

Lo! I Am With You Always

T288 The Inner Teachings 23rd July 1968 New Lands, Liss

Invocation:

Beloved Brethren, let us leave aside all material thoughts and in a true spirit rise to worship and give thanks to our Creator, the Great White Spirit. We open our hearts in love to Thee, our Heavenly Father, and to the Great Mother of all life; to the supreme love of the Christos, praying that nothing in our lower selves shall hinder the pure vision of truth and of the life of universal spirit. O, Heavenly Father, we pray that we may be receptive to Thy wisdom, Thy truth and love; and that each soul here present may leave this assembly conscious of Thy love and Thy life. So mote it be.

Amen. Amen. Amen.

Beloved brethren, our brethren in spirit, we have chosen to talk on a subject which is all important to humanity, a truth which has been lost down the ages because of man's* materiality and his interest only in the earthly mind and material things. Now material things have their place in the universe; they are for man's use—we do not dispute this, nor do we despise the value of material objects, but man is eternally evolving and as he evolves he comes to a point when he appears to be up against an impenetrable stone wall. He needs to know how he can break through that stubborn wall which is the earthly mind, by which we mean the mind which is entirely occupied by physical things and material affairs. Shall we call it the mind which is in [the] front of the head? Let us here recall that the mind is not the brain; it can function apart from the brain. We have not to go far to prove this. We are speaking to you from spirit, but at the same time we are on the same level tonight as you are in so far as we are using a physical brain and a physical body, but we are using our own mind and not the mind of the woman through whom we are speaking, and our own mind can function quite apart from the physical brain.

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

Now proof of this has been given to man over many centuries. From the very beginning of man's life on earth man has a record of spiritual mystery, or the wisdom of the spirit. In the days long ago (and yet ever-present, if you can understand what we mean), in the eternal now which you will reach in meditation, you will read the eternal scriptures, the wisdom of the Infinite and Eternal Spirit. The by-gone age is eternally with you when you understand how to meditate and see, behind material form the beauty, the sweetness, the purity and the holiness of God, of pure spirit. In this present day man is hungering for knowledge, for wisdom, hungering for God; this is what every man is really needing, but he is mistaking this need in his mental and intellectual search for happiness and for satisfaction of the physical senses. But man can never find complete satisfaction from these things; he is always left wanting; wanting more. He can surround himself with beauty in the form of colour and literature and music and scientific knowledge, but with all these remarkable surroundings he is still unable to find the secret of happiness.

In Masonic* schools this is referred to as the lost secret. The lost secret appertains to a spiritual truth, a wisdom which can be used by the spirit of man to give complete happiness and peace and perfect health. The ancient brotherhoods were given this secret by messengers

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who came to them from afar, but man is completely ignorant of this eternal truth at the present time, but not all men are ignorant. There have been some through the ages who may be called peaks of the human race, who have been able to receive the message from those higher realms of life. Again and again they have passed on the knowledge to humanity, but man being so busy with his body and with physical matter, so busy with the muck rake, has not only been unwilling to listen, but even when he has listened he has been deaf to truth and blind to the messenger who brought the truth.

*[*White Eagle refers to masonry as a form of universal truth or teaching, with no specific reference to the freemasonry of today.]*

Now the mental world is intensely intricate. Much patient, persevering work is needed before you are able to see that wonderful mental world in which you are living. The scientist wants proof, hard facts, a demonstration in material terms of this invisible world around him and of these invisible powers which he not only has within himself but which he can contact on the higher mental plane, but the proof of these worlds and the power to reach them will be given to man through his own effort, his own sincerity, his own aspiration and above all, his own humility. The pure in heart shall see God; this is what man is searching for, to see God.

Many people have an intense appreciation of the beauties of nature, of the kingdom of nature where the infinite love of the Creator is revealed. Joy comes to man's heart through the beauty of the sky and the colours and the forms created by the clouds, the song of the birds and the perfume of flowers, the sound of nature, the perfume of nature, the glory of the rolling seas and the colour reflected in the water. All these beauties many people can recognise and enjoy, but they cannot get beyond what the physical eyes are seeing. Yet there are some who are able to use their feeling and as they stand lost in wonder before some scene of natural beauty, through imagination they can feel the glorious presence of God beyond the physical form. When listening to music they can respond to sound reverberating through the universe, quite beyond the physical sound. Through imagination a man accustomed to express his soul in words is able to touch worlds remote from this and to convey in words the vision vouchsafed to his higher mind and spirit.

It is important that we all recognise the value of imagination, because most people are so afraid of being deceived that they draw a heavy curtain between themselves and the real world of spirit. We tell you most earnestly that true imagination—please notice what we say—true and real imagination is the doorway into the etheric world, the doorway into the higher mental world and beyond that into the celestial or heavenly world, and even beyond again into the cosmic world. You will never find what your soul seeks through reading books, unless your spirit is awakened or quickened. The spirit is supreme! The spirit is of God and is God, and man, if he will become simple as a child, can enter the kingdom of heaven through pure spirit. Jesus and all masters and teachers in the world records have repeated this same truth.

Now man's spirit is not his mind and his mind is not his brain—pure spirit will use the higher mind of man, that mind which lies beneath the surface of the ordinary mind, the mind of

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earth. The higher mind is free from all entanglements with material and physical things; it does not think in terms of money or possessions, nor is it concerned with material things. The higher mind is only concerned with the everlasting life or the cosmos. This is not to say, however, that the higher mind is indifferent to the lower levels of life. The more the higher mind develops, the greater the wisdom which comes into man's ordinary consciousness.

When you sit for meditation it is better to have a leader. It is true that some have reached the stage where they do not need a leader to help them to go into deep meditation, but we are speaking to those of you who need help to penetrate the thick, dark veil of materiality and to go beyond in to the world of light, the higher etheric world and learn the heavenly secrets through contact with the higher forms of life. In order to do this you are guided by your leader, who creates for you a suitable scene in that higher etheric world. In this way and through the ritual of meditation, with which some of you may be familiar, you are momentarily cut off from participating in the lower mind's fears and interests.

When you meditate, if you are working correctly, you will be only conscious of those more beautiful and harmonious conditions of life; these you will be able to see and hear and feel and smell with your etheric senses. Now remember that in meditation you are not only thinking or contemplating abstractly; you are creating with your higher mind a condition of life in which you are at that moment living and participating. Do understand this. You are babes at present, but you are being led step by step along the path into those higher worlds of harmony and peace, truth and wisdom, but it is not an abstract condition, it is a world of form in which you are living during your meditation.

Now your leader may give you a vision or a picture to imagine or think about: perhaps lovely mountain peaks and one in particular which is capped with the golden light, and by certain ritual helps you to rise until you are in a higher state of consciousness on the mountain peaks or in the eternal and infinite garden. Through the ritual used, you are bringing into operation what we have already described as the subconscious mind. Perhaps it would be better to describe it as a super-conscious mind. Whichever word you use, it is a mind which is superior to all normal, ordinary thought.

Science tells you that all the thoughts which go through your everyday, ordinary mind are all stored in your subconscious. This is true, but there are two aspects of that subconscious mind which may not yet have been realised by all scientists. There is another aspect which is the superior, the super-conscious mind. One of your scientists called it the subliminal mind. This is the mind which is released in meditation, and the description given to you of that heaven world, which your higher mind or superior mind takes up, becomes for you a real world during your meditation. If what you are seeing and experiencing is beautiful and inspiring, and makes you feel at peace with your fellow beings and all life, then surely that must be good, and an aspect of life to be encouraged and developed.

It is said that man has to be practical and attend to practical matters on the physical plane, and that he cannot be practical while he is thinking of spiritual things. We must not become dreamy, the mind of earth says, we must not be carried away by illusion or we will be

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confused and useless in every-day life. Now this is entirely wrong. If man, through true and correct meditation, is entering into a higher state of consciousness and becoming aware of worlds unknown to the man mentally and spiritually imprisoned, then surely that man is on the path to become what we can only describe as a young god.

Now we have been taught that all men and women are sons and daughters of God, and as man, through his own efforts and aspiration, releases within his being spiritual powers which will enable him to contact worlds of spirit, the spiritual power which comes to him as a result enables him to attend to earthly matters in greater detail, with greater courage, a quickened mind, a wiser mind. The mystic is not just a dreamer. The mystic is one who has become aware of his Creator and thus aware of the needs of all creatures. The mystic has extended his soul and spirit into all forms and levels. The mystic can go down into dens of what you call vice and what we should call ignorance and darkness, and there contact in pure love, the souls in such a state who need uplifting and healing.

In your present state you can hardly comprehend the character of the true mystic, the man who meditates correctly and truly, who makes contact with the universal and cosmic mind, but as you persevere along this path of meditation you will begin to understand.

Do not count lives or incarnations; that is unimportant. Think of yourselves rather as souls on a path of eternal progression, ever unfolding, ever realising greater, higher, more beautiful, more powerful levels of life. You cannot at your present level conceive the beauties and glories which your Father in heaven has prepared for you.

So man unfolds gently and quietly through tribulation and disappointment, through facing and paying his karmic debts courageously. Whilst on earth you will meet karmic debts and must learn to accept them as a child has to accept the fact that he is in school and has to answer the questions put to him and give a good account of himself. In your present state of evolution you are in exactly that position. Whatever comes along is a lesson and there is wisdom in the Divine Plan. Nothing happens by chance. The whole of life is governed by divine law, and the law of God is love. God is good and God is love. What shall we say? The art of good living is to accept wisely and with courage always what life brings to you, remembering that the chief gift of all is the spirit within yourself.

Therefore without wasting any more time, endeavour to cultivate the consciousness of spirit. You are enfolded by spirit, enfolded by God. God has given to you powers within your soul which can be quickened only through your true aspiration and divine search, not only with your intellect but with your spirit, the light within your breast, the true feeling which guides you to the Kingdom of Heaven.

You ask, 'How can we tell the difference between true imagination and mere fancy, or fantasy?' Now true imagination comes as the result of the reaction on the brain of higher vibrations which have been set in motion by your sincere aspiration and prayer. You can think all kinds of unworthy and foolish thoughts with your lower mind, but when you have touched the power, the golden light at the apex of the mountain, as we have described, you

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are suffused with that God power, and that affects not only your higher mind but your brain, so that you are able to create, by the power of God, the form which the leader of your group described to help you to break through into the world of spirit. This is why we always guide you first of all to go right up to the highest heights, to the great White and Golden Spirit, and there make your contact. Then you can give yourself to the unfolding vision which will carry you on beyond your leader's guidance.

The secret of meditation also is purity of purpose, purity in every-day life. The ancient brotherhoods were taught the value, indeed the importance, of pure thought. They were taught the necessity of pure air, pure water, pure food, that is to say purity of physical life, and as well as this purity of thought, and loving and kind action. Now you are all so practical; you want to be efficient. Well, start upon yourself, upon your life, by eating pure food, by thinking pure thought, by ordering your life harmoniously—leading a gentle life, a quiet life, and controlling the unruly emotions and thoughts. Meditate morning and night: first a morning prayer to your Creator that you may be his servant this day, and as you go to sleep at night a prayer that you may contact the highest. This is the most important meditation of all, because as you go to sleep you are going out into the etheric and spirit world. If instead of going to bed with your mind cluttered with a lot of rubbish like a bag full of rags, you can go to sleep with a mind on God and a pure spiritual state of life, when you are released from your body in sleep instead of just hovering above your physical body or nearby, or clinging to earthly conditions, you will go straight away into the supernal fields, into the elysian fields, and there you will be instructed by your teachers in the temple of knowledge and wisdom. When you return to your physical body in the morning you will feel so happy; you will say, 'Oh, I have had a wonderful night and I feel so different.' Of course, you have been away in that world of light.

We suggest that you prepare yourselves the very last thing before falling asleep, [even] if it is only for two or three minutes. The angels, the messengers of God, are waiting to guide you toward the temple of wisdom and instruction, and if you go with them you will absorb all this wisdom into your higher mind. In time it will percolate through into your everyday, ordinary mind. But you will have to discipline and train yourself. If you have one or two falls down and feel disappointed, never mind. Pick yourself up again, and in the famous words which you have adopted: K.O.K.O. (keep on keeping on), and you'll get there, my dears, you'll get there, to the joy and the happiness of that glorious realisation of the beauty of the natural world. You will see, beyond all the conflict and darkness of earth, a wise purpose working through all the chaos into a world of brotherhood and peace, a golden world and a golden age. Keep this ideal before you and it will help you.

Benediction:

Now, dear brethren, let us all in humble spirit use our imagination and rise through the mists surrounding the earth, and above the clouds and the mists you see the blue, blue sky and the sunlight. Go into that world, the world of flowers, an infinite and eternal garden of nature, nature's manifestation of beauty and love. Now feel the peace, inhale the perfume of this heavenly garden. See the brethren clothed in simple white raiment walking these turfed paths,

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these smooth green paths. See the brethren walking with arms folded and a beatific expression, an expression of heavenly light upon their faces. As you draw close to them, they smile at you and bow their head in recognition and give you their blessing.

See the angels whom you are told to follow into the temple of the universal brotherhood. See there the innumerable shining spirits, all brethren in the Great White Light, their faces shining with the joys of life, for they are assembled now to worship and to give thanks to their Heavenly Father and Holy Mother. All heads are bowed and rays of light are seen issuing from the heart centre of every soul in this assembly. Then He comes, the Christos, the Lord Christ, the Sun, the Sun of Life, the Son of God, which is love, love. We see Him in human form, the manifestation of pure love. He smiles upon you and His hands are raised in blessing. Lo, I am with you always, always with you...

Holy, holy, holy, Lord God Almighty, heaven is filled with Thy praise; and Thy earthly children humbly bow in thanksgiving for their creation, preservation, and above all for this wondrous revelation of Thy love and Thy plan for their progress eternally into Thy golden life. So mote it be for all peoples in Thy time and according to Thy law.

Amen.

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Planes of consciousness, psychic development, spiritual unfoldment, attunement, creative, soul senses, true self