

## Companioned by Angels

T274 The Inner Teachings 14th May 1963 St Mary Abbot's Place, London

### Invocation:

Beloved brethren, we come to raise your consciousness from the confused turmoil and clamour of the physical life up into the heavenly consciousness of God and God's angels.

Let us then rise in spirit on the beam of the Christ light and enter the temple of prayer, and in unison with all brethren of the same heart we pray to our Father–Mother God. O gracious Spirit, we pray to become attuned to Thy love.... Humbly giving thanks for all the blessings of life, we ask that the light of Christ, Thy Son, may shed its rays all over the earth and be received into humble hearts everywhere.

Amen.

This should be the prayer of every aspirant on the path of light, because only when the soul becomes truly humble can it be receptive to the guidance, help and love of the invisible brethren and the angelic messengers who wait under God's command to come to you and to all men. Remember that the key which unlocks the door to these heavenly mysteries lies not in man's\* mind but in his heart. Truth is simple and because it is so simple it is hidden from those who have great knowledge and powerful intellects, or those who play with words, but it is revealed to the loving heart.

*[\*For editorial policy around gender, see the introduction.]*

Do not mistake us. We do not suggest that men of learning cannot receive this heavenly blessing, guidance and inspiration. We mean that those who are arrogant mentally, who have yet to pass through an initiation or experience which through pain or joy (for pain and joy are but reflections of each other) brings humility—these men are blinded by their own arrogance. Man must go through such experiences, perhaps many times, before he understands what it means to become humble. The greatest mind is ever the humble mind, and you will find this virtue apparent in all the elder and wise brethren. Humility is indeed the most important virtue if the soul is to attain any degree of understanding and experience of God. Through experiencing human life with all its pain and joy the soul is quickened and so able to see the truth of life—which means of course it is able to recognise its relationship to the Eternal Spirit.

You are living in an age, my children, when the rate of man's spiritual unfoldment is being speeded up. The suffering of two world wars has hastened the process, and as a result, man, through his mind and through the development of science, is searching for truth. Remember always that there are several different levels of consciousness in mankind. All people are not at the same stage. When you look out into the world, even at your own friends and acquaintances, you can recognise what appears on the surface to be instances of grave injustice. Some people seem to be blessed with many joys both material and spiritual while others, apparently equally deserving, are deprived of opportunities. So man is forced to accept the truth that, on the surface at any rate, injustice and inequality exist. There is only one answer to this problem of seeming injustice and inequality, and this is that all men are at different stages on a long journey, a journey which necessitates their constant return to life in

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physical conditions. Only in this state does the soul learn by experiencing the many limitations of a physical life.

We are not the first nor yet the only voice to pronounce this truth of reincarnation; for in the study of comparative religions you will come across this truth many times. Man returns to conditions in the physical world which he has previously created for himself. This will immediately cause questions to arise, such as, 'Why should I come back to such a state of life?' 'Why cannot I remember my past life?' 'Why should I have to suffer when I do not know why I am suffering?' 'How is it that I seem to be weak and unable to discipline or control myself and order my life better?' 'Why is it that my neighbour is strong and can do all the things which I want to and cannot?'

These are the questions which so quickly arise in the lower mind as soon as the angel—now listen carefully—as soon as the angel comes to teach and awaken the soul to spiritual truth. Later on we are going to speak about these angelic visitors, and the ministry of angels, but first we prepare the ground by setting forth these ancient law and belief of reincarnation. Many today are so quickened and awakened that they know intuitively that they have lived before and accept the fact that they have earned whatever problem, difficulty, or hardship faces them—even in themselves, in their own character, as well as in the outer circumstances of their lives. The quickening or awakening of this sixth sense indeed is a great step forward. We think perhaps 'intuition' is the best word to describe this awakening to cosmic truth—intuition or the inner light we call it, which seems to guide you to certain action and on to certain lines of thought.

Now, patience is needed in this gradual journey towards unfoldment. Patience is needed as the soul treads the path. You cannot jump over obstacles, as many people try to do. The ancient mystery teaching says that no candidate for initiation must try to rush forward. It is an instinct of the lower self to want to get to the destination quickly, to rush forward. As soon as people awaken and consciously tread the spiritual path, their desire is to know more and more. The soul becomes greedy, avid for knowledge. Now this must be curbed. There must be self-discipline and development of tranquillity of soul. Tranquillity of soul is of the utmost importance because only in its tranquil moments is the soul receptive to the ministry of angels. Many, many times the guardian angel draws close to the soul entrusted to its care, but when that soul is so concerned with the world and with itself it cannot receive the guidance. So you see the value of the development of the quiet mind, the steady soul.

But there is a great deal for man to overcome. For instance, as you progress on the spiritual path, you are also increasing your sensitivity; the nervous system becomes very sensitive. It is like walking a razor edge, because on the one hand you need to develop this sensitivity because this quality enables you to receive heavenly guidance and comfort and help in your daily life, but at the same time you also have to develop the inner power of God, which brings tranquillity. This power of God is love. The soul who has developed true love also acquires wisdom. The soul developing tranquillity achieves the quality of God's peace. When the soul can touch that degree of tranquillity which brings humility, then its eyes are opened and it sees far beyond the limitations of the ordinary physical mind.

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So, to comprehend spiritual truth and divine law, man must strive to follow the guidance of his inner light. He must not only obey the voice of God within but must trust that voice; and even if he sometimes feels restive under the experiences which come to him, he must keep faith. Man needs faith in and obedience to the voice of God within, and he needs to have faith in that divine guiding light which is working through him. When he has achieved these virtues, he no longer questions with his earthly mind the wisdom of God's laws. He is able then to surrender to the love of God, to accept, accept, accept.

Against this the earthly mind will pop up again and say, 'But surely I should accept nothing against my reason. God, if there be a God, has given me that reason.' How true! How true! But the true reason, the real reasoning power in man can always be satisfied by spiritual light. When light dawns in man's heart, when through his own experience he has been drawn close to the heart of God or the Master, he both sees and knows. He does not then need books to tell him, nor yet anyone speaking as we are speaking to you. His very experience in meditation, or in a state of contemplation or prayer gives him something which can never be described, but in this experience, which is communion with his Creator, he knows truth.

If you are going on a journey to a distant country, usually you will make some effort to find out as much as you can about that country. You will probably obtain maps and guidebooks for your journey. These will help you by giving you helpful directions on how to reach your destination and describing the country to which you are going. Beyond that they can do nothing. They cannot provide you with the means of transport; they cannot travel for you. You have actually to travel, to experience for yourself, and through that experience learn so much more than you can ever learn from reading maps and guidebooks. What we are trying to make plain is that when man is quickened in spirit, knowing that he has come from afar and is embarked on a long journey, then he is ready to experience all the beauty laid out before him and all around him. He is able to experience the joy of his physical state; he is able to breathe in, in fuller consciousness, the divine life-forces. Man must experience every detail of life with all his senses—with his physical, his mental and his spiritual senses.

Now one of the greatest helps to man on his journey in search of God (and this is the purpose of his life) is meditation. Books will not get you there, although they can point the way; words will not get you there. You have to take the journey yourself. You have to experience for yourself those higher states of consciousness, the reality of the inner world. This can begin for you in the practice of meditation. With your first contact with the universal life, through meditation, something happens to you which has never happened before.

Many of you, in your early experience of meditation, have been disappointed and felt that you were getting nowhere. You saw nothing; you heard nothing; it just seemed as though you were sitting in darkness—but not quite, because occasionally you might have seen or imagined a colour; or you might have imagined something but you would not trust yourself and you said, 'Oh, I don't think it was true; it was in my mind.' But what you have to remember, dear children, is that spiritual truth and awareness is the greatest gift of God to

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man, and so this gift has to be patiently sought. If it were easy to find that state of indescribable joy, why, all the world would be there too.

Here is a thought for you: In your state of meditation, of tranquillity, you are alone ... with God. Someone said to us once, 'Heaven must be terribly crowded because there are so many people in it. We shall not be able to move when we get into heaven.' So much for the material conception of life after death, but it is not true of course. Life after death, or man's meeting with or relationship with God depends entirely on his soul's consciousness of that supreme life. Therefore he can always be completely alone with God. Think of this—you and your God ... alone. You know there is a great deal in that old story of creation which you read in Genesis of 'the Lord God walking in the garden in the cool of the day.'\*

[\*Genesis 3 : 8]

We are talking like this because there are so many people today searching for truth, longing to know if there be a God at all, or if there is really any life beyond this troubled earth. We are simply endeavouring to give mankind the simple truth and point the way to God. But you must tread the path yourself and this means not only effort in weekly or possibly daily meditation, although this is of vital importance; it also means effort in living your daily life—and this is not easy. We know the problems of physical life because we have ourselves lived it, and this is perhaps the reason why a discarnate spirit is permitted to speak to you thus.

Now we have spoken to you of the ministry of angels and how you can best open your awareness of their guidance. An angel is a messenger from heavenly spheres. Angels are God's messengers sent to help man through spiritual experiences. Certain grave and important events in man's life are always attended by angels. We were saying a moment or two ago that we were permitted to speak to you through the instrument of another physical body, because we ourselves have lived in a physical body and we retain memories of that life; we retain memories of the suffering, the difficulties and the heartaches which the physical life brings, and so we are able to help you. But guardian angels, heavenly visitors, are not functioning at the same level or in the same way as human beings function, even though they come into close contact with the earth people. Some of you have queer things happen to you, and you say, 'What an extraordinary thing! By chance I went somewhere' or 'By chance I picked up a book' or 'By chance someone spoke to me.' And these simple happenings have brought an enormous change into your life. We suggest that each one of you has not only a human companion or guide in spirit, but also a guardian angel who comes from heavenly states of life, from supernal states, and has you in his/her care.

Man has of course been given freewill. Every time he responds to a higher, to a good, to a spiritual impulse, he is helped by his guardian angel. No effort that you make to reach high, to respond to that higher influence, is ever wasted, but remember that in the degree the soul responds to heavenly influences and is thereby advanced on the path, it will be also beset with human problems; human relationships press upon it. Man can either respond to those human relationships guided by the higher spiritual impulse, or by the instincts of the lower

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self. That pure light from heaven can help him to be kind, tolerant, patient and faithful, and all the qualities that the soul needs to grow and become in time the perfect son of God, but it must be by his own decision, his own freewill. We want you to recognise these two aspects—the angelic guidance, the angelic help, and the human guidance, the human help—with man himself as the principal actor, because it lies with him whether he will accept or reject such help. The guardian angel is the helper of the soul when it desires to be helped, by guiding it, by strengthening it. We would like to add that the guardian angel is always present at the time of birth, as well as the form, the influence—if you like that word better—of Divine Mother. Always the guardian angel caring for that soul coming into incarnation, and the Divine Mother's love helping that physical birth.

When you listen to beautiful music, you are perhaps unaware of what is being created. You love harmony; you enjoy music and rhythm with your mind—it does something to your being. But few people understand the real influence of music. When you listen to music that you enjoy, remember that the music is drawing angels of music who have a work to do with the evolution of man. Also angels are drawn close when ritual is exactly performed. A great power is wielded by the angels of ritual; the angels are called by that ritual and bring with them a heavenly power. We are speaking, of course, of pure and white ritual. At a marriage ceremony, when there is true spiritual aspiration and correct and spiritual ritual is performed (which of course takes place in the soul as well as on the outer plane) again angels draw near.

Lastly the moment comes when man has to 'die,' as you call it. But of course man never dies; the spirit and the soul which clothes it are gently withdrawn and pass upward through the head, and the physical body is left like an empty shell. In the heavenly state angels are waiting to receive the newborn soul. The angel of death is present at every passing no matter how it happens. That soul is caught up by the angel and is gently borne into the spirit. Usually that soul is in the form of a babe. The passing from the physical state to the next state is exactly the same as birth into this physical life; the soul appears to become like a little babe. The little form is built up above the physical body and is enfolded in the love of the angel of death; it is wrapped in the loving robe of the angel of death and borne away to its new state of life, where other angels wait to minister to it and gradually awaken it to a state of awareness of its new life.

We would like you to understand that all life is held in God's love, and preparation is made for all the important events in man's life. We would have you think of the Great White Spirit as One Who ever loves you. Remember, children, that God, your Father—Mother God, will never forsake you – never, never forsake you. Jesus said, 'Even the very hairs of your head are numbered,' and 'Not a sparrow falls to the ground without your Father in heaven....' You are held closely in His love. His ministering angels will help you. Ask, seek and you will receive in full measure spiritual and physical blessings. Now this is Divine Law.

We leave you the spirit of tranquillity, of inner peace and a feeling of deep thankfulness that God *is*, and that you are safe in Divine Love; for has not He given His angels charge over thee to keep thee in all thy ways?



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### Benediction:

O heavenly Father–Mother, we, Thy children, thank Thee. Oh, we thank Thee for the companionship and the guidance and the love which Thou hast bestowed upon us through Thy ministering angels. Give us, O Lord, Thy humility and Thy faith. Here in your midst stands the form of beloved Jesus with all his healing angels.

Amen. Amen. Amen.

*The search matches with either words and phrases, which appear in the text, or the following 'key' words and phrases, which are similar in meaning to those in the document:*

*Memory, far-memory, acceptance, creativity*

