

The Breath of God

T234 The Inner Teachings 21st September 1954 St Mary Abbot's Place, London

Invocation:

We pray to the Eternal Spirit, to all Good, God, the Source of life. We pray for understanding, for upliftment from the darkness of earth into the Heavenly Light. We pray, O Lord, that these Thy children may unfold their vision of Thee and Thy worlds; that they may live in true understanding of the brotherhood of all life and enter into Thy Kingdom of harmony, happiness and love. We thank Thee, Great White Spirit, for Thy Holy Breath.

Amen. Amen. Amen.

All men,* consciously or unconsciously, are seeking for this Holy Breath. We wonder how many on earth realise its power, which is that of life, of wisdom and of love. May you all search for this Holy Breath. You will find it both in your outer life and in your inner temple. There is much to learn about the art of breathing, which can control your life, your unfoldment and your health on the physical, mental and spiritual planes. If you will at this moment relax your mind and body, and quietly and slowly breathe deeply, and as you breathe in try and imagine that you are breathing in light and life; that you are not only inhaling air, you are filling every particle of your being with God's breath. As you do this you will naturally be freed from earthly problems because you will forget your body and for a fleeting moment be released. Try it...for when you thus breathe correctly you will always find relief from the bondage of cares and limitations.

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

Have you not a hymn, 'Breathe on me, Breath of God?' We have heard you sing it very beautifully, and we have seen the effect upon you as you sang. If you could only realise fully the meaning of 'Breathe on me, Breath of God...Breathe in me, Breath of God!'

Yet every man, woman and child, every moment of their lives, is breathing in God's life, without which they could not continue to live in a physical body. How few ever realise, ever think what they are receiving! We speak to you as a family, dearly loved by our brethren in our world of spirit. We say will you remember how important is your breath and what it will do for you? When you have thought sufficiently about this, try to realise that it is not only air that you are breathing into your lungs, you are absorbing all the goodness, beauty and harmony which is in God's life. By now you will probably be thinking: 'But what about all the evil and unhealthy things there are in the world?' You will not breathe them in with any harm if you concentrate upon the breath of goodness.

There is a great secret here. We are always telling you the same truth, the age-old truth, in different words. People always like a change. They will go on one path for a certain time and enjoy it and think: 'Oh, but this is lovely', but if they find no turning and no change of scene they get tired of it. So we are giving you a little change of scene. In other words, we are giving you a little stimulation, a fresh object upon which to concentrate and to help you to step along that path which is surely leading you to—what shall we call it—the Golden City?

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Earlier this evening we were listening to some music which was being played. We looked around and we saw that some of you were thinking about the meaning of that music, others were just listening to its harmony and beauty. Few of you realised that that music was creating above you a picture. Music creates form and colour. This is perhaps elementary. Some of you know that sound can create a picture of a soul. Perhaps most of you know the story of 'Parsifal,' and that Parsifal felt the Divine Breath; in other words he awakened spiritually and knew that somewhere he would find Divine Breath or God. So he left his companions and searched for that which he knew he would find. The music proceeds to tell us how he journeyed and how he went through many vicissitudes until at last, after coming to the Castle of Klingsor, he went into the garden. There his senses were touched, were stimulated, and he was almost carried away by the beauty of the flowers and of the women, and went through his testing of body, soul and spirit. We are not going into details, but finally the great Kundry, the spirit of the woman, tempted him and very nearly conquered. Here is told the story of every soul, and not only this but the story of all the mysteries down the ages.

Your own story of King Arthur portrays the same mystery. You will remember how King Arthur directed his knights to go in search of the Holy Grail. Their story is like Parsifal's. Parsifal met his test by the temptress Kundry, who is kundalini, the creative centre, the sex force which lures men and women either to destruction or to life. In the end Parsifal overcame, and Kundry is depicted lying at his feet completely overcome. Now the flowers and the garden into which Parsifal was drawn are typical of the condition in which the soul finds itself with the first stirrings of kundalini. It is usual for the soul to pass first of all from earth in its upward search; it goes into the astral plane, into the garden, and sees its beauty and is often, often misled by the senses and what it encounters on that plane of desire. The soul has to proceed onwards and not be lured away. It has to keep on keeping on its search for the Holy Grail—which means the complete mastery of the senses and of the physical body and of the lower self, which is a continual tempter—not always to what is called, in orthodox language, sin, but to give way to the weaker self which is full of fear, which always looks on the worst side of the picture; to give rein to this weaker self which finds comfort in self-indulgence instead of responding to the discipline of the higher self.

You have a like story of the path of the soul's progress told in the Gospels of Jesus, and most plainly revealed in the three temptations*. In the temptation of the bread, the tempter said to the Lord: 'Turn this stone into bread to satisfy your hunger,' wanting Jesus to use his recently acquired power to change the material atoms of the stone into bread (which he could easily have done) thereby satisfying his hunger. He refused, for it is certain man shall not live by bread alone, nor yet by physical things alone but by every word that proceedeth out of the mouth of God. In other words, man lives by the Breath and the Word of God. It is hard for you to believe this is true. It takes a long, long time for any soul to attain to such a degree of spirituality. It is nevertheless the way which the son-daughter of God has to take; it is a lesson that has to be learned. Again, you do not live by breathing air only, you live by the love of God which is in that air and causes you to breathe in the breath of God, which is your life. In those temptations Jesus was told if he would fall down and worship the tempter—the tempter who pointed out to him the glories of the kingdom of the world—he should possess them. Interpreting that in every day words it means that if you will put possession of wealth,

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position and all the material things of life first, you will be worshipping Mammon. You have to say: 'Get thee behind me, Satan!' In other words, you have to learn discrimination and discernment and to get your values straight, realising that the first thing is the spiritual aspect of every situation. If you have a problem, never answer that problem by the material senses, but look it squarely in the face and say: 'Now, what is the spiritual value of this?' Always accept the spiritual value. Pray for true vision, and remember too that in helping others, as you all long to do, the first thing to consider is whether your action is going to help your friend's character or spiritual development, to help him to grow nearer to God. If you can see that good will come out of it, then stand by him as he crosses his bridge, but do not indulge him in things which are going to satisfy him only for the moment.

*[*Matthew 4:1-11]*

Lastly, comes the temptation in which Jesus was commanded to throw himself down from a high place. The tempter said: 'For it is written God has given His Angels charge over thee to bear thee up lest thou dash thy foot against a stone.' Again Jesus refused. This is very puzzling. People like to think that whatever they do, their guides or angels will protect them, but it is written: 'Thou shalt not tempt the Lord thy God.'* This means that if you do foolish things like overstraining your body or overworking your digestion by crowding it with wrong food, if you go out into a cold East wind without proper protection, if you risk danger by heedlessly dashing across a road or perhaps risking your life in some other foolish way, if you say then: 'Oh, but my guide will protect me', the answer is 'No.' Thou shalt not tempt the Lord thy God. If you do you will suffer. This is the only way you will learn how foolish it is to go against the natural and the spiritual laws of being.

*[*Luke 4:12]*

So remember, dear ones, that when you breathe in the Breath of God you have a responsibility. You have to thank God for his wondrous gifts to you. Do not grumble if something is wrong in your affairs. There is a fault in yourself. You will not think kindly towards us if we sound hard, but we must speak honestly and truthfully. You see, when you do wrong things you are going to suffer. So, to breathe in God's breath means to breathe in harmony, to live harmoniously, to live wisely; in other words to live in tune with the Infinite.

Many people doubt the efficacy of prayer. They do not really know what prayer is. Some people say there is no need to pray; God knows all your wants and your needs. He knows your unspoken prayer and He will answer. On the other hand, other people say, 'Well, I do not believe that there is an intelligent God, yes a power perhaps, a natural power which causes life to come and go, but not an Intelligence who understands man's innermost heart.' They are wrong. God is infinite, divine Intelligence, and God manifests through man and has manifested through many of the saints of all time. Above all He manifested through the physical personality of His Saviour. Many people reject the idea of a Saviour. They say they must stand on their own feet. What about the Law of Karma? The Law of Karma affirms that as you sow so you will also reap. Perfectly true; without that saving grace of the Father man could not live eternally. Some people will say: 'But who wants to live eternally?' We say in

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reply: 'Foolish child, you do not know what you reject.' When the soul has grown sufficiently through trial and error, pain and suffering, through making mistakes and learning wisdom, then will it understand the meaning of prayer and what prayer can do. That man will then be having vision of what God has prepared for him in that higher life. We do not necessarily mean a life away from the physical. Remember, there are souls who live among you who still live in their innermost being in a state of supreme happiness because they are with God. Whatever they do, whatever they see on the earth is to them beautiful because it is God's will. They have such deep true love for God that to them God is all beauty, sweetness and satisfaction in their lives. When such a soul leaves his body because his work lies elsewhere, he goes quite naturally. He passes onward into a heaven world which he has prepared for himself. There he lives and works with the companions, with his brothers and sisters of the spirit, with the White* Brotherhood.

['white' refers to light-filled, not to colour of skin.]*

A word about the answering of prayer. Prayer is not a repetition of vain words. Prayer is an inner knowing, a belief, a faith, a surety that God knows the need. Pray not with lips but with divine will. 'If it be Thy will, O God, do with me according to Thy will; and whatever Thy will is for me I accept because it is good in Thy sight.' Prayer is an earnest desire from the innermost being, a communion between the real you, the spirit, and God. Every time you take communion in spirit (we do not mean talking to spirits but communion with the symbols of the bread and the wine) you are uttering a sincere prayer which never goes unanswered, because with the uttering of that prayer you are holding sacred and holy communion with Christ, with God, the Creator. Your prayer is answered because of the deep satisfaction and joyous thrill which enters your whole being at the moment you partake of the bread and the wine in the silence of your innermost sanctuary. So if you can understand our words and can apply them to any earnest aspiration which is all loving and surrendering to Christ the Lord, you will get an instant reply. Having heard the reply in the Holy of Holies inside you, you will presently see a demonstration or a manifestation of that prayer on earth in your own conditions.

To close our little talk, we want to ask you again to practice the holy breathing, the slow, rhythmic, calm, relaxed breathing and at the same time, forgetting the earth, to rise up, up, up in aspiration to the world above, the world of spirit life, which is a world of light where all souls live in the full consciousness of the true life, the God life. For there the people walk and talk with angels. There we see life perfected and man perfected. Use your imagination and the power of God in your heart and you will surely see here above us the radiant form of the Lord Christ, beautiful indeed, for He is clothed in the garments of the spiritual sun; He is in blazing golden light. His face wears the expression of eternal love and compassion for you, for you. He stretches forth His hands to you, son, daughter; He would take you by the hands and raise you up, and he would bless you: 'For I am the true life' are His words. 'Follow me and ye shall enter into eternal life and you will taste the fruits which My Father has spread upon the table for you. Go thy way in peace.'

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Strive to believe. Seek and ye shall find. Knock and the door shall be opened unto you. Ask, pray and ye shall receive in full measure, pressed down and running over, the blessing of a godly life. And now we hear the heavenly choirs singing: 'Praise, praise, praise, to the holiest in the heights and in the earth be praise.' Praise Him with every breath and in every thought and word and deed, and you cannot then fail to have your vision opened and your understanding granted.

Benediction:

O, Lord God, who art all Life, and from whom all happiness and joy comes to the earth, the people are aware of Thy goodness. They thank Thee for all the blessings that they enjoy. They thank Thee for allowing Thy messengers to come to them. O, Lord God, they humbly kneel in Thy presence. O, grant them peace of heart, peace of mind and health throughout their being.

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:

Harmony, support, chakra