Only by understanding our relative action, our thought-feeling will we reach that which in Itself is Creative. Right thinking only comes when craving ceases.

So in our Divine Reasoning we observe that the Creative Principle is the Father-Mother-God. The Father—the Consciousness, and the Mother—the Intelligence; one directs, the other knows how to manifest that direction. Intelligence is automatic in nature and brings forth what the consciousness directs. The substance of mind is the vehicle in which Consciousness and Intelligence form their own Creation.

The great majority of people have therefore not observed the great truth of the Christ Power.

The Christ Power within is the Reality in each and every one of us, is the combination of the Father-Mother-God. The Christ is the son or expression of the Father-Mother-God—the Consciousness and Intelligence acting as one. So when pure thought exists free from all conditioning it is the product of the Divine Creation within which alone is creativeness.

When we observe that our thoughts are the externalisation of our state of consciousness we will learn the immutable law of our creative faculty. Then how can you create effectively with a consciousness that is caught up in opposites, a consciousness caught-up in fear, a consciousness caught up in craving? Unless we understand these things now then can we be free from them?

We can understand now how Jesus turned the water into wine. He transmuted the natural law into the Divine Law and by-passing all the necessary action of the growth of the vine, the preparation of the winepress, etc., and with the elements at his disposal he changed the water into wine. This is a state of “Being” not a state of becoming, otherwise he could never have performed that Divine feat. That is why the Christ is proclaimed the Completeness of everything in the individual.

We need much more instruction in observing what the mind is made up of, than mere meditation upon an image of the Master we create in our minds. Is it not so that most of us think by meditating on the Master we might become like him? Is this not a state of becoming which will never eventuate? Because we have not found our own state of “Being.” Only by observing what is preventing this state of being that is Ever-present, waiting to express itself will it manifest, then “I and the Father are one” is not a mere platitude but an actual reality to those who know. “Know ye not that ye are the temple of the Living God, not made with hands?”

We must observe with constant awareness so that the secret power, the key to all things, will be revealed. It was when Jesus commenced his ministry that he showed his Divine Power. It is only when we commence our ministry in life in acting out our “Being” that we show our “faith.” What I mean by this is just to know is not enough, there must be action of our “faith and understanding” now, to make it a Living Reality.

When this knowing is established the desire for security disappears because you have that which is greater than all things created. You have “Being”—creativity. We then become channels through which the Christ of God can express His Divine Power.

God is waiting to express Himself through all humanity because He created humanity for this purpose, and He seeks the channels where He can be of greatest service to man himself by His Love and Wisdom. Yet most of

us are spiritually bankrupt, we are insolvent because we look to the external for our security and by doing so we create confusion and conflict.

We all want to put an end to the conflict, confusion and misery with which we are confronted everywhere. Where are we to begin? Are we to begin from the outer and try to arrange its values while maintaining our own separate nationalities, our own separate creeds and dogmas and the like? We must begin with ourselves to eliminate drastically those causes that produce conflict and sorrow.

If we are able to set aside the passion for worldliness on which the present culture is built, then we will experience the Eternal which is never within the framework of any conference, legislation or government. Then you will be able to help others free themselves from bondage.

But what do we do? We try to combine the Eternal with a whole series of values that lead to antagonisms, conflict and misery. Our leaders are what we are ourselves. But now we must become responsible to ourselves for within us is the cause and the solution of all conflict and sorrow. We created it and we alone can free ourselves. Another cannot save us.

Therefore our first duty is to find the Real which alone can bring peace and joy. In the Real alone is there enduring unity of mankind. In the Real alone can conflict and sorrow cease. In the Real alone is there "Creative Being." Without this inward treasure of the Christ made manifest can the outward organisation of law and economic planning be of value to the world which is ourselves. Then the outer and the inner will cease to be separate. They are one in Reality now, then let us be aware of that which is preventing this Divine Creation from manifesting in the present. Then our leaders will be as we are ourselves, provided we continue to realize this truth. This is no idle dream, put into practice what I say and you will find how true it is.

"And make the Almighty Himself your treasure, sound wisdom your wealth, then the Almighty shall be a joy to you, and you can raise your eyes to God; when you pray, he will answer you, and then you can fulfil your vows to him; whatever you plan shall prosper, and you shall live in sunshine; ..." Job 22: 25-28.

BENEDICTION

O Divine Father-Mother of Mine, Thy Divine Nature I took with me to earth.

But when I arrived here I found others created like me, did not know me and treated me like a stranger.

I cried in vain for recognition among my own but no one recognised me.

I grew up in their ways and when others came in Thy name I did not recognize them either, for I was caught up in my struggle for security in worldliness.

Then the Christ within called me in Thy Name and I awakened to my folly and saw my craving for security was an illusion.

I became again as Thou didst create me like unto Thy Nature and my struggle ceased for I knew my self to “Be”—Thy image and likeness.

Then I saw myself in all my brothers and sisters here, and recognised those who came after me.

And now I have found Joy and peace in the Eternal security of Thy Creativeness that Thou gavest to me from the very beginning, O Glorious Eternal Father-Mother-of-Mine.

Lecture 10 (7th April 1953)

HE WHO CLINGS TO AUTHORITY IS EVER IN DOUBT*

“What a fathomless wealth lies in the Wisdom and Knowledge of God. How inscrutable His judgements! How mysterious His methods! All comes from Him, all lives by Him, all ends in Him. Glory to Him for ever, Amen!” Romans 11: 33-36 (Moffatt)

Is it not so that the great majority, even those who profess Christ, have closed the avenue to the Christ Love, Wisdom and Power? In our conferences is it not so that those who partake in them are filled with the ideals of separatism in religion, in nationality, in tradition and the like with the idea of getting as much as they can for themselves which all leads to enmity and conflict?

To have peace in the home as well as in the conference room, all must dwell in the Consciousness of that oneness with all. There are some who believe *that* this oneness is obtained by living in sackcloth and ashes, that they must live on the smell of an oily rag or that they must sit on a hilltop to concentrate and dream dreams.

You see, it is impossible to live in isolation. And to know Reality you must have relationship. And you must have true relationship and in your relationship then you understand yourselves. But if you separate yourselves, live in some faraway place, and think by doing so you are going to obtain the ultimate, you are making a great mistake. What you are concentrating on is probably an idea only, an idea or an image or a belief. The belief that you may become something by concentrating on an image of a Master or whatever the case maybe. That never brings you anywhere at all, you only hypnotize yourselves.

What is really necessary is the discernment of the thoughts and emotions and motives so that the mind can be cleansed, then you have true relationship. You have a Oneness and in that Oneness, that Reality, then gives expression to Itself because It is Love and Wisdom.

There is an Intelligence that built the body. An Intelligence that is working through the whole of the Universe. An Intelligence working through the mineral, the vegetable, the animal and the human being, the Angelic Life and greater beyond, that we can hardly realize, therefore It is the same Intelligence. Now this is the Intelligence that can manifest through man too. It created the brain and the nervous system through which this Intelligence can manifest.

But what happens to man? He thinks himself separate from his neighbour and consequently he creates a self, a separate self. That separate self is the illusion. And not until some time as we get rid of the separate self can we find that which is the same Self in every other self. That is the great Truth that Jesus saw completely, when he realized that he and the Father were One. Then he told his disciples, "I am in you and you are in me and we are in the Father." They all were One. He tried to show them in words something of the Oneness of everything. And yet even the disciples could not understand. Why? Because when you read in words, Jesus tried to give them the impression of this Oneness. And I am sure that he often tried to show them the Self. Because he said these words, "he who seeks to retain his life will lose it and he who gives up his life will retain It. Meaning to say, that you must lose the self, that life of the self, then you will lose that life but you will retain your Life, you will retain the Life that is Eternal.

And although we do not see it in words in the Bible, I am sure, that he did try to show them how to eliminate all from the mind, that which is preventing the expression of Reality. Because there is other way. It is impossible to have found another way. How can you then be free from the self and all its accumulations, unless you understand what those accumulations are and how they come about? How can you free yourselves then if you have accumulations, even if you say, the Father and I are one, yet your mind is filled up with those accumulations; your memories, your hates, your desires, your hopes and all these things which are of the mind?

The Intelligence in a life has no hopes, has no memories, has no experience, it is expressing Itself entirely now, It's Intelligence. And it is when we give up these accumulations we find this Intelligence expressing Itself in its Wholeness and Completeness. I have found that to be true. I have tried all the other methods.

Before I went to Tibet, I am sure I tried very much to find Reality. In fact, I used to go way up into the mountains and the hills everywhere and I knew there was something but I could never find it. I could concentrate and dream dreams and think of the Master and do all those things but I still retained the self with all its stupidity, with all its cravings and all the things that belonged to the self. And yet I could not get rid of them, even if I tried to, I could not get rid of them because they always sprung up again and again. I tried to suppress them, and there, the suppression of them only created further experiences and further troubles and further accumulations. So therefore I was baulked again. And not until I came to the true nature of the self, showing the self what it was and understand it, that it began to dissolve away into nothingness. And when that had cleared away it disappeared.

A matter of fact, I was among some friends on Sunday night and I said, "bugger it." So everyone said, "Doctor, don't lose your temper." I said, "no, I didn't lose my temper, I just said 'bugger' to save myself, you understand." So you see, for some people they think that they are religious and that the word is going to destroy them but when they saw the whole nature of the thing, that a person was free from the injury of anything. You see they were caught-up in the whole story and I could see how they were caught-up. They were all shaken by the fact that I would say such a word as that. "I can say worse than that," I said, "don't you agree with that?"

And you have often said it too, under your breath but you never let it out, you are probably afraid of doing so, therefore you are caught-up in it. But you see the wonderful thing that freedom gives you. It gives you freedom, it gives you that freedom, that Completeness, Life Itself. It is magnificent and I tell you, you will find how wonderful it is too.

The real knower's do not isolate themselves from their fellows but become *one* with them, for there is no such thing as isolation in Reality. The

Real knower's are active builders, receiving; and giving, giving and receiving.

Happiness can only come from knowing the self, so that the self can be transcended. I am sure that Jesus knew this when he said, "He who seeks to retain his life will lose it but he who gives up his life for my sake will retain it." He saw clearly the ways of the self, that the self was caught-up in the illusion of disease, craving, enmity, separation, which prevented true happiness which *alone came from and when the self had given up that life*. Then we would have the life of the true self which is everlasting.¹

And unless we can see that Self that is in every other self we will never find true happiness because you will always be separated from each other. And it is in this environment when the whole thing comes right, an environment.

Now, it is an extraordinary thing, some person said to me on Monday afternoon when I left this place I was at. Well he said, "there has never been such a happy feeling in the family, until you came down here." Now, I did not know there was a happy feeling only I was happy myself. So you see the whole story was happiness. Happiness was freedom. Therefore if you are free you are happy, aren't you? But if you are not free, you are not happy are you? Because you are caught-up somewhere.

Now, if you know where you are caught-up you can eliminate this conditioning through which you are caught-up, therefore you have freedom. In that freedom is happiness.

But if you are not free you will not be happy. You will be wondering about this and that, what you are going to say and wonder will this help this person or help that person. Is this person religious, do you think I should say this and I should say that. Do not you see that you are caught-up in the self. The self is the trouble. Get rid of that self and have this freedom. Because that Self is your self

When the true self is manifest we know that there is no separation, therefore we become joint heirs to all that is God's because we cannot be apart from Him except in our ignorance.

Pure thought is freedom, but pure thought only comes when we have seen clearly what is preventing it. Our creative power exists in the unlimited

state of our Divine Consciousness. Every thought is limited by the concept it is sent forth to embody. No matter how great that concept may be it is still a limitation. We must become aware of “Being” which is Ever-present and beyond mental concepts to be truly creative.

So you see, what you have, is it not in your mind at this present moment a concept of your reality. If it is only a concept of your reality you have no Reality at all, you have created an idea in your mind of reality. But that is not Reality.

Now think in your own minds and clear your mind of these concepts. And then when these concepts are cleared away, there is an awareness that is beyond mind, something that the mind cannot fathom. Something that the mind does not know because what is known is not the Unknown. And the Unknown alone is Creative, the known is not creative. Yet what a fathomless wealth lies in the Wisdom and Knowledge of God.

And it is beyond that we find this fathomless Wisdom, fathomless Knowledge, fathomless wealth that lies in the Wisdom of God.

Now, if God is Infinite in nature, which He must be, we cannot be separated from Him, it is an utter impossibility. Therefore if He is Infinite in nature there can only be one Substance, One Mind—there cannot be two. If He is Infinite in nature then there could only be Creator—there cannot be two. Therefore the Creator is the Creator, and His Creation must be One with Himself, it cannot be separate from Him.

And because He is Infinite in nature, we see clearly then, that He is the Creator and His Creation are One and I am that Creation and He is the Creator within me. You are the same. When I look at you then, I know that the Father created you just as He created me, so I have the same Father. Your Father and my Father is the same. Jesus said to his disciples very clearly, “call no man on earth your father for one is your Father Who is in heaven.

Pure thought is freedom, but pure thought only comes when we have cleared what is preventing it. Our creative power exists in the unlimited state of our Divine Consciousness.

The mind that dwells upon a wider conception based upon an enlarged conception of the truth will produce corresponding results, but even this

you will come to realize is also a limitation. *Because the individual is only giving expression to his own idea and conception of the truth. Some great writers and some great truth writers, and you will read their books and you will see many of these things of which they say are utterly untrue. They stopped halfway, they finish but it is not Truth.*

I remember when I was in Los Angeles, in America, I listened to a great speaker there, he has written several books. So I went this Sunday morning to listen to him talking and he got to a certain distance, he could not get any further. Went back again and back again and I was trying to urge him in my own mind, 'oh my God can't you get through that point. Freedom, get through that particular thing. These ideas and images you are creating, can't you get above them.' No, he could not. He still retained that particular way, down.

And it was only when I spoke to him later on and I said, "well I enjoyed your talk very much but I was dissatisfied."

He said, "why?"

"Well, all you dealt with was concepts and ideas and beliefs. You were giving the people ideas and beliefs and concepts of a truth that you know nothing at all about. Very nice language and beautifully spoken and perfectly put together and all that and it was nice to listen to. The ordinary person would take it nicely but for me it was nothing. Because I knew that your concepts were all of the mind and were not true. They were mental creations and they were not Truth, they were not Reality."

So he started to think and then he said, "I begin to see your point."

I said, "no, you will never see my point. The only way you can see my point is this; you must cleanse your mind of all your images, all your beliefs, all your concepts and then you will know that which is beyond because that Itself will reveal Itself. But it can never reveal Itself while your mind is accumulations of ideas and concepts."

And it is the same for you, exactly the same, there is no difference between you and him. And although he was one of the best speakers in the United States, he still was behind that thing. He was still limited and caught-up in his concepts which was a limitation.

So, therefore the mind that dwells upon a wider conception based upon an enlarged conception of the truth will produce corresponding results, but even this he will come to realize is also a limitation. This is self-evident for when we enter into the highest riches through our realization of our oneness with God and man, we go beyond limitation into that which is in Itself Eternal and Ever-present and the only Reality.

And you cannot reach that through a conception or an idea because you will still remain in your idea.

Are we not the creators of our own images and concepts *and* thereby held bound in them? This is limitation! But if you realize that you and your concepts or images are one, while knowing the true self to BE, there is no such limitation for Life which creates is beyond mind. What is in the mind is created and can be discerned, but that which is not created is beyond mind and cannot be discerned. This is the only Reality.

The known can never be the Reality. The known can never be the Unknown and what is known is not Reality. What is known is in the mind. What is Unknown is beyond the mind.

You do not know what your consciousness is, you only know the idea you create.

If we try to find ourselves in the concept we create we will find it an impossibility, because we are only creating a concept of ourselves in the mind. Yet there is the you—the consciousness that creates the image, this is the paradoxical truth that eludes those who live in beliefs and images. The consciousness must become aware of the image otherwise it could not exist, yet the consciousness must become aware of Itself and the image as one then that which is creative will reveal Itself to be Eternal and Ever-present.

If I know myself and I know my creations, I am no longer afraid of them nor fear them.

But all your creations you think they are external to yourselves therefore you look upon them as something external to yourselves and you are afraid of them. Freedom only comes when you know that you and your creation are one. When you and the idea and the image you create or the fear you create are one, that you are not separate. And when you know that you are the creator of it therefore it falls away, it dissolves away. And what happens

then when it dissolves away, what is there? The Consciousness, of course, which is Unknowable. That is the great and wonderful Truth, the Consciousness that is Unknowable when all thinking has ceased, then there is peace.

No thought must pass through the mind. The mind must at complete and perfect peace. There must be no ripple upon the surface of the mind. There must be complete calm and in that calmness Reality is realized.

We do not create the Creator, that which is beyond mind, we do not create Truth, It already Is, Truth Eternal and Ever-present. We only create a concept of the truth in our minds. I am the Truth! *I do not* create my Real Self. I *could* only create the illusion, the outer self. When you can see this then you will give up making concepts of Truth. Truth is not an idea or an image. God is, therefore I am. Again I am caught up in words, while trying to make you see the illusion. I only know that I am, but I do not know what “I am,” I only know I AM.²

Therefore I know I am that I am, but I do not know what I am and you do not know what you are either, you only know that you are. If you are content with that discern then all your concepts and ideas, then there is the revealing of something that is tremendous, Wholeness and Completeness. The whole Universe, the great Oneness and Wholeness expressing Itself through you. There is a feeling of tremendous force. You cannot understand It but you know that It is giving expression to Itself, the mind at peace.

Just as we cannot see the electricity behind the light, nether can we see the Life behind the personality, this is the highest teaching of the Master himself. No one has ever seen God, but you have seen the Son of God and he who sees me sees the Father. These are Jesus’ words put in another setting to make plain his true meaning of, “he who receives me receives Him who sent me.”

He was never in anyway separated from the Father. He was completely in that union. Not a union which he has to make, a mental union, which you try to make, a mental union with the Father but that is a separation. You try to identify yourself with God such as a separation. How can you identify yourself with God? If you do you make God separate to you.

You identify yourself with your own images and beliefs, that is where your trouble is. But God IS. He is the Living Expression Himself. And when you say, you identify yourself with God, you make God a relative god somewhere else. That you have the audacity to say, "I identify myself with God." What a lot of rubbish! Don't you see, that it is all in your mind, it is nothing more than but an image an idea of truth.

When the mind is in perfect repose, when all that is made up in the mind is discerned, in this state the Real is known to "Be"—your Real Self, not the self that is made up in the mind —the illusion of the Real. We are told that God is this and that, so we make up an image in our minds of what He is like. Is this not the teaching of the present day? Therefore beware of those who tell you they know, for they do not know.

When we find the source of our Being we can become aware of the thought going forth to accomplish *that* it is sent forth to do. Wishful thinking is then done away with. It has no place in the Master's mind. Is it not so that most of us wish, yet all the time we think it impossible? Is this not the height of contradiction?

But that is not the Master; the Master does not wish. The Master never says, "I wish this." You never saw one word when he mentioned I wished this or wished that. His thought was the direct expression of his Completeness of the Father that was working within him and through him. That is why his word did not return unto him void but accomplished that which he sent it forth to do. He never doubted anything. That was fear because you are living in your mind, without.

His word was Creative. His word was the force of his Creative Power and that was God Himself. So the Christ is God and God is Christ. Jesus revealed this Christ but no one could understand. And who could understand today? You are just a handful of understanding people. Go to the masses and see how they understand. No wonder Jesus had only twelve disciples

Spirit has no opposition. Mind is the substance that is transformed into form and there is no opposition to its transformation. Search in your own minds and see how you create and you will see how you live in opposites. If you know this you can create what you think because you and your thought are one, providing you follow the Law upon which it operates. When the

thought accomplishes what it is sent forth to do it is no longer needed, yet you [who] create the thought *and* still remain eternally to create, *and* this is true creativeness.

You create, but that creativeness does not cease with the thought that goes forth. The creativeness still remains in you and that is the Eternal. That Is the Eternal. That Is has always been the Eternal. Jesus did it every moment of his life. He was Creative everywhere but he did not lose his Creativeness. He did not praise himself that he did anything. But a lot of people do. They say, "you know, see what I have manifested, I wanted something you know and I manifested it and look what I have done." And when they cannot do it how they are frustrated and how difficult it is for them to live up to their manifestations again. That is ignorance.

All is Spirit, for nothing can come from any other source. But a mind that is full of fear produces what it fears. Therefore you create your own conditions, then you react to *these* conditions and create the vicious circle. This is the manner of your thinking daily, is it not?

But all is Spirit for nothing can come from any other source. But the mind that is full of fear produces what it fears. Therefore you create your own conditions. Then you react to those conditions and create the vicious circle. This is the manner of your thinking daily. Now just examine your own minds and see if that is not true.

Your troubles are paramount and you fill your mind with the images you make up in regard to them. You create images of ill-health, unhappiness, limitation, lack, fears, your past influences, the future when all the time you should be living in the Living Presence, that is alone creative and is your home. Understanding releases Life, ignorance is frustration and death.

So are you not always living in these fears, these limitations and these lacks, these past influences, your fears, your hates, your envies, your beliefs in the future and so forth? And what about the Living Presence? What about the only thing that is created? The Living Presence, The Eternal.

Thought is Spirit's *mode of action*, mode of motion and is governed by law. Its greatest vitality is given by Love, for this is the fruit of the Spiritual I. Release the "I," the real you, from all your own conditioning through understanding your conditioning. Then "I am" will be the Divine Spiritual Creative Power that has no opposition.

I am. I am that I am. That is the great wonderful Truth that the prophets saw. And so did Paul also see the same thing. And so did Moses see the same thing as he wrote what he saw. He saw the burning bush. The bush was burning yet it was not consumed in the fire. And out of the bush spoke the words "I AM" "I am the Lord Thy God and the I am shall be my name for all time, go and tell my people." The bush of course was the body. The Life was the fire that did not consume the body. But the Life Itself spoke, was the only thing It could speak and say, "I AM." That was the name of God and was the name in man, "I am." That is the name of God. And the word of Truth is in the lips of every individual, every day, yet he does not recognise It.

So I say, "I am," you say, "I am," everyone says, "I am." Therefore there is but one God, "I am that I am."

Feeling is necessary, for thought has *no* power without feeling.³ You feel my feeling while you listen to words. If I skimmed over my words without feeling what they meant it would be like listening to a gramophone, would it not? Behind the thought there must be feeling, this is the power that gives my words form. You must have the awareness that brings out feeling into your thought and action then you will know what creativeness means. It means expressing the Truth of "Being." "Being" is feeling beyond thought, for thought is the product not the creator. Thought is the product of Its Creator. I cannot create for you, you must create for yourselves.

From all over the world, when I am receiving letters about the new book. It is seem to taken a fire in every country, we receive letters every day from people who have read it. And I have a letter here to read to you, it came from, Clifford House, Yuppery road, Sherwood Rise, Nottingham:

"Dear Dr. MacDonald-Bayne. I received your Monthly Letter, announcing 'Divine Healing of Mind and Body.' As it happens I had already purchased several copies and shall buy more, to distribute to my friends. I have read many books on religion and philosophy and I want to say, that this book is truly the greatest I have yet read. Your first book 'The Higher Power' had a profound wonderful effect on me and lifted me into a higher consciousness. But this your latest book must be the best yet given to man. I used to think that the 'Aquarian Gospel,'⁴ one the greatest books

but it is not to be compared with Divine Healing of Mind and Body.” His name is Alexander Bach.

So we have hundreds of these letters coming in recently from all over the world and I am very pleased to see what this book is doing. It is helping thousands of people everywhere. These books have been sold all round the world.

The mind will produce what the thought engenders. The mind is prone to habit, therefore the habitual creative thought will mould the mind. Those who fail have established the habit of weak and wishful thinking, which is ineffectual and contradictory. This is the ego at work, the mind is continuously engaged in the activities of the ego with its identifications. If you pursue this activity further you will find the deep-seated self-interest of the ego.

It is the ego that identifies itself with all these things. And it is necessary that you should see and understand what these things are. The self must be discerned and understood so that you can get rid of it.

The mind is continually taken up with the needs of daily life, your role in society and so on, all of which build up a structure of the ego. When we are aware whether or not we desire to nourish the ego or not we will know our intentions and according to our intentions we will act. These intentions are mostly hidden under a layer of psychological conditioning which requires deep discernment.

And it takes a little time before you get deep, that discernment must be always present. No use looking into the past for it. No use looking into your mind and seeing what is the cause of this and what is the cause of that, you are wasting your time.

Discernment is now, at this very moment, how you are thinking and how you are acting. What your emotions, what thoughts, what your feelings are. That is discernment now. And all that is in the past will rise to the surface and can be dealt with without difficulty. But if you cannot discern what is happening now and understand your thoughts now, how the devil can you understand the things that are past. It is impossible. A lot of rubbish and nonsense.

Unfortunately, the western world is not so enlightened as the eastern world on the great mental structure of man. Psychology is an infantile thing to the western world. And they have taken one dark little portion of the mind and they have tried to explain the totality of mind from that little dark portion which they know very little about.

We know how the ego-self is built up and strengthened through opposites, through the pleasure and pain principle, through memory, through identification and so on, this process is the cause of conflict and sorrow. The question then is do we earnestly seek to put an end to the cause of sorrow?

Ask yourself that question?

The cause of wishful wishy-washy thinking is that we are caught up in craving to be something through name, family, achievement, through the identification of the me and the mine, this nourishes the ego-self with the result that we create strife, confusion, antagonisms, ever-spreading ever-engulfing. How are we ever to transcend strife and sorrow? Is this not what you are trying to do? If it is must we not find the answer?

If we are nourishing the ego then let us understand it. Our social system is based on aggrandisement of the self, is it not? In this process there is ever conflict, sorrow and antagonism, no matter in what degree, it is there. *No matter in what degree from the very lowest to the very highest and the higher you get, the worse it is.* Now, we can discover Truth only when we do not depend upon another for the Truth, no specialist can give you the right answer, for each one has to find the right answer for him/herself.

The answer is within you and not outside. I wish I could give it to you, like taking this drink of water, it would give me great pleasure.

But when you talk to people, if you are aware, if you can discern your own thoughts and you talk to people and you hear them talking, you can see how conditioned they are. They are conditioned by their talk, their very words give themselves away.

Expansion of the ego-self is the cause of misery because the state of mind is one of becoming. So we must discern the habitual ways of the ego-self before liberation comes. *What is the habit of the ego? What is the habit of your ego? If you discern the habit of your ego, you can get rid of the*

habit. But you cannot get rid of the habit if you only try and suppress the habit. It is the knowledge of the hindrance that is the liberating factor and not the attempt to be free from the hindrance. You want to be free all the time from the hindrance. And you pray to be free from the hindrance. And you pray to some God somewhere to be free from the hindrance. Does that free you from the hindrance? You believe that it does but it does not. But if you have an understanding of the hindrance and what the hindrance is then that is the liberating factor. For it is Truth alone that liberates thought from its own enclosing process.

Doubt always arises when we follow another. We accept what another says, then we doubt. Why should doubt ever arise at all?

When we follow another's authority, another's experiences, is this not a search for an authority? We blame and criticize the once accepted authority, the leader, the teacher. But we never examine our own craving for an authority who can direct our conduct. Once we understand this craving we shall comprehend the cause of doubt.

Once you understand what doubt is and how doubt is brought about, then doubt will disappear. So always doubt comes from a authority of another, the belief of another. And I tell you to doubt the belief of another so that you will be able to realize what is true and what is not true.

But to doubt Reality or doubt that which is Real in Itself comes from when you doubt the authority of another or which you crave for an authority and when you have an authority then you have doubt because you cannot have freedom. Freedom alone eliminates doubt and freedom comes when you understand yourself.

The deep-rooted tendency in human nature is to seek direction, to accept authority. This urge arises from our own uncertainty from our own incapacity to know what is true at all times. We want another to chart our sea for us, the sea of self-knowledge. We desire to be secure, we desire a safe refuge, so we follow *another* who will direct us.

So that is very foolish because there is no such thing as a safe refuge. That is but an idea an illusion

Uncertainty and fear always seek guidance and compel obedience and worship of authority. But through obedience or worship freedom cannot be

known. Freedom comes through understanding, not through acceptance of authority, nor through imitation.

He who clings to authority, the past, to memory, is ever in conflict and doubt therefore beware of the one who says he knows and asks you to follow. Only when the ego-self is understood with all its cravings for self-expression can there be the bliss of the Real, the Omnipotent, Omniscient and Omnipresent, *can* be experienced. There is no other authority, It can be found only when the ego-self dies to itself, when the ego-self is transcended.

“ ... But when the perfect comes the imperfect will be superseded.” 1 Cor. 13: 10.

BENEDICTION

O Mighty One, Thou alone existed in the very beginning of Time that fades into the Timeless.

It was Thy word alone that created the earth and the heavens and all that exist therein.

Without Thee no existence came into being, Thy Life made manifest in man.

This is the Light that shone from the beginning of Time and remains in the Timeless.

Thy Light alone dissolves the darkness and superstition in man's mind.

The darkness and ignorance of man's mind dimmed *the* Light within himself.

Then Thy Light appeared in Thy son Jesus, the Light that enlightens every man who comes into the world of darkness.

Those who saw the Light knew that they were Thy children, Thy offspring.

And now we know we owe our birth to Thee, O Holy One and not to human blood nor to any impulse of the flesh of men, O Eternal Beloved Father of Mine.

That is the last lesson for this series and the beginning of the new series takes place next Tuesday. And the next series I promise you will be better than this series. Isn't every series better than the before it? I am sure it is because you are beginning to understand more and more.

Well that is exactly what I feel the next series will be even greater than this one. Haven't written it yet you know and I don't even know what I am going to say to you. But I am telling you it is going to be better.

Now we will enter into the Sanctuary of the Silent Healing Power.....

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 7th April 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. In the Lecture Notes, the sentence reads: [*He saw clearly the ways of the self, that the self was caught-up in the illusion of disease, craving, enmity, separation, which prevented true happiness which only came when the life of the self was given up. Then we would have the life of the true self which is everlasting.*]
2. In the Lecture Notes the paragraph reads: [*We do not create the Creator, that which is beyond mind, we do not create Truth, It already Is, Truth Eternal and Ever-present. We only create a concept of the truth in our minds. I am the Truth! Do I create my Real Self? I can only create the illusion, the outer self. When you can see this then you will give up making concepts of Truth. Truth is not an idea or an image. God is, therefore I am. Again I am caught up in words, while trying to make you see the illusion. I only know that I am, but I do not know what "I am," I only know I AM.*]
3. In the Lecture Notes the sentence reads: [*Feeling is necessary, for no thought has power without feeling.*]
4. *The Aquarian Gospel of Jesus the Christ*. Full title: *The Aquarian Age Gospel of Jesus, the Christ of the Piscean Age*. First published in 1908. A book written by Levi H. Dowling (1844-1911). An American preacher. He claimed it was a true story, transcribed from the Akashic Records, of the life of Jesus, including "the 'lost' eighteen years silent in the New Testament."

Lecture 1 (14th April 1953)

THY WILL NOT MINE

John 3: 8 “The wind blows where it wills, *you can hear its sound, but you never know where it has come from or where it goes; it is the same with everyone who is born of the Spirit” (Moffatt Translation)

No one has ever seen Life. No one knows what Life is, we only know that it IS. You only know that you are alive. If you try to explain Life, you are only wasting your time. You are going away from Life, you are making an idea in your mind about Life, when Life Itself is the only Living thing there is and I am the Life.

You cannot discern your own consciousness. You can only discern your thoughts. When you want to idolize your consciousness you will see that you are only analyzing something that is external to your consciousness, therefore it is relative. Therefore you cannot analyze that which is Unknowable. And the Unknowable, the Uncreated is the only Creator. The Unknowable is Creative. That which is created is not creative. Therefore only in the Uncreated can you realize the Truth. The Truth that really Is expressing Itself now.

Therefore as you do not know what it is, when you create an idea in your mind, you are trying to force Life Itself into a groove of your own making. But Life does not form any grooves nor does it go into any particular pattern that you want it to go, therefore you lose the greatness and the great vitality of Life Itself that is expressing Itself now.

To know that Life is Complete in Itself because It must be. There can be nothing outside Life. Everything must be within Life and Life must be within everything because Life is God and God is Life. Because God is Infinite in nature and to be Infinite there can be nothing outside Him. And He must be

everywhere otherwise there would be somewhere where He is not therefore He could not be Infinite in nature.

But science has proved to us the great wonderful Truth, even the basis of matter which we call the ether of space, is everywhere in the Universe. It not only is the basis of matter and the framework in which matter is built but it is also the means through which the vibrations of sound and light are carried throughout the whole of the world and beyond.

The light of the stars, even the influence of the stars that are millions of miles away from us, it is the ether that carries these vibrations of light when we see a little star in the sky. A little light in the sky because it is the ether that is being magnetized, it is magnetized by these particular waves, electro-magnetic waves, which magnetize the ether and travel at a tremendous speed of 186,000 miles per second.

We have not yet understood the great electro-magnetic activity that takes place throughout the whole Universe. Because everything that is created is electro-magnetic. Your bodies are electro-magnetic. The atomic structure of all substance is electro-magnetic.

The vibrations that go out from a broadcasting station, where you can hear the broadcast at every part of the world at the same time, not only on the surface of the earth but into the bowels of the earth and away into the stratosphere at the same time. The reason is because the ether is magnetized and that magnetization travels at the rate of 186,000 miles per second. Because ether interpenetrates all substances. It interpenetrates down into the bowels of the earth right into through the stratosphere, right away to the planets, right as far as the eye can see.

Here then is the basis of all substance which we know as our bodies and matter and carrying vibrations of light and sound, not only does that happen to light and sound but carries vibrations of your own thoughts. The vibrations of your own thoughts are carried through the ether waves and even interpenetrating right through the core of the atoms of your body, transforms them. That is why fear, anxiety and all these things cause havoc throughout the whole of your organism.

While discerning of what you have made-up in your minds and how you are reacting to conditions of what you are doing. And as you see what you are doing these things pass away and dissolve into nothingness. And that

which is perfect in Itself, that created the ether of space, so out of which It created all forms but within the individual is that Unknown, Uncreated, which is Creative in Itself and that is the secret of the Christ. The Christ Power in man.

There is only one Christ Power no matter what name you like to give it. No matter what particular religion a person belongs to, there is only the one Power, the one Life and that Life in man is the Life of God, individualised in man, not separate and distinct from God but individualised in man is the Christ of God that is born in every babe that comes into the world. That is the Word that was in the beginning. That was the Word that was with God and that very Word was God, and that Word became flesh.

When we understand then that this Word is immortal and remains immortal while the body is a temporary housing, that Unknowable behind all Creation, remains forever Eternal—the Consciousness of the Christ in man.

That is then the experience of the individual who can discern his own thoughts and feelings. And who does not create in his own mind some idea or image or follow a particular belief made up with someone else but discerns for himself what is hindering the expression of this mighty Power, the Unknowable perfect thing. And that because It Is, that It has not to Be, because It Is. You do not create It. You do not become It. It is NOW. And when you cease trying to become and Realize your own Being now, discerning that which is hindering the expression of that which in Itself is now Eternal and Ever-present. Then I say, be ye perfect as your Father in heaven is Perfect becomes a Reality in you.

Now, during the holidays I took a look at some books on Truth, I wanted to see what the writers had to say. Everyone of them tried to explain the Truth and each had a different idea.

It is very amusing when you read those books, everybody trying to tell what the truth is according to their experiences. And they prove God because of their own demonstrations. It is so foolish and so stupid, when you really know the Truth you will always feel like putting the book down but nevertheless it is good to see what these people have to say.

One said that his purpose was to reach God, *that God is something away outside himself*, all the time he was really going away from God into a maze of ideas which he formulated in his own mind. So in the end he tried to explain what God was from his own experiences, *through his own demonstration*.

That he proved God because of his demonstration. A demonstration is only the desire of an individual expressing his own thoughts and it is not proving God in one thing whatsoever.

In fact, desire takes you away from the Living Expression of God. Because God does not require any desire, He is Complete in Himself. And with you, one with the Father, you are Complete also. What is Mine is thine what is thine is Mine. The Master in his few words, he showed the totality of the Spirit of God in himself was not only resident in himself but in every soul.

After all, most of us are seeking a way of Life, a way of conduct. So we either look to others, to the past, or we try to find a mode of behaviour through our own experiences. But are not our experiences conditioned by the past? Therefore our pattern is conditioned by the past!

The past is in the mind. The past is an experience of the mind. But Reality is not the past. Reality is not an experience. Reality is the Living thing that you see now before you. You do not see the Real Life but you see the expression of Life. And when Jesus said, "when you have seen me, you have seen the Father," he gave the Truth.

So we see the past is a memory. And if the Ever-present is conditioned by the past, how can your mind be a vehicle to express that which is in Itself Complete.

You identify yourself with your memories, you identify yourself with the past, you identify yourself with your experiences. You identify yourself with your hopes, your desires. You identify yourself because you condemn this, you condemn that. You can identify yourself with your fears and all that. But don't you see that these things are made up in your mind. And Reality has got nothing at all to do with them in anyway whatsoever.

Reality is a Living Expression of Life, of the Eternal—NOW. And if you cleanse your minds completely, and see what the past, that the future is in

your mind, is not a Reality. It is not the Ever-Living Presence. The Ever-Living Presence is always present. The past is a memory, the future is a hope, you build these things in your mind. But Reality in Itself is Ever-Present, free, freedom. And only in freedom; from the mind, from the past, from your images, from your ideas, from your experiences can this, which is Eternal and Ever-present, be experienced in yourselves.

One time in the Silence you will probably experience, that tremendous wonderful Realization of this that is Eternal. You will not know what it is but this moment in the Ever-present, in that Silence of your mind, you will feel that tremendous Ever-present Eternal Livingness. When the mind is quiet, when there is no movement whatsoever in the mind, in that Silence then is this experience. That moment, that flash of a moment—God. You try to recapture It. It's a memory now. You try to recapture this, you try to live it over again, foolish! That experience becomes a memory. Are trying to repeat the memory? That Ever-present is Ever-present. And at other times you can hear It and you will know It again and again and again! And then It will become a Living Presence in you. Then there is no need to try and recapture those moments but Live them Eternally, NOW.

No matter how great our experiences are, they are conditioned by the past and any new experience must only strengthen the past. If we look to another or to the past are we not forcing the extraordinary vitality of Life into a mould, a particular shape, and thereby lose the richness of Life Itself?

[So] we must find out clearly what we mean by a purpose. If my purpose is to reach God I must know God, I must have the measure and depth of God, but this is impossible.

If my mind is caught up in my experiences of the past or what I have heard from others can I find Reality by this means? Can I know what Reality is when all I have is an idea, a belief, an experience, a memory which I call Reality? [I think not.]

Is your memory a Reality? Is your experience a Reality? Experience is something of the past. To continually experience Reality, you must lose the past and the experience of the past will dissolve into the past and be forgotten. While that which is Ever-present will always be expressing Itself—that is the Eternal Christ in you.

If I could only hand it to you on a plate but that is impossible because you have to find it out yourself. The Truth that I have would be of no value to you because you would be just imitating something that I have, therefore you would be trying to experience something that I have. But that is not the way. You have to experience this yourself. And therefore you have to discern what is false. And you will discern these things that are false. And once you discern that which is false, the false will fall away. Your beliefs are built upon some idea of another individual—is your belief Reality?

If I could cleanse your minds, clear your mind of everything, so it would be clear. Jesus said these words, so wonderful and so true, “unless ye accept the Kingdom of God as a little child you shall not enter therein.” A little child has no beliefs, has no ideas, neither experiences in the past and the future are not in his mind. Therefore as Jesus was given to you, the great Truth, example of a little child, that was free from these things, and unless ye accept the Kingdom of God as a little child ye shall not enter therein. Because your minds will be preventing you from doing so.

Look at the world today. Is the world seeking the Truth? Of course it's not. They are only seeking their ways out of their difficulties that they created themselves. And the more confusion you have the more leaders you have. When you are not confused you don't need a leader. It is when you are confused that you want a leader to put you right. But your leaders are very often more confused than yourselves. So as Jesus said, “the blind lead the blind and they all fall into the ditch.”

If Reality is Unknown. How can the mind that is caught up find Reality? If my mind is clouded and burdened with the known it can only measure according to its own conditioning, its own limitation, and therefore can never know the Unknown.

What I know is relative. Therefore if I try what I know to express that which is Unknown, I can never do so because I will be expressing that which is Unknown according to my own limitations. But the Unknown has no limitations. Therefore if I clear my mind of the things and the beliefs and the ideas and images, then that which is Real will express Itself.

Look at the many religions in the world today where people are murdering one another because of their religion. Is it not the cause of their belief, the idea of their religion, that they are murdering one another? Let

us take away then from their minds all the images and ideas and belief in their religion, and discern what is false and the false will pass away and dissolve into nothingness. And that which is Real in Itself which is Love and Wisdom will manifest in every human soul.

So it is not to overcome our difficulties that we require an understanding but an understanding to obtain the Truth of the Living, one Living God, that Lives in every human soul.

I can never reach the Unknown if my mind is conditioned through an idea of what Reality is. My Reality will still conform to my idea. But Reality does not conform to any **idea or belief**. If I free my mind from the past, from ideas and beliefs and desires that condition it, through discerning clearly that the purpose I had was measured according to the dictates of my own conditioning, then discernment will lead to freedom and [in] freedom alone is Reality.

I will see then that I must free my mind from ideas, from the illusions of a different denomination and belief. I must free my mind entirely from these beliefs, from tradition, from the experiences of others, what other people have to say or has to say. I must free myself completely because there is no other authority except that which is Living within myself.

There is no authority external to yourself. Never will and cannot be. The only authority is the Christ that dwells, Is the Living Expression of God Himself, which is Love, Wisdom and Power. Which is Omnipresent, Omnipotent and Omniscience. Which is Unknown, which is the Uncreated. And in that Uncreated is the Creativeness in you and me and by it so all things are created. All things, dead things, are not made out of things that are seen but out of that which are unseen.

To find out the purpose of Life the mind must be free of measurement otherwise you can only project your own want. Your desire creates the purpose but that is not the purpose of Life.

Then it is obvious that the first thing to do is to free the mind from its own conditioning. That very freedom itself is the purpose, because **it is only in freedom that one can discover the Truth of anything.**

If your mind is prejudiced, if you have knowledge and you think that knowledge is binding and complete, it binds you. Therefore you are

prejudiced against anything else that comes into your mind. A mind that is expansive, a mind that is pliable is a mind that receives new knowledge. And if not caught-up in the concrete ideas of a belief or which sustains that particular knowledge as a concrete fact. Because old knowledge must always give way to new knowledge.

People said, "they laughed at us when somebody said that we would be flying great ships in the air. They laughed at the man who said that he was going to float an iron ship on the water. They went down to see this iron ship fall into the bottom of the sea but when the ship sailed on the water, they were amazed."

So it is with everything that is new, that has come into the world today, has been decried first, "it is impossible, it cannot be." But surely to goodness, we have had enough lessons already to know that there is hardly anything that is impossible.

We are finding out more and more about the structure of matter. We are finding all about the atom. We are finding how its combinations can be divided and disintegrated. That the energy within can be expressed or changed into something else and in the doing so create havoc and destruction or it can also do the very opposite.

We have not yet touched the fringe of what electricity can do. We have not even touched the fringe of what Life can do. We have not even entered into the small particle of knowledge of what the electro-magnetic power in the Universe can do.

If we had the law in our own hands and how to use it, we could fly to Venus in two or three hours. In the moon we could deliver ourselves there in half an hour. We could travel through the space, it would use this electromagnetic power because we could travel even more than 186,000 miles per second, we could travel at millions of miles per second.

So the first requisite is freedom and not seeking a purpose of Life. So if you are free Life's own purpose will express Itself. But freedom only comes when we can discern what we have made up in our minds, our ideas, our beliefs, our experiences, our memories of the past, our antagonisms, our hates, our jealousies, our greeds, our craving and all the complications we create through our reaction to people and things. If Life is surrounded by all

these, then we will be giving expression to them and not to Reality. *And that is what the people are doing today, is it not?*

They are giving expressions to their hates, their beliefs, their antagonisms, their different ideologies, their nationalities. If they could see that things are false then they would dissolve away and Love and Wisdom which is Eternal and Ever-present would express Itself.

But these things you will see are hindering the expression of that which is Real in Itself. How simple is the Truth. How difficult it is for the individual whose mind is conditioned to give expression to it.

But when we have discerned that which is preventing the expression of Reality we will free ourselves. Then Life's creativeness—Its own self-expression—Love and Wisdom will be our experience.

Therefore it is of no value to enquire into the purpose of Life if we are not capable of understanding ourselves. Only in my relationship with others will I understand my relationship to others, to ideas, to things. How can I go further if I do not understand this?

And with my relationship with others, my association with others, I will begin to understand myself. I will see how I think, what are my emotions, my reactions to people and things. Then I will begin to discern what I am doing, I will see the falseness of these things; I will see the hates, the antagonisms, the jealousies, the envies. I will see all these things. I will know them to be false, created in my own mind, out of what, my craving for something.

Craving for something goes away from Reality. Craving means a lack for the things you have not got. But in Reality, Reality is everything.

Jesus took a fish out of the sea and took the money out of its mouth. He fed the multitudes out of a few loaves and fishes. He walked upon the water. He healed as easily as he breathed. He knew there was no death and became free from the fear of death.*

Why do you want to live? Why do you want to continue if you have life? If you knew that Life was a continuity already, would you want it? You would know It was, isn't it so? But you don't want a continuity of Life, you want a continuity of all the good things you get round here, it isn't that you want a continuity of Life. But if you knew that Life Itself was Eternal and Ever-

present, you would not seek a continuity because you would know that Life is Eternal.

I must understand Life around me [and] in me, otherwise my search becomes merely an escape from everyday action. As most of us do not understand our everyday actions and reactions, Life becomes a drudgery, pain, suffering, anxiety and we pray to God for an escape from it, so what we really want is a drug to put us to sleep so that we do not feel the aches and pains of Life.

But a drug to put you to sleep does not cure you of your aches and pains of Life. It is only by discerning the cause of them. And by discerning them you will find the cause is within ourselves. And when you understand yourself, self-knowledge is the beginning of freedom.

We have an ideal, a pattern which we want to follow. Surely that is only conformity, the mind seeks to be secure in order not to be disturbed, such a mind is dead. **Awareness is Life.**

Awareness is always aware. Aware of your thoughts, your reactions. Aware if you are conditioning yourself and how you are being conditioned. In that awareness you can free yourself. But if you are caught-up in your conditioning how can you free yourself. It is only in your awareness that you can free yourself and not being caught-up in the conditioning because you express that conditioning and not Reality.

So you can say to yourself, "I and the Father are one" a million times, it will be of no value to you. It becomes just an idea you carry, take back, into your own cage, the prison you have made for yourselves.

Real happiness comes with understanding. If I have a true understanding of my relationship with others [and] with things, out of that understanding comes joy. Then Life Itself is a joy, a richness and with that richness one can go further. But without that foundation you cannot build.

Happiness comes easily when there is no friction either in us or about us, and friction ceases only when there is understanding of things in their proper place and *in* their right values.

To know this you must find out the working of your own mind first.¹
But if you do not know your own mind how can you discover the right value of anything? If you do not understand the working of your mind how can

you understand yourself? With this understanding there is confidence. It is the lack of confidence that causes confusion.

The more imitative we are the less confidence we have, for we have made Life into a copybook.

From early childhood we have been told what to do, we follow a tradition, a way [of Life] laid down for us to imitate. Only when you have seen the stupidity of this can you have the confidence to find out for yourself. *So you do not believe and accept when another person tells you. You have to find these things out for yourself. If you accept what another person says you are an imitator. And in imitation you can not free yourself, you are caught-up in your imitation, in your beliefs.* Then you will gain that extraordinary inward certainty to know what is Truth and what is not.

This confidence comes not from knowing what others say, but from knowing your own thoughts and feelings and what is happening in yourself and around you. When we know our own thoughts, feelings, experiences, memories, their truth, their falsehood, their significance, their absurdity, then we can clear up the whole field of confusion which is ourselves. With the end of this confusion comes confidence and freedom and in this freedom is Reality Itself. It is no longer an idea or a formulation of the mind but the Truth Itself freed from all illusions.

God Is, does not have to Be. I create an idea of Him in my mind, what have I got of Him, but an idea. An idea of the Truth is not the Truth. The Living God is now in that moment of Silence; when the mind has dissolved everything away, when thinking ceases, when the mind ceases to be disturbed. When thinking ceases then in that Silence is the Life Intelligence Itself, the Creativeness behind all Creation.

Is it not because we are confused that we want a leader? But can there ever be right leadership? What we should be doing is to help each other to understand the confusion that exists in the mind-heart, with this understanding comes freedom and truth.

A true leader is one that does that very thing. That helps one to understand the confusion that exists in the mind-heart.

It is only when we do not want to understand confusion that we run away from it, and turn to a leader or someone even more confused than

ourselves to lead us. If we are trying to find an answer then we will be caught up in the confusion. Only when we can look at that confusion without trying to find a way out of it can we understand how to clear it up. Then we will be as free as the air. We will love. We will not follow, we will not need any leaders. Then will come a society that will lead to permanent peace, through love and understanding.

We will love and understand and we will understand one another. And Jesus said, "love your neighbour as yourself." And unless we can realize the Truth of that, there can be no permanent peace in the world.

First of all its ideologies. First of all it was nations who were fighting. Now we are really coming to ideologies therefore two particular types of ideologies have come into operation. But during the process of all these large separations between two groups; the east and the west. This number of different groups they are always fighting, separating one another and struggling with one another over their beliefs and their ideas, their religions, their nationalities, their traditions. My God! Where are we all coming to, is it not confusion?

We do not need a way out of confusion, we have to understand the confusion and the confusion will cease, and that which Is will give expression to Itself.

Let us look at the world today, people are not seeking the Truth they are only trying to find a way out of their difficulties and that is the misery of it all. We want leaders to direct us, to pull us along, to force us, to make us conform, which inevitably leads to destruction and greater suffering.

We refuse to see the cause of suffering which is happening before our eyes. So we want a right leader to put us right. Is this not the height of immaturity? For there is no such thing as a right leader! Does not leadership denote a deterioration of society? A leader in society is a destructive element.

And the sooner we know that the better!

The world is on the verge of a catastrophe and is rapidly disintegrating and merely to find another leader—a new President, a new Churchill or a new Stalin, a different god and so on—is utterly useless because, being confused, we can only choose according to the conditioning of our own

minds which are confused. *So we choose according to our confusion, our conditioning. We want a new leader and we choose a leader because we are confused. Cannot you see what I am showing you now. Why it is necessary to cleanse the mind, to see that which is false and that which is Real will take its place.* What we have to do is to clear out our own confusion through understanding it so that confusion may be set aside. When we understand ourselves then we will begin to see clearly.

Without self-knowledge we will be eternally caught up in confusion, therefore it is most important at this time that the individual begins with him/herself and the moment we understand confusion we will be free from it.

And how can we understand ourselves most by our association with others. How do you think, how do you act. Start tomorrow morning when you meet the person or the boy at the door. The person going down the street, the town man, the guard whatever the case maybe, the boss, somebody with a good suit, somebody in rags, a drunkard and so forth. See how you will feel, what you think, how you react to conditions. You will begin to understand yourself.

Now I told you before clearly, that anything is made up within yourselves. What you see, what you hear, you make up in your own minds. What do you receive? You only receive the vibrations of light, vibrations of sound. Those light vibrations pass into the eye through the optic nerves, through the optic thalamus into the optic centre, back into the various other compartments of the brain. And with the memory cells and the means of association you build a picture in your own mind. That is what you see in your neighbour; you will habit yourself, you built it up in yourself, you cannot build it up outside yourself. So what you see in your neighbour is deeply rooted in yourself.

Then the great Truth is to see the falseness of all these things, that are not Real. To see the Reality in Itself that is Life, that is Love, that is Wisdom.

Therefore there is the expression of this Life that is Eternal, all Power. You can change the water into wine, with power the transportation of your own thought by the transforming the very atoms turning one particular thing into another.

Man has not yet grasped one thousand millionth part of the Power that is inherent within him. And he never will know while he is in confusion.

Jesus said, "these things I do even greater things shall you do if you will but understand."

Therefore it is not an escape from confusion we need but the understanding of the cause of confusion which is ourselves.

John 15: 5 and 10, "I am the vine, you are the branches. He who remains in me, as I in him, bears rich fruit (because apart from me you can do nothing.)"

"If you keep my commands, you will remain within my love, just as I have kept my Father's commands and remain within His love."

BENEDICTION

O Eternal one, Thou alone art Life Ever-present everywhere ever expressing Thyself in all Thy creation.

O Mighty One, I searched in vain in the highways and the by-ways and could not find Thee until I dissolved my own creations.

Thou, O Benign One, I felt Thy Presence and knew Thy Love and Wisdom was also mine. Now I know the meaning of the words, "a branch cannot bear fruit unless it abides on the vine," O Divine 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 14th April 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

* The Gospel of Matthew 17:27

1. In the Lecture Notes, the next sentence is missing from the recording. The paragraph would read: [*To know this you must find out the working of your own mind first. For if you do not know your own mind how can you discover the right value of anything? With this understanding there is confidence. It is the lack of confidence that causes confusion.*]

Lecture 2 (21st April 1953)

WHAT WE KNOW IS RELATIVE, THE UNKNOWN IS REALITY

“Make Love your aim, and then set your heart on spiritual gifts.” 1
Cor. 14: 1. (Moffatt Translation)

Are we not continually striving for an intellectual conception of the Truth, so that we can come to a conclusion? If we come to a conclusion we will never understand, for conclusions are a hindrance to understanding.

To reach that which is Real—the uncreated, which alone is creative, we must first put away all knowledge, all conditioned memory, all conclusions. In this alone is there freedom from the conditioning of the past, from beliefs, ideas etc. We can never realize the Timeless through time.

Can the mind ever be free from conditioning, from influence, from imitation? It can only be free from this conditioning through understanding what this conditioning is. Thought, which is a result, cannot understand that which is not a result.

It is because thought cannot understand that we come to conclusions, thus we build a wall around ourselves. If we can understand what knowledge is, what thought is, we will not be bound by it, nor shall we come to conclusions that prevent understanding.

It is comparatively easy to renounce the physical, the things of the world, but it is much more difficult for the intellectual to put away his creations of the mind.

But without the abandonment of these mental creations, can the Real which is beyond and above all creations of the mind, be experienced? Unless we can put away all our speculative thinking about Reality we will never realize Reality. Reality is only experienced when the mind is in perfect repose, when all thinking has ceased to be.

The perfect reflection can only be seen upon the lake when there is perfect calm on the surface, so it is with the mind, the mind must cease to create out of its own accumulations so that that which is uncreated—Love and Wisdom, which alone is creative, will be experienced.

We now see that accumulation and conclusions do not make for wisdom but only sustain the stupid self. A mind weighed down with accumulated formulations is incapable of following the swift movement of Life, is incapable of deep pliable awareness of its own stupidity. But once the awareness of the false comes to such a mind it begins to free itself, and in this freedom there is silence and in this silent tranquillity the Real is.

When we realize what knowledge is we will see that it is imperfect. Paul says, “for our knowledge is imperfect and our prophesying is imperfect, but when the perfect comes the imperfect will pass away.”

If we look into our minds we will see that it is only the relative which we can think about. We can have ideas about Reality, but that is not Reality. In the process of our knowledge we can understand the Relative. In understanding the relative we are able to discern that which is preventing our experiencing of Reality.

We have classified the mind into an arrangement which psychologists have promulgated, so we accept what they say without due examination from our own experience. What we believe to be true we accept, and our conclusions are the acceptance of our beliefs. We can see clearly now that even our conclusions regarding the relative are limiting our knowledge of the relative.

We have been told that the mind is divided into various compartments. The major compartments are the conscious mind and the subconscious mind. In our investigations we can only investigate the relative and not the Reality, but in our investigations we can to a great extent acquire a working knowledge that is not imitative, but, in a sense, free so that new knowledge can be dealt with without prejudice.

Now what I say I do not ask you to accept rigidly, but examine carefully according to your own experience. Nor do I want you to repeat what I say as absolute fact, because our knowledge is limited. There can be no finality as regards knowledge, knowledge of today is always giving way to new

knowledge of tomorrow, so the mind must be kept pliable, free from rigidity and imitation.

So let us deal with the mind as we have come to understand it through experience.

The conscious and subconscious minds are not really separate, the one is active the other passive. What we believe consciously is accepted by the subconscious. In the subconscious is the mechanism that controls the body function through the nervous system. The brain is the root of the nervous system, the brain is also the physical instrument of the mind with conscious and subconscious activity.

Thoughts then become actions in the body through chemicalization. We have had the experience of our thoughts influencing the tissue structure, this we have proved to ourselves as well as through independent experiments in the research laboratories.

With this understanding we know that the mind has no power of its own because it is relative. But this belief in the power of the mind has crept into the various philosophies and psychological writings, with the result that the acceptance of this belief has prevented many ardent students from going further. That is why I say that to accept a belief of another you become an imitator which prevents the acquisition of new knowledge.

Matter has no power of its own because it is mind in a grosser form. Mind and matter are not separated, they are interchangeable. Mind is a substance in which our thoughts manifest.

Thought, to be really creative, must be free from conditioning, that is, it must be free from its own ignorance, it must be free from its own experience, its conditioned memory, free from prejudice and all that conditions it.

Thought can arise from our reactions to things and people, from limited knowledge, from beliefs, from conclusions, from fear etc. If we can discern from where it arises and how it is influenced we can free it. If we do not understand this we are led into many difficulties of our own making.

Mind is passive in nature, it accepts and reflects from what the consciousness feels. Thought is the projection of that feeling, that is why

we suffer from our own thoughts. So mind becomes form when thought and feeling are infused into it.

Creative thought is the Universal Intelligence in action, free from conditioning, this is Love and Wisdom. Love-Wisdom is above mind, yet mind is the instrument through which It is expressed. It comes into operation when the mind is at peace, when there is perfect stillness. This stillness is not obtained by controlling our thinking, but through the discernment of what we are thinking and how we are thinking, what our thoughts are and how they arise, when we see the false it dies, in the death of the false there is Life, Love and Wisdom.

The mind is like the ground, when we plant a seed the Intelligence produces its kind. It is our false beliefs that prevent the Real from flourishing, these beliefs are like weeds that choke the Real. Thoughts are seeds in the plane of mind reproducing their kind.

Now thought of itself is not creative, it is the consciousness that is creative. Just as mind is not creative, yet it is the means through which creation takes place.

When we understand anything it no longer troubles us. It is only when we do not understand that thought rises again and again to confront us.

The Christ is the Wisdom of God in man, the Word that was in the beginning, the Word that was with God, and that Word was God. No one can take this Wisdom away from man, man is blinded for a time through the ignorance of his own accumulations, which burden that true expression of the Christ.

When man begins to understand himself, his confusion disappears and his confidence returns. Then he becomes really creative, with the result that he accomplishes all, through the realization of his true Spiritual nature, free from acquisitiveness and superstition.

To serve is to receive, not that we serve **to** receive for this would mean separation. To know that we are one with Reality can only be experienced when we know that which is not Reality.

When the mind is free then the Infinite is realized, manifesting in Its own creation.

When the eliminating process of our bodies is clogged we get sick, so it is with the mind. There must be freedom of the incoming and the outgoing.

Through the tranquillity of the mind the consciousness of Reality becomes man's creativeness—the channel for the expression of the whole. It was this that the Master knew when he said, “when you have seen me you have seen the Father.”

Silence comes when the false has dissolved away. In this quietness and peace the Infinite Intelligence moves silently in Its own creativeness. Wisdom-Love creates its own perfect state of happiness, for it is joy Itself, we come into our inheritance. “Son, thou art ever with me, what I have is thine also.”

We see then what we must do, we must give up our limitations, our enslavement, our self-pity. We will no longer believe in them. We do not put something else in their place as we are told to do by those who are ignorant of the Truth, for we would only be substituting one error for another. We will dissolve these things away through understanding discernment, then the Eternal Truth—The Ever-present—takes their place. There is no struggle to hold on to an idea for we know that an idea is just another formulation of the Mind. The Timeless is Ever-present in the Now, we do not create It.

We do not have to hold on to the “idea” of our Divine Nature, we know we are Divine. No matter what difficulties we have created through erroneous thinking of the past. We are no longer conditioned because we understand how we have been conditioned, and in this understanding comes its dissolution.

“He has no fear of evil tidings, he trusts the Eternal with a steady heart.”
Psalm 112: 7.

BENEDICTION

O Divinely Beloved, Thou remained patiently within while I clung to all that was false.

As I ignorantly followed a pattern made by others I could not think for myself.

In the past, I was caught up in the ideas of good and evil and reached the depth of despair.

On realizing Thy Omnipresence I saw the false was made up in my own mind. Then Thy Love and Wisdom revealed that I was one with Thee.

Henceforth I shall watch and pray that Thy beauty alone shall shine in me, O Divinely Beloved.

Lecture 3 (28th April 1953)

PEACE COMES WHEN WE OURSELVES ARE PEACEFUL

“To get wisdom is better than gold, *to get understanding is to be chosen rather than silver.” Prov. 16: 16.

Peace comes when we ourselves are peaceful.

The Bible is a book that most people take as a guide and consult it to find an answer to their problems. The answer to our problems is not outside ourselves, it is within ourselves, *and* although the Bible does help us to see the way when we begin to understand ourselves, it is still outside ourselves. Jesus said, “ye read the Scriptures and ye think ye have Eternal Life?” *You make a mistake.*

So we see, that the majority of people are always caught-up with the idea that a certain book, a certain revelation will solve their problems for them but it never does. It is never done and it never will because the self is the problem.

And until we understand the self and all the ways of the self we can never solve our problems. That has been the trouble throughout the world, we are looking outside ourselves for our problems to be solved. We look to leaders, we look to this person and that but you will see that our leaders are just a projection of our own ignorance and nothing more. And unless we can understand ourselves and transform ourselves then by seeing that which is false we will never have peace. Because peace comes when we are peaceful and not before.

In the first book of Genesis there is a statement which the prophet who wrote it knew what he was talking about. He shows that God saw that His work was good. The Divine could see no flaw anywhere and this Perfect Creation includes man.

That Perfect Creation is Ever-present. You do not have to create It. People think that they have to become something, that they have to become this Perfect Creation. There is where the stupid things lie. They resist this so-called evil and they try to become good. They try to create this Perfection which it says the prophet has stated in the Bible. But that Creation is Perfect and remains Perfect. It is not something we can alter or change.

But when we see the false, when we see our beliefs, our ideas, our antagonisms and the things that create all these antagonisms, these various forms of ideas that we create in our own minds. When we see the falseness of these they will just fall away from you. And what IS, that Perfect Creation that existed in the beginning exists now, and It is there.

It is like seeing a picture and you look at that picture. You saw a painting, you scratch a portion of the painting and you see there is another painting underneath. You begin to wipe the paint and the surface off and more and more, and here a great masterpiece reveals itself. The masterpiece was there all the time it was on the canvas from the beginning. But somebody plastered over with a lot of paint. He did not know the beauty of that masterpiece, so he thought he could create something better. So he painted over the top of the masterpiece. But when the individual who knows comes along, he begins to wipe off that that covered the masterpiece that had existed there all the time. And when he had completely cleansed of all these particles of paint that covered this masterpiece, they dissolved away into nothingness and there existed the masterpiece.

Well the masterpiece of Creation is man, still exists. Man himself has covered It up with all these things; his cravings, his ideas, his antagonisms, his beliefs which create all this trouble in the world.

If you learn arithmetic you will make a lot of mistakes in your calculations and you continue to do so until you begin to know the law of mathematics. The law of mathematics is permanent, it is not something you create, the law of mathematics is there all the time. It existed from the beginning and is the foundation. But an error has got no foundation. It has got no existence in itself and when you find the error it just dissolves away into nothingness, doesn't it? It has not a power of its own, it does not jump

up and bite you. It just disappears and the law of mathematics remains there Eternal and Ever-present as the foundation of pure arithmetic.

But the trouble with most people is that they are giving this error a power it does not possess. It becomes evil and then they begin to resist it. And by resisting it they cannot understand it. You cannot understand me if you condemn me or can I understand you if I resist you.

Therefore the whole thing is clear when you begin to know that which is false. And you cannot never know the Truth until such time as you know that which is false. And when know what is false, you will know the Truth about it that it is false and that is all the damn thing that belongs to it, it is false and nothing more. And when you realize that then what will you do? Will you resist it? Will you kick it in the pants and all these sort of things? You will just let it go and there in the beauty, that Perfect Creation which existed from the beginning, and the Creator saw no flaw in it, the Divine could see no flaw therefore there is no flaw!

There can be no flaw in the Divine Mind which includes man, but as soon as man descends into the intellectual, he creates out of his own very limited understanding the errors that create havoc in his life.

So it is the intellect in the mind of man, that this Tree of Good and Evil grows. And you will note that it has only one root that grows on one Tree, the Tree of Good and Evil, and exists on the same Tree. They are not different Trees at all and that Tree grows out of mans mind.

Then the Tree of Life which is Perfect in Itself grows out of God. These two Trees grow in the Garden of Eden, which is a Garden of the Soul of man. And when man sees then clearly, these Trees, he recognizes clearly, that one is the Tree of Life, that he must take hold of which will be his salvation. While the other he recognizes as his own creation. Then he is aware that he does not eat the fruit thereof unless he dies in his ignorance.

But the prophet naturally has put it in certain language to prevent those ignorant from recognizing the very truth about the thing until such time he grows out of his stupidity to learn the great secret, that that which is Perfect in Itself remains Perfect. That that which was created in the beginning, being Perfect, must be Perfect now and must remain Perfect, otherwise the Infinite could not be Infinite. Because if there was any imperfection in the Infinite it would be impossible for the Infinite to be Infinite.

This world of error is man's conception of things which is quite different to the Divine Creation, *and that is the Tree of Life*. If man can see for himself the falseness of his own conceptions he would not hold on to them.

If man then cannot see the falseness of his own creation how can he ever reach that which is Divine? *If you are caught-up in the falseness of your own creation, if you have a certain belief, an idea, if you belong to a particular nationality and you see in your own selves that you are different to the other person, you create isolation instantly do you not? You isolate yourselves from your brother. Isolation then is that which creates all disturbances throughout the whole world. When we get rid of isolation we will see then the cause of isolation and when we see the cause of isolation we will get off these ideas, that separate man from man.*

We have a belief, the Hindu's have a belief, the Mohammedan's have a belief, the Christian's have a belief, the Jewish belief, we have all the other different beliefs, and what do we do? We quarrel about our beliefs and when we cannot solve our problem, we butcher each other. Is there any sense in that? Is there any truth in that?

When you see a belief as a belief, an idea as an idea, when you see a fact as a fact, then you begin to understand. But if you are caught-up in your belief, in your idea or ideology, then as sure as the sun rises in the morning, you are going to create strife because you see yourself different from your brother. Therefore you try to impose your ideas, your belief upon your brother and he begins to resist those ideas, therefore you have a quarrel, before you know where you are, you are killing each other.

The stupidity we see in the world today is nothing more than that. Look at it square in the face and see, and you will see that it is nothing more than that man will not see the falseness of his own ideas, his own beliefs, his own creations. If he did, they would fall away from him and what would Be, would be, which is Perfect in Itself, Creative, NOW. Man does not have to create that which is Perfect. He does not know what Perfection is anyhow, so how could he create something that is Perfect out of his intellect? It is an utter impossibility.

But in the Infinite there cannot be anything else but Perfection. And that Perfection is the expression of the two pillars—Wisdom and Love. Unless

you can enter between those two pillars, stand in the door of the temple, ye shall not enter therein. So, man's conceptions are the result of his ignorance and because he does not know what is false he cannot realize what is true. How can you realize what is true if you do not know what is false. You are trying to realize God all the time. You are trying to realize the fact that you are a child of God. You may say it a million times it makes no difference to you unless you realize the false. How can you be a child of God if you are caught-up in the falseness of your own creation. Thus the misdirection of his creative power of thought produces for him corresponding results which he calls reality. In fact there is nothing real about it all, for Reality is harmony while man creates in his ignorance the reverse because he does not know what is false.

Man now asks, how can we solve the present crisis in the world? Is there anything that the individual can do to stop bloodshed and *the* misery taking place?

That's the question? And everybody is asking that question? And the answer is right here at their own door. No, but they expect Churchill to do it, they expect Eisenhower to do it or they expect somebody else to do it or a Stalin to do it. So when these do not do it, they invent new leaders and these new leaders are nothing more than projections of mans own ignorance. So how can they do it?

What man sees in the world is just the result of his own everyday life. It is the outward expression of man's inward state. So man is responsible for the misery. If man is responsible, *then* it rests with man to put an end to all the misery.

Man misdirects his thought-power and because he is caught-up in his own action and reaction he fails to see the Truth of the Divine Nature of things.

Yes, when you are caught-up in your reactions and you are caught-up in your fears, your antagonisms, your ideas, your beliefs, there is nothing else but your belief, there is nothing else but your antagonisms, there is nothing else but your various political views, your various ideas on nationalities, there is nothing else but that and you are caught-up in it and you know nothing else, therefore how can you know the truth when you are caught-up in all that which is false?

When you enter into your mind and look upon these things clearly, impersonally, not being caught-up emotionally or with condemning or blaming or resisting, then you will begin to know the Truth. If you blame anything, you condemn anything, you resist anything, you can never find the Truth because you will never understand that which you are blaming and condemning and resisting.

Man misdirects his thought power and because he is caught-up in his own actions and reactions, he fails in the Truth of his own divine nature of things.

Man's intellectual nature being steeped in error he sees evil as a power in the world, opposing good. So we have got two powers in the world, one is good and one is evil. So you have got to kill the one so the other will live. You have to destroy this one. So you are allowed to destroy evil. So you kill a murderer. And do you not become a murderer yourself when you kill a murderer, are you not a murderer too? By trying to stamp out evil you destroy yourselves. And that is exactly what the world is doing today.

But if they could see what evil is, a creation of man's own mind. Man's own reaction to things external to himself; being caught-up in his emotions, caught-up in his greeds, in his cravings, in his ideals. Ideals, no matter how good they are, they are all the same, they only work towards separation. And separation means destruction. Isolation means destruction of the individual, who isolates himself.

Jesus was very plain when he said, "you must love your neighbour as yourself." "Resist not evil." When man sees that he is the evil himself in the world and he will see how false it is, it will drop away from him. And there in the beauty of the grandeur of everything will remain, that which is Eternal and Ever-present, the Love and Wisdom of God, that which was created in the beginning. The Word that was in the beginning and the Word that is NOW, that Word was God and that Word is God, and that Word remains Immortal. That is the Immortality in man. So man's intellectual nature being steeped in error he sees evil as a power in the world, opposing good. So he immediately tries to stamp it out with the result that he creates more evil within himself.

If you kill a murderer do you not become a murderer too? If it is evil to kill then you are evil [even] if you condone it, although you do not actually

take part in the killing, you are still responsible, *are you not?*

Think and you will see that it is in your heart. Even if you do not take part in the actual killing, if that killing is in your heart and you condone it, then you are a murderer. Nothing more nothing less, in your heart it is so.

But Jesus says, "forgive them for they know not what they do." If he did not understand himself and the Self. If he had condemned them, he will have condemned himself. If he had condemned them he could not free himself, he could not be free. If he condemned them he could never see the Truth because he would be living in the false. Means for man to see this Truth, to free himself from it.

If you are caught up in the evil in the world how can you get rid of it? When you and I see what causes war, which is wholesale murder, and are interested in stopping war, then we must begin to transform ourselves, for we are the cause of war.

We are the world. Each and everyone of us is the world. Think it out and you will find how true it is.

If we are interested in creating things to kill others, we cannot complain if we get killed ourselves. We do not get what we want, but how we act determines what we get. Our actions are none other than [our own thought projection,]* the projection of ourselves. *So what happens is the projection of ourselves.* How then can we stop all this misery unless we transform ourselves?

The intellectual error is, that there is a power called evil opposing good. So we out-picture the error *with the* result in the destruction of mind, body and circumstances.

So we see the other person is in error but we do not think that we are in error in ourselves, so we are out to kill the other person which we see in error, we call the evil, so we are out to stamp it out to destroy this person and so forth, do the very thing to ourselves, we destroy ourselves. Because of the fact, that your neighbour is yourself.

In light of the fact, that God is Infinite in nature and He created the human being, the human family as one Whole, with the Christ Principle permeating the whole of the human race, which was the Word that was in the beginning. And therefore it is logically true that your neighbour is

yourself. Then to destroy your neighbour you must destroy yourself with him.

Who is the victor? Who is the vanquished? We saw it in all the wars that ever happened. Could you say that the victors of the First World War were the Allies? Would you say the victors of the Second World War were the Allies? Is there any victory now? What state is the world in today? And this was a war to end wars. But I tell you a war can never end a war no matter how great it is.

I am pointing to a man, the man of Galilee, irrespective of what nationality he was, he had none. No matter where he was born, he was born a Jew. He saw the great Universal Spirit and in that was the Life—the Christ Principle. And unless there is this same Principle, of which the Master showed and demonstrated right through the whole of his life, there can be no saving of the race.

We are now on the brink of a catastrophe. Do you think that we can stop it now? I do not think so. And no sane man thinks either. Because man is headlong into the abyss of for his own destruction because he will not see clearly. Because man will not transform himself. He will not see the falseness in which he believes.

So I show you the different beliefs in the world today. I show you the different ideologies in the world today. I show you the different nationalities in the world today. I show you all these things that are false and yet do you take into it, take consideration to it and realize that it is false or do you just go on condoning all that is taking place in the world?

I had a man in today, he was a Sunday school teacher. He asked me for advice. Well I gave him the advice he needed. But when he went away he was no longer a Sunday school teacher the way he was before because he would see that he was conditioning all the children according to his own conditioning. He was not freeing them but was conditioning them by his own beliefs. He wanted to solve his own problem. He could not solve his problem because he was caught-up in these things. But when I showed him how false these things were, then the whole thing clears before him and he smiled and saw that he was free.

There is a freedom that comes with understanding, with seeing the false, then he knew that that which is true always existed and he was that. He did

not have to become something, he was Being NOW.

So we give error a power it does not have. There is no Truth in error.

What is our deepest thought? Is it not a belief in something that we are afraid of? We are afraid of God. We are afraid of death. We are afraid of everything. Fear is born in us through our parents. The fear then comes from the things external to ourselves and we are caught-up in fear. When we see the falseness of it, the causes, then it passes away. You have faith and fear together. You have faith one moment and you are afraid the next moment. When you try to repeat a few mantrams, you try to bolster yourself up and you have faith again for a few moments and then that dies down, up comes this fear again, living in opposites.

Oh what a terrible state of affairs. What ever good is in your mind, no matter what it may be, mantrams empty the good out of it and put evil in its place, puts error in its place. For the simple reason is this, that every time you express a mantram you are creating the idea of the opposite. And the more ardent you are in expressing your mantrams the stronger does the opposite rise up against it.

And not until you see the foolishness of these things and the falseness of these things of the mind. To know what is made up in your own mind. To show what you are doing, the formulations of your own mind, your own creation are blocking out that beautiful Perfection, that Divine Creation that existed in the beginning, that is NOW. So man's conception brings forth his misconception with the result that he destroys himself.

What is it then that causes all this strife and misery in the world? It cannot be anything outside man himself for what is outside man has no power of its own. [It is] man's own action and reaction that operates from within himself, that causes all *this* strife and misery. Therefore man is the cause, no matter how *he try's* to put the blame *elsewhere*. We are only trying to escape the issue, that we ourselves are the cause.

Its a wonderful thing we try to excuse ourselves all the time. But it is very necessary to be absolutely honest with oneself when we are discerning the self and understanding the self. We have got to see clearly what the self is doing. We are to see our thoughts, our movements and the movements in our minds, we must see all these things clearly and distinctly, without condemning, without blaming impersonally. Without attaching yourself,

without identifying yourself with them. In identifications of anything then you become it.

But if you see the formulations of your own mind, your own creations, as you would look at a piece of pottery that you created, it is just the same. If you created a piece of pottery and you saw that it was perfect. You never create another piece of pottery that you see was imperfect. You would say that one was good and one was bad. They are both your own creation, both of them! Therefore you must understand the good and the bad are your own creation. Therefore man is the cause no matter how he tries to put the blame elsewhere.

We have different religions, different political views. We have different nationalities, different ideologies. We try to impose our views on others, we give ourselves an exalted status because of our nationalities, our position. *We have an inferiority complex because we feel that we are inferior to another and so forth, and because we have this inferiority, we create antagonisms. Anything you feel inferior to, you begin to resist and when you begin to resist something you create antagonisms. So therefore if you feel inferior you feel antagonistic to the other person you feel inferior to. But it is a formulation in your own mind. There is one Creation—the Divine Thought was Perfect.*

We all have a different approach to God, and because of all this we have no goodwill towards each other. Do you not think now that is very foolish?

Because of our belief in our approach to God, our different approaches to God we have not goodwill towards one another. Do not you think it is very stupid? Any sane person would think it stupid. But the majority of people are insane. The world is a gigantic lunatic asylum, that is all it is. When a man is really sane they put him inside the lunatic asylum.

Because of our ignorance we are unable to think for ourselves. So we are fed on beliefs, ideas, dogmas, nationalism etc. Therefore we breed discontent, which leads to conflict.

As human beings we must either pursue a path of constant and continuous conflict, *with* the result of our everyday action, or else see the cause of all this misery and turn our backs upon it. If we had no beliefs but goodwill, love and consideration between us there would be no war, no strife, no misery.

So if we see what causes ill-will we can dispose of it, surely. But oh no, you do not see it at all, you're caught-up in your belief, you're caught-up in your different ideas.

Today there is a general election coming on. You will see the greatest amount of ignorance ever expected in the world, you will see in the next month or so; by people who knew better, by people who go to church every Sunday, by people who pray to God, who put on a black coat with a bible under their arm and walk along..... And then on Monday become devils once more.

I hope you see how stupid it is. If you don't, then you will never know the Truth.

Mind and matter are passive in nature, matter being a grosser form of mind in which form takes place in the physical plane through the agency of thought-action. If we can see from whence our thought-action arises we can dissolve it, then the Divine Creator would manifest because It **is**, we do not have to create It.

What we create is the evil that arises out of our *own* ignorance of the Truth of our Being. Therefore evil does not oppose good for when we get rid of one we get rid of the other, they are both intellectual creations of mans mind *in opposition*. That is to say that man is living in opposites. Therefore he lives in good one moment and in evil in the other. You cannot say that the Infinite is good because there is evil. You cannot say that in the Infinite there is evil because there is good. But Infinite being Infinite there can be no outside the Infinite, there can be no other Substance but the Infinite, there can be no other Life but the Infinite. Therefore if there are evil the Infinite must be evil. But do not you see the 'in evil' is an error! It is like an error that gets into the sum. It does not really exist at all except in the mind of man. And when you correct the error it dissolves away and leaves that foundation which is perfect there. What we create is the evil that rises out of our ignorance. What is unpleasant for man he calls evil and what is pleasant he calls good. But in the Divine Creation there is neither. If we have good we must have evil, then we live in the world of opposites which is of our own making and thus we become confused.

But I could see the people how they are confused when I listen to a radio of a religious radio talk that comes over the air sometimes. And I

listen to such dribble and nonsense. That one could wonder why a child couldn't understand that it is dribble. And the whole thing is that the people are caught-up in this and fed with this like the whole of the world today.

I hear one person saying, "this is the only religion, the only way you can reach the Father." Good gracious me! When the Father is Ever-present, He has always wanted to express through you, not the way, there is no such, there is no single way or any way at all. God IS, that is all it is. And it does not require anybody else to show you the way to Him. Because He is the very centre of your being, He is the very Essence of your Life.

When we are confused we want a leader, but our leaders are but a projection of our own ignorance. Jesus said, "the blind lead the blind and they all fall into the ditch."

When we reach a true state of understanding we will see the cause. We will no longer be blind to the causes in operation for we will not be caught-up in them. Then we will know the meaning of "as a man thinketh in his heart so is he."

We will then see that the great diseases, the great evils in the world today are desire for power, position, prestige, the worship of different flags, the worship of different religions, the worship of different dogmas, *and* all these lead to war and misery. If we are smitten with any of these diseases we build a society *that* will end in destruction. So you see, it depends upon us, but no one seems to realize it.

Is it not a fact that most people look to a leader, a new president, a Stalin or a Churchill and all the rest for a solution? But it does not depend upon others, it depends upon ourselves. If once we felt the responsibility of our own actions how quickly we could bring to an end this appalling misery, but you see we are indifferent because we do not want to be disturbed.

We have three meals a day. We go to work in the morning. We come home in the evening. We read our newspaper and it becomes a Bible to us and we believe what is written in it, when it is all a pack of lies. So we do not want to be disturbed at all. Oh no.

What is the use of having peace talks and the like if we, the cause of this misery, do not transform ourselves through understanding the cause?

We must be created in God because there is nothing outside Him. Therefore man must be created out of the substance of God because there is nothing else. Divine Intelligence being Perfect must reflect its own Perfection and this is the only Reality.

And this exists now, it does not have to exist tomorrow. It does not come in tomorrow if it is not today. Because if it is not now it never will be.

An error has no power of its own and when corrected disappears into nothingness. When we see the error we can correct it and it dissolves away, and what is left is that which always Is which reflects its own Perfection.

We can never solve your problem if we do not understand the problem which is ourselves. What we are trying to do is to solve our difficulties while we maintain our confusion, our different beliefs, our different nationalities, our different ideologies, our greed, our craving, our prestige etc.¹

So we try to solve our difficulties while maintaining the cause of our difficulties. Is there any sense in that? Of course there is not. And nobody seems to see it. The Masters see it. The Masters know it. People say, "why do the Masters not come out into the world and tell us the Truth." I'm telling you the Truth.

When we see that we have brought about our own misery by our *own* beliefs etc., we will let them drop away from us, then we will become aware of our true nature and our limitations, our confusion will disappear.

When we begin to understand the mechanism of our thought, our reactions etc., we will see how we have reacted to error and by doing so have established error in our lives, the great prizes are awarded to those who can discern all this. We must be one-pointed in regard to Life Itself which is man's creativeness.

When the sun's rays pass through a magnifying glass and is focussed one-pointedly on an object it will dissolve it away. So it is with the discernment of our thought-action and reaction, brought about through our beliefs etc. We will see the cause is within ourselves and not outside us. We will realize that our Creative Power is one with the Creative Power of the Universe, then it is, "Thy Will be done, not mine, O Lord."

If we can see that that which we formulate in our own minds is not Reality, then Reality will reveal itself. But before we can break down this confusion we must become aware of it and know what it is and how it comes about.

If we isolate ourselves from one another through our beliefs, our creeds, our nationalities, our ideologies, we can never have true relationship which is freedom. We must become aware of this isolation to break it down. No matter how we try to escape from the misery we cannot do so without understanding it. We can never escape from the confusion and misery until we understand it from every angle, then we will see that we ourselves are the cause.

All the revolution we see going on in the outer is utterly useless, unless the inward revolution has first taken place, to rely on others is utterly futile. What will bring peace in mind, body and circumstances is inward transformation. This will lead to outer transformation and there is no other way.

Peace will come when we ourselves are peaceful and not before.

“When a man’s ways please the Lord he makes even his enemies to be at peace with him.” Prov. 16: 7.

BENEDICTION

O Blessed Peace, If Thou art always present why dost Thou hide Thy face?

Thou didst answer me in the silence of my mind when all the noise of the outer died down.

Yet I did not heed Thy words, given by the Master of Masters, when he said, “the Kingdom of Heaven is within you.”

It was only when I discerned my mental make-up that I saw the error of my ways.

Now, O Blessed Peace, I have dissolved all that held Thee from me and I found how true Thy words were, “Peace will come when thou art peaceful and not before.”

Now I am one with Thee, O Blessed 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 28th April 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

* A small aberration occurs here in the wire sound recording.

1. In the Lecture Notes the sentence reads: [*What we are trying to do is to solve our difficulties while we maintain our confusion, our different beliefs, our different nationalities, our different ideologies, our greed, our craving, our position and prestige etc.*]

Lecture 4 (5th May 1953)

TO EXPERIENCE TRUTH WE MUST KNOW THE FALSE

“She opens her mouth with wisdom and the teaching of kindness is on her tongue.” Prov. 31: 26.

Are we not seeking the Truth while living in the false? The false will remain until we see the false then there will be a cessation of the false.

The false can never contain the Truth, ignorance does not contain understanding.

We cannot find the Truth in the false but we can see what is false. We will find the Truth only when we have discerned the false and not before.

Our seeing the false as the false is prevented by our prejudice, by our conditioning. But there is release only from the false when we see the truth about the false. When we see what the false is, then we will know the truth about it, and the truth about the false is, that it is false and can never contain the Truth. That is the truth about it and I hope it is plain to you now.

I want this to be seen clearly otherwise you will try to retain the false hoping to see the Truth, but it cannot be done.

What we believe in so it is to us, thus we are conditioned. So first of all we must see why we believe in anything. Then we will see what makes us antagonistic to another belief or idea, and to people.

We have organised ourselves into separate groups of religions, of nationalities, of ideologies. We have the organised religion of the Hindu, we have the organised religion of the Mohammedan, we have the organised religion we call Christian Religion etc., so we have organised ourselves into groups, each group believing what it stands for is the real thing. So we wrangle with one another, when wrangling cannot solve the problem we begin to butcher each other. Now is there any truth in that?

No, we must see how we are conditioned, then we can free ourselves. When we are conditioned we are afraid, so want to believe in something

that will be a guide to us and thus we further condition ourselves which prevents understanding.

When I am afraid I want an ideal through which to look at my fear. Does my ideal remove my fear? Oh no! I only cover up my fear while I do not understand. When I understand my fear I am free.

I am afraid because I lack security, I want a guide, I want to be protected, I want to lean on someone else. When I begin to understand my fears, they begin to disappear and I am no longer dependent.

My ideals as well as my fears are made up in my mind, therefore an ideal like a fear or a belief is unreal. It is a fabrication of the mind.

When you are free you have love and wisdom, and one who has love and wisdom does not need a belief or an ideal. It is the intellect that has beliefs because the intellect is always wanting security, protection, so it builds ideals and beliefs behind which it can take shelter, but this shelter is an illusion.

We hate to see ourselves as we really are, so we invent the many ways of escape, so we give these ways lovely names such as ideals etc. But hidden under the ideal is the self with all its cravings, its likes and dislikes, its different beliefs, its conditioning. So we smother the self over with ideals, because we do not want to understand ourselves, yet only through understanding the self is there freedom and truth.

Therefore I must understand what is false in myself and in my relationship to others, what is false in my ideals and the things about me, because to perceive the Truth requires an understanding of the false. Without removing the causes of ignorance there cannot be enlightenment.

Therefore I must begin to see the false in my relationship with ideas, with people, with things. When I see what is false then that which is true comes into being. Then there is freedom from fear, from ideas, from all conditioning. In this freedom is the truth-happiness and the ecstasy of living.

As long as the mind is in conflict, blaming, resisting, condemning, there can be no understanding. If I want to understand you it is obvious that I must not condemn you.

When you are enraptured in music you do not condemn, you feel the rhythm that makes your mind quiet. To listen there must be quietness, so in understanding it is necessary to have a quiet mind.

To be alert there must be a passive state of mind. So in this alert yet passive state of mind there is understanding. As long as the mind is in conflict blaming, resisting, condemning, there can be no understanding.

Resistance is not understanding. Resistance makes the mind dull. Resistance to anything cannot bring freedom. Resistance is like running a car with the brakes on. You will not only wear the brakes out but the engine as well.

If you are no longer resisting, the other layers of your consciousness are active irrespective of what you are doing consciously. When there is no resistance, the hidden part of your mind is occupied with the greater part of the vital action that is going on, and with much more depth, and though you work consciously the unconscious takes over the function.

Therefore to find Truth there can be no resistance. There is no such thing as being in isolation in Truth, isolation is resistance and therefore not Truth. Why do we isolate ourselves? Because we resist others, we resist work, we resist ideas, there is no understanding in resistance. If there is no resistance the moment that work is over you will find that the mind is peaceful, because the deeper layers of the Consciousness are interested in peace and you will find that peace begins to come.

There is no division between action in the conscious level and the pursuit of truth, they are compatible when the mind is no longer resisting, when the mind is no longer made dull through resisting.

Resistance is based upon an idea and resistance cannot bring about action. It is only action that liberates and not resistance.

So it is important to understand that the mind is made dull through resistance, through condemnation, through blaming, through avoidance. The mind is alive when there is no resistance, when there is no blame, when there is no freedom. Only in true relationship is there freedom and in freedom there is Reality.

Again, repugnance is resistance. To be repugnant to a smell, a sight, an ugly thing, is resistance. When we see these things as facts there is no

resistance, to see a fact as a fact is important. But the moment we give it an emotional reaction, avoidance, then resistance comes into being.

If one is repelled or attracted there is no understanding, a person that is filled with likes and dislikes is just projecting himself.

If I have a belief and try to make you believe in my particular formula and although I may say that I love you, it is not you I love, but my belief.

When you love a person what is the actual state? Are you in love with that person or are you in a state of love? Surely if that person attracts or repels, you are not in a state of Love. When you are in a state of Love there is no resistance, there is true relationship and in this there is Love and Wisdom.

It is like a flower giving off its perfume and next to it a cow may have left its mark, but the flower is still a flower giving off its perfume. But man comes along and seeing the cow dung beside the flower regards it differently. Without this true understanding we will be caught-up in our own fabrications.

We want to identify ourselves with that which is pleasant and avoid that which is unpleasant. But when we love we look at things as they are, never ugly or repellent, we are not concerned whether they are one thing or another. Where there is love we observe the facts, but they do not repel us. It is the empty heart, the arid mind, the state intellect that has this resistance.

When we love there is no resistance, there is no avoidance, there is ever renewal, ever a freshness that is ever alive.

Some repeat words, mantrums, these things do not fill the heart, on the contrary they empty the heart of whatever it has.

The heart can only be filled when the mind is not fabricating, caught-up in ideas, only then is the heart alive. Then one knows what it is to have the warmth, the richness in holding the hand of another.

Love being perfect in Itself knows no resistance, no opposition, neither will we have resistance when we are in a state of Love, neither shall we fear anymore for Love is God and God is Love. The Life of the Master Jesus is the example we will find inherent in ourselves when we are in that state of

Love, and it is amazing how all conditioning falls away when this state exists.

This is the Truth that sets us free.

“For, behold, I create a new heaven and a new earth, and the former things shall not be remembered or come into the mind.” Isaiah 65: 17.

BENEDICTION

O Great Omnipresent Love, when my mind was caught up in its own fabrications I was blind to Thy Eternal Presence.

I searched for Thee in my beliefs, in my ideals, but Thy Presence was still hid from me. Even when I condemned the false I did not find Thee.

But when I discerned the false without resistance, without blame, without condemnation, then Thou revealed Thy Ever-present Nature of Love to me.

Then I felt Thy Love surging through my soul and knew that I was free from all antagonisms and conflict.

I am no longer attracted or repelled for Thy Presence everywhere is beauty unadorned.

Now I have found freedom in Thy Love, O Blessed Eternal One.

Lecture 5 (12th May 1953)

WISDOM IS THE FOUNTAIN OF LIFE

“The lips of the wise spread knowledge; not so the minds of fools.”

Prov. 15: 7.

Electricity must exist first before we can have electric lights. We see the light but fail to realize that that light could not be, if electricity did not exist first.

What we know about electricity even now with our vast modern knowledge on the subject is but a fraction of what can yet be known about it.

Light is the manifestation of electricity, just as man is the manifestation of Life, as there is but one electric power behind all the lights in the city so there is but one Life behind all mankind.

There can be no flaw in the Life just as there can be no flaw in the electricity, so the Real in man is the Life, just as the real in the light is the electricity. Few ever think of this Truth because they are caught-up in their own conditioning which prevents understanding.

Electricity is not affected when the globe breaks or the motor goes out of order. Neither is Life affected when the body is out of order.

The Consciousness in man is not the result of evolution nor is it reaction to things external,. It is the essential awareness of Life Itself. Man is essentially Spiritual and is now in Reality, this is his true nature, but he does not realize it because he fails to discern what is false.

Now, we know that matter in itself is powerless and we know that matter is ether modified, and ether is mind substance modified. Now thought enters into mind-substance and is out-pictured in form, first in mind-substance, then in ether and finally in matter. In other words, our thoughts become objectified in the physical.

Thought can arise from our reaction to the external and can create havoc in our lives when we do not understand how it originates. When our thought

is reproduced in our bodies and environment we become anxious because we do not know the cause.

In the world today people are following the tradition of the past without thinking for themselves, therefore repeating the errors of the past and religiously holding on to them.

We wrangle and fight over our various beliefs, so the world goes on suffering the result. It is only when we realize that we are the world and we ourselves are the cause of our suffering do we begin to think for ourselves and see the false which man himself has created.

When we look into the matter freely, without prejudice, we realize that all our struggle is over our beliefs in one thing or another, whether it is religious, political, or material; it is a matter of belief. Now when beliefs cause all this struggle, would it not be a wise thing to see what a belief really is, so that we could then discard this slavery?

It is unfortunate that man chooses to pass through a sea of blood before he will begin to understand himself, who is the cause of all his misery.

Beliefs which make man blind to his relationship with his fellowmen are very strong. Man, being ignorant of the true state of his being, is led by leaders who are caught up in similar beliefs, so man follows like sheep to the slaughter because he will not discern the false.

Man lacks the true understanding of the true fundamentals of Life which is Love and Wisdom, only because he will not discern the false.

When all the carnage of death and misery dies down the victors think they can help the vanquished by sending them food and clothes. But does this fill the empty hearts?

The world can only be helped out of the misery by knowing the cause of the misery.

People are looking for a great leader that will lead them out of their misery. Why do we want a leader? Is it not because we are confused and do not know the way ourselves? Is it not because we are ignorant that we want a leader? If we knew we would not need a leader and it is because we do not know that we want to be led.

It is necessary that we see the absurdity of those beliefs. A child is affected by its parents' beliefs, including sickness which they believe is

real.

Belief in disease is the enemy of mankind, the enemy to health and peace, as slavery is to freedom, for man's belief in disease is slavery and the disease of this belief is colossal.

The Christ is the true man and he can only be realized when the false is understood. Man will kill his brother and himself before he will give up the slavery of belief. Belief in a disease of the body will not be given up until man destroys the body even though he knows that fighting it will bring about his destruction.

A belief is a disease like any other disease, it separates man from man and man from God. Man puts his confidence in his leaders steeped in error as he is himself steeped in error, the blind lead the blind and they all fall into the slough.

There is the leader and the follower, is not this inequality the result of ignorance? Does not the division of man deny the Real? Is not this domination and submission of man the outcome of ignorance and thoughtlessness?

Is not our social structure built upon division, the one who is supposed to know and the one who is not supposed to know? This social pattern breeds endless opposition and sets man against man, and there is no end to the conflict within this pattern and only when thought-feeling transcends this total ignorance will man find the way to freedom for himself.

In ignorance we live in a competitive mentality, we try to grasp Reality through accomplishment, we create the high and the low, the leader and the follower, we think of Reality as a reward for righteousness, we think it can be attained through time and we maintain a constant division, the high and the low, the successful and the failures etc., etc.

The wise do not think of man in terms of division, the foolish are caught-up in the social and religious division of man, but those who are conscious of this division know it to be false and stupid and therefore it drops from them. The wise see that the misery in the world is caused by division of man into various groups, the ignorant perpetuate this misery.

We must be aware of this division of man in all planes of existence,—religious, national, social, political and material. The division of man in any

sphere is the result of ignorance, which breeds dependence and fear. Fear prevents understanding and puts an end to communion, to true relationship. It is a living death.

Is it not a fact that you turn to others for guidance because of your inward poverty, you turn to books, to pictures, to leaders to strengthen you? Yet you are ever in hunger, ever seeking, but never finding. In the Creative Being of Reality alone is there the cessation of conflict and sorrow, and Reality comes into being when we have discerned all that is false.

But separation and strife will ever be maintained as long as there is a “becoming.” This craving to become is born of ignorance, for the present is the Eternal. The Ever-present is the only Reality, only in the “oneness” of Reality is there completeness. This is Creative Being and there is no other but the “One.”

Only in right means can Reality be discovered for the means is the end. The means and the end are inseparable, wrong means will never end in right means. Only through self-knowledge is there the discovery of the Real. It does not lie through another. No one can lead you to it, none can deliver you from your own sorrow. The authority of another is binding; only in utter freedom from all authority, from all that is false is the Supreme to be found.

To be free we must live in time, timelessly. Then the Divine man will appear for he is here now in the Ever-present Life through which the Infinite is operating.

It is only when we understand the false do we realize the perfect Spiritual state of man. It comes forth of its own free will when there is no hindrance through separation in man’s mind. Made in the image and likeness of God we are as we really are.

We free ourselves through the recognition of this truth, for when we discern all limitation, all separation, all sickness, all burdens, they fall away from us, they are of man’s own creation. Take hold of the Tree of Life and it will be a Spring of Living Water rising up to Eternal Life.

Personalities are but the projection of man himself and are not real. The Master said, “I am the Life, the Father and I are one.” “It is the Father who ever remaineth within me He is performing His own deeds.” The Master

showed to mankind by example, man's Divinity and Eternal Existence in the Ever-present Life.

It is Life alone in each one of us that lives, this is the one Life, and Life is God. Then let us be silent before the Almighty and we will create no more sorrow and conflict, for Wisdom is the Fountain of Life.

“Put not your trust in princes, in a son of man, in whom there is no help. When his breath departs he returns to his earth; on that very day his plans perish.” Psalm 146: 3-4.

BENEDICTION

O Eternal Ever-present “One,” Thou art alone living and loving and there is none other but Thee. All live because Thy Life lives in them.

At first I was blind to Thy Presence and looked outside for guidance. In my ignorance I followed a belief created by man and kindled by hate.

Yet I found others with different beliefs which separated man from man and was confused.

It was only when I saw the falseness of all beliefs made by man did I find Thee, O Beloved “One.” Now I am free for I know that we are One and I am one with all, to “Love my neighbour as myself” is to live in Thee.

In my freedom I have found joy and peace beyond understanding through Thy Love, O Blessed Eternal, “One.”

Lecture 6 (19th May 1953)

REACTION IS NOT ACTION*

“How hard is it for them that trust in riches to enter into the Kingdom of God.” Mark 10: 24.

We cannot live by ourselves, for the self is not Life, the self is a bundle of reactions, thoughts, emotions, beliefs etc. We repeat the word “God” but God is not the word “God,” the self is merely fed on words which condition it. “It is the letter that killeth.” *Jesus said.*

It is only when you begin to see what the self is made up of. It is only because when you see, why you believe in anything and what is behind your belief, that you will know what your belief is. But if you do not know what your belief is and how it comes about, you will still be caught-up in your belief.

The conditions which prevail in us are the result of home, business, social environment and beliefs. All this, you will see if you begin to enquire, *is* but the result of hereditary tendencies with countless thousands of impressions, ideas and prejudices. Most of this is received from opinions, suggestions and statements of those who are caught-up in the false and are ignorant of the Truth, and we accept what they say without consideration or examination.

One may live in the false when one knows what is false. Then one is not caught-up in that which is false because he knows what is false. But if you do not know what is false you are caught-up in the false and therefore you have lost everything because you are caught-up in the false.

If you condition yourself you will condition others too because you look at another through your own conditioning. If you are prejudiced to any particular nationality, you will look at that individual through that

*particular nationality. But do not you see, that you are looking to that individual through your own prejudice-ism, that you are looking at that individual through your own conditioning? And therefore you conditioned the individual. How can you see the individual then free? How can you free yourself from that conditioning? First of all you must free yourself. And then if you are really free you will see the other individual free of all**....not as a particular nationality or a particular group or particular religious sect or as a Hindu or as a Mohammedan.*

Do not you see clearly, that unless you are able to see the other stripped of all conditioning, you cannot be free yourself because you will be looking at him through your own conditioning.

But when we are aware,¹ alert, we begin to question the opinions of others and when we begin to search their statements we find that they are speaking from ignorance and imitation and not from Truth. Yet this is not sufficient, we must question our own thought-feeling-reactions to see where it is moving and what is the motive behind it.

If I stripped myself of everything that is in my mind, I know what it is, when I know everything that is in my mind, then I know what is in my mind. But that which I know is not Real. It is only brought about by reactions, imitations, thoughts and so forth, therefore I know what is in my mind. What I gained through books and what I read here, the ideas and images I created, including my religious beliefs, I begin to see that they in themselves are just images, creations of my own mind.

It is not substituting one belief for another. It is not, as a matter of fact, if you do not believe you become an atheist. Because is atheism not another belief just the same? It is a belief just as another belief, is a belief.

You must free yourself from all these beliefs and these things in the mind and then when the mind is completely quiet and that stillness comes, there is an experiencing of Reality. Something that is beyond the mind. Something that the mind cannot comprehend. Something that the mind cannot put into an image. Something that mind cannot put into words. Therefore it is only the Unknowable that is Real. All that is known is not. All that is known is in the mind, the Unknown is beyond.

But when you see what is in your mind completely, that is all discerned, then you see what it is; formulations, creations of your own, imitations, reactions and conditions. Then they fall away and then the mind becomes peaceful, in that stillness there is the Voice, that is beyond the mind. The Voice of Infinity. The Voice that is in Itself Creation. The Word that was in the beginning and that Word was God and that Word was with God, God was that Word and the Word became flesh. "When you have seen me you have seen the Father."

There is no separation, there is no division in Reality. There is only division in your mind. Therefore if you know what is in your mind, you will see, how untrue and how false it is. You will see that it is dividing and you are dividing. Amongst yourselves you are divided. Why? Because you have not discerned that which is false. And immediately you begin to see that which is false so you will begin to see that which is true.

You cannot still the mind by forcing the mind to be still. You have never stilled your mind yet. Try to force it to be still and you sit in a corner trying to control your thoughts. And you will find it cannot be done, even if you do sort of half in the surface get that sort of superficial quietness but right away deep in your mind there is agitation, and why there is conflict going all the time because you have not dealt with that conflict. You do not know what it is, you have accepted it and therefore you are caught-up in it. Then you try to hold your mind in subjection and you say, "you be quiet." But is it quiet when you say, "be quiet?" I think not.

It is like putting a little boy in the corner after he has (been) naughty. Then he is agitated to turn round to get out of his condition. The same as the mind, it is the same thing.

Unless you can see as I tell you, then you are caught-up in this and that, and you will never be free. My point, my work to you is to help free you. I do not want you to accept what I say. If you believe what I say then that is your misery not mine. Then you will struggle with it and you will say that this is the authority for your belief. Then you will have another authority, and another authority, and another authority, and there will be no ending to your authority. Not until you really know yourself and that authority is within yourself, not outside it.

Peace can only come then when you begin to know yourself and not before. Reality can be experienced then but you will not know what it is but you will experience that which is Creative. That Intelligence that is behind the Universe. That Intelligence that is working through you and me, at this very moment.

Right in the deeper strata's of your consciousness there is peace. And when the mind is quiet, the consciousness is not caught-up in these superficial things; in beliefs, in ideas, that layer of consciousness begins to disappear. And as the consciousness becomes freed from all these images, beliefs, and ideas, names and so forth, so into the deeper strata's of the consciousness, there is a quietness. But when you reach that Reality, that Itself is created. Right in the very depths of the ocean of Life, there is the Consciousness that is created existing in man, in you and me. That very Consciousness, it has Itself expressing through the outer, through your own brain, that very Consciousness has Its roots in Infinity.

And when you begin to see and discern all that is in your mind that is agitating, the conflicts that create; your differences, your beliefs, your naming this and naming that, blaming this and blaming that, condemning this and condemning that. Once all that ceases to be, then you reach the deeper state, the Consciousness awareness of Itself. There is an awareness that, the Consciousness, that is so deep and so pliable, so powerful and extraordinary—it IS the Christ of God. The only begotten Son of the Father. That IS the Livingness, your Livingness and my Livingness. I and the Father are one. But you cannot say that until you have reached that state, until there is a quietness of the mind, there is no more of this conflict, then in that quietness you will know that you and the Father are one.

Jesus never said, "I and the Father are one," as lip-service. He did not make it an idea for you to believe and accept. But you do accept it. How do you accept it? By imitation, not by knowing, but by imitation. It becomes a mental idea as a superficial intellectual acceptance, that is all, it is nothing more to you, nothing. Nothing at all. And if you examine your mind you will see that it is so. You have not reached the depth of that greatness. Not until you have seen and understand the mind and understand yourself, and in your understanding of yourself is the first ladder towards the experiencing of Reality, that which is beyond the mind.

The great secret of understanding the mind is the discerning of our own thought-feeling-reaction and (from) where it arises, then we can free ourselves from the ideas and words of others.

Cause and effect arise from within ourselves and not from without. The words of another must take root in the mind and from this you have a response. You believe or disbelieve, but both believing or not believing are the result of what the mind is made up of. *You believe because it pleases you. It pleases that which you have already accepted. You disbelieve because it is contrary to what you have accepted before. Is that not reaction, mental reaction? But if you knew what is in your mind and what was the bottom of your belief and why you believe in such a way, you would not have a response. There is a freedom because you know what is false, that's the Truth, you know what is false when you are free. It drops away from you because that which really is, IS. You do not create IT, it IS NOW, Ever-present, Eternal.* If you look into your mind you will see how true this is. Believing and disbelieving is not understanding.

You believe or disbelieve but you do not understand why you believe or disbelieve, so what's the use? You are still living in conflict, you are still living in ignorance.

Ideas presented to the conscious mind are received and passed *into* the subconscious. Immediately they are accepted or rejected, not because you reason about them but because they are accepted or rejected, according to your beliefs or ideas, but this is not understanding and that is why there is so much confusion in the world today. But few want to see it because a belief or an ideal is a reality to most people.

But I told you the other night, that a reality that is this ideal which they think is a reality, is a danger to human people, to the human family. For the simple reason, that if you have an ideal and another person has a separate ideal, you will quarrel over your ideals, it is the ideals you quarrel over, it is your beliefs that you struggle with, it is your beliefs that you kill one another for.

But if you know and understand how it can come about. That you can trace how your belief has come to be; you can trace it through your family what they told you when you were young, what school you went to, what

church you went to, how you were brought up and so forth, you can trace it all and you will see how you believe in such a thing, such a way.

I do not say that it is easy for you to trace all these things. But I can assure you to cleanse your mind and clear it of all that is false, you have got to know how these beliefs arise and how you are conditioned. If you know then how you are conditioned, your conditioning will leave you and then you are free. Freedom is not something that you create. Freedom is an existing thing at this very moment. Freedom is Life stripped of all conditioning. You have put it in a cage. Your cage is your beliefs, your ideas, your images, your acceptance, your disbelieving, your believing, your condemning, your blaming, How can you understand if you are caught-up in these things?

If I want to understand you I cannot condemn you, that's sure enough. And if I want to understand you I cannot call you a name. And if I do see you conditioned in some way, that you are this and that, immediately I condition myself because there is no division. There cannot be division between you and me in Reality because there is none. But if I stripped you all of these divisions, they pass away and therefore we both stand together and we have a true relationship, with one another.

You have never heard these words before, I know, it has never been given to you before this way. You have always been told in some way, that you must make your demonstrations this way and demonstrations that way. Don't you see you are led by a lot of fools that know nothing at all about it. This silly nonsense is taught all over the world today and the sooner we see how stupid it is the better.

It is only when we see what our minds are made up of, do we see how stupid we are. We begin to see how our antagonism arises and how conflict and war come about. It is all a matter of our mental make-up and how we are conditioned.

Not only do we have war in the external but this confusion causes war in the internal. These mental impulses are taken up by the sympathetic nervous system and passed on to the physical body. We **are** today, because of our thought-feeling of yesterday.

Is it not so that the self is a bundle of hates, envies, likes, and dislikes, condemning, blaming, accepting, rejecting, without reason, just because of

our mental make-up? So in our ignorance we call it "Reality," when all the time it is but an illusion of the mind. *So if you belong to one religion you say, "this is reality." Another person belongs to another religion and says, "this is reality." Another person says, "this is the only way, you cannot get to heaven except through this way." And then the other person says, "no! This is the way, there is no other way except this way." Are you not confused. But those people who talk that way are still confused themselves. Now, if you listen to them without reason, without examining and inquiring, you accept what they say and you believe. So therefore you are an imitator. And because you are an imitator you believe in confusion in comfort with another belief, so you are divided. There is no longer any unity, there is no longer any Truth. But if you see the falseness of these things and how false they are, they will fall away and you will not be conditioned by them. And you be as God made you, His image and likeness, free from all conditioning.*

That is the Master. The Master is free from conditioning. Not by stilling his mind or forcing his mind to be still. Not by disciplining his mind but by understanding what is in his mind. I am seeing that he himself and his thought are one and not separated.

Immediately you think that you and your thought are separated then you begin to fear your thought and see your thought as something that is separate to yourself. But to see yourself as your own thought, that self is the creator of the thought and is not outside the thought nor is the thought outside the self, it is the self. Therefore when we understand the self, what it is, we see how false it is, it will pass away and then you will say, "I of myself am nothing it is the Spirit of the Father within me that doeth these things." Is it not so that the self is a bundle of hates, envies, likes, and dislikes, blaming, condemning, accepting and so forth, without reason, So in our ignorance we call it "Reality," when all the time it is but an illusion of the mind. It is only when we begin to see this illusion that we begin to realize the Real which is never antagonistic, never envious, never condemning, never blaming, accepting or rejecting. How can it? It would be working against itself.

Constantly understanding what is in the mind enables us to free ourselves from all that hinders the Truth from manifesting.

The Truth is Love-Wisdom and not merely the words “Love” and “Wisdom.” *Now are you reacting only in your intellect or are you feeling in the deeper self what I am saying. If you are feeling in the deeper self what I am saying, you will find action there. You will find action is taking place to immediately discern what is in your mind. Even now, even at this very moment there is a process of discerning going on if you are listening in the deeper centres of your consciousness. If you are listening in the deeper consciousness then that action will take place. But if it is merely intellectual and you have only a reaction to what I am saying, then I am talking to you in vain, I may as well talk to the wind. Because you have merely a reaction and not action.*

Action is something that takes place within the Self, it's a transformation that takes place. And that transformation takes place immediately you begin to discern and see what is false. There is no conflict in this but there is if you try to analyze your thought and look upon it as this bad or evil or good. Analysis will never give you freedom. Awakened consciousness discerning the false that is the only freedom. Freedom because freedom IS. In your analysis you are caught-up in your analysing. How can you free yourself if you are caught-up in anything? You cannot even be caught-up, you must see the self for what it is.

So simple is this. But why is it so difficult? Because the self wants to retain itself. And Jesus words were very true when he said, “he who seeks to save his life will lose it but he who gives up his life for my sake will retain it. He was speaking from the Christ. He was speaking from the Godhead, not from the self. He was not speaking from the man Jesus, he was speaking from the Godhead, who created the man Jesus.

The Truth is Love-Wisdom and not merely the words “Love” and “Wisdom.” Love-Wisdom comes into being when we dissolve all that hinders It. It comes into being when we understand ourselves and our mental make-up.

So it is necessary to enquire into the whole process of words and this is very pertinent, and requires a conscious alertness for enquiring. For instance, some leader, religious or political, makes a statement (and) without thinking you agree, then you wave flags or you fight. But you have not examined what was said, and since you have not examined what was

said you become an imitator or an objector. You merely react. So you are *further* conditioned through your reaction.

You either wave flags or you take up guns. You wave a flag because you believe or you reject or you fight because you do not believe. If you can not see the stupidity of that, well you are not worthy of being students of this wonderful Truth of the Master's teachings. You must see these things clearly and by seeing them clearly you will see how false they are.

What you have to discover is, what is the cause of your conditioning, then the mind begins to free itself from its conditioning. In this alone can Truth be realized.

Once the mind begins to understand the false, the false will be seen instantly and then *it* dissolves into nothingness where it belongs, for Truth only has Its own Eternity. I have repeated many times that error has no principle, has nothing to stand upon, has no foundation, it only exists in the mind that is ignorant of its nature.

So with most people in the world today, they want to bridge the unbridgeable, they want to serve both truth and error. They pray to God while steeped in error. They want Reality, yet still cling to the illusion of error. It cannot be done, there is no Truth in ignorance. God is not divided.

As I told you the other day, you must know what the self is. If the self is cunning, if the self is a liar, if the self is this and that, you must know it. And by knowing what you are you can free yourself. And yet you are struggling with what you are not.

But immediately you give up way to this conflict there is a freedom that comes. But when you know what you are you are free, there is no longer any trouble and it falls away from you. That which really IS comes into Being—Love. Love is the secret of it all. But Love is not the love you wear on your sleeve. Love is something deeper than that.

But if you can completely Love one completely, completely mind you, I am not talking about half love or any other kind of love. I am speaking of complete Loving one person alone completely, then you will Love the Whole because One is the Whole. And as soon as you are in that state of Love then you have freed yourself of that which is not Love, which is an imitation of Love.

Truth is action, error is “reaction.” We all know reaction but very few know “action,” for action only comes when we understand that the word “God” is not God, that a name for a thing is not the thing itself. Action can only be done in the present, never in the past, or the future.

You can only act now. You cannot act yesterday when you act tomorrow. Where is yesterday and where is tomorrow anyhow?

There is a conscious awareness of the Eternal Truth when there is a constant awareness that discerns the false. It was this that Jesus meant when he said, “watch and pray.”

We must ever be on the watch for the false that saps our health, strength and happiness. If we are careless and accept the false we have only ourselves to blame. Whatever our mind accepts, without consideration or examination, so do we condition ourselves and we will surely out-picture that conditioning. How necessary then it is for us to be wide awake and alert, to “watch and pray.”

Jesus words for praying was a different thing and a different idea towards your ideal prayer. Your prayer always is when you want something, when you are struggling with something and when you are in doubt or when you are in despair or when you are in pain, when you are in trouble you pray. And you pray to God for a release of your trouble. That is what it is. Now what are you doing? You are struggling with your trouble, you have an idea of God somewhere that will relieve you of your trouble. And you are praying to a God somewhere outside yourself, a God that is no God at all but is just an idea in your mind.

Jesus prayer was not that at all. His prayers was a continual Realization of his Oneness with Life, with his Oneness with God. And watching was that “watch” that no false thing would interfere with that Completeness. That which said there was no division. That is why he said, “there are many flocks, there are other flocks and I shall go and shall bring all those flocks and there shall be one flock, and there shall be one shepherd.” Meaning, there is no division. And the Christ the only begotten Son of the Father is the Livingness—the unconditioned state of man. Man in his freedom, no longer in bondage but free. And man has it in his own hands this very moment to Live in the Present. That is the secret of it. If you

could Live in the Present then Eternally. The Present is the only thing, the Livingness—the Christ, therefore you Live in the Present.

But what do you do? You live in the past, in your memories, and your memories influence you in the present, the future influences you too. You are caught-up both in the past and the future and you do not know where you are, you are living in a world of conflict are you not? Are you Creative then? There is no Creativeness in you. Creativeness only comes when you are Living now in the Present, in that Livingness that is free, when you discern all that is false.

We must be ever on the “watch” for the false that saps our health.

Our wellbeing exists in that foundation which is happiness, health and abundance—the Ever-present. When we do not eat of the Tree of Knowledge of Good and Evil we take hold of the Tree of Life which is Eternal. The Tree of Knowledge of Good and Evil is [of] man’s own growing and dies with the self, for the self must die before the greater Self comes into being, for when we cling to Life we have to deny the self. *You cling to Life or cling to the self. If you really know what you are doing you cling to that Tree of Life. What does the prophet say? He says, “forsake this Tree of Knowledge of Good and Evil. Do not eat thereof.” He says, “but cling to the Tree of Life, it shall be your salvation, a Spring of Living Water rising up to Eternal Life.”*

If you cling to Life you must deny the self. You cannot live with the two. You cannot live in error and Truth at the same time. Because there is no Truth in error, there is no Truth in ignorance and God is not divided. By so doing our right thinking produces what we delight in. This is “action.”

“He who seeks to save his life alone will lose it but he who gives up his life for my sake will retain it.”

There can be no relationship between action and reaction, just as there can be no relationship between a lazy person and an active person. Awareness is action, which leads to Reality. Awareness is the field in which Reality can operate.

And only when you are aware of the false can then Reality operate. If you are caught-up in the false will you not be expressing your own conditioning? Can’t you see then how you are caught-up in these things.

We do not have to seek out Reality, It comes directly, silently and the mind that is capable of receiving Reality is blessed. Therefore health, happiness and abundance are not created. They are always existing in the present. To live in the present, which is action, with no past or future which is “reaction,” this is living in the abundant **now** which alone is Reality. *Because It is everything.*

But is your mind caught-up in the past and the future. I wish that you would take this lesson really to heart and feel deep within you the true meaning of it.

It is widely recognised by those who know, that Invisible matter can be condensed into a solid mass by mind action, that it undergoes chemical changes as a result of mental changes. *Because matter is mind modified. Matter is mind materialized.* So when considering the cause and cure of any disease, whether it be of mind *and* body, we must bear in mind that matter is plastic to our thoughts.

By complete understanding of our mental processes we will be able to dissolve away any condition that is the result of error.

So you will see how your thoughts arise, how they come into being but it has no existence on its own, it is an illusion, it passes away, it dissolves into nothingness. You can't catch an error, can you, in the sky? You can't see its something can you? You cannot put an error in a box and say it is there. You cannot put an error in the present. You cannot put an error into the law of mathematics, can you?

There is a great difference between words and action. *This* is what I call verbal appreciation and then there is real understanding. We all verbally appreciate that Love, Affection, Good-will is the only solution, the only way out of the mess we are in today, and because you are thoughtful you will agree, but why don't you act? For the very simple reason that verbal response is identified with the intellectual response and it is only superficial.

And that is all it is. And I said from the beginning, if then you are merely reacting and only creating further ideas in your mind through my speaking to you in this way, then I have spoken to you in vain. But if you feel deeply within your very silence there, action will take place and not only react in the superficial intellectualism but you will feel a knowing, an activity in the

very soul to act out, to being about a better understanding between man and man.

Intellectually you have grasped the idea and it remains in the intellectual level, so there is a division between the idea and action that cannot be bridged. *So you can't bridge the idea in action. The idea in the mind remains in the mind and you cannot put them together. Why? Because they are merely intellectual reaction that belong to the superficial. The majority of the people in the world live in the intellectual superficiality, that is useless and nonsense.* This is why the cultivation of ideas merely creates counter-ideas. Although ideas may bring about a revolution it will not be a real transformation of the individual and therefore of society because you merely react, but do not act.

If we dwell in the intellectual level we merely create ideas, but this is not action, it is merely reaction. We must examine ourselves to see if we are merely fed on words, we will say that the Bible says this *and* the Gita² says that. If those words only produce ideas they will never produce action, that is why we have this gap which we cannot bridge. The gap between words and actions cannot be bridged, we must realize that we are merely reacting.

And when we realize that we are merely reacting and not acting, then we will act. But not until you realize that you are merely reacting, intellectually, if you do not realize that you will never do anything.

As long as we are fed on words we will merely react. Therefore we must empty ourselves of words, which means we will empty ourselves of imitation. Words are merely imitative, thus we live in the intellectual level which is based upon imitation. So intellectually we are incapable of action.³ *You see it all over the world, don't you? The intellectuals. Have you ever seen them? I have seen a lot of them. They go about with hair all over their face and hair down their back and trousers hanging along the ground and dirty faces and all sort of things like that. And they think that they are intellectual. So they want to think out intellectual things and that sort of thing, and we see them all over the place. They wear corduroy trousers hanging down, bags over this and a tie hung round their necks with a twist on it and a hat probably twisted over one eye, whatever the case may be. And some of them with the half the hair shaved off one side and still on the other, a bald patch here and bald patch there, whatever the case may be.*

And you will see many of them in the Theosophical Society. They read book after book but do you ever see any action out of it? Never, it is living on the intellectual level. You can read as many books as you like, crawling around the books but it will never do any good, you must have action.

When we begin to see clearly this fact we will act without reaction, we will be transformed, and only in *that* transformation of the individual is there Peace, Love and Goodwill, and not in ideals or words. Therefore Love is not a word, or an idea, is it? Love, Goodwill, are not words nor ideas, *are they? But they are to most of you, just mere words. But if you have experienced Love. If you have experienced Goodwill, you would understand it. But not until you have got rid of the idea of Goodwill or the idea of Love, will it be of any value to you. Love, Goodwill, are not words nor ideas, but you are satisfied with the word because it gives you a sensation. You are psychologically affected and this response you call understanding? What a travesty of the Truth!*

If we understood that and the people understood, or say that it has been really understood, there would be no trouble or conflict we have today.

Jesus said, "it is the letter that killeth." What a wonderful truth, but few comprehend it.

It is only when you become "**aware**," that you know that you are on the intellectual level by discerning your thought-feeling-reaction. If my words only create in you a mental reaction, an imitative response, in accordance *to* your ideas, then I have spoken in vain. But if it makes you enquire into your whole intellectual process and see what it is, then this will lead to action and action alone will bring *about* the Omnipresence of the Omniscient Omnipotence which is the Life within each one, which is Love and Wisdom, the True Reality.

So we may say, "God is within us." But God is the Omnipotence, the mighty Power that is within us. And you have an idea of what it is, you will say, "wonderful, what a wonderful thing it is." And you will say, "when this ideal becomes true what a wonderful nation, what a wonderful world it will be." It will go on till doomsday. It will never happen. Your ideal will never come because you are fighting with the opposite. You are living in conflict. You have an ideal and you are still struggling with the opposite. You have an ideal of good and you struggle with evil. You are living in opposites are

you not? And you can say and you have an idea of what this is, this mighty Power, an idea of it but does it become a mighty Power to you because you have an idea of it? I have never seen anybody yet producing Power through an idea of a power. But I have seen Power being expressed when there was action and not reaction. Not an idea but a Livingness, that comes into Being when that which hinders the expression of that Power, coming into action.

Intelligence is action in Itself, It IS ACTION. But if you merely react to a stimulus, an idea, and the word creates an idea in your mind. React to another idea in which you react to what I say only creates another idea in your mind. Do you think you are going to have Power, for a mere idea? Don't you see that you are preventing the Power from manifesting in your life. It is not an idea of the Power, it is a Livingness.

(Murdo demonstrates)

Do you all feel that passing through you? Your whole body you feel it flowing through you, why? It is not an idea of it, is it? I could not have an idea of it because I do not know what it is, that's why, I could not have an idea of it. If I have an idea of it then I limit myself to my idea. But I cleanse my mind of all of ideas now I know that IT IS. Then in that knowing that IT IS, IT IS—that is action.

When you say something to me, you will find very often, I say nothing to you, I don't even answer you. Why? Because I am not reacting to you. I am not reacting to what you are saying at all, I am seeing far ahead. I am seeing beyond your mind. I am seeing something else, I am seeing how stupid your talk is. I see how stupid the whole thing is but why should I react to it.

If I hold myself then in knowing, in that knowing then clearly, then I free you as well I free myself. You feel freed, as well I feel free because I free you through my own freedom.

We are not divided. If there was any division between you and me then there is no relationship. If you make a nationality a division. If you make a group a division, if you make a religion a division, well you must see how false it is. And if you see how false it is, it will drop away from you, will it not? And you will be free from that division, will you not? Because you will understand it. And if you cannot understand it, you will still be living in

your division, wont you? And you will still be living in your limitation, will you not?

Only Wholeness and Completeness is Reality. Only in Wholeness and Completeness is there no division. Only in Wholeness is there Love and Wisdom. There is no Love and Wisdom in division because it does not exist in division.

“And thou, shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.”

“And the second is like, namely this, thou shalt love thy neighbour as thyself. There is none other commandments greater than these.” [Mark 12: 30-31]

In a nutshell. There is a man who saw the whole thing, in a nutshell. Love your neighbour as yourself, it is the only way you can Love God. Because you do not know God, you have never seen Him! Which when you Love your neighbour then you Love God because your neighbour IS, God IS there, as well as in you, there is no division.

And when Jesus said these words, he said them at a time to give the people an understanding, which they could not understand if he said, “there is no division in God. God is one Whole. All exist in Him, there is no outside Him. It is God that is everywhere.”

You must Love your neighbour to Love God because that IS God. And if you see then your neighbour as yourself, then you will know there is no division, there is Wholeness and Completeness.

BENEDICTION

O Great Omnipresence of Love, Thou art beyond mental ideas, Thou art Real not merely a word or an idea.

When I read of Thy beauty and perfection I compared it with my own conception and lost Thy Ever-present Loveliness.

But when I saw how I had made just an idea of Thee my idea dissolved away and there Thou didst reveal Thyself.

Now I know my intellect is incapable of knowing Thy Love for Love is not made up in the mind.

Now Thou art my sculptor, my awareness the chisel to cut away the false. Henceforth I will “watch and pray” so that Thy beauty alone shall shine from me, O Great Omnipresence of 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 19th May 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

** A small break in the wire recording occurs here.

1. In the Lecture Notes the word is *awake*.

2. *Bhagavad Gita*. Aka. Gita. Part of the ancient Sanskrit epic the *Mahabharata*. The Gita is a 700 verse conversation between Panadava prince Arjuna and his guide Krishna on a variety of philosophical issues.

3. In the Lecture Notes part of sentence is missing from the recording. Therefore the paragraph would read: [*As long as we are fed on words we will merely react. Therefore we must empty ourselves of words, which means we will empty ourselves of imitation. Words are merely imitative, thus we live in the intellectual level which is based upon imitation. So intellectually we are incapable of action, we merely have ideas which only create reaction.*]

Lecture 7 (26th May 1953)

THERE IS NO DEAD AMONG THE LIVING*

“Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.” Matthew 5: 23-24

Well, we see clearly what Jesus meant there. That there was no separation anywhere. He saw that his brother, himself, that the one was the other and there could be no separation. And the brother was really the Spirit as well as the Spirit within the one who was offering his gift.

And if there was enmity between one another, God was no longer a division. He was not divided because there was enmity between one another that divided in the mind of man but not a division. So Jesus saw that there was no division anywhere therefore he saw clearly. “Unless you make this reconciliation to your brother therefore there is no use of offering your gift.” In other words, if you have anything against your brother or your brother has anything against you, your prayer is idolatry.

That is the trouble today, our prayers are idolatrous. For the simple reason is this, that we are hating one another while we are praying to God. One part of the world is praying to one God to help them so the other part of the world is praying to their God to help them too. But God is not divided and the individual who sees that therefore recedes away from these beliefs and these divisions. And Jesus was showing clearly to those who came to offer their gift, that if they offered their gift while they were at enmity with their brother, it was of no use because their prayers was idolatrous.

We have already begun to know that 90% of our mental life is under the surface.

What we hear, see etc., through the senses is absorbed into the mind, then it is either accepted, rejected or becomes re-arranged with other

impressions previously received.

It is quite easy to see if you are wide awake, what the individual mind is made up of, the mind of most people is a conglomeration of ideas which become the fixed expression of the mind.

Now, we see then, that knowledge is limited and knowledge is not stable. Only Wisdom is wise, only Wisdom is stable because It is beyond mind. Mind is accumulation. Knowledge is accumulated through the mind and therefore knowledge is not stable. It is as it were, a floating thing, moving in and out. What we receive into our minds we either reject, accept or we receive to be mixed in with the various ideas and images and knowledge we have already received in the mind. The mind then re-arranges all these things according to an association. Everything is associated in the mind because the mind is a vehicle of expression and has within itself the capacity to rearrange all ideas according to the acceptance of the idea.

If you actually believe a certain thing, you have a central idea around which every other idea is absorbed. For instance, if I give you a mark on the board here and I say that is a particular idea. That in the mind which becomes the basis of the mind, whether the idea maybe right or wrong, it makes no difference. The idea maybe a right one, it maybe a wrong one. It maybe in opposition to another idea and it maybe in opposition to another belief. Nevertheless it is the core of your belief and your ideas. Therefore what happens to you according to the way you are brought-up; the influences that is bearing upon you according to your religious life, your family life, your environment, the nationality and so forth that you are born under; you accumulate around that basic idea and therefore it becomes the basis of what you think. And not until such time as you realize that the idea is just an idea and when you know what an idea is, is an accumulation of something that is brought about through your influences, through your memory, through your experiences and through your belief.

But if you know what a belief is and what an idea is, therefore this thing begins to dissolve away. It begins to break up. And as soon as it begins to break up, then you are free. Because if you are caught-up with a dominant idea in your mind, then you will find, that you are not free. You are not free because of the fact, that you will be expressing the idea which is your own conditioning.

Supposing that you look upon a Chinaman as a Chinaman, you look upon a Russian as a Russian, you look upon a German as a German and you are prejudiced. You look upon a Scotsman as a Scotsman and therefore you maybe prejudiced. But if you strip these people entirely of their conditioning and your conditioning, and see them as they really are, then you will not be conditioned. And not only that, you will approach that individual free from conditioning, and that is the only true relationship you have.

But do not you see, if you have a peculiar idea about your nationality and a peculiar idea about the offensiveness of another nationality, if you have a particular idea about a religion and you have an antipathy against the individual who follows another religion, then you can have no relationship at all because you will be expressing your conditioning. There is no relationship, there is a division completely within you and there is nothing. You have got no relationship at all. Now that is the cause of these ideas. And the idea which is the basic idea, very often a religious idea because religion to a great extent in the majority of families is the basis of their lives, they are brought-up according to the religion and is the basic principle in the whole living. Now, from their infancy, they are controlled and directed toward that end.

You can easily see then, why people are in opposition to others, enmity between other people who have other types of religions. And you can see then, why people have enmity between one nationality and another. You can see why people have hatreds between one political group and another. You can see all these things clearly. But if you do not see them, then you are caught-up in them! You see, you must know the false to be able to know the true. But if you do not know the false, you will never know the true and you will never have any relationship, whatsoever, with anyone because you would be isolating yourselves.

It is not a state of isolation that we come to see and to get for the majority of people. It is a unity. A unity when man is stripped of all his conditioning, there he stands as he is, the Son—the child of God. That is the true relationship between one another. But how many people see it? And that is what I am trying to show you, how you have these fixed ideas.

Now according to what your mind is made up of so you will accept or reject, so you are just reacting automatically without understanding.

Therefore you act automatically, you reject, you accept without understanding. Now what a stupid mind that is, don't you think so? It is very, very stupid and unreasonable but unless you see that it is stupid you will continue to do so. And what I am trying to show is this, is the false. If I can show you the false then the true is there. I do not have to show you the true. How can I show you the true anyhow, the true is there. It does not have to be created, it is not created. It is there as a Living Expression of Reality Itself. Then if I show you the false and the false dissolves away, there is the true. But if you do not know the false then you will never know the true and you will never be able to know the true! And you will have no relationship with one another, you will still be divided; individually, collectively, nationally, east and west and there can be no peace in the world. There can be no happiness until such time as we be able to realize what is false.

Everybody is trying to teach you, give you some ideal and you hold to this ideal, while all the time you are struggling with this thing instead of seeing for what it is and letting it go and having no ideal. It is not necessary to have an ideal. An ideal leads you away from Reality. What is an ideal anyhow? Is it not a creation in your mind through which this same thing happens again? And all this is gathered around this particular ideal becomes your conditioning. It is freedom you require.

I have no ideal. I only want to see the false, that's all. Because I know that everything else is true. I know I do not have to create the true. I do create the false but I do not create the true, neither do you. No one creates the true, the true IS. But what you do create is the false. Therefore if you see the false, what happens to it? You understand don't you, it falls away, and there is the true.

It is so easy. I always say, its so terribly easy. It is the easiest thing in the world. The Truth is so easy because you do not have to create it, IT IS. It is the Self expressing Itself.

I can see how easy it was for Jesus to do the things that he did because of the fact, that he saw the false. And because he discerned the false, it no longer hindered the expression of that which was true.

A great deal of our mental make-up is hereditary, we follow tradition, a belief in religion, belief in death, hell and the devil. We follow a pattern made for us, so we are imitators and not thinkers. We conform, we believe, we follow, we become mere mental robots without understanding.

Is it not so, that the majority of people are mere mental robots without understanding anything at all, they just follow. They imitate.

Now I do not want you to be imitators. I do not want you to believe what I say because it will give you misery if you try to believe, or an idea that I give you, that is your misery not mine. Because I have no belief. I do not want a belief. I do not want an ideal because it is going to take me away from that which is really true.

Is God not Expressing Himself? Is he not all Complete in everything? He is the Livingness within me. The Livingness within you.

If you are born into a European family you will probably follow the Christian religion. Now this religion is subdivided into the many different dogmas, each claiming that theirs is the true path, so you *would* generally follow the one your parents follow, you are conditioned before you are even born. The same applies to the Hindu and the Mohammedan.

Any of you who have lived in the East have seen the danger of these religious sects. How so many thousands have been killed and murdered because of their religion. It is not only a few years ago when Britain left India to form her own dominion or whatever they like to call it, her own country under her own control. And what happened? The Mohammedans and the Hindus began to kill each other in the thousands and there was no hope. They fought and they killed each other. Destroyed and burnt each others homes and houses. And did everything that was possible under the guise of religion.

Therefore you see, it is the so-called religious man, is the danger to humanity, is that not so? It is the man with a belief that is the danger to humanity. People are not quarrelling and fighting over material things, they are fighting over beliefs and ideas, the idea of the East and the idea of the West. That is what people are fighting over, they are not fighting over the things. We can either come to terms about things but we cannot come to terms with our ideals and our beliefs.

Because why? Because of this, that central idea that becomes the point through which everything flows around and is attracted to, you are conditioned. And that is your conditioning continuously as it flows around and there you are, you are conditioned.

How are you going to break away from it? Are you going to struggle to break away from it? There is no need to struggle. Immediately you struggle you give it a power it does not possess. Struggling is not necessary. What is necessary is understanding what it is and without struggle it passes away. And without struggle that which IS takes it place.

You are all struggling. Why are you struggling? You have got an ideal of good and you are struggling with evil. You have got an idea of success and you are struggling with failure. You have an ideal of plenty and you are struggling with lack. All the time you are living in opposites. Why? Because you are in conflict. Look into your minds and you will see what I am telling you is true. But if you see how false this is it will pass away.

I am, I do not have to Be. The Creator is not an idea to me, the Creator is my Livingness, my Expression. I do not have to pray to a God outside myself. I know that the Father and I are one, there is no separation and no division, there cannot be.

So our outlook is more or less the result of imitations which we have inherited from past generations. So we are caught-up in the confusion of our forefathers, we think we know but we don't know.

Beware of the individual who says he knows because when he says he knows you will perfectly be aware of the fact that he does not know.

The conditions existing today are caused by *our* ignorance of yesterday, and the generation to come will follow in our footsteps and will inherit our mistakes. Unless we begin to think clearly for ourselves now, we will perpetuate the ignorance and confusion of the past, so will the next generation do the same, if our transformation does not take place now. The great thing is, how can we make the world a better place to live in? We can only do this by seeing the cause of our confusion today.

What are we trying to do in the world today? Are we not trying to create an ideal? Each one creating this ideal still maintaining; our separate devices, our separate nationalities, our separate particular antagonisms,

our enmities, our different divisions in nationalities and so forth and groups. And we are holding onto a particular ideal that we will say, "when this ideal becomes real it will be wonderful." Still we maintain our own divisions. How on all the earth can that ideal which is only a creation of the mind come into being? It will never do. You hang onto your ideal and yet you struggle with this.

But if you understand the whole process of ideal, the whole process of your mental makeup, your whole process of your conditioning, and if you see then how you have conditioned yourself by giving the other individual a name because of the fact that you are conditioned regarding him or whatever the case maybe, when you understand that, of that only and no more, then there will be a freedom from the conditioning which is hindering the expression of the Real.

We have a great deal of knowledge, but what we need is more wisdom, unless we see that knowledge and wisdom are **not** the same we will never progress.

Knowledge being experience and memory can never bring wisdom into being. *Because wisdom is beyond. It is not something of the mind. Wisdom is from moment to moment, **now** at this very moment, is always moment to moment because it is alive and Living. It is the Expression of the Almighty, whereas knowledge can never be free from the past, from time. Is knowledge only tied to time? Tied to the past? Tied to the future? While wisdom is the Eternal Expression of that Infinite Creativeness NOW. Therefore you must see the difference between knowledge and wisdom.*

But what do people do? They clamour after knowledge, that this knowledge will give them this and give them that. What has knowledge done to the world today? On one side it has helped humanity on the other side it has destroyed humanity. Can this go on indefinitely? I think not. I think we are coming now to the time and I don't think it is very far off, perhaps a few months, before we will see one way or another, there shall be peace or shall there be war. Shall we still maintain the divisions between humanity?

I think we will. Why? Because your leaders have not yet recognised what is false! They are conditioned just as you have be conditioned since your infancy. It is only the few in the world today that has seen this calamity coming right before our eyes. And man seems to suffer before he realizes

the Truth. Perhaps in a few months, it cannot last must longer. I think myself, that by September-October, this year, we will find whether there is going to be peace or whether there is going to be more trouble. And that's all about it. And unless we have true leadership we will be still caught-up. ¹

Do you think a military leader is the one to lead us out of our difficulties? Do you think a political leader is the one that will lead us out of our difficulties? I do not think so. The only person or the only one who can lead you out of your difficulties is wisdom. And wisdom only comes to the mature not to the immature. The immature must recognise the false before they become mature. And it is the recognition of the false that matures you, brings wisdom into being.

If I had anything to do with the conferences, I would say clearly and distinctly:

“Gentlemen, everyone of you have different ideals. You have different nationalities. You come here with your divisions to try and bring about the solving of the problem which is yourselves. How can you solve the problem of yourselves if you are still divided? But if you can see clearly the falseness of your divisions, the falseness of your ideals. Then, Gentlemen, I can assure you will find a way out of the morass of your own conditioning that is breaking the world. Peace is already here now. It is not created, Peace is not created. Peace is that which the Master gave, not as the world gives it peace, but that Peace that is Eternal and Ever-present. And if you can discern your own conditioning, your own falseness, and the things that is preventing the expression of this Peace, then there shall be peace. But not before.

Therefore, Gentlemen, you come here with your conflicts and your divisions, to solve the problem of unity, you can go away before you create more trouble, unless you come and see the falseness of all your divisions, then there shall be freedom. In that freedom there is Peace, there is wisdom, there is understanding, there is Love because it is the foundation of the Universe. You will notice what is made up in your mind, all these things are we have been conditioned from the past. From your infancy you have been born here and there, you have been caught-up in your own conditioning and therefore you have built up according to the core of your ideal, which is preventing you understanding the ideals of others which are just as false as

your own. But when the falseness is seen it passes away, then you can come together free, as free men, with true relationship between one another. Not with the enmity and conditioning of the other with your own conditioning but a freedom, you will bring peace and understanding to the masses of the world. You are the ones, now, that can lead us into peace or lead us into war. The responsibility is yours.”

That is how I would speak. Wisdom is free from Time. Knowledge is accumulation which is binding, wisdom is immediate and free from accumulation and is not binding.

Knowledge deals with facts, wisdom is beyond facts. Wisdom is creative, knowledge is created. Knowledge is of the mind, wisdom is of the spirit. Spirit is now, It is Eternal. Knowledge is bit by bit. Wisdom frees us from the conditioning process of knowledge.

Therefore it is wisdom. That’s why, when Solomon asked for wisdom. That is why he got everything else because wisdom gave him everything else. And because he did not ask for anything less than wisdom, he got everything because wisdom was above knowledge. Wisdom was the directing power of knowledge.

Knowledge cannot free us, nor will it free the generations to come. We should know now that knowledge cannot save us, only wisdom can. Unless we discern the differences between knowledge and wisdom, we will never realize *that* one Life that is present everywhere. It is all Wisdom and Intelligence there is, and It is not divided, It is not *an* isolating process while knowledge is.

So you will see that if we go anywhere with knowledge only and with no wisdom, we shall never be free.

Wisdom must lead, for knowledge can never be wise, only wisdom is wise. Therefore wisdom is greater than knowledge. Wisdom is a realization of the source of all things, thus we will maintain harmonious relations in all walks of Life.

How many men in the world can you say was like Jesus? Yes, you can say, Confucius, Aristotle, a few more. Some of the great Yogi’s and so forth but I will stand above all, I will say, there was never yet one who came with

wisdom, so great a wisdom as the man Jesus. He was really truly the Son of God because he expressed the Wisdom of the Father.

And in all his words if you search them diligently and deeply, not reading him on the surface because you are confused with your own confusion and you will read them according to your conditioning. But if you discern what your conditioning is and how it comes about and dissolve it, then take his readings, take his words and read them, and you will be amazed at the tremendous Truth it reveals. The truth that reveals that is beyond time. A wisdom that is beyond knowledge. But a foundation for a world brotherhood of peace and harmony and plenty.

There is plenty of scientific knowledge in the world today for the manufacture of all the things we need, for all the food that is necessary for all the people in the world. But what is holding back this gigantic wonderful expression of nature? I will tell you, your divisions, your nationalities, your conditioning. One nationality against another, those divisions which exist all over the world presently is preventing all that scientific knowledge that is at our hand today for the production of things and food for humanity.

The time will come when men of great will come into the world. There are a few of them now and I think that there will be very shortly those men who will come to the fore. I feel myself, although I am not praising anybody by any means remember that, but I think Dr. Meyer² is one of these leaders, who will eventually come to the fore to bring about a better understanding through the great industrial capacity of the world, not only of this country but of the world. And that is what it needs, it needs men of vision.

Men not only of knowledge but men of vision who have the wisdom to bring about the understanding between great large organizations. And if we can have at the head of large organizations a pillar of wisdom, all those people associated with our organization will be brought into it.

But what do we see? We do not have men of wisdom at the head of various organizations but men of knowledge. And what do we see, a division between the employer and the employees. We find then that we have great unions built up from the workers side in opposition to those who are creative in the employers side. And we have division. We have people going slow. We have so much of this turmoil in the world through the industrial stupidity of leaders on both sides that know nothing. That are

caught-up in their own conditioning, in their own beliefs of the worker, in their own beliefs of the employer. So the world is divided between the employer and the employees.

How can you ever have success in a world that is divided? There is no such thing as division in Reality. And Reality is the wisdom that must come to the fore, to bring all together as one whole family, working in harmony and conjunction for the benefit of all. For the whole is one Whole and is not divided. There is no division anywhere. And when you seek a division then you seek destruction.

The great hindrance in Life is holding on to old fixed ideas, which have long outlived their usefulness. As we begin to understand, we will discard all ideas that are isolating and destroying. We will discard the ideas of separate beliefs, of limited science, the belief in the power of man as a separate entity. The belief that God inflicts man with all kinds of disease, that God punishes man and that there is a hell and a devil and all the stupid contraptions built up in the ignorant mind *and all this* must be discarded *and dissolved*.

Have we not held fast to the fixed ideas of the past and perpetuated the errors that burden us? Are we to pass this burden on to the next generation? We will do so, unless we begin to think for ourselves now and not follow blind fools.

For Jesus will write, the blind lead the blind and they all fall into the ditch.

Wrong thinking will never bring about right thinking. We have accepted the psychological junk that security is based upon the expansion of the self. *And that is what you have been taught by those so-called psychological teachers. And those so-called, what I call, false prophets who come and tell you that you can do this manifestation and this manifestation and you will get this. You want a motor car, you want a house and you sit down and then you think you shall get it and you picture this in your mind. No more stupid rot was ever written or spoken. Is that not the expansion of the self? Is that not leading you away from Reality? Where there is everything, where there is Truth and Life, abundance, peace and harmony in Reality. Then, why have you not got peace? Because you were out to expand the self. If you dissolve the self away. If you at once know that the self is nothing, the Spirit*

of the Father within me doing the work. Yes, security is based upon the expansion of the self. This only separates man from man and limits his achievements. It makes us fearful of another, it breaks down our health and sends thousands into mental homes.

It is for us to eradicate the error through understanding the cause, then we can free ourselves and those who follow, *those who follow* the errors of the past *can be freed too.*

But not until you have freed yourself. How can you free another unless you are free yourself? Is it possible? Of course it is not possible.

The Universal Mind is impersonal, undisturbed, fearless. It is Love, Intelligence and Wisdom. The Universal Mind is the only mind there is, there can be no other, It being Universal. To possess the qualities of the Universal we must discern that which is hindering Its expression in us.

Have you discerned any of these things that have been hindering the expression of Reality? Or have you just been reacting to what I have been saying? You have been reacting in what we call, the intellectual level. Then if you have only been reacting in the intellectual level, you have done nothing, you have only created another idea! And that is more binding. But if you have discerned and felt what I have said to you, then you will bring action. And action will bring the discernment of that which is false. And the discernment of that which is false will bring freedom. Then in that freedom is Reality.

I am not telling you what Reality is, you can find that out for yourself. And you can find it out immediately you discard that which is false.

We are the receivers, the Universal Mind is the transmitter, when we understand this we see why silence gives us tremendous power. *But a Silence that is not controlled, a silence that is not demanding or forced. But a Silence that comes through the discernment of the false and the conflict and the ideals that are creating the conditioning of your mind. And the understanding of these things will bring a cessation of the conflict. And in the cessation of the conflict the mind will become quieter of its own nature, and in that quietness of the mind there you will find Reality. But it is not in a mind that is still in conflict and you try to suppress that mind, to hold it in subjection.*

Is it not like putting a little boy in the corner while he is irritated all the time and he tries to get away but he is still irritated? Is he quiet? That is what you try to do with your mind. When we are Universal the Universal can work through us and this can be immediate when we see that which is hindering It.

We can only realize the power of the Silence when the Silence is reached. But the Silence is not reached through dreaming, nor is it reached *through* concentration on an idea to the exclusion of all else. It comes into being through awareness of what is preventing the Silence now. For only through awareness does the Universal function.

When you are continually aware of the false then the Universal functions. Why? Because you are discerning the false all the time, understanding it, it is dropping away from you. Although you live amongst it, live in it, you understand it, it no longer troubles you. You cannot get out of it, you are in the relative, you live in the relative. You do want to get out of the world, to try and get out of the world is stupid. But to live in the world and understand the world, and understand the conflict and the cause of conflict, then you are helping your brother. But to try and rise out of the condition away from the conflict, it is useless because there is no division. You think you can separate yourself from your brother? I think not. It is all stupid nonsense like ideals in your mind.

You cannot run away from the conditions of the world. To understand them you can help dissolve them and by doing so you help yourself because you are the world.

Practice is the thing that enables us to be proficient in the art of awareness, Living and acting. In us the Spirit of God is individualized and we must seek the Law of causation by ourselves, for by no other means can it be found. Then we will know that we are the cause of all the effects we produce, hence the necessity of understanding the cause.

Are we not conditioned by our past, by conformity, by *the* desire for our advancement, by the subtle accumulation of power? And though we may be outwardly active we are inwardly dead.

We seek *the* continuity, so we are caught up in Time. What is Time, anyhow? There is *the* chronological time and there is also another time,—the psychological process of continuity. *The chronological time we work it*

out according to the movement of the sun and the earth revolving round on its own axis, every twenty-four hours. Therefore it moves in its own beam 24,000 miles in circumstances, it creates one 24 hours, 1000 miles an hour it makes one complete circuit. And being 93 million miles away from the sun, it moves round the sun in 365 days and a few hours. And we calculate then, the year for the time the earth revolves around the sun and the earth revolves on its own axis. A continuation but that is not time, that is chronological time, we have put the thing into a chronological time. We create the time. God never created time. Man created time.

And then there is the psychological time of continuity. Why do you want to continue? Continuity must have a beginning and an ending must it not? Otherwise there would be not continuity at all. Therefore continuity must be blotted out continuously, absolutely. Being in Being, there is no continuity, there is no beginning and no ending. But with you in your psychological time, what is it you want to have to continue? Yes, you want to have to continue this sort of thing, you want what you have got to continue. But that is a state of limitation. You are living in time therefore you are living in a state of limitation. There is no limitation in the timeless. We want to continue, and in the very desire to continue we create the process of time and the fear of not continuing. It is the fear of not continuing that we are afraid of, is it not?

That is what you are afraid of. That is why you are afraid of death because it is got to end your continuity. But what is there. Death is not new, it is an idea is it not? You think now about it. It is the idea of death, is it not, that you are afraid of? You are not afraid of death itself when you understand what death is, you are no longer afraid of it. Because you know what it is but you are afraid of the idea of death because you do not know what a death is! You are so caught-up in the idea of death you are afraid.

*After all, what is it that continues? If we live from moment to moment we will know death, for we die each moment, *the moment that is past is dead but the moment now is a Living. And is a continual moment to moment Living. And therefore he who lives NOW, ever in the Ever-present, knows death and Life to be the same. They are both in the same cup, you drink them every moment. For we die each moment, to live each moment and knowing death we shall know Life, because the two are not very different.**

If we do not know how to live we are afraid of death. But if we know how to live, there is no death.

I cannot give it to you but you can find it for yourself. In your Living every moment you will know Life and death are one. There is no division in Life. There is no end or beginning in Life. The Life in me is no way separated from the totality of all Life in the Universe. I am in no way separated or divided from God or you. You cannot find that in Isaiah. And if you accept that as an idea only in your mind, it is stupid. You must find it out for yourselves and therefore it will become a Reality to you, not a mere idea. I am not teaching you ideas I am cutting them out of your head, at least I am trying to. But if you can see clearly what is false, what is Living, then you shall know what death is. Death is nothing but an illusion for Life.

Most people do not know how to live so they look upon death as a negation of Life, therefore they are afraid of death. But if we understand what living is we shall know death in the very process of living.

So, they say that death is a negation of Life where there is no Life. But can there be in man where there is no Life? Is there any portion of the whole Universe where there is no Life? When Life is Eternal and Ever-present and is not divided. You can find out that for yourselves, that there is no division.

The difficulty is for us to die to all things that we have accumulated, to yesterday. *Yes, it is difficult for us to die to yesterday, to our accumulation to one thing and another.* It is only when we die from moment to moment to the things of yesterday, and *then* understand the whole significance of continuity, *then* there is the Unknown, that which continues can never know the Unknown, for that which continues is the known. But if you die to the known the Unknown will reveal Itself and has no continuity, for continuity means a beginning and an ending, but that which is beyond time has no beginning *and no ending.*

And I am That which is beyond time. There was no time when I was not.

Most people live only in the known, therefore yesterday and tomorrow become more important than the Ever-present. But the Ever-present is the Eternal *and* therefore we must die to the known to realize the Unknown. It is the known that wants continuity.

The moment that is past must come to an end before the renewal takes place. *Because you would be living in the moment that is past. You try to recapture that moment, in your memory when it is but a memory, when the Living Present moment is NOW. Still you try to capture that which is past. It cannot be done.* It is the dying to the known that reveals the Unknown, so death and Life are in the same cup.

Some say *that we* have overcome death, but surely everything that has to be overcome must be overcome again and again. When you conquer your enemy you have to conquer him again and again, that is why wars continue. The moment you vanquish one, there is another to be vanquished, so that which is overcome can never be understood.

That is why Jesus never fell for force, which he could have used as they wanted him to use to be king. He knew perfectly well, if you overcome by force you would have to overcome by force again and it would be continual overcoming. Only through Love and through Wisdom could things come true.

Overcoming is merely a form of suppression and that which is suppressed, whether it *is* internal or external, can never be understood. The overcoming of fear is merely the postponing of that fear, so it is with the fear of death.

(The recording ends here due to a major wire-break)

[So we try all the tricks of the mind to hypnotise the mind. If we look at this closely we will see that they are but ways of the self. So we pray in the hope that we shall get a place in heaven, this is merely a process of thinking, which is conditioning us to time. We fear our own thoughts, so we fear the thought of death.

Fear exists only in relation to something! We are afraid of not becoming, we are afraid of the Unknown, of death. Can such a fear be overcome by determination, by a conclusion, by choice? Obviously not. So fear can never be overcome by any form of discipline. Mere suppression or substitution only creates resistance.

Freedom from fear cannot be attained through mere intellectual or verbal explanation. We are afraid of a fact or an idea about a fact. Are we afraid of the thing as it is or are we afraid of what we think it is? Are we

afraid of the fact of death or the idea of death? Fact is one thing and idea is another.

I am afraid of the idea not of the fact. When I am in complete communion with the fact there is no fear. But as long as I only have an opinion, a theory about the fact, I am not sure, so my doubt creates fear. How can there be fear of a fact when I am face to face with the fact, in direct communication with it. I can look at it, observe it, therefore there is no fear of the fact. What causes fear is my apprehension about the fact, what the fact might be or do.

There can be freedom from fear only when there is self-knowledge, For self-knowledge is the beginning of wisdom, which is the ending of fear.

“And he saith unto them, why are ye fearful, O ye of little faith? And then he arose, and rebuked the winds and the sea; and there was a great calm.” Matthew 8: 26

BENEDICTION

O Ever-present Eternal Being, when I speculated about Life I was afraid. But then, O Eternal One, my fear disappeared when I knew I was Life.

I knew my Living was from moment to moment in the Ever-present and the past died at that moment. This, I know was death. Death was the end of the moment, while Life renewed Itself Eternally.

O Great One, I thank Thee for revealing Thyself to me, then all fear disappeared.

Now I know the meaning of the words, “follow me, let the dead bury their dead,” O Mighty Eternal Father 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 26th May 1953, at 7.45 pm. A recording exists of the Johannesburg lecture exists (see page 271).

1. We do not know what trouble Murdo was referring to in this Lecture. There are two possibilities at that time, which form part of the Cold War (1947-1991). Firstly, The First Indochina War (1947-1954) between France and Vietnam, Laos and Cambodia. Or secondly, the Korean War (1950-1953) in which the active stage of the war ended on 27th July 1953.
2. Dr. Frederik Meyer. (Afrikaner). Industrialist. German trained pioneer advocate of a state steel industry. Chairman (c.1952+) of ISCOR limited, then a South African parastatal steel company.

Lecture 8 (9th June 1953)

THE UNKNOWN CANNOT BE KNOWN. WHAT IS KNOWN IS NOT THE UNKNOWN*

“For I have given you an example, that ye should do as I have done to you.” St. John 13: 15.

That was an example that Jesus gave to his disciples. As he loved his disciples they should love one another because that was the only translation of Reality into daily living. He showed them, not telling them or trying to show them what Reality was, but the example for them to follow so that they could translate Reality into their daily living.

When we rebel against effects we only increase their intensity, without gaining any understanding or relief. The most destructive conditioning today is brought about through the battle between individuals one way or another.

Man is battling with himself and loses more than he gains.

In every nation, in every group there is a conception of Reality which they call God. But is this not just an intellectual approach to Reality? Most people are discussing Reality so as to find out what Reality is hence we have so many different philosophies, so many different religions.

Each one trying to find out what God is or telling you what he is but the known can never be the Unknown.

So you see with all our preaching and all our praying, it was the example that Jesus gave to his disciples that enabled them to understand. But when you are listening to a lecture or listening to a sermon, you are only reacting, are reacting from one idea to another, and that is the how you listen. If you listen then to me through your own conditioning, you are not listening at all. If you are listening and rejecting what I say, you are not listening at all. If you are listening and accepting what I say because it suits your conditioning, you are not listening at all. But if you listen and through

your listening there is a beginning of understanding the self and what the self stands for, then you are listening and that is transformation.

It is the intellect that is always reacting. Now reaction and action are two different things altogether. When you go to a picture, you are continually reacting to what you see and hear on the screen. Certain ideas you have in your mind are moulded into different ideas you see on the screen and you get a certain amount of pleasure or emotion from it. That which we call reacting. But when you listen properly there is something else, there is a deep state of activity that takes place within you, and that is the change that is taking place in the individual, through understanding the self, through understanding the things that are false. When we understand the things that are false, then the things that are true come forth of their own free will because you do not create them.

At the present time we are on the verge of having a so-called peace. But if your peace is in opposition to a state of turmoil, you have no peace because you have just opposites. So if the turmoil still exists, no matter whether it is inwardly or outwardly, peace cannot exist because you cannot have two opposites together and forming one. But if the turmoil ceases through understanding what it is, Peace comes into being because you do not create Peace. We try to create a peace but you cannot create a peace, you only create a peace in opposition to something else. That is a created peace. But a true Peace does not come into being that way at all. True Peace comes into being when the turmoil ceases through the understanding of what the turmoil is and what it means and how it comes about. To see the falseness of it, then it would drop away and Peace is there because you do not create it.

You do not create mathematics. The Law of mathematics is a Universal thing. The Law of rhythm is a Universal thing. You do not create these fundamentals whatsoever. When you make a note that is out of harmony with other notes, you have made what we call a inharmonious sound. You interfere with the rhythm therefore it jars upon you. But when you allow rhythm to manifest through you in the form of music, that music comes into being and there is rhythm, then there is a pleasant sensation. Because you do not create rhythm, rhythm is, it is the vibration of the Universe that is continually activity. It is in the atom. It is in the molecule. It is in the cell. It

is in the body. It is in the world. It is all responding to this rhythm which we do not create.

So, you do not create Peace. You do not create Love. You do not create Wisdom. You do not create any of the fundamentals of the Universe. But when you dissolve away the false, then these come into being without effort. That is the simplicity of the Truth. The Truth is so simple when we understand it. We only have to understand the false and see how it comes about, the Truth remains. It is not created by you it is an established foundation of the Universe.

Therefore we will never have peace while this peace is a created peace in opposition to war. Because the both will remain, just as good and evil remains on the one Tree. Just as faith and fear remain on the one Tree. Just as opposites exist in the mind, there can be no peace because there will be conflict.

What I am doing now, is to show you what the false is so that that which is really true will come into being. And the more you know of the false, the more the true will reveal Itself. That is the simplicity of the Truth.

The mind cannot comprehend Reality but we can translate Reality into our daily living by understanding that the only way we can approach Reality is by affection and Love, then we find ourselves giving expression to Reality Itself, thus we translate Reality into our *daily Life*.

Because Love is a fundamental principle of Reality. It is Reality Itself. Therefore to translate Reality into our daily living we have to Love. But not a love that comes and goes. Not a love where you love one person and hate another. That is not Love. In your own mind you will say, well I hate that person, now you will say, no, I must not hate that person, I must love that person. And you create an idea of love to escape the fact that you are hating in some person. But when you begin to see why you hate that person, understand hate, and you will find it will dissolve away, and there is Love. That is the Love I want you to have. Not a love that rises out from hate, where you say, that you must love some person because you hate them. That is mere stupidity. But if you will look into your mind you will see that is happening. But you can only know the Truth of things when you realize the Wholeness of things.

That is to say, if I look at you conditioned in myself because I have conditioned myself because I am prejudiced against the group or nationality or religion or whatever the case maybe which you belong to, then I look at you through my conditioning don't I? I can have no relationship with you. Well that must be false because there can be no isolation in Reality. Now, if I discerned clearly, why I hate you and I can see my conditioning, then my conditioning will dissolve away, then I will begin to understand you. I will begin to realize what you are and I will have relationship with you.

The trouble is, that most people are looking through their own conditioning to another person. And you will also condition the other person through your own conditioning. But if you look into your mind you will see how you are conditioned. And if you can discern how you are conditioned, your conditioning will fall away from you, then you will have a relationship.

Reality can only express Itself through its own fundamentals and through nothing else. Reality can only express Itself when you are totally and completely aware every moment. Because you can only Live every moment. You can only Live moment to moment. You do not yesterday and you do not tomorrow. You only Live NOW. And you will notice if you are careful and you are aware, you will notice how you are Living.

But if you do not know how you are living, what happens to you? Then, in your mind you have the past, you have the future. And the past and the future is blunting the present, it is spoiling the present, there is no creativeness in yesterday and tomorrow. There is only Creativeness in the Livingness that IS at this moment. Therefore you must discern clearly and be aware moment to moment. So that if you are aware moment to moment you cannot be conditioned. You cannot be conditioned, you are only conditioned through memory. You are only conditioned through the past. You are only conditioned because of the past and through your experiences, that belongs to your mind. And you must recognise what is false. You must recognise what is relative and what is Real.

Now Reality is nothing of these at all. Reality does not exist in the past or the future, It always exists now. And because It exists now, It is Real. And because It is Real, it has the fundamentals of Reality which are Love and

Wisdom. And through those two comes the direct power of the Christ Principle.

Most people are trying to corner a bit of Reality for their health and success. If they succeed they say they are expressing Reality, but when they find that it does not work there is frustration. This is not expressing Reality, it is mere suggestion in opposition to another suggestion or *an* idea that is held hidden in the mind and according to the dominant idea so *it* will manifest.

So, they are telling you that they are expressing Reality, they know nothing of what Reality is. Reality is not concerned with these things. Reality is Living moment to moment in Its Completeness. And in that Completeness there is everything, not apart but everything.

Now I do not want you to think that you are going to make an idea of this Living in Reality so that you can have everything. That is stupid. But unless you become active and discern and be aware every moment to moment, and when you are aware you will see the falseness, then Reality in Itself after that falseness is dissolved away, then you will find Reality expressing Itself, in Its Completeness.

That was Jesus the Christ. That was his fullness of his Christ-ship, the fullness of his Son-ship—the Son of God. And if you say, that you are the Son of God, you must express God in that Son-ship. And God in that Son-ship is to dissolve all that is false.

And Jesus did that in the desert. He found all that was relative. And he arrived at that point where all relative things are dissolved away. He saw the falseness of everything. And through the falseness of everything he saw clearly, what it meant. Even when the person asked him about the wheat and the tares.¹ These two things grow together, he said, just as good and evil grow out of the same Tree. They have the one root. The tares and the wheat grow out of the ground, out of the one ground and the one force expressing them both, so it is with good and evil. And he said, “wait until the harvest comes, then you will see that that which is God’s, will be God’s.” That is to say, that if you look at the things clearly and you will find that which is false and that which is Real. And the false, it will dissolve away and the Real will be there. So the Real will remain in the corn, in the

grain, where the false will be dissolved into nothingness, disappearing into its own nothingness.

I wish you understand Jesus in his words. So wonderful are his words. That when you know the Truth about things, when you know the falseness, you can see exactly what he means. But what a wonderful mind he had.

And when I read part of what he says and I think about it, I can see the wonderfulness of that great and wonderful man. Truly a Son of God. Having known all the false yet not bothered about it. Yet he did not worry over it. Leave it alone.

You do not pull up the roots, you leave it alone. It grows side by side and does not good and evil grow side by side. Where they have got the one Tree and you have got the one root. But where does that root grow out of? It does not grow out of God, it grows out of mans mind. That is what man thinks about things. Life is the only thing that comes from God. And in Life there is everything. Life is everywhere. There is nowhere It is not. Life has created everything out of Itself. Life is not only the Creator of everything but It is everything in Itself.

We must realize that there is only one way to express Reality and that is through Love and affection, then there is no frustration, no opposition, for Reality can only express Itself through Love and affection. But this affection does not mean that you merely love God with the idea that you can get what you want. It means that you must love your neighbour because Reality cannot express Itself except through loving your neighbour.

“The least you do to one of these so you have done unto me.”

Is it not a fact today that people are seeking the Love of God, but hate their enemies? *What is all the preaching and the praying about today? What is any sectional prayer? Does it have any value? A prayer that is divided. A prayer that is given up in division is of no value whatsoever. But Jesus said, “if you come to offer your gifts, first leave your gift here and if a brother has anything against you, go and make it well with him and then come back and offer the gift.” That is prayer.* They pray to God for peace, but they are preparing for war. They want success and happiness at the expense of their neighbour, but they are really cheating themselves.

If you look into your own mind you will see that *there* is but a subtle form of suggestion, which is deeply rooted in your conditioning. So your inward poverty makes you look to the external. While you merely discuss Reality, you are not translating Reality into your daily living, you are merely *projecting* the self.

And it is the self that must become nothing and when you know that you are nobody at all, then you will be everything because it is the self that is preventing that Wholeness and Completeness from expressing Itself. It is not created by you or anyone else. And the Love of God is not your Love or my Love. It is a Love that is beyond the physical realm. Yet you are the means through which It is expressing Itself. And how then can you be able to express this Love? By dissolving the false. Not that a love will become something in opposite to hate because then there is no Love. Just as I said of peace, is in opposition to war, there can be no Peace. And there can be no Peace while you prepare for war.

If you look into your minds you will see *that* you have been discussing Reality as an idea, so the idea in your mind becomes to you the truth when it is only an idea of the Truth and is not the Truth.

So you hear people say, "that is the truth." No one knows the Truth. The known cannot be the Unknown. The Unknown can never be the known and the known can never be the Unknown. Because the known is always relative, it belongs to the mind, and the mind is relative. And when you recognise and see that the mind is relative. That man's mind is a relative thing in which he creates ideas and names of things which is not the things itself. Therefore the idea of God or the name of God is not God Himself. So you can preach and pray until you are blue in the face, it will be no difference to you realise you are giving expression to Reality that you are translating Reality into your daily Living through the foundations of Reality. Those principles that do exist and are not created nor are they built up in your mind nor are they formulated in your mind.

In most Truth literature the great mistake, ignorantly made, is that the mind is directed to create an idea of Reality. Reality is Life and the mind cannot conceive what It is. Therefore it is useless trying to make an idea of Life. But when we see that our idea is but an imitation, a mental conception, it dies away, *it dissolves away* and Life becomes a Reality to us, not as an

idea or a mental formulation but as an actual Livingness, *that is what It Is, that actual Livingness. And you cannot tell me what's Living, It is the Unknown. But this I know and you know that It Is. But you cannot tell what It Is. But immediately you dissolve the false and these things like hates, you understand and you understand jealousies and you understand these things, they fall away. And there in that which is not created, the Unknown which is not created comes into being and you are translating Reality in your daily living.*

God then becomes a Reality to you in your daily living. And not only that, but you will not be expressing yourself, it will be the totality of all things, the Wholeness of everything that will be expressing Itself, and there lies the Power of Jesus himself. There lies the Power of that Divine man that realized the Completeness and the Wholeness of everything. When he said, "I and the Father are one," it was not an idea he said in his mind about it. It was an actual expression of Reality. It is an actual Livingness giving expression to Itself in Love and affection. As long as we have only a mental image of Reality we will never give expression to Reality in loving our neighbour as ourselves.

If you have an idea of Reality you can see it is just an idea of Reality. And if you have an idea of Reality that does not express Reality. But you can hate your neighbour while you still have an idea of Reality and that is an escape. Because you do not like to see why you hate your neighbour. Therefore you create an idea of Reality, and idea of Love. That is why you say, "oh I hate so an so," and you say, "no, I must not hate so an so, I must love the person." How stupid. Is not that hypocrisy? I say, the worst form of hypocrisy.

Our separate beliefs will create our divisions.

We must realize that we do not live by ourselves, it is Reality that lives, therefore It is the foundation of our Being. When we have found the source within we no longer look outside ourselves, neither do we build an intellectual conception on the authority of another. Neither will we try to corner Reality to gain health and success for we will know that Reality is all, thus the inner becomes the outer.

But if you are not sure you want an authority to tell you. And this authority becomes your authority. So you will have another authority after

a little while because you will change from one authority to another.

And as you grow in your intellectual conception of the truth, so you will grasp another particular authority. And every book that falls into your hands will be an authority. And you will say, "so and so quoted this and so and so quoted that." And you will hear people standing up continuously quoting the words of by-gone ages. Is that any use in translating reality? That is nothing more than creating an idea and a reaction to an idea. It gives you nothing at all about Reality. It only gives you a mental conception which seems pleasing to you, to overcome the things that you are afraid of. And because you hate, because you have all these false things, these quotations give you a feeling of relief, an escape, from looking at yourself to see what you really are.

But it is only by seeing what you really are that you can get rid of what you are. And by getting rid of what you are without struggle, without condemnation, without criticism but looking at it clearly and completely, impersonally, then you will not be caught-up in what you are and you will find it will drop away from you and that which IS takes Its place.

The only words I quote, was to quote the words of the Master himself. Because I know he is the only man that ever gave the Truth to the world. You never hear me quoting quotations, one quotation after another, I think it is stupid, silly. For the simple reason because I think it is silly is this; it gives the individual whose quoting it a sort of intellectual superiority which is stupid.

Intellectualism does not give you the Truth, it only takes you away from the Truth. Ignorance is not the absence of knowledge. Ignorance is the absence of true values.

The surface consciousness is generally reacting to the external, and gives names to the things it sees, but the name is not the thing itself. We see shape and form but we do not know the substance, therefore we do not understand what we see.

We see shape and form when we say, so and so and so an so, that is a table, that is a glass. But do you know the substance of that? Therefore you do not know what you see, you only see shape and form and you give it a name. Now think and you will see how the mind acts and how the mind works. But you will see that that is not the thing itself, is it? Therefore you

do not understand very much about it after all, do you? No matter how you clap-trap about everything you know very little about it, don't you?

The statement that all is mind, that matter is mind materialized has not been realized sufficiently to *understand* what is behind the form and shape. When this is realized as a “fact” and not an idea of a fact we will cease to make ideas about it.

Man has split the atom, created great flying ships, has measured the distance between the planets and [is on] the way to the moon, yet this will not bring happiness and peace to the world for only the translation of Reality into our daily living can do that.

We must discern from where our thoughts arises. If thought arises from things around us or from our conditioning, then our thoughts must cease to be before the unknown comes into being. *The mind must be quiet. The mind must be silenced. But you will think what I am saying is wrong. You try and see if you can translate Reality into your daily living through an idea. Is your idea not in conformity to another idea or in opposition to another idea.* The source of our Being is God, then we will know that the Father is [in] our consciousness and our consciousness is the means through which the Father manifests. “It is the Father that doeth the work.”

The Creator and His Creation are one. “When you have seen me you have seen the Father.”

We must not lose ourselves in philosophies, in questioning others on that which can only be realized by oneself. If I begin to philosophise to you on the wonders of Reality you would only build up an idea of Reality in your mind. But if you know that you are building up an idea of Reality and know that Reality is not an idea, then you will realize Reality by living in the Presence, in the Ever-present *Love and Wisdom*, then you will be translating Reality into your daily living.

So you must know that it is only an idea of Reality that you have in your mind. And if you do not know its an idea of Reality you have in your mind, how can you ever express Reality?

I do not have to know an idea to express Reality. It is the Peace of the mind, it is the Livingness. The mind becomes peaceful then Reality expresses Itself in Wholeness and Completeness.

Reality is not divided in you and me. There is no division in Reality. It must express Itself in Its Wholeness and Completeness. You will realize also that God created you and Himself out of His Own Substance, out of His Own Consciousness, out of His Own Life because there can be no other Substance, no other Life, no other Consciousness.

This brain, this instrument that He created, is a Creation of His. I am given free will, an expression apparently of a separate consciousness, only that separate consciousness is to enable me to understand the Completeness and the Wholeness of One Consciousness. And when I arrive at the fact, that the individual consciousness is nothing, then I come to the Realization that the Infinite Consciousness is my consciousness—is One. It does not become an idea because there is no ideas left in the mind whatsoever but the Expression of Reality.

One person said, “how can you express anything if you haven’t an idea”? But you will see clearly that an idea is self-created. But Reality is not self-created. You do not create Reality, you only create an idea of Reality. Do you think then that Reality comes through your idea of Reality? Only when your idea ceases to be, when the mind is silenced, there is Love and Wisdom.

One idea will always be in opposition to another idea and you will have conflict. There is always conflict in ideas but there is no conflict in Reality. Reality’s foundation is Wholeness, Completeness, Wisdom and Love.

If I begin to philosophise to you on the wonders of Reality you would only build up an idea of Reality in your mind. But if you know that you are building up an idea of Reality and know that Reality is not an idea, then you will realize Reality by living in the Presence, in the Ever-present Love and Wisdom, then you will be translating Reality into your daily living.

God is Unknown and cannot be known, the moment you think you know God, it is not God you know but an idea of God—a projected mental image which hinders the discovery of the Unknown.

Beliefs are a process of the mind they are born of the known. If you merely say “God is the Unknown” so you create an idea of the Unknown. So it is not an idea of the Unknown that I want you to hear because I say, “God is the Unknown, that you will never know the Unknown.” So you create an idea of the Unknown, you are just the same as you created an idea

thinking that God was the known. That is not the way to arrive at it at all. You must arrive at it by knowing what the false is, then the true will express Itself without effort. But your mental creation of the Unknown is not the Unknown.

The man [who] accumulates wealth, builds temples, organises religions, *and* bishops, *and* cardinals, the preachers as well as the man who drops the bombs say God is their companion, surely their belief is but a form of self-expansion. It is their own conceit. Those who have conditioned their minds to a particular pattern which they call their religion, can never realize the Ultimate Reality which is Love and affection.

You can see pomp and you can see all the things that are happening in the world. You can see the crowning of a queen or a king. And you can see all the paraphernalia and everything surrounding it, it is beautiful to look at, and it will give you an emotional reaction. And you will hear the bishops and so and so pronouncing this and pronouncing that but are they not words? Is there any action in that? That is all reaction, is it not? Is it not come from the intellect?

If I say, "God is this and God is that," is it not just an idea I am expressing from the intellect? But that is not God.

I am the Living Expression of God. Not a formulation of the mind.

For the Unknown to be, the mind must be completely emptied, so the important thing is not what you believe or disbelieve or what your activities are, but to understand the whole process, the whole content of yourself, and that means being aware from moment to moment without any sense of accumulation.

Without any sense of accumulation. Without any sense of any form. Without any title or rank. Without any condition whatsoever; sir, lord or duke no matter what it maybe, it is from moment to moment you might exist and in that moment to moment is the only thing, only time you can express Reality freed from all conditioning, no matter what it is mental or physical.

There is the clear and Completeness of the Christ himself. But only in that way is Truth revealed.

The priests today, clothe themselves with gold and silver robes. Gold and silver this and that and speak from the mouth. Their words come out in

thousands.

But Jesus went about in sandals. He spoke the Truth, quietly and simply in parables because he could not tell what the Truth was. But that the Truth could be revealed from the parable which he spoke. And in his own expression of Reality, what he touched changed into that which Reality was Itself—Completeness. There was the expression of Reality in his daily living.

But can you say it is the expression of Reality in daily living through a golden braid or golden gown and words that come from the mouth?

My dear students. One day you will know these words I have said to you, they will come back to you but not in the form of an idea. But you will experience them, deeper down in your own being. You will experience a transformation that takes place through true listening, discerning the self, being aware every moment, moment to moment.

Only when the mind is utterly silent without any sense of acceptance or rejection, without resistance, condemning or blaming and without any sense of accumulation—when the self has died, then only is there that which is Real.

The word is not important any more, for there is a state of creativeness which is not an idea or a word nor the expression of the Self. *I will repeat that again because you must see clearly and feel clearly the meaning of these words. The word is not important anymore, that which comes out from the mouth, for there is no state of creativeness. Is there a state of creativeness in a word that comes from the mouth? A creativeness which is not an idea or a word nor the expression of the self.* Then you will know what **is**, what is Indescribable. A description of the Indescribable is merely a cultivation of memory. To verbalize the Indescribable is to put It into time and that which is of time cannot be the Timeless.

That which is of time is not the Unknown. What is of time is the known. It is the Timeless that is Unknown.

This knowing is not the result of the known, but knowing that the known is not the Unknown. It is not obtained through reason, for It is beyond reason but It does not run contrary to reason. It is not obtained through space or time factor, because It is Ever-present in Its own Eternity.

Therefore every moment all Life is concentrated at any point in Its omnipresence that you may choose to realize.

And only in that quietness of the mind. And that was what Jesus said to the centurion, "thy servant at this moment is healed, is well."

Therefore every moment all Life is concentrated at any point, in its Omnipresence that you may choose to realize.

Realizing is not knowing what It is, but knowing that It is. You do not create Reality. Reality created you within Itself and Itself is eternally present. "I am in the Father and the Father is in me."

Yes, the Father and I are one. There could be no separation between us. I could not speak lest the Father speak in me. No matter how I speak, the Father speaks greater than I. No matter what I do, the Father does greater than I. And Jesus said, "what I see the Father do, I do likewise."

Divine Reason helps towards this Divine Realization, we reason towards the Ultimate, then reason ceases to be (*it becomes a Silence before that which is greater than Itself*) because it can go no further. It knows it can never know and at that moment there is Reality.

Divine Reason is the greatest and furthest that the mind can reach. But it knows that it cannot go further and when it ceases to be; there Is Reality, there Is Life in Its Love, in Its Wisdom and Its Power, in Its Wholeness and Its Completeness.

Science has shown us that solid substance can be changed *into* liquids and liquid into gases and gases into a more rarefied substance we call ether *or* vice versa, but the energy is still the same, there is nothing lost and nothing is gained, just a change in the polarity of ether atoms.

At present we are consciously reacting to the physical, yet consciousness can react to the finer states of matter which is mind modified. There is but one substance out of which everything is made and this substance interpenetrates everything and although it is invisible to us it is the basis of every visible form.

It is the Unmanifest that gives rise to the manifest. In other words the Invisible gives rise to the visible and Life the Unknowable is the Creativeness within, that creates but still remains the uncreated.

And it is the Uncreated alone that is Creative. The created cannot be the Creative. As Paul says, "things are not made out of things that are seen but out of that which are not seen."

If we seek to corner Reality for our own welfare we will become antagonistic to others and this leads to frustration.

It is always the "I" that stands in the way, where there is Love the "I" dissolves away and *the Wholeness-Reality* comes into Being. Then all power is given unto me in heaven and on earth.

That is why Jesus said these words because he knew to him they were true. But before they became a Real Realization of that Truth, you see he found the consciousness within himself was the Consciousness of God. And the Consciousness of God was Creative in every plane from the highest to the lowest. Therefore It was the Creativeness in all Spiritual States, from the Angels down to the humans. The same Consciousness that existed in God so the same Consciousness manifested in all beings throughout the whole Universe. Therefore in that state of Consciousness he knew that all Powers had been given unto him, above and below, and in that way he knew the Truth.

Yes, he was the greatest. He was truly the Son of God. The son of man became the Son of God. And that is the Truth that we have too. As Moses raised the serpent in the wilderness, so must the son of man be raised up to become the Son of God.

So the son of man who has delved in the physical, who is controlled by the Tree of Good and Evil, who is controlled by his own mind; his ideas and his images. He must forsake this Tree, that has roots growing from himself. He must forsake it entirely and cling to this Tree of Life and that will become the well of Living Water rising up to Eternal Life, in which there is no division, no separation, and where there is no end and no beginning.

"Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided?" St. Luke 12: 20

BENEDICTION

O Great Eternal Reality, when I spoke of Thee my mind made up a conception of Thee.

When I saw that my conception was my own creation it dissolved away.

When I knew that the known could not possibly be the Unknown, my mind ceased to formulate.

Then my mind became silent and free, and there didst Thou reveal Thyself in all Thy glory. Thy glory even before the world was and in the Silence beyond Time I knew that we were one, O Great Eternal Reality.

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

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 9th June 1953, at 7.45 pm. A recording exists of the Johannesburg lecture exists (see page 287).

1. *Tare*. Weed. In the Bible refers to 'Darnel' growing as weed among corn. To read full text of Wheat and Tare Parables see King James and Moffatt versions on page 303-4.

Lecture 9 (16th June 1953)

THY KINGDOM IS WITHIN

“Honouring me with their lips, while their hearts are far remote; since their religion is a mockery, a mere tradition learned by rote;” Isaiah 29: 13. (Moffatt)

We are not aware of the fact that by our conceptions, ideas, opinions, beliefs we build a wall around ourselves, which prevents the expression of Reality.

It is easy to see how one is conditioned by listening to what another says. By their condemning, their blaming, their convictions, their wants, their cravings people reveal the self-created prison in which they live. We will also realize how we are trapped by habit, by environment.

**Habit and environment is a very potent thing for the mind. In fact, the mind is caught-up in habit continuously and environment. Environment influences the mind and becomes a subconscious activity. That subconscious activity is always expressing itself until such time as you begin to discern your own thoughts, your feelings, reactions and the superficiality of these things. And when you see how superficial they are you begin to understand what the self is made up of. Then you will find that blaming, condemning and so forth are nothing more but the reaction to a condition or a thought or an image or a belief or something that another person says. Your reactions are continually expressing what is in the subconscious.*

The subconscious and the conscious is not a separate thing, it is nothing more than a memory. That is to say, where your influences are now held; what you learn, what you see, what you think and what you feel, and all

your reactions become part of that particular portion of your mind which we know as memory, which we know as past.

Now when you react to conditions you are always exposing your subconscious, you are always exposing your memory. And it is the one who is able to discern the thinking and acting his own thoughts and actions, is able to see how one is conditioned. But if you are conditioned yourself through habit, through environment, you will be only reflecting that conditioning.

We will see clearly then, later on, how one is caught-up in this prison we make by ourselves.

But to be free from habit and environment surely all we have to do is to understand the trap of a habit and environment, by discerning the superficiality and the futility of one's thought-feeling-reactions.

Most people make an image of Reality and at the same time condition themselves by their habits and environment, so they are still trapped in spite of their belief.

Now we know perfectly well that there is a wonderful Truth in the words that Jesus said, "even Solomon in all his glory was not arrayed like one of these." He was talking about the lilies in the field.

I was up in Bulawayo.¹ I met some of the so-called hierarchy up there, the Governor-General and few more of those people. And one chap says to me, "how do you address these people?"

I said, "address them, how do you mean?"

"Well, what do you call them."

I said, "I call them nothing."

"They're nothing?"

When you know how they have conditioned themselves by their particular robes, their titles and so-forth. You will see that God never made that, the lily in the field God made. And that is what Jesus said, "Solomon in all his glory was not arrayed like one of these."

I said, "I do not call them anything at all." I said, "I strip them of everything."

And they pass through life, they condition themselves by the various things and so-forth but when the end of the life comes, these things are washed away and they are no longer conditioned, they are just as they were when they were born. Their body is put into a box and all the arrays and so-forth. And they like to put their medals and everything in the box, they can do that too, and they can dissolve away with the body. But the Spirit is the only thing that counts and the Spirit is the Life. The Life of God that is not in anyway conditioned.

The individual condition themselves, they are trapped by habit, by environment and by conditioning. If you can realize that then you look at everyone free. Freedom from all that conditioning, then you have found the secret of it when Jesus said, oh yes, he said, "Solomon in all his glory was not arrayed like one of these." And how true it is.

The greatest thing in the world is that Creativeness, that Life-Creativeness, within us all. But before It becomes even an apparent Reality to each one of us, we have to dissolve away most of the rubbish which we surround ourselves with.

But it is truly a fact, that once you find that source of Life and you see everything through the eyes of Life, through the feeling of Life, through the understanding that Life IS the only Creativeness. Life is free and is not adorned by anything whatsoever, then you are free. A feeling of freedom, a feeling of expression, and therefore you can Love your neighbour as yourself. But there is no relationship between one and another, if one is up there and the other is down there. Nor if you look up or you look down, there is no relationship whatsoever.

There can only be one relationship between you and me and everyone in the world, and that is the relationship of the Fatherhood of God and the Brotherhood of man. Now it is not an idea that you have to carry in your mind regarding that, it is when you empty your mind of all things of all conditioning, then that is revealed completely. That is the essential thing in your lives.

Is it not so that most of us talk about God as if He were separate from ourselves, we look for God away in the distance.

It is the recognition of the Divine in man's own consciousness that makes God a living Reality now. But before this realization comes we must

give up following another, we must be aware moment to moment of our own conscious thinking and the influence of the unconscious with all its accumulations. *The unconscious or the memory is accumulations. Accumulations of the past; your experiences, your conditioning, your beliefs, your environment, your habits. All these things become part of the unconscious. And it is the accumulation of a lot of rubbish. But you are influenced by it, why? For the simple reason, that it stands as a bar or stands there as something that prevents the expression of Reality.*

Now what is in the unconscious or the subconscious, no matter what you call it, all it means is, what you have accumulated you believe to be true because you have thought it once true. Therefore if anybody says anything to you, in regard to another subject or object, and you have acquired certain facts about this thing, whether your facts are right or wrong, you will immediately have a reaction. Now immediately you have a reaction to that what the person says to you, that is not understanding. It is not understanding what he says because you are not considering his view. All you have got is that you have a complete reaction to your own accumulation. And immediately you begin to see that then you will listen.

*But how do you listen? You see, even when I am talking to you, there maybe some times, more or less, that it will not sink in because there is something there preventing it. But I do not want it to sink in. I do not want you to listen as fact that you are going to absorb what I say to you. And I do not want you to listen to think about whether it is good or bad or indifferent. But to listen in such a way, that you begin to understand yourself, your own accumulations, that which you have gathered together, made up in your mind, that is what I want you to see. And when you begin to see how false most of the material you have in your mind then it will drop away. When this is understood we will know how we are conditioned. Through this self-knowledge, this conditioning ceases and when our conditioning ceases **there is Reality.***

Now the extraordinary thing is that the Truth is so very simple, that you do not create Reality. People think that they create Truth. But no one creates the Truth because no one knows what the Truth is. You only know what the false is. You only know what you have made up in your mind. You

only know what you see here and think. You only know your own reactions, you only know the things around you.

When you begin to understand the relative and know the relative for what it is, then Truth will reveal Itself. You do not make it, you do not create it. It is a Livingness, it is a Living Reality at this very moment. And from moment to moment It is a Living Reality. That is the great Truth. You do not know what It is but It is a Living Reality. It is the expression of the Eternal Intelligent Action of the Infinite Creativeness. I and that are One.

Now how do you arrive at the conclusion, which is really not a conclusion but you lie at the Truth that you are one with this great mighty force. You can only have an idea of it, if you are thinking of it beyond yourself, that is outside yourself. But you will know It if you empty your mind of all the things that you knew or you thought you knew about it and then when that mind is completely emptied of all your views, your beliefs, there is Reality. You do not create It, It is a Living Expression of Itself. That is free from conditions. It does not adorn itself with anything, It is free. It is the Truth, the Living Truth. And you and I cannot exist except we exist in this Living Truth.

When our conditioning ceases *and* God begins to work in us and that work never ceases but goes on expanding into more and more radiant forms of beauty. The unhindered expression of Reality is Love, Wisdom and Power, and is beyond time and space—the deathless and birthless being a never-ending expansion from within.

This is the glorious truth which is not an imaginary thing but an actual Livingness of Life Itself. It is the Father who ever remaineth within me is performing His own deeds.

When I see those words and read those words sometimes and through my own experiences, I know what Jesus meant. I knew that he had reached the pinnacle of that Godhead in man. I could see clearly, that he had eliminated from his mind all imaginary ideas, all beliefs about the Infinite. I could see that all the images about God that had ever been created in his mind was dissolved away. And I could see nothing more than that particular Life Itself, so simple in Its expression, giving Expression to the Infinite Life Itself, as the Father doing Its work. Father, forever who ever remaineth within me, performing His own deeds.

Yes, but it is so difficult for the ordinary individual to comprehend because they try to make an image. And they look upon Jesus as somewhere afar off. And look upon him as something that can never be reached. But Jesus gave us the Truth, so clearly, "the things I do even greater things shall you do if you would but understand." That was the thing. If you could understand his mind. If you could actually see his mind clear of all that conditioning and therefore he stood naked before the Infinite Life Itself, in that complete nakedness and nothingness of the self, he became the greatest figure in all the world because there is nothing greater than the Creativeness of the Infinite.

Therefore do not condition yourselves by thoughts of other people. By believing that they are better than you because they have a title, they have rank and this and that. For heaven's sake get that out of your minds because it does not exist at all in Reality, it is a falseness. And you must see the falseness of these things so you will not condition yourselves in that way. Be free, entirely and completely free.

It is a wonderful Truth. It is a wonderful feeling, this freedom. This freedom, this understanding of the oneness, the Wholeness of Life Itself. Whether It is in Itself, in Its glory and Its greatness in everywhere and there is nothing greater than It. You do not have to put on a cloak or a title or anything else, that is all false and rubbish. Get down to the essentials, that essential thing in your own Livingness. That Livingness that is an Expression of the Infinite, then you will be free. There will be no conditioning yourself. No longer wondering looking up or looking down because you will be neither a pessimist nor an optimist. You will know that the Living Christ is the only great wonderful Truth for mankind.

And if the whole world was the same. If the whole world came to that one conclusion completely in that particular thought, that here is the Completeness of everything, the Wholeness, and that is the only Reality in every human being, then we would not be put into various pens. We have a pen here and a pen there, one religion here and one religion there. So the whole human family become like sheep, forced into one pen and into another and so-forth. Divided into different forms of religions, different forms of society, and these pens are the illusion that man thinks are great.

If then you can see the falseness of these things they will drop away from you, and in Reality you will find the tremendous Truth, "I and the Father are one." But you cannot say that, if you build yourself up in some way or another. If you build a false foundation, what you are standing upon, it is only an imaginary thing.

The germ of the new heaven and new earth is maturing and now only waits as St. Paul says, "for the manifestation of the sons of God to follow up the principle of evolution into a further expansion of the glory yet to be revealed."

Man's true state is realized through the truth of his being now, firstly in the individual and then in the race.

It is in the understanding of relationship without condemning or identifying ourselves with something *external* or merely using our relationship as a means of escape from ourselves that reveals our "Being."

If we identify yourself with anything external you are losing Reality because Reality is not something you make up in your mind. When you worship an image or an idol, you are worshipping something that is idolatrous, because everything in the mind is idolatrous. But if you begin to see clearly what is idolatrous then you will stop worshipping images, idols and ideals. You will stop worshipping images and so-forth that are suppose to represent something external to yourself.

A god external to yourself is no god at all, it does not exist. The only God, the Living Presence of the God, is that Living Presence that Is Eternal NOW, and it cannot be yesterday or tomorrow, It is absolutely NOW at this very moment. That Is the Livingness, that Is the Eternal. And there your Power lies, there the Truth lies. The Power of the Truth is enormous.

Relationship is a mirror in which I can see myself, but to see myself directly is very unpleasant so I try to avoid it. But without relationship there can be no Life for nothing can exist in isolation. Yet all our efforts are towards becoming isolated, herein lies the conflict.

The trouble in the world today begins in us through our desire for isolation. Are we not always trying to isolate ourselves, look around the world today and you will see every nation is trying to isolate itself. Every individual, every group is trying to isolate itself. But there can be no

isolation in Reality because there is none. There is no division. The indivisible cannot be divided therefore there can be no division in Reality and there can be no isolation in Reality. It is a figment of the mind. It is nothing more than a fabrication of the mind. And where does it lead us too? It leads us into a morass of separation where we are all struggling, becoming antagonistic to one another.

I told you the other night, did I not? We are trying to have a peace now, we are trying to make peace. We never make peace, there is no such thing as making peace. And the individuals are trying to make peace. But if they make peace because there is war, there is no such thing as peace. You cannot make peace out of war, that is a certainty. You cannot get wisdom out of ignorance, can you? Neither can you get peace out of war. We must only see how false war is. How stupid it is, how senseless it is and all the things that is attached to it. Once we see these things and they dissolve away, then there is Peace.

But you cannot create peace because there is war. That is a senseless thing, it is stupid and because it cannot be done. And there can be no peace, even if you make peace, it will not be a peace. It will be a temporary lull in a state of war, that's all. Because we are still in a state of war and after the peace we make we will still be in a state of war. There will be no longer peace.

We must completely see the falseness, the idiotic state mans mind is in. We must see what the self is. We must understand what isolation is. We must understand all the things that is preventing peace then we will have Peace.

If our leaders today had sense, had knowledge of Wisdom but they have not. They are totally and completely ignorant of self-knowledge of understanding. Therefore we will still be like the blind, lead by the blind and we all fall into the ditch.

Relationship for most people is a process of self-isolation, self-enclosure, which breeds friction, and with friction comes pain, suffering unhappiness, so we want to run away. We want to follow someone else to find release. We try to live in the shadow of another or in a monastery or a philosophy [etc.,] which further conditions us.

So if you try to run away from the conditions in which you are surrounded and you go into a monastery and isolate yourself, does that help

the world or help you?

If you study a philosophy and think that in the philosophy you will find release and you will find happiness, you will find an escape. No you cannot. How is it then you cannot find an escape. Because you have not discerned the cause of isolation, the cause of friction, the cause of antagonisms.

If you learned and knew what the cause of antagonisms were, you could live amongst those who was antagonistic. You could live amongst those who are living in friction. And by your own expression, by your influence, you can help only when you have recognised and realized and actually understood the cause of friction and isolation.

The man who knows does not run away. The man who is not afraid to look into himself does not run away. He looks into himself and sees himself as he is, all the nasty things and everything about him. He sees the whole conglomeration yet he does not condemn, he does not recognise or what we call identify himself with it, he sees these things belonging to the self. Because he knows the self is nothing and he sees how he has been conditioned. Therefore he can stand among those who are conditioned and still be free.

Think in your own mind, there was Jesus completely and absolutely free from conditions. He was completely unconditioned. He could go anywhere, be anywhere, do anything and he never in anyway reacted. Because why? Because he had no accumulations. Accumulations of the relative, accumulations of hate, anger, jealousy, accumulations of all the things of the past. Accumulations of these things that most of the people react to because they are conditioned by themselves, conditioned by their thoughts, their belief in their own importance.

A person who is very important and believes that he is important, you can very soon see how he is conditioned. Because immediately you say something against him he rises up like that because he is conditioned. Therefore he has accumulated a condition brought about by his stupidity, by not knowing the Truth. Unless you see the nothingness of the self you will be conditioned.

These things are all the same because they are merely escapes, because we want to avoid seeing the cause which is ourselves. But the running away only creates further misery and confusion.

Our relationship is the mirror in which we can see ourselves clearly. To see clearly there must be no condemnation, *no* acceptance, *no* resistance, *no* justification or identification.

There must be a complete impersonal view taking of the whole thing. Looking at it as you would look at a flock of birds coming into view. They come into view. You see them, they pass, they leave no trace across the windless sky. That is exactly the same thing that should happen to you, your mind should be in that state of tranquillity. The things that come across your mind you see them, they pass, they go, they leave no trace. All these things then should pass through your mind in the same way and by doing so you do not indentify yourself with them, then there is a freedom comes. You only have to experience this to find how wonderful it is because you will know what is false. Then when you know the false the true reveals Itself. You do not create the true, the true is now.

Jesus said, "I am the Truth, I am the Life." He did not create the fact that he was the Life, that he was the Truth. He knew he was the Truth, he knew he was the Life. But you can only know that too when you have cleared from your mind all that which conditions you.

Now, I may be talking this way to you tonight but it is necessary that I make this very plain to you. For the simple reason, only to remind you of the false, not of the Truth. I do not have to remind you of the Truth because I do not know what the Truth is and you do not know what It is either. But you know what the false is. And all I am trying to do is to bring you into an understanding of what the false is, then the Truth comes of Its own freewill. You do not have to create it, that is how simple the whole thing is.

Only when we are simply and freely aware, without conditioning, can we observe not only the superficial reactions of the mind but also the deep hidden reactions, then there is spontaneous release. But if the mind is conditioned, shaped and bound there can be no spontaneity, therefore no perception of the cause of conflict.

Therefore if you do not understand what conflict is, how it comes about, you will never understand it. If you are prejudiced you will never understand. If you have hidden reactions you will never understand because you are conditioned. It is the freeing of your mind from conditioning that enables the Truth to manifest and no other way. There is no other way!

I am not coming here to give you an idea of Truth. I want to take all these various ideas from you so that Truth in fact can manifest.

We now see that no one outside ourselves can give us freedom from conflict and confusion. We try to hide behind a screen of words, follow a religion, lose ourselves in a book etc., only to get lost in a maze of ideas of another.

Yes, I get books given to me every day. There is not a day pass that somebody brings me a book. I look at, I scan it. And I always see how they are always giving you ideas. If I go and accept another persons idea I am only going to add to my own ideas which is only piffle. But if you go back and see a book or something where it shows how to get rid of your ideas, then that is something I can grasp, that is something I see that is true. But a book that is going to give me another idea of the Truth is rubbish and nonsense. Because an idea of the Truth is not the Truth. But the world is full of those books. People who write books about the idea of Truth and there is not a single word that is of any value to you. You are only adding to your own ideas, other ideas and more accumulations which you must get rid of.

It is only when we become aware of the process of our thinking and that from which it arises, is it possible to understand and be free from that friction which we seek to avoid.

Much of man's fears are formed by his lack of understanding of the materialized world that surrounds him. It is not the phenomena of the world that we must ponder over but the power that lies behind these phenomena. For this will bring us to the indwelling Life—the Presence of the Divine Consciousness which is the cause of all perfect objective phenomena.

Unless we realize that the whole Universe is a Spiritual Universe we will be lost in ideas and beliefs of what the external is. The whole Universe can be nothing else but a Spiritual Universe because it has a Spiritual Foundation.

If the Infinite is the Infinite and there can be nothing outside the Infinite all must be Infinite, is not that so? There can be nothing else but Infinity. And if God is Infinite He must everywhere, there is nowhere He is not and He must be the Foundation of all Creation.

So the Universe must be a Spiritual Universe and nothing else. And when we begin to see that we will begin to see the Truth that form itself is only an expression, and it comes and it goes, it disappears. But the Substance out of which it arises and the Substance which is the foundation of form remains Eternal and stable.

That very Life in you and me is that which is Eternal and Ever-present. The Substance out of which everything is created is an Eternal Substance and It has that Eternal state.

Change takes place only in form. Science has proved to us clearly that there is only one substance out of which all things are created. They have postulated the name of a substance called ether. So science says ether must be the basis of all things. And through experience and from experiments from the scientific point of view from our outside or relative side of life, we are beginning to enter into the inner. And as we begin to dissolve more and more of the grosser substance of form, we are getting into the inner realms of that form or the basis of that form of which it rose.

And as time goes on we will get to the very centre, that centre where we are working from within out, so those who are working without in and we will meet at the same place, and we will see clearly and distinctly and we will say, "yes, the whole Universe is Spiritual." Because It is Infinite in nature. The Infinite alone is the Creator. There is nothing but His Substance, His Life, His Consciousness because He is Infinite. There can be nothing else but Him because there is none other but Him, therefore All is Spiritual.

But you come along with your ideas and what you see and feel and think about, you create ideas of. And then you have an idea of something but your idea of a thing is not the thing itself. But you cannot see that. The fact is, that your idea to you becomes a paramount thing. But unless you understand what an idea is, what a belief is, you will still be caught-up in your beliefs and ideas. That is what you make up in your mind. What you make up in your mind is not Truth.

So, the cause behind form is more important than the form itself. The indwelling Life Intelligence is the power behind all things, seen or unseen. This Ever-present Divine Intelligence comes into Being immediately we become unconditioned.

When Solomon asked only for wisdom he did not condition himself and in his freedom all else was granted unto him. For surely the Divine is all there is, “all that is thine is mine and all that is mine is thine.”

Immediately you become aware moment to moment the Indwelling Life, the Spiritual energies, begin to work outwardly, expressing themselves in mind, body and circumstances.

Conditions are created by man himself through not understanding himself. He misinterprets what the senses reveal so he reacts, conditioning himself, and his thoughts, being the expression of his beliefs, *his* ideas, his conditioning leads him away from Reality.

So is not your thoughts, your expressions the result of your conditioning, think in your own mind. Think how you think now. Think now what you say. Think now what you believe in. Listen to yourself talking. Be aware of what your thoughts and feelings are from moment to moment. But you will soon see how conditioned you are. You will be expressing your conditioning and nothing more, your beliefs.

The Cosmic Wholeness which occupies every atom *in* space is ready to move through us when we free ourselves from our own conditioning. The fullness of Its ever-increasing abundance is our complete joy of Living.

All is mind, and within mind all matter and form is but a manifestation of mind. A free unconditioned Consciousness is Divine, therefore Divine consciousness is the moving factor in man. Hence the Father doeth the work.

Without knowing yourself, merely to concentrate, to conform to a pattern, to follow a system or try *to* quiet the mind through *a* discipline *will* only lead to further confusion. But when we begin to see the ways of our own thought, without identification as when you are observing a bird or *something* else, then in that awareness the responses of your conditioned state come to light. In that spontaneity there is the discovery of yourself and the more you are aware of the ways of the self without justification, without condemning, the more there is freedom and in this freedom there is Reality.

So you try to quieten the mind through discipline, through concentration. There is no such thing, it cannot be done. The mind does not become quiet through discipline. The mind does not become quiet by force

or by will. Try it and you will see that you are only creating a state of self-hypnosis.

The mind can only be free and tranquil when everything that is false is dissolved away from it, when there is no conflict, there is no irritation, there is no opposites. Then in that mind there is freedom, there is quiet. It becomes quiet of its own nature because it is quiet.

What is it that irritates the mind? Is it not your own conflicts? Your own oppositions? Your own beliefs? Your conditioning? A person whose mind is always jumping like a frisky monkey, you know perfectly well, that it is completely full of conditioning.

Question after question is asked of senseless nonsense, which I often refuse to answer. Why do I refuse to answer questions? People think I am rude but I am not rude. I only see how stupid the questions are and therefore I do not answer them. I have been the same myself. I have asked questions so often to the Masters of Tibet I have never got an answer. So, I in fact know perfectly well, that this is just the same.

But you will do, when you reach that particular state where you can see how an individual is conditioned, through beliefs, through ideas, what they read, and they accept to be true. You will see what the mind is made up of.

Is there any use discussing the falseness of things? Is it not better for the individual to see how false these things are themselves, then they will drop away. Then that which is Real in Itself with its Intelligence, with its Wisdom, with its Love, expresses Itself. There is no Intelligence in a frisky mind or a stupid mind that is always caught-up in conditioning. Intelligence does not express Itself through a mind like that.

Freedom does not come through the search for it but when we understand the whole process of the conditioned self.

That is when freedom comes.

As a flock of birds cross the windless sky, they come into view, they pass, leaving no trace, so should our thoughts be likewise. Then we shall know what the mind is made up of. With this knowledge we begin to realize that which is beyond, that which is Love and Wisdom and Power, which is Ever-present and is not an idea or a belief, but our true Livingness. Then that which is the projection of the mind comes to an end of itself, without

being compelled or forced. Then there is Silence, not the silence that is willed, created by the mind, but a Silence that is not of time, *a Silence that is there*, there is the state of Creativeness which is Reality.

So that Silence is not a Christian silence. It is not a Hindu silence. It is not a Mohammedan silence. It is not a Jewish silence. It is a Silence that has got nothing at all to do with these things. It is a Silence that exists Itself in the Universe as that particular Complete Silence in which the Infinite Expresses Himself, in that Silence its no longer conditioned by any belief. So therefore it is not a Christian silence or a Jewish silence or a Hindu silence or a Mohammedan silence either. It is just Silence with no name.

In this conscious creative state sin and death are dissolved away, and Life and immortality is brought to light in this Life here and now.

There is only “One” and there can be none other but “He” and to love Him with all our hearts we must of necessity first love our neighbour. This is infinitely more beneficial to us than all our prayers, offerings and sacrifices.

What is the use of sacrifices? What is the use of offerings? Who do we offer them to? That the smoke go up into the sky? Love your neighbour that is the greatest prayer.

The offering of prayers year after year has never taken the sense of error out of the world. If the teachings of Jesus had not been mutilated to suit the dogmatists and separatists, man would have freed himself long ago from imitation and belief, which is causing so much separation and strife in the world today. Good prayers are our acts, false prayers are our words, “by their fruit ye shall know them.”

It is not all those who say “Lord, Lord,” shall enter the Kingdom, the kingdom of Truth *is* within, which is free from all conditioning. It is not those who say “I see” but those who do, so that the world will be wiser for the transformation. It is easier for a camel to pass through the eye of a needle than one who is only learned in worldly knowledge to embrace the truth of the Living Christ.

That is the true interpretation of the words of Jesus. That is his word stated as in the Aramaic language. “It is easier for a camel to pass through

the eye of a needle than one who is only learned in worldly knowledge to embrace the truth of the Living Christ.”

It is this great Truth that we must see. It is not an intellectual reaction that is required, but action so that transformation can take place immediately. Unless we can see that we are lost in a host of images that mean nothing, we will continue to be lost in images and ideas *that* blind us to Reality, so the blind lead the blind and they all fall into the ditch.

When freedom is obtained you understand, you think purely and move fearlessly even in the world of shadows. There is no more hindrance when you know all *the* accumulations are but memories. The Word that was in the beginning is now, and is made manifest in the flesh. The flesh has no say in the matter, so the Word remains immortal.

And when the freedom comes, as I said, you can move in the shadows fearlessly without reaction because you know how you were at one time conditioned. And you can easily see how other people are conditioned because you knew how you conditioned yourself. But you will never see how another person is conditioned if you are conditioned yourself. But if you understand how you have been conditioned! And you have freed yourself from those conditionings then you can discern how one is conditioned. Therefore you can live in the world of shadows fearlessly.

You do not have to run away into a monastery to escape from the conditions that surround you. You do not study a philosophy or hide behind a philosophy of some kind. You do not have a Divine ideal to hold onto while you are still conditioned. There is the conflict. But most people have an ideal and they are still steeped in their own conditioning. How can you ever get rid of your condition if you hang onto an ideal? You must see what the conditioning is then you do not need an ideal.

An ideal is made up in the mind. Reality is not made up in the mind, Reality IS. It comes into being immediately you rid of that conditioning.

The Consciousness of the Divine moves in the individual and just as the planets are planned by the great Architect of the Universe, so the same activity is moving man and there is nothing to fear. Man creates his own fears and hopes through his ignorance of the Truth of his Being.

Most people unfortunately seek wisdom through books, they think they will understand Life by following experts, by joining philosophical societies, or religious organisations. Now to *know* anything, to *know* Truth, Reality, God, there must be freedom. But freedom can never come through another, or through the conditioning influences of belief *or through a book*. As Jesus said, “*you search the scriptures and you think you have Eternal Life, you make a mistake*.” It is only when the conditioning influences of belief and the process of accumulated memory is understood that there comes a Silence that is not enforced and in that Silence there *is* the discovery of the Real.

In this discovery we find [that] there is only “One Being” and there is none other, therefore this “Being” must be our Being for there can be none other. Therefore I am [and] you are the same Being. There can be no isolation in Reality. “The Kingdom of God is within you.”

In Moffatt Translation, Proverbs 26, we read. “Honour conferred upon a fool is like a bag of gems laid on a heap of stones.” [Prov. 26: (8)]

BENEDICTION

O Eternal One, I was made for Thee alone;

My hands made to serve Thee, Thy Love and Wisdom *express* Thy Nature everywhere;

My eyes to see Thy beauty with flawless perception of Thy creation;

My ears to hear Thy Divine melodies flowing through all hearts in adoration of Thy Presence;

My lips made to express *the* Divine inspiration and kiss the mouth that holds Thy Love entwined;

My heart made to respond to Thy call alone, that leaps from the hearts of all in need of Thy Love;

And now may my soul become the Spring of Living Water from which all who seek may drink of Thy Everlasting Love and Wisdom, O Eternal One.

* The recording starts here at this point. The Title of the Lecture, the biblical quote and the first two paragraphs are missing from the wire recording. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 16th June 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Bulawayo*. Second largest city in Zimbabwe (Formerly Southern Rhodesia in 1953).

Lecture 10 (23rd June 1953)

TRANSFORMATION WITHIN IS THE SALVATION OF THE RACE

(PROLOGUE)

**Of course as we all know, that very few people understand the real Truth about things. The majority of people have ideas about the Truth and you know that an idea of the Truth is not the Truth. But if all nations and all peoples could see the falseness of the things that separate one from another, it would fall away, and then we would have unity.*

But as you notice and as you know, I refuse to allow strangers to come into these classes. People who come into these classes must make application. Therefore we do not allow anybody, any stranger into these classes for the simple reason, that the majority of people are not yet ready to receive the higher knowledge of the Masters. Therefore as we say, many are called but few are chosen. And it is those that are really chosen, now, amongst you are those who begin to understand the real meaning of helping one another.

Now it is not so much helping one another of yourselves but to help one another to see the falseness and the things that are hindering the expression of Reality, that are preventing the world from becoming a harmonious place in which everybody can live in harmony and peace and plenty.

My purpose of course, when I was in the Himalayas some years ago. I was called to the Himalayas, as you know, I did not think of course, to be my privilege to do this particular kind of work. Anyway I was called there and when I got to Calcutta I thought that person would meet me there so I looked around and no one met me there. So I went on still further and I thought to myself will I go any further. I think it all maybe a hoax and I do

not think I will go, something told me to go. So I took this train up the Siliguri and thought perhaps at Siliguri that someone would meet me there that knew all about me. Nobody was there. So I went on further to Kalimpong, away in the mountains at the foot of the Himalayas, and there I stayed for two or three days. And all of a sudden I was out one morning and a man dressed in purple robes met me on the pathway. And he said, "you have arrived, my son." Therefore he told me all about myself and then my experience and how I was called here and so-forth, then I knew that it was true.

And then I started telling him what I thought and knew about things. My ideas of the truth. And after I talked about an hour or more, he said to me, "my son, it does not matter very much whether it is true or not does it?" So my balloon was gone and I was as flat as a pancake.

And that is just exactly the position of everyone, they must become so humble to recognize that they are nothing. Then it is when we recognize that we are nothing that we begin to build up that which is really essential in our lives.

And I want to thank you very much indeed for your contribution to the Sanctuary. As you know the Sanctuary is a worldwide organization now. We are sending letters to about forty different countries in the world and we have replies to many of them. We have sometimes anxious cables and wires and airmail letters asking for help. And that help is given all over the world.

We know that I am not alone in this work because there are many invisible workers with me, who are working day and night, working all the time. That is why I say, the Sanctuary works 24 hours of the day. Therefore it is these Spiritual Forces that know your desire, that know what you need and you are given that help immediately. Do not think that I am the only one in this Sanctuary. There are thousands of Spiritual helpers who are working all the time, helping each one of you.

And when I ask for anything, I know that it will be granted. And the easiest way for a person to receive that help is to be open minded. Not to me, to say faith to a great extent, as faith that is very often the opposite of fear. That is because you fear something you want to have faith to overcome what you fear. That is nonsense, that is not the faith at all. The faith that you

need is the understanding of the Spiritual Power that exists now, at this very moment. And we will never understand it until we begin to discern that which is preventing Its manifestation.

So it is not a faith that is born of fear but a faith that is born of understanding. And that is why that we have such great success in the Sanctuary.

TRANSFORMATION WITHIN IS THE SALVATION OF THE RACE.

“He said to them, ‘and who do you say I am?’ So Simon Peter replied, ‘you are the Christ, the Son of the Living God.’ Jesus answered him, ‘you are a blessed man, Simon Barjona, for it was my Father in heaven, not flesh and blood, that revealed this to you.’” Matthew 16: 15-17

(Moffatt Translation)

It is *most* important to experience what is said in these talks than to discuss merely on the verbal level. What we are aiming at is to experience in the deeper strata of consciousness rather than to superficially discuss whether ideas themselves are true or not, for ideas will not transform the self nor will they bring peace and harmony.

To know that ideas will never bring peace and harmony is not enough. We must not merely discuss on the verbal level or react to what I say because reaction does not bring action. It is when the deeper strata's of consciousness become aware of what is said, there is a change taking place. Now I have experienced that often myself and you will have experienced it too, that while I am talking to you that in the deeper strata's of consciousness there is a release, there is a transformation taking place and that is what is essential.

To merely hold the intellectual level as far as we are concerned is of little value. Because we can intellectually know what an idea is but that will never cause a transformation within. And it is necessary to have a transformation within before you have transformation without. If there is no transformation within there can be no transformation without. The present day is that there is no transformation within. Therefore we have wars, troubles in the world today.

A little while ago, a few evenings ago, I told you that we could not have a peace that is born out of war. There is no such a thing as peace born out of war. It is an utter impossibility because peace will just be the opposite of war. Therefore you will be living in opposites, war and peace. Therefore there can be no peace under those circumstances. And I told you that there would not be any peace until such time as we begin to realize the causes of war. And we have got to see and recognize the cause of war before we will have Peace and the causes of war will then pass away and dissolve into nothingness. And Peace is that which exists at this very moment, that Peace exists. We do not create Peace. We do not make Peace. Peace comes when the turmoil ceases. And it is the cause of the turmoil that we have to see and the falseness of the conditions which bring about war, which is separation. We only have to see these things and understand them, and then we find that we have transformation within ourselves.

Ideas will never transform the self or the world. Outward transformation comes only when there is an inward transformation through experience. To merely try to eliminate from our minds, bodies and circumstances adverse conditions without inward transformation is useless. Is it not the general practice to try and place health, happiness and abundance in the place of ill-health, unhappiness and lack? But is this living in opposites reverting from one to the other?

You hold an ideal of health and all the time you are struggling with ill-health. You are holding an ideal of happiness and all the time you are struggling with unhappiness. You have an ideal of plenty and you are struggling with lack. Don't you see now that ideals are of no value whatsoever. Because they do not create the conditions that you require to bring about that peace, that harmony, that health.

You have to see the causes of these things and these rest in the self. The self is the individual that causes all your troubles. Now once you begin to understand the self, its ways, then it begins to fall away. Now the self is but an illusion because the self does not exist in Reality at all. Reality is one Whole where there is no division. It is an expression of oneness, Wholeness. Therefore the self is an illusion, it does not exist in Wholeness at all. The self is a self-created condition by the individual. When the individual begins

to see that he is nothing at all. And in that nothingness of the self comes into being the Reality which is Wholeness and Completeness.

Some of you have yet not grasped this Truth but you must find it yourself, I cannot give it to you.

When you switch on the electricity you expect the light so it is with the Life within, we do not create the light, the light is the electricity, so is Life the light in man. We do not create Life, Life is and it is to experience *the Ever-present Life in the present* that is essential, and not the placing of a positive in the place of a negative which is merely a conflict of opposites.

What do you try to do. Haven't you not been taught by stupid people that you have got to place a positive in the place of a negative. That you have to try and cover-up the negative with a positive. Well that is the most stupid thing I have ever heard because the negative will always remain. You have to discern the negative and how it arises, therefore so that it passes away and dissolves into nothingness where it belongs, and Reality then takes its place.

Negative and positive ideas are both in the mind at the same time. You create one and you create the other. They become opposites which create a conflict in the mind continuously, having and not having and so-forth, conflict that goes on in the mind. Unless you begin to see this conflict and understand the conflict of opposites, you will always be caught-up in them and you will never know Reality. You only experience Reality when you have discerned what opposites are and how they come into being in your mind.

Therefore it is not a superficial change that is needed but a radical transformation which is so essential in the individual and the world, which is rapidly disintegrating. Unless there is this profound experiencing of Life Itself there can be no awareness *of Reality*. Without awareness our minds are bound by the paralyzing suggestions that come to us from the crude thinking of the race, suggestions that are accepted and acted upon without question. Are we not subject to these paralyzing suggestions continuously? We accept without question [and] act on these suggestions with disastrous results.

You listen to a talk, you listen to somebody talking, a person who is caught-up in nationality. A person who is caught-up in separation. A person

who is caught-up in a political idea. A person that talks upon these sort of things is dividing people. Is dividing you and you do not know it that you are being divided. One nation then becomes divided against another. One group becomes divided against another. One religion becomes in opposition to another. But all the same time the one Life is permeating you all. Do not you see the falseness of these other things that are separating you, that are dividing you into groups creating antagonisms, strife and war.

If war exists in the individual it must exist in the world. If antagonism exists between individuals then it must exist in the world because the world is individuals.

Impressions of fear, worry, disability and infirmity are given to us daily, the effects are sufficient to cause much sickness, misery and unhappiness. But if we can be wide awake *and* can discern our thinking and thereby transform the inner *by the awareness of the false*. But to try and think the opposite while we accept these suggestions is pure ignorance.

The Ever-present Reality is always present and It Itself is expressing Itself, therefore there is no need to cause a conflict and confusion of opposites, but this truth has not yet penetrated the consciousness of man.

All the time you have been getting ideas. Ideals and ideas separate people. And if you hold an ideal and you try to force your ideal into being you must be a ruthless person to bring it into operation.

Now you can see what is happening in Germany just recently. There was an ideal, therefore they tried to force the ideal upon the people but the people rebelled. So therefore that is the same thing that is going on all over the world. Unless you are capable of being aware of seeing the false, then you will be dragged into those terrific whirlpools of antagonisms which are now spreading throughout the whole world. Not only are they spreading among nations and groups but they are now spreading among smaller groups and individuals. And you have to be very, very careful that you are not drawn into the whirlpool to be destroyed with it.

As you know, I said many are called but few are chosen. Now you will know this, when you have listened to what I have said you will know when you hear people try to preach the truth and tell you what the truth is. You will know how false that teacher is. The fact is this, that I am not telling you what the Truth is and I am not giving you an idea of the Truth. What I am

trying to do, is to take all the ideas of truth you ever had, or ever will try to have, or ever think about, away from you. So that that Reality in Itself which is Eternal and Ever-present will express Itself. It will express Itself in you and me and everyone of us and we will find that the same Life, the same Spirit, the same God is in each and everyone of us. And unless we recognize this wonderful Truth that we must discern that which is false so that the true shall manifest. And when we see what is false we no longer hold to it, passes away. It is a glorious Truth.

Yes at one time I was filled with ideals and ideas. I tried in my early period of life to teach something of the Truth and when I look back now I see how stupid I was. I see how infantile I was. But now I come to the conclusion that I of myself am nothing. And it is when the nothingness of the self is understood then Reality in all Its glory begins to manifest.

It is the Spirit alone has Voice. The Voice alone gives expression to the Spirit. But if one is conditioned therefore they will give expression to their own conditioning. But if you discern your conditioning and understand how it comes about it will fall away from you and then your thinking will be pure.

Modern Science has revealed that light and sound are simply different intensities of motion, so are the thoughts of mankind different intensities of motion, self-created. To *try and* separate man from his thoughts is useless, for man and his thought are one, man's thoughts are the result of his own experiences, his beliefs and the acceptance of external suggestions.

This is not pure thinking but is the thinking in his conditioning. Pure thinking comes when we thoroughly understand ourselves and our thoughts and from where they arise and how they arise. Therefore you can discern in your own mind whether you are expressing your own conditioning and if you do not know that you are conditioned you will be expressing your conditioning. But if you see how you are conditioned by your belief, by any particular thing no matter what it may be, you will see that it is your conditioning. If you then free yourselves from your conditioning and strip yourselves from all your beliefs, all your ideals and your ideas. Then in that moment of freedom, moment mind you, of freedom, you will express Reality. And only moment to moment can you express Reality.

If the past is uppermost in your mind are you not expressing the past? If you are troubled with the future are you not expressing your hopes for the future? Then if you are living in the past and the future you will never express Reality because you will not see that you are conditioned with the past. If you see how you are conditioned by the past then it will drop away from you. You will have no antagonisms, no hates, nothing whatsoever and you will not be conditioned in anyway whatsoever and at that moment you will express Reality.

That was the Christ, that was Jesus the Christ. He at that very moment recognized his Wholeness and Completeness. And in his healing and everything he did at that moment he knew his Completeness, his Wholeness. He knew that he and the Father were one and there was no separation between them. But it was moment to moment. It was not in the future that this would happen nor something out of the past but a Living Presence that exists NOW. And that is the only way that you can express Reality.

And when you Live from moment to moment you will see that the self becomes nothing because Its Reality is expressing Itself.

When man transforms himself his thoughts will be in accordance with that transformation. Therefore transformation is our first line of defence.

Matter is mind materialized, mind-substance is the basis of everything you see and feel and what you see *and feel* are merely effects. Cause is within, yet the majority are reacting to effects everyday of their lives, *through lack of understanding their reactions*. When this is so there is ignorance of the cause.¹ *Now I have told you before, very often what you see and feel and touch are but vibrations. The most extraordinary thing is this that everything is made up in your mind what you see, feel and touch.*

Light vibrations strike the retina of the eye. Pass through to the optic nerve into the optic thalamus, into the optic centre. And from there those vibrations branch off to the various centres of the brain, centres of dimension, colour and so-forth. And then the memory cells come into activity and a picture of what you see is made up in your mind.

What you hear is the same thing. You hear sound. If I was talking in a foreign language that you had never heard, you would have a sound only, you would not know what I was saying. But you see that you learn a

language so therefore you hear the sounds of my voice, you understand the words and these vibrations pass into your brain, into your mind and you make up in your mind instantly what I am saying and you begin to understand. Therefore everything is made up in your mind.

But Reality is not made up in your mind. An idea of Reality is made up in your mind but an idea of Reality is not Reality. What you make up in your mind is relative, it is not Real. Its imaginary, its your own imagination and you make it up in your mind according to your experiences, according to your knowledge whatever the case maybe. But to know that it is made up in your mind is essential. Therefore it is essential that you must know that an idea of Reality is not Reality. And no matter how many ideas you get about Reality you will know that it is false, it is not Reality.

I have found and you will find too, when the conflict of the mind, the conflict of ideas are understood and dissolved, the mind becomes quiet of its own nature. You cannot force your mind to be quiet if it is still in conflict, you are only creating a condition of further conflict. But most of you are still in conflict and you try to suppress the mind. You try to force it into a particular channel, you try to hold it in subjection, so that no other thought can pass into your mind so that you can create an idea in it. That is your meditation. That is not my meditation neither is it the Master's meditation.

My meditation is not a mind that is controlled, cajoled and forced to be quiet. My mind is a mind that is free from opposites. Freed from these things that trouble it. I see the falseness of these things as they move out from my mind. I watch them and look at them as you would examine a bird or someone else impersonally. There is no judgement, there is no condemning or blaming. There is a freedom in this looking at these things and knowing how false they are therefore they become clearly discerned. Your mind becomes quiet and peaceful. There is no longer any strife, conflict, fear or doubt. There is no longer fear and faith together. There is no longer wanting and having together. These things are understood but the mind becomes peaceful of its own because in the very depths of the consciousness in the mind there is the Peace. And in that depth of Peace is Reality. Then you experience Reality. There is an experience of this which is not your own. It is something that is beyond the mind. It is the experience of something that takes you completely and you become part of it, and there is

no longer the self anymore. The self no longer exists. And not until such time as you know that the self is nothing, you will never experience Reality. You will only have an idea of Reality which is leading you away from it.

Is it not so that we look to action according to a particular formula, or theory? One pattern of action here and another there, so we choose the one which suits us because of suggestions that come from *outside*. There can be no transformation within when this conditioning exists, so we act according to the pattern laid down that suits us according to our ideals, which are generally a protection for the self. So we are faced with the problem of killing our brother in the name of religion, of peace, of a country and so on. *And we will not find the answer in further conflicting and opposing forces.*

And we will find the answer only in ourselves, that answer comes when we see the stupidity of all this conflict.

The true answer is not to be found in the dualistic pattern of thought. We kill because our property, our safety, our prestige is threatened, as with individuals so with groups and with nations. To be free from violence and non-violence there must be freedom from acquisitiveness, ill-will and the rest. Because we do not go into the problem deep enough we are satisfied with reform, with alterations, within the pattern of duality. So within the pattern we try to bring about a modification, a change, so we manoeuvre to a better position, to a more advantageous point for ourselves. Change within the pattern only creates further *conflict* and pain and further disintegration.

And that is what is taking place at this very moment throughout the world today. A change within the pattern will not bring peace, will not bring harmony. Change within the pattern will create more disintegration and more confusion, until the whole world is embroiled in the conflict. There can be no peace, I tell you, out of war. There can be no peace that is born out of war. There can be no peace when war is its opposites. There can be no peace when war and peace are existing in conflict with one another. There can be no peace. Watch my words and you will see how true they are.

A little while ago we were talking about peace. Yes a peace made out of war. But what happened? One joker there thought he was doing a good thing so he let out all the prisoners, let them free. So there was more strife. Now we have more strife within the pattern. All these things exist within the pattern, do they not? And therefore you can have no peace within the

pattern. You must see the causes of war. You must see the falseness of all these things. You must see why we are antagonistic to one another. And not only see that but we must see the falseness of it.

We must go beyond the pattern of duality to solve the problem of opposites. Within the pattern there is no truth, however much we may try to capture it. If we seek Truth in the pattern we will be led *into* many delusions.

We must go beyond the pattern of opposites, of the I and not-I, the possessor and the possessed, for beyond and above the endless conflict of duality and opposites lies Truth and creative understanding.

This is to be experienced, not to be speculated upon, not to be formulated, but to discern through deep awareness of these dualistic hindrances. **Thus in these talks we can experience and not merely make it an intellectual argument.**

If I say something to you and you merely react in your intellect according to your ideas. You react and you create another idea in your mind through your reaction to what I said to you, you are only experiencing in your intellect.

If I say something to you and you reject it because you do not believe it because of your conditioning, you are not listening to me either. But if you truly listen to me and at that same time allow transformation to take place within yourselves, by knowing, understanding the self and ways of the self, the cause of your antagonisms and why, then that transformation will take place, NOW.

The judge is as guilty as the accused! Each one of us has built up this civilization, each one has contributed towards its misery, each one of us is responsible for its actions. Are we not each one of us the outcome of each other's actions and reactions? What we see is the collective result of our thoughts and actions, following a pattern in opposition to another.

So what we see individually is the collective result of our own thoughts and actions. What we see in the world today, war here, there and everywhere is the result of our own actions and reactions. You put the blame on someone else but you have never looked into yourself. If you are antagonistic you are just as responsible as the war that is taking place away

in the distance. Because as sure as anything that war will come to yourselves, if you are not aware of the falseness of the things that cause these troubles.

No person or group or nation is separated from another, we are all inter-related, we are one, whether we acknowledge it or not. **We separate ourselves to condemn or to praise.**

The power to oppress *leads to complete disaster*, and every group which is large and well-organised becomes a potential evil. By shouting loudly enough about the evil of others we overlook our own and the greatest evil is to kill another. When we allow such an evil, we let loose countless minor disasters. Is it not a fact that we do not condemn war, but those who are cruel in war? But war is the foundation of cruelty *is it not?*

We do not condemn war but we condemn the people who are cruel in war. And here we see prisoners who are the subject of cruelty and we condemn this cruelty but do we condemn the foundation of cruelty which is war itself. People are not capable of thinking because they are so conditioned according to their ideals and ideas.

In most individuals there is confusion, there is misery, there is struggle between good and evil, not only in the individual but in the world which is the extension of the individual. Therefore no one is secure in the dualistic pattern. The important thing then is to find out our relationship to the whole confusion, chaos and misery.²

To find out our relationship to that confusion and that misery to see how we are contributing to it. You cannot see unless you discern the self.

I said the other day, did I not, If I am conditioned against any particular section of people. If I am conditioned against a Chinaman, I'm conditioned against a German or an Englishman or whatever the case maybe. And immediately I hear that he is English, I immediately look at him through my conditioning do I not? Therefore I look at him as I know of my own mind, in my hate or my jealousy or my antagonisms against that individual comes up and I look at that individual that way. If I then did not know anything at all about his nationality and I met him face to face, I would not be conditioned about him at all. Therefore to be free yourselves you must free the other

person completely and look at him stripped of all these things clear as a Living person, just a Living person.

Yes how difficult it is. I can imagine how often Jesus thought when he was teaching how difficult it was for the individual to get over his conditioning. That is what he said, “yes it is easier for a camel to pass through the eye of a needle than a man who is caught-up in the riches of the world.

When we become aware we will see that all comes about through our own consciousness. Immediately we grasp this truth we will see how our troubles come about. All our troubles have been brought into operation by ignorance of this truth.

Is it not so that most of us desire the good and hate the evil? Yet hating the evil does not dissolve the evil, but gives it a power that it does not possess. The Eternal or whatever name you like to call It—God, Truth etc.,—is the only power there is. All philosophers, all religions have proclaimed it so, yet have they found It? It cannot be found in a pattern, *or a religion or a creed or a book, or through another’s belief.*

It can only be found by yourselves and by yourself alone. No one can give it to you.

I want to show you the absurdity of those beliefs. A child is affected by its parents belief in sickness, in dogma, in death which is real to them. This belief is the enemy to health and happiness as slavery is to freedom, for man’s belief in slavery and disease is colossal.

The Christ is the true man and belief in disease and slavery is the enemy of true happiness. We have seen that man will die before he will give up his belief. Yet *his* beliefs in disease or in any other thing is just belief. It is not a Reality. Is it not so that many of us have a belief in disease, and we will not give up this belief until it destroys our bodies. So we hang on to our beliefs like grim death before letting *it* go.

We have a belief in disease so we repeat mantrums to try and counteract this belief, but the mantrum does not rid us of our belief because we are caught-up in duality, in opposites.

As a woman said to me not very long ago, she said, “I have learnt to say mantrums but you said I always get the very opposite of what I say.” I

said, "certainly, that is exactly what takes place. Because immediately you suggest the opposite, the opposite becomes more stronger in your mind. These conflict of opposites then become stronger. And the one that is more dominant in the mind shall manifest. Quite easy, quite simple." I said, "that is why you get the opposite to your mantrum because your opposite is more dominant in your mind. And you only increase the intensity whenever you say something in opposition to it."

So I have blown the gaff, have I not, when you are talking about your mantrums? In the morning you start when you are shaving or when you are washing your teeth and when you are going through your clothes or going, all the rest of it, you are continually saying mantrums. Going down the street, you are going in the car and you open the door of the office or whatever the case maybe then you sit down, there are still mantrums going through your mind. All day you are saying mantrums and you have no time for anything else.

Don't you think it's very stupid when Reality Itself does not require a mantrum to bring it into operation. Reality IS, you do not create it, It is a Living Expression. I am the Living Expression of Reality. Do I have to tell myself that I am alive all the time? Do I have to say in myself that I am a Living thing? I know that I am alive. That fact that I know that I am alive and Living and my Livingness is the expression of Reality. I do not care about anything else, I know that Reality is expressing Itself. Reality being Perfect in Itself, in Its own Creativeness, I am free. I do not have to trouble myself by repeating mantrums all the time, creating the opposite in my mind. And every time you see a mantrum you create the very opposite in your mind! And you will note that is true. So give up this stupid nonsense of mantrums, they are useless.

When people are sick I find them deep in the belief of their disease. When I show them the error and convince them that it has no power of its own they learn the truth and are free, for the Divine Intelligence is always in operation. When we realize that we die into Life and not into death, *the struggle ceases.*

A belief in disease is like any other belief, so we accept the belief of another, the blind lead the blind and we all fall into the ditch. A religious belief in some outside God is the hardest to eliminate, because it is an

inherited belief. When we see how our beliefs come about we will discard them.

The self desires continuity so the self accepts any belief that will promise him this. But it is not the continuity of Life he seeks but the continuity of the self, *that is what he seeks. And no one can give you the continuity of the self because there is no such thing! That which continues is not Reality. That which has a beginning and an ending is not Reality. Anything that continues must have a beginning and must have an ending and that which continues is not Reality.* When we discern the ways of the self and what it is made up of, we will find that it is but an illusion.

When the illusion dissolves there is true continuity of Life in Wholeness and oneness, and not in separation.

So there is no continuity in Wholeness and Completeness. It existed Eternally therefore there is no beginning and no ending in Reality. There is a beginning and ending in the self but not in Reality. In Reality there no beginning. It was the Word that was in the beginning and that Word was with God and that Word was God and the Word was made flesh. But the flesh has no say in the matter therefore the Word remains immortal. That Word came into time but that Word existed in the Timeless. And as that Word flowed through time It still passed into the Timeless. It was the Word becomes the Expression in the flesh in man, NOW at this very moment. Man is caught-up in time but the Word remains Immortal, It is the Timeless.

Jesus knew this, he was not afraid of death, he only knew Life. Why did he know it? Because he dissolved all the false away. And then he said in these appropriate words, "of mine own self I am nothing."

When we abandon the pursuits of the self then we will find that which is beyond, and that which is beyond is Love, and Love is Eternal. Then take hold of the Tree of Life which is your salvation. Salvation is through Love alone for God is Love and Love is God, and this is what we have to experience, not merely speculating about Love. "Unless ye are born again, this time of Spirit and water *ye shall* not enter the Kingdom of Heaven."

This is transformation within.

"This people honour me with their lips, but their heart is far away from me; vain is their worship of me, for the doctrines they teach are but human

precepts? Matt. 15: 8-9. (Moffatt Translation)

BENEDICTION

O Eternal One, I know that Thou art I and I am Thee and Thou alone does exist now and ever will.

Thou dost impersonally exist in every soul as Love and Wisdom.

I behold Thee as Christ. I behold Thee as Krishna, in the babe Thou art there.

In all nations alike, dark and fair, Thou art there hidden in the Temple of Love.

In the Sea of Cosmic Infinitude so do Thou appear unto me, visible and living, for Thou art the Ocean of Life, O Beloved Eternal One.

Now let us enter into the Sanctuary of the Silent Healing Power.....

(Short Silence)

.....Love is the richest blessing. It is the Key to Heaven. It is the Key to the Glory of the Christ. It is the Peace that comes on the wings of Love. It brings Eternity into the hearts of man. It is the Life of God. It is always expressing Itself in the mother. And through the mother we find the nearest Creativeness of Life Itself because God there is manifesting Himself, creating in His own image and likeness out of His own Substance, out of His own Consciousness, out of His own Life for there is nothing outside Him. There is no Substance, there is no Creativeness, there is no Life outside Himself because He is Life. Being Infinite in nature He creates within Himself all things. And there He Lives in the depths of His own Creation, for the Creator and His Creation are One.

I and the Father are One. This is my transformation. This is my Peace. I am no longer caught-up in opposites but there in the Peace and Glory of the Infinite. And in that Infinity springs that Life with Love. And as we discern the things that are hindering the expression of that which is the Real. So we

enter into the Kingdom, the Kingdom of Peace, the Kingdom of Heaven within.

God bless you all and may His Love remain with you in your going out and your coming in. In that Peace that passes all understanding remain with you. It is not a peace as the world gives its peace but a Peace beyond understanding of the human mind comes into being through Love. As far as I have Loved you, I want you to Love one another, and that is my command, there is none greater than that.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 23rd June 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next sentence in the Lectures Notes is missing from the sound recording. The paragraph reads: [*Matter is mind materialized, mind-substance is the basis of everything you see and feel and what you see are merely effects. Cause is within, yet the majority are reacting to effects everyday of their lives. When this is so there is ignorance of the cause.* Thus we are caught up in effects because we are not wide awake, we are not discerning what our thoughts and reactions are.]
2. The next paragraph in the Lecture Notes is missing from the sound recording. It reads: [When we understand our relationship we can dissolve this confusion that is causing deterioration in the individual and in the world. This will cause a fundamental transformation within ourselves and in the world which is ourselves.]

ADDITIONAL MATERIAL
(Johannesburg Series)

Lecture 5 (6th November 1952)
(Johannesburg: 2nd recorded version of Lecture)

THE UNIVERSAL AND THE INDIVIDUAL ARE ONE*

“All has been handed over to me by my Father: and no one knows the Son except the Father—nor does anyone know the Father except the Son, and he to whom the Son chooses to reveal him.”
[Matthew 11: 27]

These words of Jesus are true to us as well. For when we realize that Wholeness cannot be divided. That the Infinite expressing Himself, must express Himself in the Son, you and I. And because He cannot be divided therefore He expresses Himself he hands over all to the Son. And no one knows the Son except the Father. For the Father knows the Son because He created the Son within Himself, his own Life, his own Consciousness. Therefore it is the Father expressing Himself through the Son is the only Reality. And nor does anyone know the Father except the Son.

The Son of God is the Son who has reached that particular state of understanding by understanding himself, by seeing clearly what he has made up in his own mind is not God, is not Truth. If it is an idea of truth a belief of truth not only must he see that but he must also understand what he is himself; his cravings, his ideas, his jealousies, and all the things that make up the self. The self then must be understood so that it can dissolve away. Because if the self is not understood it is expressing itself and that is preventing the Father from expressing Himself through the Son.

So, nor does anyone know the Father except the Son and he to whom the Son chooses to reveal Him. Therefore the Son chooses to reveal Him to you. I choose to reveal that particular Power and Life that is within yourselves to you. Therefore you will see what Jesus said in his words are applicable to you and me.

Consciousness is the Instrument of Creation, the instrument of all activity from within out. You will notice that all things to be known at all

we must be conscious of them, even those sensations that arise from within. Therefore all sensations must be interpreted within ourselves before we understand them.

Vibrations of light, sound, touch, colour. These vibrations come to us in the form of vibrations of light, vibration of sound, the vibrations of touch. These vibrations are electro-magnetic in nature for the simple reason, all things are electro-magnetic. These vibrations then strike the eye. They are carried along the optic nerve to the optic thalamus then to the optic centre at the back. From there they are relegated to the various compartments of the brain, then they are interpreted and they are built up. You build up then in your own mind according to your experiences, according to your memory. You picture then, in your mind, through your interpretation of those vibrations.

You have made it up in your mind, is that not so? Its all made up in your mind, is that not so? Well what is made up in your mind is not Reality. But the Life that created the mechanism, the Life that really Is, the Life that is Consciousness is the Reality. But you do not know what Consciousness is, you cannot make it up in your mind. Because you do not know what it is you cannot make a picture of it. It cannot be made up in the mind no matter how you try. But you can picture or make an idea of Reality, which is only an image, an idea or a belief but you are externalizing some form which you worship therefore you think that is Reality but it is not.

The subconscious is a name we give to the inner functions of the mind. It is not a separate mind, it is an organism through which we contact the inner world as well as the reflector of what we see, hear and feel.

After then you receive all these and you create pictures in your mind, you relegate them to a particular cell in your brain. Where it remains there in the subterranean channels and therefore it can be recalled again anytime and brought forth and that is your memory. Your experiences and your memories then are built up within you through external reactions, through feelings and very often through feelings that rise within oneself. Unless one can understand those feelings, one can follow them through to the end. Even the thought that you create. The thought-feeling then must be discerned clearly and distinctly and followed through to its complete end, then it will be understood. If it is not understood and your reactions are

emotional and they are full of fear. You create those conditions which attach to your memory and your experience. Therefore you say that these experiences that create emotional reactions are bad and the ones that create pleasant reactions is good. But you will notice that they are all made up within yourselves the good, the pleasant and the unpleasant. They are all made up in yourselves, they belong to you. They do not belong to Reality at all. But the fact is, that if you do not discern them and understand them, you will find that they are preventing that which is Real expressing Itself. "I of myself am nothing it is the Spirit of the Father within me that is performing these deeds."

You must see this clearly. But before you can see this you must discern everything, all your memories and experiences both good, bad and indifferent because they are all made up within yourselves. If you can comprehend these things then clearly and follow out your feelings, these experiences, these memories that create havoc and destruction within you. If you can follow them out completely, then you will find that you know all about them and they will no longer bother you. But if you harbour them, you suppress them and you do not understand them they are bound to rise again and again. No matter what experience it is, whether it is good or bad or indifferent, it is your reactions to these things that count. That is the thing, you create them within yourselves.

Now you can see clearly what I have been trying to drive at. But that which you create within yourselves is not Reality no matter how you try to make it a Reality, it is not so.

Life IS. You have never seen Life, you have never seen electricity. You have never seen Intelligence but you have seen Intelligence in action. When you see me here, standing before you, speaking to you, you see Intelligence in action.

Where is there anything, any human being that could create a mechanism that could think and speak at the same time. A mechanism that can bring into the mind, no matter whether it comes from beyond the mind or not, but a mechanism of the mind through which thoughts can flow without interruption and can give you the feeling of those thoughts. Where is the mechanism then that can build up this wonderful mechanism of the brain, the body, the larynx, the lips and the teeth and the mouth to form all

those sounds. And where is the mechanism that enables the mind to interpret what is said. Do not you see this is Intelligence you see in action. You do not see the Intelligence but you see Intelligence in action. And that Intelligence is God. God expressing Himself. But that is not made up in my mind. You can see it before you, you know that it is so but you do not know what it is, but you know that IT IS.

The solar plexus is the brain of the sympathetic nervous system and works in conjunction with the cerebellum, where all control of the subjective functions is regulated, such as circulation, breathing, glandular secretion, digestion and absorption etc. Our emotional reflexes greatly affect this wonderful mechanism.

Man is the expression of the Universal Mind which is also the instrument of the Universal Consciousness, therefore we are bound up with the Universal through our consciousness, that is why I have explained that consciousness alone is Creative, "Consciousness is Cause."

We can be caught up in both good and bad, health and ill-health, success and failure [etc.] It is when we recognise this that we can free ourselves from opposites.

When you think of health, why do you think of health? Because you are unhealthy of course. Why do you think of success? Because you are afraid of failure of course. Why do you think of good? Because you are afraid of the evil of course. But do not you see Reality is neither.

Don't you see, I told you before, that there is two Trees that grow in the Garden of Eden, the Garden of the Soul. And one is the Tree of the Knowledge of Good and Evil, has only one root. It does not have two roots, one of good and one of evil. The good and evil grow out of the one Tree and that grows out of man's mind, man's own creations. But the other Tree is Life Itself. And you are told to take hold of this Tree of Life and It will be a Spring of Living Water rising up to Eternal Life.

So you see then, that Life alone is Living. Your creations do not live at all, they die. You create them but they die. They pass away and dissolve into nothingness where they belong. But Life is Eternal and that Eternal is the Present. And if your memories, your thoughts and your experiences is blinding the Present, which is the Ever-present, then you can have no renewal in the Present. But if you discern continuously, your thoughts and

emotions in the Present, they will dissolve away and there will be a continual renewal of the Present, of the Eternal in you and you shall Live. Life shall express Itself.

The Universal Mind is impersonal in nature and we are created impersonally in the Universal, for there cannot be any creation outside It. We also must have the qualities of the Impersonal individualized in us. When we understand this we will understand the saying, “as a man thinketh in his heart so is he.”

The Universal Mind must hold all the laws and means of manifestation, “It knows how.” You do not have to tell it how to digest your food, it knows how. *You do not have to tell it how to cause the circulation to pour through your cells of your body, It knows how.* When the child is born it knows where to go for its milk. The Universal Mind is the vehicle in which God and man resemble each other, *(God and man resemble each other in the Universal. And only there do they resemble each other)* [the] one being the product of the other, “man made in God’s likeness.”

And it cannot be otherwise. For the simple reason, that God is Infinite in nature and cannot be divided. Individualization is not division. Individualization is Wholeness, an expression of the Whole in the many but the many in the One and the One in the many. If you can understand that then you have found the secret, the Pearl of Great Price.

Through the Universal Creativeness a man, a beast, a tree, a flower etc., are created, all are creations in the Universal Mind yet all are different phases of activity, reproducing their kind according to the seed or idea held in the Universal Mind, for there cannot be any creation outside it being Universal in nature.

Consciousness alone being creative, we see that Consciousness permeates the whole of the Universe, including man. When man becomes truly aware of this, he becomes impersonal and becomes Master of Nature. This is the great truth the Master revealed and it is this Truth I am revealing to you so that you will realize that consciousness alone is creative.

In the Uncreated exists Creativeness. In the created, Creativeness does not exist. And if you realize that you will see then that you will not put your dependence upon things created but that which is Uncreated. And in the Uncreated the Consciousness of God and the consciousness of man are one

and the same. And the consciousness of man is the Uncreated and in that is the Creativeness. In your thoughts, emotions, in your images and your beliefs, in your memories and your experiences, your reactions and so forth, these are created things made up in yourselves therefore they are not Creative.

You must try and follow deeply because you are now students of the most advanced teachings the world has ever heard. And I want you to gradually unfold and unlock the tremendous forces and power that is within yourselves through your understanding, that your consciousness alone is Creative. The Consciousness of God and the consciousness of man are one and the same.

So then when man becomes truly aware of this he becomes impersonal and master of nature.

The more impersonal you are the more the Universal Mind will respond. Therefore the personal is the hindrance to the expression of the impersonal, the personal is lost in separation between man and man, the impersonal is the unity between God and man. Therefore the Law operates for man as it does with God when man knows himself. This is the great Truth. When Jesus said, "I do what I see the Father do," was proof of the complete understanding that the impersonal was expressing Itself through him because he became impersonal. And if you become Universal through your understanding of yourself. Because you can never understand that which is beyond your mind if you are caught-up in that which is made up in your mind. But that which is beyond your mind will reveal Itself in all Its glory, in Its own Perfection.

Not that we can recognize or realize the Perfection of that which is beyond the mind. Because what is in the mind we compare. We cannot compare that which is within the mind to something that is beyond the mind, it is an utter impossibility. But we know this that Life Itself is Love, Wisdom and Power. That is the Trinity of Life in action. There is no other power except that; Love, Wisdom and Power. Love and Wisdom are the two pillars in which the Power is developed and controlled and directed because of the fact that Love alone is Perfection.

Love alone is Creative. It exists in every atom. It exists as the Essence in everything created and will remain as the Essence when all the others have

dissolved away. What is created again then I say will dissolve into nothingness out of which it arose or out of the substance of which it arose. But that the Essence which is the Creativeness within will remain Eternal and that is the Ever-present, that is not changeable, that does not change. The Ever-present, the Eternal there is no change. That is the remaining Power in you and me.

If you try then to become something, and many of you are trying to become, in your becoming you have lost Reality. Reality is Being NOW. Has God to be created? Of course not. God is NOW because He is Eternal. And if God IS, I am! Therefore it is not that I have to become something, it is that I am NOW. That is the Christ. That is the Master. And it will be forever so, no matter whether you leave this body or not, you will find that it will be so. You will still have to recognize that you are, so that you will escape these things that are made up in your mind. So your becoming is making up in your mind something of your self about your self in same way or another. You want to become something. You want to become 'Spiritual' so that you can express God everywhere. You want to heal, you want to teach, you want to do all these things, you want to become. If you only knew that now, Eternally you are, at this moment it is so. And whatever you will ever become you are NOW, at this moment. Becoming is an illusion, Being is Reality.

Therefore the Law operates for man as it does with God when man knows himself. Knowing the self is much more than is generally understood. "Know thyself," is but a phrase of speech but to know the Self one must understand the self, the ways of the self, otherwise the personal cannot be superseded by the impersonal, for the personal always remains the obstruction.

*The personal is always violating the laws of the impersonal through separation, therefore the personal must become aware of what it is doing. If the personal sees that it is living in separation this is the first step to the elimination of the obstruction, and following this, there must be the discernment of the mind-heart.¹ *The mind-heart is the way of expressing your thoughts and feelings. What is in the mind and what is in the heart must be understood. Your thought-feeling must be understood and clarified so that it does not hinder the expression of that which Is. If your**

experiences are understood therefore they do not hinder you. The more experiences you have the better but to allow these experiences to hinder the expression of that which is beyond experiences is foolish and stupid. But is it not so that everyone is doing these things.

Why then cannot you realize the importance of these words that I am telling you? I can tell you all the things that are relative. I can speak to you in relative words, in relative terms, I can tell you everything that is in the mind. I am telling you everything that is relative that you are doing, preventing that which is beyond your mind from manifesting Itself. I cannot tell you the Truth when no one knows the Truth. No one know what Truth IS. No one knows that which is beyond mind but we know that IT IS. And whilst we know we can give expression to It. And when we give expression to It, it is then we see, the mighty Power of Love, Wisdom manifesting as the Son of God.

The personal is always violating the laws of the impersonal through separation. To have an idea only of the impersonal is of little value while the personal is still [living] in separation, which is chaos.

*The Lamb is represented as the impersonal, the lion is represented as the personal. It is said in the Bible that the Lamb overcomes the Lion and they both lie down together [as one.] *The Christ is the Lamb of God. The Christ is the Love, the Wisdom and the Power of God. But the outer self is that which is unruly, which has to be understood. It is not controlling these things that count but the understanding of them, why this is unruly. If you do not then understand why the outer is unruly, you will never be able to reach that which is not unruly. Then it is said that the Lamb shall overcome the lion. So it shall be, the Christ of God shall overcome the outer man, the man that lives in separation and chaos. And it is because he lives in separation is the cause of all his misery. His misery is not created by anything external to himself but created by himself through his reactions to conditions. If you can realize this then you will have Peace.**

Most people who suffer from various conditions of ill-health, they try to escape through some form or another, through drinking, through so-forth this and that. They are all creating misery because they do not try to understand themselves. They want an escape and they try to escape but there is no escape. There is only an escape through discerning and

understanding that which is trying or making you feel that you want to escape. And when the cause is understood then all the misery passes away. And the self is the cause. So this is symbolical of the mystery of Life itself. Love, the impersonal, must overcome all things personal, Love being the Eternal Creative Power in the Universe, what is universal in God is individualized in man.

Only in God, only in the Uncreated, only in the Consciousness is the Power. Man by himself is nothing, he is continually struggling to be something. And it is this struggle that causes his misery. When you give up the struggle and you know that you are NOW, there becomes a Peace that passes all understanding.

This law operates universally so that the whole Universe may express harmony. We must understand that the Universal mind will create for the individual just as he thinks and feels. Therefore if we live in opposites we create opposites, therefore we create confusion do we not? We think in fear and we think in faith at the same time. We fear something then we say we must have faith, all the time you are fearing this thing and then you are trying to have faith. How stupid the mind is. Do you not see then that you are living in opposites.

But when you understand fear, you try to eliminate fear by having faith but how can you eliminate fear by having faith, fear will still remain will it not? Not until you understand fear and when you understand fear it will pass away and dissolve into nothingness. Fear is created in your mind through some thing, through a belief, through an idea of something. Therefore if you understand how these things are created in your mind, then you will reach that which is beyond the mind, which is not live in opposites but is Reality. It is God. It is the Son of God who has reached that particular State of Consciousness, when he recognizes that the Consciousness of God and the Consciousness of the Son are one and the same. If we live in duality it is evident that we do not understand, because we create both good and evil together, within ourselves. Duality then exists only in the mind of man who does not know himself.

For the whole world is preaching, is it not, something that is made up in the mind? Go to any religious meeting you like and you will find they are always preaching about sin and the devil and hell and everything. And then

they try to tell you what God is. But how can they tell what God is when they cannot even tell what is in their own minds? All these things are made up in their mind.

Jesus said these words, “do you not understand what I say to you? What do you mean by saying, ‘show me the Father!’ Do you not, when you have seen me you have seen the Father? Do you not realize that I am in the Father and the Father is in me and the words I speak are the Father’s words?”

When we understand the laws that operate within ourselves we will see that what Paul says is true for us: “Love never disappears. As for prophesying, it will be superseded; as for ‘tongues,’ they will cease; as for knowledge, it will be superseded. For we only know bit by bit, and we only prophesy bit by bit; but when the perfect comes, the imperfect will be superseded.”

This is the Law that man cannot disregard with impunity otherwise he creates for himself all the misery from which he suffers, and not until he has discerned the ways of the self can this misery cease, then Love which is the permanent Universal Eternal Creative Power will remain in him and he will be free.

Love is freeing. Wisdom is freeing. Knowledge is binding but Wisdom will show you how knowledge can also be freeing and Wisdom can show you what knowledge is. But knowledge on its own is binding and destructive.

You will naturally have knowledge how to create things. You can create out of this Universal Substance we live in which supports our bodies. The Substance out of which everything is created is invisible in nature to the physical eye. It is what we call electro-magnetic in nature. It is swept into being by the thought that is created in the Consciousness that is directing it and the form takes place.

So we create things that are beneficial to mankind and we create things that are destructive to mankind. How are you then to overcome the difficulty of creating both the things that are constructive and destructive? By knowing what knowledge is. By seeing that knowledge is binding and knowledge is destructive. But Wisdom then comes to the fore and shows you how to use knowledge according to the Wisdom and the Love of God.

Misery, therefore, is temporary and transient, a creation of man, not knowing himself. But immediately he becomes aware of the cause, which is the personal self, the cause will dissolve and with it the effect also, then Reality will manifest immediately for It is Eternal and Ever-present. Therefore individual and world peace begins with us and not outside us.

Wisdom guides the proper use of knowledge, as well as knowing what knowledge is. The accumulation of memory is made up from knowledge with its scars of experience, and we are interpreting the present, according to this memory, giving continuity to its own scars and conditioning. Therefore there can be no renewal of the present which frees the past, *when we are merely expressing our conditioning.*

And unless you understand that you will never know the Present.

Our continuity of thought, built upon memory, is time-binding, so there can be no renewal, no rebirth of the Ever-present. But if you have lived an experience fully, completely, it leaves no trace behind. When you understand the experience it does not give continuity to the self-identified memory² *the memory which you identify yourself with. The experience in which you identify yourself with. All your experiences, all your memories, if you identify yourself with them then there can be no renewal in the Ever-present.*

You must see those experiences without identification, without judgement, without comparison, then you will see them for what they are. But if you identify yourself with them, if you judge them, you are caught-up in them. Therefore you will identify yourself in your own judgement. "Condemn not lest ye be condemned."

Is it not a fact that we consider the present as a means to an end? So the present loses its immense significance. **The present is the Eternal.** But how can a mind that is made up of memory, experience, understand that which is not made up, which is beyond all value—the Eternal?

And you make up values in your mind and according to your values so you are.

We must understand every experience to be free from the accumulation of memory that blinds the Ever-present. As we do this consciously, the unconscious will come to the surface, so that all the conscious and

unconscious accumulation will no longer be a hindrance. It is those uncompleted, not understood, experiences with their recurring memories that blind us to the Ever-present Reality. We cling so tenaciously to what we have gathered because we are afraid to be insecure. But security *can* only exist in the present and not in memories *nor in the past nor in the future*.

So you cling to everything you have made up in your mind, thinking by doing so, you are secure. And you are afraid to part with it because you think you will lose that security. But it is only when you have parted with it you shall find security! And that security exists now and every moment of your life, in the present. When you then know and renew your Life every moment, in the Ever-present, you will understand what the Master said, "I of myself am nothing it is the Spirit of the Father within me that doeth the work."

Therefore your meditation should be *a* continual renewal by dying to the past and dissolving the desire to become, then the realization of "Being" in the Ever-present will be established. Only when the mind ceases to recreate its experiences is there true creativeness.

When you cease to re-create your own experiences then you shall be free. A lot of you worry about your karma, what has happened in the past. You are always living in the past. How can you ever know through the renewal of the Ever-present Eternal, if you are continually living in your karma, in which you believe karma is a Reality? There is nothing of the sort and the sooner you get it out of your minds the better. It is hindering the expression of that which is Real NOW in you!

Karma is an idea of a religious sect. But when we get beyond religion along those ideas and beliefs, that which is made up in the mind, we reach that which is Real in Itself.

People are talking about Karma and teaching karma. And these people know nothing at all about it, they have read something in a book about it and then they try to expound what they read in a book. Have you ever read in a book what I am telling you? Never! You have never seen it written in a book.

If you realize what I am telling you, you will find then that I am showing you what is relative, what is made up in the mind, and that which is made up in your mind is not true.

I remember the very day, I have often told you so, but I want to bring it to your senses again, how I felt when I was told, “my son, it does not matter very much whether it is true or not.” And eventually I found it was so. But at that moment I felt a cleansing. That all the knowledge and all the material and all the things that I had learned from the past, that were greatly confusing me, what happened to me, I was cleansed in one moment. It was a cleansing process that I had never felt before. But I knew that moment, the way he said it, I recognized at once, it did not matter whether it was true or not.

Is it not so that we try to eradicate symptoms rather than the cause and this applies also to our physical ailments? Love, kindness, goodwill create a harmonious chemicalization of the body, exciting a healthy flow of all the secretions and opening the channels so that Life’s forces surge through the organism.

Our *physical** tensions, conflicts, maladjustments, produce the major part of our body ailments. Unless there is a radical change in our values that create tension there will and be an ever-increasing disharmony within and without. This radical change can only be brought about through understanding. When we become aware of our tensions and the cause, without the conflict of opposites. *I am telling you without a conflict of opposites.*

What is it that most people do when they find themselves tense or something wrong with them? They immediately say a mantrum and they think that they can get rid of the condition by saying a mantrum. Do you not know that you are creating the opposite all the time you say your mantrum. You are living in opposites therefore you must get rid of the conflict of opposites, then they will begin to disappear, so that that which is Eternal and Ever-present—the All-creativity—will manifest.

How can the All-creativity that does not Live in opposites manifest through a mind that is in conflict in opposites? If you think clearly you will see what you are doing. You are creating opposites, both things together, do you not in yourselves? Well when you see that it will be the beginning of the elimination of your opposites and the beginning of the elimination of your confusion.

With this understanding you can say, “Divine Life fills me” fills the inner mind and the effects are seen on the outer.

The physical body is a mechanism which is especially adapted for the transmission of the inner into modes of external activity. *Your* whole body is traversed by a network of nerves that serve as channels of communication between the indwelling Spirit and the function of the external organ.

Thought is the Spirit’s one mode of action and all is the result of thought. But if your thought arises from your own conditioning it has the effect of creating fear and apprehension, which interferes with the smooth running of the organism.

The Spirit is now complete. It does not have to become something else. It is Ever-present now and we are renewed moment by moment with Its Completeness. When Jesus said, “be ye perfect as your Father in heaven is perfect, “ he knew this Completeness. *And that what he meant. Being NOW. Be NOW what you are, what your Father IS. You are not born of the blood of man nor the will of man or the flesh of man, born of the Spirit of God. He knew this Completeness.* We must rest in the Eternal, then He shall reveal His glory in and through us. “Now is the son of man glorified and God glorified in him.” [John 13: 31 (Old version).]

The Creator—the Thinker—is therefore First Cause, the thought is the Secondary Cause and the manifestation is the effect. Heaven the higher State of Consciousness and earth is the lower. Jesus gave us the key when he said, “the Kingdom of heaven is within you.” There is no separation, Life alone lives, Life is not divided, then the same Life must exist *that exists* in God and man at the same time, in the Timeless, the Ever-present. This is the Christ Consciousness.

“The Eternal will answer when you call and when you cry He will say, ‘Here am I!’” Isaiah 58: 9.

BENEDICTION

In Thy Universal Abode, I do exist one with Thee, for Thy Eternal Nature is expressed in Thy Word that was made flesh.

O Ever-present Eternal Being, when I searched for Thee in my personal self I could not find Thee, but when my personal self died I found I was always one with Thee never for one moment separated, except in my own ignorance.

Thou art behind my seeing, Thou art behind my hearing, Thou art behind my feeling. Thou art behind my touch.

Now I see Thy beauty in all Thy creation, O Mighty One. Now I hear Thy Voice in all that Thou hast created. Thy Being, Thy Eternal Sweetness lay hidden within me, and when I awoke out of my mortal dream It became my Life, O Eternal One.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Johannesburg Lecture given in the Auditorium at Escom House on Thursday night 6th November 1952, at 7.45 pm.

* In the Lecture Notes the word is *psychological*.

1. In the Lecture Notes the next sentence is missing from the recording. The paragraph would then read: [*The personal is always violating the laws of the impersonal through separation, therefore the personal must become aware of what it is doing. If the personal sees that it is living in separation this is the first step to the elimination of the obstruction, and following this, there must be the discernment of the mind-heart. This is the only way to arrive at the impersonal. To have an idea only of the impersonal is of little value while the personal is still living in separation, which is chaos.*]

2. In the Lecture Notes, the last part of this sentence is missing from the recording. The full paragraph then reads: [*Our continuity of thought, built upon memory, is time-binding, so there can be no renewal, no rebirth of the Ever-present. But if you have lived an experience fully, completely, it leaves no trace behind. When you understand the experience it does not give continuity to the self-identified memory in regard to it.*]

Lecture 7 (19th March 1953)
(Johannesburg: 2nd recorded version of Lecture)

THERE IS NO DEAD AMONG THE LIVING*

“Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.” Matthew 5: 23-24

It means that knowing that your brother and yourself are one because the Father is One, the Cause of One Life, and therefore the Father is One Life and you are in that Life. And that Life is in you and in your brother. Therefore if you have ought against your brother, you must have it also against God. Therefore how can you pray to God if you have enmity in your heart?

We have already begun to know that 90% of our mental life is under the surface.

What we hear, see etc., through the senses is absorbed into the mind, then it is either accepted, rejected or becomes re-arranged with other impressions previously received.

So you see the mind just a conglomeration of images that you receive through your senses. The senses are the instruments through which the vibrations of sound, light and feeling and so-forth enter into the mind. Now what takes place there is that these vibrations of light or sound are interpreted in the mind. They are given colour and form and so-forth and a picture is built up in the mind almost instantaneously. And this picture is formed in accordance with your memory cells, in the things you have remembered and seen before. Therefore there is as quick as lightening photographic operation going on in the mind and which produces the image

and places it before the consciousness. The consciousness becomes aware of the image and gives it an apparent reality but it is not a Reality it is just an image.

Now I want you to see this clearly because of the fact. I was talking to a young chap today. I met him in the street. And I said, "what are you doing now?"

He said, "I'm studying philosophy."

I said, "what kind of philosophy are you studying?" So, of course, he tried to tell me what kind of philosophy he was studying. "And after you finish that, where is that going to get you then? A lot of images, beliefs, ideas of other people, you read books and so-forth. And you think you know something, but you don't know anything." And I said, "what's that stone there?"

"It's a stone."

I said, "oh, that's nothing, anybody knows it's a stone. But what is a stone? You can't tell me what that stone is. So you see, you don't know anything after all. You don't know what it is. You do not know what electricity is. You don't know what life is. And you don't know what that stone is. Now what's the use of all your philosophy now to you? Unless you can discern what your thoughts are and where they are moving and so-forth and discern what is in your mind, you will always be caught-up in these things that you create in your mind. And what is in your mind you only create in yourself. You don't know anything and besides what good is it to you. The main thing is to realize the great Truth that you must know what is in your mind, what your mind is made up of, then you will realize what is beyond that mind and that is the only thing that is Real. Everything is not Real because it is in your mind you have made it up in your mind. And a thing, a word, an idea of a thing is not the thing itself."

So he began to think, says, "its very deep."

I said, "no, its not deep at all, it is just sound common sense." So I said, "are you going to study philosophy now?"

So he said, "no, I don't think I will."

Therefore you see there is the trouble. We find that knowledge, so-called knowledge, is leading us astray.

It is quite easy to see if you are wide awake, what the individual mind is made up of, the mind of most people is a conglomeration of ideas which become the fixed expression of the mind.

Now according to what your mind is made up of so you will accept or reject, so you are just reacting automatically without understanding.

An idea comes into your mind you reject it at once and that's the end of it. You go along, another idea comes in you reject it at once. You do not understand.

You see, unless you examine, consider there is no such thing as understanding, unless you examine and consider. Therefore you cannot understand in your mind at all unless you consider and examine any question whatsoever. If you follow a particular idea, if you follow a particular image, if you follow another, if you follow a particular belief, you are brought up in that belief you are conditioned before you are born. Because immediately you are born your mother and your father and your parents has directed you along their particular belief. But there are people doing the same thing. And all round the world are people doing the same thing. And what have you, a conglomeration of beliefs and ideas that are in opposition to one another and you call it truth. How ridiculous it is. Truth must be one Whole there cannot be any division in Truth. So therefore if there is a division in Truth it is not Truth. If there is a division at all it cannot be Truth. So it is necessary to see what the mind is made-up of.

A great deal of our mental make-up is hereditary, we follow tradition, a belief in religion, belief in death, hell and the devil. We follow a pattern made for us, so we are imitators and not thinkers. We conform, we believe, we follow, we become mere mental robots without understanding.

And when we see that we see how clearly and distinct it is too. When we begin to reason Divinely. We reason Divinely but at the end of that reason, reason must cease before Reality is known. Because you cannot reason Reality, Reality is beyond reason. But you can reason towards Reality. You can reason towards the Ultimate, you can reason towards the Absolute but reason must cease. And immediately Divine Reason ceases and the mind is quiet there is Reality expressing Itself.

Now, do you understand that. That is the Truth of your Being, not becoming anything but Being NOW.

If you are born into a European family you will probably follow the Christian religion. Now this religion is subdivided into the many different dogmas, each claiming that theirs is the true path, so you generally follow the one your parents followed, you are conditioned before you are even born. The same applies to the Hindu and the Mohammedan.

To the Jew and all the rest of the different nationalities. They are conditioned by their nationality. They are conditioned by their religion. They are conditioned by their belief and how do you expect to have peace? Can you have peace in the world with such opposition, with such strife? It is utterly impossible! Can then the Absolute or the great Intelligence express Itself through you if you are conditioned in that way?

I told you the other night, that only in the state of awareness is the foundation through which Reality can function. And that state of awareness is to be aware every moment. Therefore aware every moment you are alive and Living. When that moment is past it is a memory, it is dead. That is death. Death and life are in the same cup.

But if you Live you will know death, what it is. But if you do not Live you will fear death because you do not know what it is.

So our outlook is more or less the result of imitations which we have inherited from past generations. So we are caught-up in the confusion of our forefathers, we think we know but we don't know.

The conditions existing today are caused by the ignorance of yesterday, and the generations to come will follow in our footsteps and will inherit our mistakes. Unless we begin to think clearly for ourselves, we will perpetuate the ignorance and confusion of the past, so will the next generation do the same, if our transformation does not take place now. *When I talk to you of course, you will know that I am talking in words. My words will create a reaction in your mind, an intellectual reaction and you will know it is true because you can reason. But it generally stays there, it does not bring action. Now reaction can never bring action and only action brings transformation. If it remains as an idea in your mind only, then there is no action, there is no transformation. But only through transformation of the individual, is there Peace, is there Life, is there strength, is there health, is there abundance.* The great thing is, how can we make the world a better

place to live in? We can only do this by seeing the cause of our confusion today.

We have a great deal of knowledge, but what we need is more wisdom, unless we see that knowledge and wisdom are **not** the same we will never progress.

Knowledge being experience and memory can never bring wisdom into being. *No matter how much knowledge you have it will not bring wisdom into being. Wisdom is the power and the direction of how to use your knowledge. Without wisdom you would use your knowledge wrongly and destroy the world. With wisdom you use your knowledge correctly for the benefit of all because it is one All and there is nothing divided.*

If there is a section that desires to dominate another section, then that section is now preparing the instrument for their own destruction. If one nation tries to dominate another nation, it is the same. If one ideology will do the same, it is the same all the time, they are creating the destruction for themselves. The inner point of destruction is created in your domination. Immediately you begin to dominate a person or an individual, even in your own home, then the same principle is behind it. It is an utter impossibility to have relationship if you have domination.

Only in relationship is there peace and harmony. And that relationship is understood when you understand yourselves. When you understand your own thoughts, your emotions, your actions and reactions, then you will understand relationship. But without understanding yourself, you will never understand relationship and you will live in isolation.

Now, no one can live in isolation except in their mind. They isolate themselves because in Reality there is no isolation, none whatsoever. And then what we see, that true relationship is the secret of happiness and the secret of success. So, wisdom is from moment to moment, whereas knowledge can never be free from the past, from time. Wisdom is free from Time. Knowledge is accumulation which is binding, wisdom is immediate and is free from accumulation and is not binding.

So if you look into your own mind you will see how your knowledge is binding you. If you see how your knowledge is binding you, you will free yourself and your mind will become free. Free because your mind must be pliable. Without a pliable mind there is fixture and with a fixture in the mind

then you are dead. It is death because it is memory and you are giving expression only to memory and not to Life. Life is in the immediate and wisdom gives you that immediate expression because it is Life.

Therefore wisdom is the true direction NOW, from moment to moment, and you will know that knowledge is of the past and of memory. Unless you have wisdom then to direct your knowledge in the true past, then you will find yourselves as we are today, in chaos. The world today is on the brink of a catastrophe because of the fact, we are using our knowledge without wisdom.

Knowledge deals with facts, wisdom is beyond facts. Wisdom is Creative, knowledge is created. *So anything that is created is not Creative.* Knowledge is of the mind, wisdom is of the spirit. Spirit is now, It is Eternal. Knowledge is bit by bit. Wisdom frees us from the conditioning process of knowledge.

Therefore if we see how we are conditioned by knowledge, wisdom will free us from that conditioning. We will immediately see, that knowledge itself and by itself is binding but with wisdom and true direction it is elevating.

Knowledge cannot free us, nor will it free the generations to come. We should know now that knowledge cannot save us, only wisdom can. Unless we discern the difference between knowledge and wisdom, we will never realize the one Life that is present everywhere. It is all Wisdom and Intelligence there is, and It is not divided, It is not isolating while knowledge is.

So therefore we see clearly and if you can follow me in this Divine reasoning, we will see how beautiful it is that wisdom frees us from all binding knowledge. The knowledge today is binding, it is isolating. But when we have wisdom it frees us from that isolation and frees us from that binding process of knowledge. We begin to see then that there is something greater and Intelligence that is functioning through us.

An Intelligence that built the body and the brain and the nervous system for Its own Self-Expression. An Intelligence that built the brain and the mechanism for to create the Voice. As the Spirit alone has Voice. Nothing else but the Spirit has Voice. Is there any knowledge in the world that would create the Voice? You can create the imitation of a voice. You can create, as

it were, an imitation of the voice or you could record the voice. But there is nothing but the Spirit that creates the Voice because It creates the mechanism for Its own Self-Expression. And if It Is, then we know that It Is. It has created this instrument for Its own Self-Expression with the Wisdom and the Intelligence.

Is it not then that we should allow this Intelligence to manifest through us that is Complete in Itself. We must go beyond the isolating process of knowledge and enter into the expansion of Wisdom. And there feel and know that there is an Intelligence that is greater than knowledge, and it is now functioning in us, moment to moment.

But remember this, you must be aware every moment. And you must be aware that this Intelligence can function through you and only from moment to moment does it do so because Life is renewed every moment. The moment will pass is but a memory. You try to recapture that moment. But how can you recapture a moment that is memory? Is that Life? Of course it is not, it is memory! Its an idea! It becomes an image in the mind. That Living is moment to moment, it is entirely Complete Living. A Living NOW, an Expression of Life.

I do not have to think what I am going to say to you. I do not have to wonder what I am going to say to you. These words become expressed because the Spirit in Itself in the Intelligence is expressing Itself through the instrument It created. So that you will understand also that this mighty Intelligence can express Itself through you too.

Wisdom must lead, for knowledge can never be wise, only wisdom is wise. Therefore wisdom is greater than knowledge. Wisdom is a Realization of the source of all things, thus we will maintain harmonious relations in all walks of Life.

If you knew then the Source of all things, all beings, you would not harbour then enmity. Your belief would not be an antagonism against another belief. You would only see what is in the individuals mind.

You do not argue over the Truth because you do not know the Truth. You only argue over your belief, an idea of the Truth which is not the Truth. And if you see then that you are arguing over the idea of the Truth and not the Truth, you will stop your stupid arguing. And you will stop your stupid enmity and you will see how clear and distinct it is, that is wisdom.

The great hindrance in Life is holding to old fixed ideas, which have long outlived their usefulness. As we begin to understand, we will discard all ideas that are isolating and destroying. We will discard the ideas of separate beliefs, of limited science, the belief in the power of man as a separate entity. The belief that God inflicts man with all kinds of disease, that God punishes man and that there is a hell and a devil and all the stupid contraptions built up in the ignorant mind. *All these things* must be discarded.

Because you will see that they are but imitations and beliefs. Ideas that you have accepted from others without consideration, without examination.

Have we not held fast to the fixed ideas of the past and perpetuated the errors that burden us? Are we to pass this burden on to the next generation? We will do so, unless we begin to think for ourselves now and not follow blind fools.

Jesus was very clear when he said, "the blind lead the blind and they all fall into the ditch." There was nothing more true than these words and we see it just the same today. Any person who begins to think for themselves can see it clearly.

Wrong thinking will never bring about right thinking. We have accepted the psychological junk that security is based upon the expansion of the self. This only separates man from man and limits his achievements. *The psychological junk you hear everywhere is that you manifest. Because God is with you because you can manifest this and manifest this. "Look what I have done this and done that, you see God is with me because I manifest this." And if you don't manifest it, there is frustration, you hide yourself. What is it? That is not Truth. Nothing more than suggestion in the mind. One suggestion in opposition to another suggestion. That is all it is. And it is the suggestion that is dominant that will manifest, that is all it is. And then you claim that you are so-called the companion of God. So do the Bishops say they are companions of God. So does the man who dropped the bombs that killed thousands of people say that he is also a companion of God. So do all the people who build up great armaments for the destruction of mankind, they also say that God is their companion. And God is Life and Peace and harmony and Love. And we try to find Love in destruction.*

We have not begun to think. But what I am trying to do is to make you think. And when you begin to think then you will find transformation will take place within yourselves. And in that transformation you will act, it will not be a mere reaction but action.

The world today is just on the brink of destruction. Are we going to go over the precipice or is it possible to hold them in check. Great work is done in this small band of people. Little do you think how much this little band of people who really know. And what happens in the Spiritual World to bring about a better understanding. And only but ourselves being a unit in the Whole, that unit is expressing itself in that Whole and it is affecting the Whole, and bringing the Whole into its natural state of Completeness. And in that way we know that sure if we are steadfast, if we begin to realize the greatness and the Power of the Spirit which is within us which is Whole and undivided, then we will influence the minds of others. Not only around us but you will realize that our thought is charged with Wholeness and Completeness, creates an electro-magnetic wave in the ether and magnetizes the ether throughout the whole world. Just as you broadcast a message through the radio, it is heard in every part of the world at the same time because these electro-magnetic waves have magnetized the ether and it is heard everywhere.

So is the thought of man elevated to a state where he has true understanding, becomes a power indeed. And these electro-magnetic waves magnetize the ether throughout the whole world and is waiting and expressing Itself in the minds of others because every individual is a receiver and a projector. Let us see then clearly and realize now that this is a centre, just as the centre in the Himalayas are bringing peace and health to the world through the same point. If we realize that we are also the same thing so can we help in building this true structure, so that man will live in peace and harmony.

The ignorance of the people you see at the present time. There is an election coming on. Just look at the ignorance of the people, the ignorance of them. Is it possible that they will ever understand. Would it be possible to allow them to come into a meeting like this, while I am talking about these things? Of course not! They could not comprehend it, they are too conditioned. Their condition is so completely fixed upon them that they

would not understand. That is why I do not allow the public into these lectures.

All these lectures that you know are by invitation and without an invitation no one can get in. It is for this reason that when you are as one and think as one there is a power. A power indeed.

Wrong thinking will never bring about right thinking. We have accepted the psychological junk that security is based upon the expansion of the self. This only separates man from man and limits his achievements. It makes us fearful of another, it breaks down our health and sends thousands into mental homes.

It is for us to eradicate the error through understanding the cause, then we can free ourselves and those who follow, from the errors of the past.

The Universal Mind is impersonal, undisturbed, fearless. It is Love, Intelligence and Wisdom. The Universal Mind is the only mind there is *and* there can be no other, It being Universal. To possess the qualities of the Universal we must discern *what* is hindering Its expression in us.

So the Universal Mind Itself is the instrument of Creation. Its an instrument in which Creation takes place. It is the instrument which the Consciousness Itself is manifesting. An Intelligence is out-picturing what the Consciousness is aware of, it is automatic in nature. That is why very often you have disturbance in your body. Now you fight that disturbance and you only create more disturbance by doing so. If you were quiet and peaceful and knew and understood, then you would know, and your consciousness would become aware of a Divine Nature, an Intelligence that built the body. And in that quietness and peace of the mind, in the complete relaxation, you will find that your troubles begin to cease. But if you struggle against it you give it more power. And therefore giving it more power you cause it to continue. And when you understand these things and you will see how clearly and distinctly God has created man for His own Self-Expression. He will cease to be lead by fools who do not know.

We are the receivers, the Universal Mind is the transmitter, when we understand this we *will* see why silence gives us tremendous power.¹

We can only realize the power of the Silence when the Silence is reached. *An idea of the Silence is not the Silence. And you think that you*

have Silence, you sit and you try to concentrate. You try to push everything out of your mind. You concentrate on an idea to the exclusion of everything else. That is not a mind that is Silenced, that is a mind that is contracted. Silence only comes when you have emptied your mind, when the mind is free from opposites, when the mind is free from conflict. And how can it be free from conflicts and opposites? By discerning what is in the mind. When the mind is then free and quiet, there is a Silence, and in that Silence is the Power. Why? Because there is Reality, the only Power that Is. It is not made up in your mind. Reality is not made up in your mind. An idea of Silence is not the Silence. A concentration on a particular point, on a particular subject or object is not the Silence, that is contraction of the mind.

Don't you know that the mind is the vehicle of God. Oh the great and mighty Truth. If you could only realize this tremendous thing. So great It is. It is beyond comprehension. Yes it is, alive and Living every moment. But the Silence is not reached through dreaming, nor is it reached by concentration on an idea to the exclusion of all else. It comes into being through awareness of what is preventing the Silence now. For only through awareness does the Universal function.

Practice is the thing that enables us to be proficient in the art of awareness, Living and acting. In us the Spirit of God is individualized and we must seek the Law of causation by ourselves, for by* [no other means can it be found. Then we will know] that we are the cause of all the effects we produce, hence the necessity of understanding the cause.

Are we not conditioned by *the* past, by conformity, by desire for our advancement, by the subtle accumulation of power? And *although* we may be outwardly active we are inwardly dead.

It is the projection of the self. All the time it is the projection of the self. And what has happened throughout the world today by that so-called psychological junk that we hear everywhere that is the expansion of the self. An expansion of the self only. It does not matter about any other person as long as you get what you want. And so it is, and what you want is a conflict and what we want you have not got.

Wisdom and Power and Love are joined together in that communion with souls. That communion with souls in which there is no isolation, in which there is no division. In that expression then is the Life, is the Power,

is the Wisdom. That is Creativeness. Creativeness comes not through the mind of man by his own self-projection. Creativeness is the Spirit, it is God, the Intelligence of the Universe that is Creative and nothing else. And if your consciousness is free from all conflict. If your consciousness is freed from all inhibitions. If your consciousness is freed from conflicts, from isolation, then your consciousness will give expression to that Consciousness, within Itself which is the Consciousness of God, the directing Power behind the planets and the stars. But that Consciousness must be freed from conflict, from opposites. And it can only be freed by your own discernment of what is in the mind. Because if you are conditioned you will be giving expression to your conditioning only and not to that which is Real.

We seek continuity, so we are caught up in Time. What is Time, anyhow? There is chronological time and there is also another time,—the psychological process of continuity. *The chronological time is a time we measure each day. But you will see that it is a time that we make through the movement of the sun and the earth. The earth revolves round the sun in 365 days. And the earth comes on its own axis once every 24 hours. It moves at the rate in its own movement of a thousand miles an hour because it is 24,000² miles in circumference. It moves round the sun in 365 days and we call that a year. So we see day and night comes when one part of the earth faces the sun and the other does not. But as the earth revolves round and faces the sun and that face then that faces the sun today will then be night in twelve hours time and the other part of the earth will face the sun and that will be daytime. That is chronological time, we created it but that is time we created. But there is no such thing as time in Eternity.*

Then there is psychological time. Psychological process of continuity. We want to continue, and in the very desire to continue we create the process of time and the fear of not continuing. In the fear of not continuing, it is the fear of not continuing that we are afraid of.

We want to but we are afraid we will not continue therefore we are afraid of death because we do not know what death is. But I will show you what death and Life is now and you will see how clearly death and Life is one and the same.

There cannot be a dead particle in the whole Living Universe. What we believe to be death is but a change taking place. The atoms change and transform themselves according to the Cosmic Ray that are flowing from the sun. The Cosmic Ray is the cause of transformation not only of the minerals but of the vegetable tissue, of the animal tissue and of man. There is a continual transformation taking place all the time. And death, we call decay, a decay is but a transformation of atoms into another form. There cannot be a dead particle in the whole Living Universe. Take something that is dead and you will see that it is more alive when it is dead than when it was living as you call it. And when you seek at the very centre of the thing you will find everything is atoms and they are transforming from one form into another.

After all, what is it that continues? If we live from moment to moment we will know death, for we die each moment to live each moment and knowing death we shall know Life, because the two are not very different. If we do not know how to live we are afraid of death. But if we know how to live, there is no death.

People say to me so often, "Doctor, you look younger this year than you did last year." Well if that is the case, why is it so? Really it is a matter of living from moment to moment. And I know perfectly clearly that that Livingness is a conscious awareness of Life Itself. It is a conscious awareness of Life in Its activity from moment to moment. Therefore in Living from moment to moment, it is clear that the moment is past, it is dead and that is death. There is no such thing as death in the Spirit. Spirit is Life. There is nothing dead in Life. How can Life be dead when It is one Whole and Completeness?

Most people *who* do not know how to live look upon death as a negation of Life, therefore they are afraid of death. But if we understand what living is we shall know death in the very process of living.

The difficulty is for us to die to all things that we have accumulated, *die* to yesterday, *die* to the moment that has past. We want to cling to the moment that has past. We want to cling to yesterday. We want to cling to our accumulation. How can there be any Creativeness in yesterday? How can there be any creativeness in your accumulation? Is there is only Creativeness NOW at this moment? And moment to moment alone is

Creative and nothing in the past is creative, it is but a memory. Surely you should understand that, it is not so difficult. It is only when we die from moment to moment to the things of yesterday, and understand the whole significance of continuity, that there is the Unknown, that which continues can never know the Unknown, for that which continues is the known. But if you die to the known then the Unknown will reveal Itself and has no continuity, for continuity means a beginning and an ending, but that which is beyond time has no beginning and no ending.

So if you live in continuity you will begin and end. But if you move from moment to moment there is a complete renewal Eternally Living. That is the Spirit.

That is what I have found. And you can find it too. It is not found in any books. It is not found through philosophy because philosophy is but reactions in the mind from one idea to another. It is not through religion because religion is a form of dogma. Religion is an imitation.

This you can find only for yourselves when you discern your own thoughts and emotions and what it means. Then there comes a time when your mind is Silenced, when the mind is free and Complete. Free from all opposition, free from all conflicts and in the Silence, there is the moment to moment. One moment renewing Itself after another continuously. The past is gone, it is not creative only NOW is the Creativeness. That is how I live and that is how you must live also to be free. And in that freedom is found Reality. That is the Unknown.

Most people live only in the known, therefore yesterday and tomorrow become more important than the Ever-present. But the Ever-present is the Eternal, therefore we must die to the known to realize the Unknown. It is the known that wants continuity.

The moment that is past must come to an end before the renewal takes place. *You understand that. What a wonderful thing it is, that moment that comes to an end, past, of no significance. Think then how your mind has been troubled with the things of the past. Think how your mind has been caught-up in memory because the memory is always influencing the present. But if your memory is always influencing the Living moment you cannot Live in that moment because you are living in the past. But if you*

Live in this moment then the past is dead, your memories are but what is of the past, it is of no value to the Living Present.

If your memories are good or bad they are just the same. If your memories are pleasant and unpleasant they are both made up within yourselves. They both come from the same source, from your own reactions. But the Ever-present is the Eternal, the Unknown. You give expression to Itself in all its Wholeness and the very Wholeness of Reality, is expressing Itself NOW. That is LIFE, Living in which there is no death. Therefore know how to Live then you will know what death is. Therefore there is no fear of death. It is the dying to the known that reveals the Unknown, so death and Life are in the same cup.

Some say *that* they have overcome death, but surely everything that has to be overcome must be overcome again and again. When you conquer your enemy you have to conquer him again and again, that is why wars continue. The moment you vanquish one, there is another to be vanquished, so that which is overcome can never be understood.

Overcoming is merely a form of suppression and that which is suppressed, whether it *is* internal or external, can never be understood. The overcoming of a fear is merely the postponing of that fear, so it is with the fear of death.

So you postpone the fear of death until the end and you will say at the end I will know. How ignorant it is. That is to people, that is your religion. But did Christ say that, "its I and the Father are one, I am Life." He found It! And you can find It too! As I have found It, you shall find It. And in that finding of It for yourself gives you the wisdom of It and the understanding, then there is Love, there is Peace. Because that is in the deepest part of your soul the Livingness of the Christ—IS THERE.

So we try all the tricks of the mind to hypnotise the mind. If we look at this closely we will see that they are but ways of the self. So we pray in the hope that we shall get a place in heaven, this is merely a process of thinking,³ so we fear the thought of death.

Fear exists only in relation to something! We are afraid of not becoming, we are afraid of the Unknown, of death. Can such a fear be overcome by determination, by a conclusion, by choice? Obviously not. So

fear can never be overcome by any form of discipline. Mere suppression or substitution only creates resistance.

And with resistance there is no understanding. When you resist anything, how can you understand it?

Freedom from fear cannot be attained through mere intellectual or verbal explanation. We are afraid of a fact or an idea about a fact. Are we afraid of the thing as it is or are we afraid of what we think it is? Are we afraid of the fact of death or the idea of death? Fact is one thing and idea is another.

When we conjure up in our minds an idea of death because we do not know what it is, we become afraid. But if you knew the facts of death there would be no fear because it becomes a fact to you and therefore you know.

I am afraid of the idea not of the fact. When I am in complete communion with the fact there is no fear. But as long as I only have an opinion, a theory about the fact, I am not sure, so my doubt creates fear. How can there be fear of a fact when I am face to face with the fact, in direct communication with it. I can look at it, observe it, therefore there is no fear of the fact. What causes fear is my apprehension about the fact, what the fact might do or *might* be.

Therefore if I am not sure then I have doubts about it. But I am sure. And how am I sure? By eliminating from my mind all the things that are hindering the expression of Reality that is Eternal and Ever-present. And when you find that Silence and that Peace which is beyond that comprehension of the mind, there is something that is beyond the mind, that reveals Itself to you. You will not know what it is but you will know that IT IS. In that moment you will know Eternity.

There can be freedom from fear only when there is self-knowledge, For self-knowledge is the beginning of wisdom, which is the ending of fear.

“And he saith unto them, why are ye fearful, O ye of little faith? [And] then he arose, and rebuked the winds and the sea; and there was a great calm.” Matthew 8: 26

Read through those lines and you will find the answer.

BENEDICTION

O Ever-present Eternal Being, when I speculated about Life I was afraid. But then, O Eternal One, my fear disappeared when I knew I was Life.

I knew my Living was from moment to moment in the Ever-present and the past died at that moment. This, I know was death. Death was the end of the moment, while Life renewed Itself Eternally.

O Great One, I thank Thee for revealing Thyself to me, then all fear disappeared.

Now I know the meaning of the words, “follow me, let the dead bury their dead,” O Mighty Eternal Father of Mine.

NOTES

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Johannesburg Lecture given in the Auditorium at Escom House on Thursday night of 19th March 1953, at 7.45 pm.
- * A small wire break in the recording occurs here.
- 1. In the Lecture Notes the next sentence is missing on the recording due to a break in the wire. The full paragraph reads: [*We are the receivers, the Universal Mind is the transmitters, when we understand this we see why Silence gives us tremendous power. When we are Universal the Universal can work through us and this can be immediate when we see that which is hindering It.*]
- 2. The circumference of the earth at the equator is 24,901.55 miles (40,075.16 kilometres). If you measure the earth through the poles the circumference is a bit shorter at 24,859.82 miles (40,008 km). That makes the earth a tad wider than it is tall, giving it a slight bulge at the equator.
- 3. The part of this sentence is missing from the recording. Therefore the paragraph reads: [*So we try all the tricks of the mind to hypnotise the mind. If we look at this closely we will see that they are but ways of the self. So we pray in the hope that we shall get a place in heaven, this is merely a process of thinking, which is conditioning us to time. We fear our own thoughts, so we fear the thought of death.*]

Lecture 8 (26th March 1953)
(Johannesburg: 2nd recorded version of Lecture)

THE UNKNOWN CANNOT BE KNOWN. WHAT IS KNOWN IS NOT THE UNKNOWN*

“For I have given you an example, that ye should do as I have done to you.” St. John 13: 15.

When we rebel against effects we only increase their intensity, without gaining any understanding or relief. *It is only by understanding the effect do you get relief. Because there is no relief in any way by resisting or trying to overcome an effect. There is no way of overcoming an effect except through understanding it. If we overcome an effect or we overcome anything, we have got to overcome it again and again. And unless we begin to understand the cause of the effect it will still be troubling us. Therefore we see it is necessary to see deeply within ourselves the cause of every effect.* Now the most destructive conditioning today is brought about through the battle between individuals one way or another.

Because of the fact that the individual is the Race. It is the individuals that make up the world. And if the individuals do not see that they are battling against one another, then how do they expect to have peace? Peace cannot come until such time as the individual begins to understand himself. And when he begins to understand himself he will see the cause of his battling, as an illusion, a desire, therefore he does not know himself. And beginning to know himself he will drop all these things and then that which is Real will take its place.

Some people do not understand that Reality Itself is always Ever-present. It is Ever-present and It is Love and affection. Without understanding oneself then and the causes of the effects which we see everywhere, we will never know this Love and affection. Because It only comes into being when we understand ourselves and when we see

ourselves, all these conditions and the conditioning we create upon ourselves, will dissolve away. It is necessary then to begin to understand oneself and the ways of the self, then that which is Real, which is giving rise to the Real Reality within every person, in man and everywhere. It is never in opposition to Itself in any individual. It is never antagonistic to Itself in any individual. Therefore when we see what causes the antagonisms between one and another they will pass away and dissolve in nothingness where it belongs and then which Is Love and affection will take Its place.

But how few people see this. They are always trying to tell you what God is. They try to philosophize what God is. And if they do not know what He is, anyway, they will ram it down your throat that He is this and that. Its like two monocles they said to each other, "lets gets together and make spectacles of ourselves." So is that not so with individuals, its just the same.

In every nation, in every group there is a conception of Reality which they call God. But is this not just an intellectual approach to Reality? Most people are discussing Reality so as to find out what Reality is, hence we have so many different philosophies, so many different religions.

Each one trying to find out what God is or telling you what He is. But the known can never be the Unknown. And what is known is not the Unknown. So if you say that you know this, you know God, therefore you will know perfectly well that you do not know God. Because He is the Unknown and it is the Unknown that is Creative. It is the Unknown alone that is Love and Wisdom and Love and affection. But the known is not that. The known is an image and idea you create in the mind. And whatever you create in your mind you know what it is. But you do not know what the Unknown is. So therefore if you see clearly, that what you make up in your mind about the Unknown, it is not the Unknown.

The mind cannot comprehend Reality but we can translate Reality into our daily living by understanding that the only way we can approach Reality is by affection and Love, then we find ourselves giving expression to Reality Itself, thus we translate Reality into our everyday Life.

And it is the translating of Reality into our everyday Life when we are no longer antagonistic to each other. Because Reality is never antagonistic to Itself in any individual and besides, we see clearly that by Love and affection only can we translate Reality. And if there is no Love and no

affection between individuals, there is no translation of Reality into your daily Living.

Most people are trying to corner a bit of Reality for their health and success. If they succeed they say they are expressing Reality, *they are manifesting, see what God has done*, but when they find that it does not work *they are frustrated*. This is not expressing Reality, it is mere suggestion in opposition to another suggestion or idea that is held hidden in the mind and according to the dominant idea so will be manifested.

And what is the dominant idea then? The dominant idea is want, is it not? Therefore when they try to express something or they corner a bit of Reality for their success, and when they say they have succeeded, they will say, "look, now I can prove God." But how stupid that is when you see clearly that it is but an idea in the mind.

When you know that Reality is NOW, then it does not have to Be, you do not have to prove God. But if you take away from your mind all your formulations about God, your beliefs, your ideas about Him, then there is God, there is Reality giving expression to Itself in Love and Wisdom. And when you see this, that Reality is Everything. It is not broken up in pieces. Life is not divided because It is expressing Itself in you and me. It is the totality of all Life therefore there is no division in Life.

Life Itself is one Whole and Complete and is not divided. It is man that divides Life in his mind, by seeing his neighbour as separate to himself. And when he does so, this separation causes strife and misery. The whole world today is suffering from separation. A belief, an idea is separation.

We must realize that there is only one way to express Reality and that is through Love and affection, then there is no frustration, no opposition, for Reality can only express Itself through Love and affection. But this affection does not mean that you merely love God with the idea that you can get what you want. *And by loving God that you can get what you want.* It means that you must love your neighbour because Reality cannot express Itself except through loving your neighbour.

By doing so, then you have everything. And how can you Love God anyhow? A Myth, something that is nowhere, the Unknown? Jesus said, "when you have seen me you have seen the Father." And in that way, that is

your neighbour. And unless you can Love your neighbour then you are not Loving God at all. Because through your neighbour, you do Love God.

And if people had seen the great Truth, “when you have seen me you have seen the Father.” And if they Loved the Father they would have Loved him. “And if you Love God you shall Love me. But because you do not know my Father you do not Love me. And because you do not Love me you do not know my Father.” Is that not plain enough?

Is it not a fact today that people are seeking to Love God, but hate their enemies? They pray to God for peace, but they are preparing for war. They want success and happiness at the expense of their neighbour, but they are really cheating themselves.

If you look into your own mind you will see that this is but a subtle form of suggestion, which is deeply rooted in your conditioning. So your inward poverty makes you look to the external. While you merely discuss Reality, you are not translating Reality into your daily living, you are merely *projecting*¹ the self.

And it is the projecting of the self that is causing all the troubles. Psychology and the psychologists, many of them who are still stupid enough, to say that by projecting the self you are going to obtain happiness, you obtain this and obtain that. And they tell you that this is God. Do you not see that it is just a mere projection of the self. That you are going away from Reality.

When you know clearly and discern clearly your own thoughts, your emotions, your ideas, your images, your wants, your cravings, your antagonisms, your hates, your condemnations and all these sort of things, you will see they are all made up in your mind. So the psychologists of today are just taking you away from Reality and not giving you Reality.

Reality is now Ever-present, NOW at this moment. What is preventing this Reality from expressing Itself in its true nature? Its true nature is Love and Wisdom. Then what is it that is preventing It from expressing Itself in you? Is it not your own images and ideas and your beliefs, your antagonisms, your hates, your divisions? Unless you see them and discern them clearly there can be no expression of that which is Real.

If you look into your minds you will see how you have been discussing Reality as an idea, so the idea in your mind becomes to you the truth when it is only an idea of the Truth and is not the Truth.

In most Truth literature the great mistake, ignorantly made, is that the mind is directed to create an idea of Reality. *If I say to you, "God is Love, God is Wisdom, God is Truth." What good is it to you if you are still living in your separation, you are still living your antagonisms, if your mind is filled with separation, if you are still condemning, if you are still hating. Do you not see that it becomes an idea only, which you take into the prison in which you are in, that self-created prison. But it is when you break down those prison walls and free yourselves by discerning what is hindering the expression of Reality that is Ever-present, then there is freedom and true freedom. Reality is Life and the mind cannot conceive what It is. Therefore it is useless trying to make an idea of Life. But when we see that our idea is but an imitation, a mental conception, it dies away and Life becomes a Reality to us, not as an idea or a mental formulation but as an actual Livingness. Alive and Living, It is not an idea, It is a Livingness. It is that Livingness that is yourself. While giving expression to that which Is the Real Self. The Real Self that is in every other self. Not the projection of the self that is a bundle of hates and enmities and ideas and wants. That self is an illusion of the Reality. The Real Self is in every other self and it is that Self that is giving expression too. Therefore you will see as Jesus said, "Love your neighbour as your self," becomes a Reality before you can Love God.*

I am showing you this, cleansing the mind of all that is preventing the expression of this Livingness. This true Livingness in which we are all equal. In which the whole of Livingness Is expressing Itself through each and everyone of us. In which there is no division. In which Life has not divided Itself, in anyway whatsoever, because there can be no division. The division only is created in your mind through an idea, through an image, through a belief. Because you have a separate belief you are antagonistic to one another, is that Truth? Don't you see that it is but a belief, an idea, a formulation of the mind, that it is not Reality.

Every night I am showing you and you are getting clearer and clearer each night. There is a cleansing of the mind. There is a greater

understanding of the self. There is a knowing that the Unknown is not the known. But the Unknown comes into operation when the individual begins to discern all that is preventing the Unknown, that which is Creative, manifesting in your life. It is that Itself that is Living. And if you give true expression to that Livingness, which is Whole and Complete in Itself, then you will see that the Truth what the Master said, "what is Mine is thine." So it is not an idea or a mental formulation but an actual Livingness giving expression to Itself in Love and affection. As long as we have only a mental image of Reality we will never give expression to Reality in loving our neighbour as ourselves.

Our separate beliefs which create the division which create the antagonisms. And then when we become antagonistic to one another then there is difficulty, there is strife. So the most destructive conditioning today is brought about through the battle between individuals in one way or another.

We must realize that we do not live by ourselves, it is Reality that lives, therefore It is the foundation of our Being. When we have found the source within we no longer look outside ourselves, neither do we build an intellectual conception on the authority of another. Neither will we try to corner Reality to gain health and success for we will know that Reality is all, thus the inner will become the outer.

The Livingness which is Eternal and Ever-present will be the Livingness expressing Itself in you and me. Therefore my Being and your Being is the same Being because there is only One Being. And in that understanding we will know there will be no antagonisms. And when the mind has cleansed itself of everything that is hindering the expression of this, we will know Love and Wisdom. We will Be Love and Wisdom Itself.

We will be in a State of Love, not merely in Love but in a State of Love. Being in Love and being in a State of Love is different altogether. Being in love you can still know all the enmities and difficulties and divisions in the world. You can have antagonisms and so-forth and all these things, you can still be in love but you are not in a State of Love when you have antagonisms between one and another, where you have divisions between one and another. In a State of Love, it is a State of Love which is Love Itself,

giving expression to Itself in Its Wholeness and Completeness. That was the Master.

The Master was clear in that statement, "Love your neighbour as yourself." I see this clearly. And to see, to know on the Realization that the Infinite is One. Therefore to Love our neighbour is Loving God because there is but One.

If you love one and hate another you cannot say you are a loving person. If you are kind to one person and unkind to another, you are not a kind person. Therefore if you love one person and hate another, you are in love but you are not in a State of Love.

A State of Love comes only when you have discerned all that is hindering the expression of that which IS Itself Eternal and Ever-present.

Every person in this world leaves everything they have but this world behind. As they were born into this world as little babes, so they are born into the next world in the same way. It is then the Wisdom and the Love that you carry with you that is of any benefit. That is why Jesus said it clearly, "but to gain the whole world and lose your own soul is of no value to any person."

So kings and queens and princes and all the rest of it, are all levelled down by that one stroke of death, which is but Life. But no one knows that Life and death are in the same cup. But if you live moment to moment you will know it because the moment that is past is dead. But that very moment that you are, is alive and Living. And that is the continuation, the renewal of Life, Eternally and Ever-present.

Therefore you are born into the next world with nothing as you are born into this one because no one holds anything and nothing belongs to anybody, everything belongs to God. Therefore God is everything. The Creator and His Creation are One. And when you realize that, that the Creator and His Creation are One, you will know that the only Reality and the only Peace and the joy that can come into a soul is that which in Itself is Real. In the Reality and the expression of Reality, in its true nature of Love and affection, gives one Peace and happiness.

Love is the joy in the heart of everyone. And unless you can understand this great wonderful State of Love, you will never know the joy of Living.

That is the joy of Living, in that State, there is freedom and only in that State is there freedom.

The surface consciousness is generally reacting to the external, and gives names to the things it sees, but the name is not the thing itself. We see shape and form but we do not know the substance, therefore we do not understand what we see.

Is it not that we get vibrations of light and sound? And we create these things in our own minds, we picture forth what we see. But you see, if you see anything at all it is the vibration of light that reflects from that thing. Strikes the retina of your eye, passes through the nerve into the optic centre at the back. And from there it passes through to the various portions of the brain giving it dimension and size. So a picture is instantly created at once and you are picturing forth what these vibrations of sound and light has produced. Therefore you create within yourselves the picture of what you see outside.

Now, all is vibration. But do you see the substance that is the foundation of all form? Do you understand that the substance that underlies all form is but a mental substance? In Itself is not separated. But the form is created in the substance and of the substance. Therefore there is no separation between the form and the substance out of which it came.

It is like a pimple on your face. You think that the pimple is not on your face. You would not like it to be on your face, I am sure, but nevertheless that does not matter. The fact I am trying to show you is this: that form and substance are one and the same. Because form cannot exist outside mind. Neither can your pictures outside your mind exist. And All exists in the Infinite Mind. And out of everything the form is created.

Therefore the Creator and His Creation are One. "I and the Father are One and he who has seen me sees the Father." Now, can you understand that?

The statement that all is mind, that matter is mind materialized has not been realized sufficiently to *understand* what is behind the form and shape. When this is realized as a "fact" and not an idea of a fact we will cease to make ideas about it.

So we will see the Reality of it.

Man has split the atom, created great flying ships, has measured the distance between the planets and is on the way to the moon, yet will *this* bring happiness and peace to the world? *I think not.* For only the translation of Reality into our daily living can do that.²

So knowledge is not wisdom. Knowledge is binding. Wisdom frees knowledge and frees man. Wisdom enables us to use our knowledge for the benefit of all mankind and not for the destruction of mankind or a section of mankind.

So you will see how ignorant our leaders are. We will see how ignorant the people are who engage in politics and all this sort of rubbish, that create the strife and separation. And you will see how those mugs are caught-up in it. Throwing stones and dancing like monkeys here and there, we will see how stupid they are. And those people who are egging them on are even worse still. And if we cannot see that, well we are as dumb as they are. And I hope that we are not.

And when we realize the great Truth, that we have got to discern the self clearly and distinctly; what the self is and how the self is expressing itself, how it is moving and what it is doing, we will never free ourselves from these things.

We must discern from where our thoughts arise. If thought arises from things around us or from our conditioning, then our thoughts must cease to be before the unknown comes into being. The source of our Being is God, then we will know that the Father is our consciousness and our consciousness is the means through which the Father manifests. "It is the Father *who* doeth the work."

So we become again to realize that the Creator and His Creation are One. And that is the Truth, "when you have seen me you have seen the Father." What a tremendous and wonderful Truth when it is realized. But you cannot realize it as an idea. If it is just an idea in your mind it is of no value to you. But if you then cleanse your mind so that all these formulations of your mind are dissolved away then the Silence comes. A Silence where there is no formulations whatsoever but the expression of Reality, that which Is Love and Wisdom Itself. "All power has been given unto me in heaven and on earth." Is only obtained through that Silence.

When the mind is Silenced completely through the discerning and understanding what it is made up of, and these formulations dissolve into nothingness where they belong, that then which is Real gives expression to Itself.

We must not lose ourselves in philosophies, in questioning others on that which can only be realized by oneself. If I begin to philosophise to you on the wonders of Reality you would only build up an idea of Reality in your mind. But if you know that you are building up an idea of Reality and know that Reality is not an idea, then you will realize Reality by living in the Presence, in the Ever-present, *Love and Wisdom*, then you will be translating Reality into your daily living.

God is Unknown and cannot be known, the moment you think you know God, it is not God you know but an idea of God—a projected mental image which hinders the discovery of the Unknown.

I wonder if you are beginning to realize what I am telling you. I wonder if you begin to realize what your ideas and images are. Have you sat down quietly and see what your images and your beliefs are? Have you discerned them clearly, not only superficial ones but go deeper still? These ideas that are sunk deep in your nationality, in your belief, in your religious beliefs. Then you will see where your intolerance comes from.

If you can see then, where your intolerance comes from then you can dispense with those things. But a superficial discernment is of little value. It means deep, deep discernment, so that even the unconscious must be removed. So that there be freedom completely in a mind that is free from all conditioning. In that freedom is Reality, is Truth, is Life, is Power, is Wisdom, is Love.

Beliefs are a process of the mind and are born of the known. If you merely say “God is the Unknown” so you create an idea of the Unknown. But your mental creation of the Unknown is not the Unknown.

If I talk to you about the Unknown you make a mental idea of the Unknown. But my words are the means of trying to show you how to discern your own ideas you have made up about the Unknown. So when you find you have only made up an idea of the Unknown, it is not the Unknown, then you will discard it.

The man who accumulates wealth, builds temples, organises religions, the bishops, the cardinals, the preachers as well as the man who drops the bombs say God is their companion, surely their belief is but a form of self-expansion. It is their own conceit. Those who have conditioned their minds to a particular pattern which they call their religion, can never realize the Ultimate Reality which is Love and affection.

For the Unknown to be, the mind must be completely emptied, so the important thing is not what you believe or disbelieve or what your activities are, but to understand the whole process, the whole content of yourself, and that means being aware from moment to moment without any sense of accumulation.

Without any sense of accumulated ideas, beliefs or memories. But to be conscious of yourself, a Livingness every moment, that is the expression of Reality and in that there is Power. Is there any power in a memory or idea or an image? What is the Power, is it not your Livingness!

Is your Livingness not from moment to moment. You cannot live in the past, you cannot live in the future. Your Livingness is NOW. And is renewed every moment. In that then, being aware every moment is giving expression to Reality.

Only when the mind is utterly silent without any sense of acceptance or rejection, without resistance, condemning or blaming without any sense of accumulation—when the self has died, then only is there that which is Real.

“I of my own self am nothing, it is the Spirit of the Father within me.” The self is but a bundle of ideas, images, beliefs built up in the mind. The self is an intellectual expression. An intellectual projection of the mind itself. And when we see how false it is then it will dissolve away and that which is Real will take its place.

That which is the only Living thing, my Livingness, is my Reality. Not that I will know what it is. I even do not know what my consciousness is. I cannot even analyze or discern my consciousness. When I try to discern my consciousness I am discerning something else with my consciousness but I can never discern what consciousness is, It is the Unknown. It is the Livingness. And that consciousness is only moment to moment. That consciousness is not in the past or the future. I am conscious now, that is my Livingness, that is the Creative Power. That is the only existence of God and

yourself. That is the Life. That is the Unknown. The Consciousness is the Unknown.

The word is not important any more, for there is a state of creativeness which is not an idea or a word nor the expression of the Self. Then you will know what **is**, what is Indescribable. A description of the Indescribable is merely a cultivation of memory. To verbalize the Indescribable is to put It into time and that which is of time cannot be the Timeless.

Your consciousness is the Timeless. You can ever know what your consciousness is, it remains Unknown, you only know that IT IS, not what it is.

I know what an idea is, an image. I can make an image of my consciousness but is that my consciousness. My consciousness is NOW, alive and Living. It is a Livingness, it's the Unknown. It is the Eternal, it is the Ever-present. It renews Itself every moment. To be aware then, consciously aware, every moment is Reality, is that which IS.

This knowing is not the result of the known, but knowing that the known is not the Unknown. It is not obtained through reason, for It is beyond reason but It does not run contrary to reason. It is not obtained through space *and* time factor, because It is Ever-present in Its own Eternity. Therefore every moment all Life is concentrated at any point in Its Omnipresence that you may choose to realize.

It makes no difference where you are here or Timbuktu,³ you cannot go outside Infinite Mind.

Realizing is not knowing what It is, but knowing that It is. You do not create Reality. Reality created you within Itself and Itself is Eternally present. "I am in the Father and the Father is in me."

Yes, the Father and I are One.

Divine Reason helps towards this Divine Realization, we reason towards the Ultimate, then reason ceases to be because it can go no further. It knows it can never know and at that moment is Reality. *It is no longer the known.*

What a wonderful thing. Yes, I am. I am Life. I am the Life. You can see how Jesus then had emptied his mind of all images and ideas. Where the complete cleansing of the mind was so essential, in that moment he knew

Reality. And it was a continuation from moment to moment being aware. In that he performed all his wonderful feats. Because he was God. The Creator and His Creation were One. There was no separation anywhere. Neither did he separate himself from his brothers. He saw one Complete Whole Expressing Itself in the many. And that is why he said, "forgive them for they know not what they do."

Science has shown us that solid substance can be changed *into* liquids and liquids into gases and gases into a more rarefied substance we call ether and vice versa, but the energy is still the same, there is nothing lost, *there is* nothing gained *but* a change in the polarity of ether atoms.

Therefore there is no energy lost in this change. There is nothing lost at all in the Universe, it changes from one thing into another. That is the great wonderful Truth and we see it long ago before science ever showed it to us but we knew it that it must be so.

At present we are consciously reacting to the physical, yet consciousness can react to the finer states of matter which is mind modified. There is but one substance out of which everything is made and this substance interpenetrates everything and although it is invisible to us it is the basis of every visible form.

It is the Unmanifest that gives rise to the manifest. In other words *it's* the Invisible gives rise to the visible and Life the Unknowable is the Creativeness within, that creates but still remains the uncreated.

If we seek to corner Reality for our own welfare we will become antagonistic to others and this leads to frustration.

It is always the "I" that stands in the way, where there is Love the "I" dissolves away and *the* Wholeness-Reality comes into Being. Then all power is given unto me in heaven and on earth.

We find then that if the "I," which is separate to the other I, is entirely antagonistic to the I, you know that other "I," you know nothing at all, it is but a dream. But when you can say, "I am that I am." When the prophet saw clearly that the great I AM was in every other I am, that was the word of Truth. Moses saw it in the burning bush. The bush was a fire but it was not consumed and out of bush the voice spoke, "I AM, go and tell my people

that this shall be my name for all time.” And the name was on the lips of every individual. That was the name of God, I AM.

And when Moses saw clearly that this was true. The bush was the body and the Life was in the body was the fire but it did not consume the body. And yet from within the body the Life spoke, “I AM. I Am the Lord thy God, this shall be my name for all time.” Proving again completely, that the great I AM is the only I AM. And I am that I AM.

Then let yourself then be free from all antagonisms. Do not hold anything against your neighbour. Jesus said, “if your neighbour has anything against you, if your brother has anything against you, go and make it right with him.” “Leave your gifts before the altar then go and make it right with him then come back and offer your gifts.” Meaning to say, how can you offer your gift to God, if you in your heart has enmity against your neighbour because your neighbour is God. I am God, you are God.

God and his manifestation, His Creation, are one and the same. That is why Jesus saw so clearly, “I and the Father are One. There is no separation between us.” It was not an idea or an image or a belief or a saying or a mantrum which people say and they read in the Bible. But Jesus said to them clearly, “you read the scriptures and you think you have Eternal Life, you make a mistake.”

Can't you see clearly now what I am showing you. When the mind is free from accumulation of its own making then that Livingness of yours and mine express Itself in freedom, in Love and Wisdom and in Power, then there is freedom completely.

We say that man should know what he dreams. And when he is trying to interpret his dreams and if he seeks to interpret his dreams he begins to know what his dream is. What's the use to know what your dream is, it is your self you want to know and not your dreams. And when you know yourself your dreams will cease to be. There will no longer be any dreaming, you will be alive and Living, when you shall be free.

It is in Luke 12, Jesus says these words:

“Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided?” [St. Luke 12: 20]

BENEDICTION

O Great Eternal Reality, when I spoke of Thee my mind made up a conception of Thee.

When I saw that my conception was my own creation it dissolved away.

When I knew that the known could not possibly be the Unknown, my mind ceased to formulate.

Then my mind became silent and free, and there didst Thou reveal Thyself in all Thy glory. Thy glory even before the world was and in the Silence beyond Time I knew that we were one, O Great Eternal Reality.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Johannesburg Lecture given in the Auditorium at Escom House on Thursday night of 26th March 1953, at 7.45 pm.

1. *Projecting*. In the Lecture Notes the word is *expressing* the self.
2. In the Lecture Notes the paragraph reads: [*Man has split the atom, created great flying ships, has measured the distance between the planets and is on the way to the moon, yet this will not bring happiness and peace to the world, for only the translation of Reality into our daily living can do that.*]
3. Timbuktu. Very remote place. Town in central Mali near the Niger river.

**“THE WHEAT AND THE TARES”
(Parables)**

**MATTHEW
CHAPTER 13: 24-30, 36-43**

**(King James Version
and
Moffatt Translation)**

MATTHEW Chapter 13: 24-30, 36-43
(KING JAMES VERSION)

13:24 Another parable put he forth unto them, saying, The kingdom of heaven is likened unto a man which sowed good seed in his field:

13:25 But while men slept, his enemy came and sowed tares among the wheat, and went his way.

13:26 But when the blade was sprung up, and brought forth fruit, then appeared the tares also.

13:27 So the servants of the householder came and said unto him, Sir, didst not thou sow good seed in thy field? from whence then hath it tares?

13:28 He said unto them, An enemy hath done this. The servants said unto him, Wilt thou then that we go and gather them up?

13:29 But he said, Nay; lest while ye gather up the tares, ye root up also the wheat with them.

13:30 Let both grow together until the harvest: and in the time of harvest I will say to the reapers, Gather ye together first the tares, and bind them in bundles to burn them: but gather the wheat into my barn.

13:36 Then Jesus sent the multitude away, and went into the house: and his disciples came unto him, saying, Declare unto us the parable of the tares of the field.

13:37 He answered and said unto them, He that soweth the good seed is the Son of man;

13:38 The field is the world; the good seed are the children of the kingdom; but the tares are the children of the wicked one;

13:39 The enemy that sowed them is the devil; the harvest is the end of the world; and the reapers are the angels.

13:40 As therefore the tares are gathered and burned in the fire; so shall it be in the end of this world.

13:41 The Son of man shall send forth his angels, and they shall gather out of his kingdom all things that offend, and them which do iniquity;

13:42 And shall cast them into a furnace of fire: there shall be wailing and gnashing of teeth.

13:43 Then shall the righteous shine forth as the sun in the kingdom of their Father. Who hath ears to hear, let him hear.

MATTHEW Chapter 13: 24-30, 36-43
(MOFFATT TRANSLATION)

13:24 He put another parable before them. “The Realm of heaven,” he said, “is like a man who sowed good seed in his field,

13:25 but while men slept his enemy came and resowed weeds among the wheat and then went away.

13:26 When the blade sprouted and formed the kernel, then the weeds appeared as well.

13:27 So the servants of the owner went to him and said, ‘did you not sow good seed in your field, sir? How then does it contain weeds?’

13:28 He said to them, ‘An enemy has done this.’ The servants said to him, ‘Then would you like us to go and gather them?’

13:29 ‘No,’ he said, ‘for you might root up the wheat when you were gathering the weeds.

13:30 Let them both grow side by side till harvest; and at harvest-time I will tell the reapers to gather the weeds first and tie them in bundles to be burnt, but to collect the wheat in granary.’”

13:36His disciples came up to him saying, “Explain to us the parable of the weeds in the field.”

13:37 So he replied, “He who sows the good seed is the Son of Man;

13:38 the field is the world; the good seed means the sons of the Realm; the weeds are the sons of the evil one;

13:39 the enemy who sowed them is the devil; the harvest is the end of the world, and the reapers are the angels.

13:40 Well then, just as the weeds are gathered and burnt in the fire, so shall it be at the end of the world;

13:41 the Son of man will despatch his angels, and they will gather out of his Realm all who are hindrances and who practice iniquity,

13:42 throwing them into the furnace of fire; there men will wail and gnash their teeth.

13:43 Then shall the just shine like the sun in the Realm of their Father.
He who has an ear, let him listen to this.

James Moffatt (1870-1944) was born and educated in Glasgow, Scotland. A theologian and graduate of Glasgow University. His stated goal was to provide the Bible in plain English. His translation is highly colloquial, and allows the reader to quickly follow the progress of thought in many passages (especially in the Epistles) where a more literal rendering makes for difficult going. The New Testament came first (1913), and its reception was so favourable (in more liberal churches) that he undertook the Old Testament (1924). The Complete Moffatt Bible, revised edition, (1935).

ILLUSTRATIONS

[1 Cerebellum & Cerebrum](#)

[2 The Nervous System](#)

[3 Thalamus and Optic Nerves](#)



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.

WISDOM IS THE FOUNTAIN OF LIFE

The following lectures were given in Pretoria, South Africa, between 3rd February and 23rd June 1953 (The same also being given earlier in Johannesburg, between 9th October 1952 and 9th April 1953). The Lecture Notes could be purchased in blocks of ten prior to the series being given. A full account of these lectures combining the Lecture Notes and a transcription into text of the 17 known sound recordings have never been made public until now. This edition is now the definitive version of the full inner course as given by Murdo to his South Africa students.

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



www.mystica.co.nz

