

The Heart of Life

T273 The Inner Teachings 23rd October 1962 St Mary Abbot's Place, London

Invocation:

We pray in spirit and in truth to our Creator, the Great White Spirit, giving thanks for our life, praying that a blessing of spiritual power may be upon this gathering; that wisdom may awaken in all hearts, and that love may be the guide and inspiration of every one of God's children.

Amen.

We greet you all with love and welcome you to this 'service'. We say service because whenever there is a gathering together of people of one mind and heart and aspiration, a service is indeed rendered to the community. When you go into the inner planes of life and are touching spirit, you are setting in motion waves of light which go forth to bless mankind*. Thus a meeting such as this is indeed a service on earth.

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

Immediately a soul is released from the physical body and comes to our world, it starts a process of awakening. This may seem to you a contradiction of what you have learnt, because undoubtedly, as you measure time, for many souls a period of time elapses before they awaken to the consciousness of their new life. But remember that in the world of spirit there is no consciousness of time; thus a soul may apparently wake up immediately after death and yet by your time measurement its period of quiescence may have been longer. This 'length of time' is conditioned by the state of the man or woman at the time of passing on, but usually the one who has been interested in spiritual truth quickly awakens to his surroundings in the spirit life. As soon as he is able to become consciously active, the lessons (object lessons) start, although the man is not aware that he is learning lessons, any more than the average man on your earth is aware that he is learning lessons and gradually evolving his spiritual aspect. One of the most usual methods of teaching him is to take him to the Hall of Records, and he sees episodes in his life thrown on a screen like a cinematograph screen. Nothing is said to him; he just sees himself as he truly is. It takes strength and courage to look into the mirror and to see yourself reflected, without camouflage; but accompanying this experience comes the teacher, in the guise of an acceptable friend, who encourages and helps the one who is learning, in a most gentle and beautiful way. He neither condemns nor chides, but helps the pupil to understand and to learn that his life on earth is the result of former experiences. You see, everything in the world of spirit is under the divine law of love.

Man is his own judge and his own punisher. The suffering he endures on earth and in spirit is unknowingly self-inflicted. Even on earth if you do something that you know is foolish, some repercussion demonstrates to you how foolish you have been. You see, spiritual growth is all based upon the law of sowing and reaping. Yet we would impress upon you the gentleness and love which governs the operation of this law. Truths which are revealed to the spirit have to be translated to the earth life. When man is able to go into the centre of his being, into the very heart of creation, into the centre of life, to the place of quietude and stillness of mind, emotions and body, [then] deep within the centre of his being he realises the true way to act, to live.

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We who come from that inner world are well aware of the practical details of human life. You may think that we, being spirit, are quite remote from the activities and the pains and the fears and the sufferings of our brother man on earth, but here you would be very much mistaken. The Brotherhood of the White Light are closely concerned with the evolution, happiness and wellbeing of all mankind. We have passed through many incarnations and have the means of recalling these human experiences when necessary. Therefore we can feel with you; we can understand your frustrations, your limitations and your anxieties and fears. We can understand physical pain and spiritual suffering. We are part of you; we are one of you; we are with you, all of you. But we love you; therefore we do not remove your problems and difficulties, for this would be neither kind nor good for you. We can only stand by your side and give you strength and love while you slowly learn by trial and error. As a result of your dealing with these difficulties, if you are moving on the clear path of light and open to the message being brought to you from the spirit, you will receive into your souls joy which would be lost to you if we were to remove your problems and difficulties. Only you, in companionship with God working in your heart, can experience the heavenly joy of learning those necessary truths. Each time your eyes are opened to the right way of life, each time you are able to touch the secret level of life, the light expands in your heart and soul, and life takes on a new aspect. You see with eyes, both spiritual and physical, a lovelier vista, a more profound beauty than you have seen before, and your heart will sing with praise and thanksgiving to your Creator.

Let us give you a simple example of what we mean. It is said that a young maid and man truly in love see the world as something so much more beautiful than they did before. Love has quickened the spirit within them, and love, even in its lowliest form, still has a magical power. It makes the lovers happy and reveals beauty to them. Now what we are trying to tell you is this: it is through life's simple everyday experiences that man must find his way to God and truth.

We are trying, brethren, to bring you right into the innermost centre of life and your own innermost centre, which is the basis of all action and centre from which you will receive an answer to every problem. From that centre, life impulses radiate throughout the universe. Permeating all life are these pulsations, these forces, some of which are called positive and others negative. Now you are a sensitive instrument and through spiritual development and unfoldment you are training yourself to react to these forces in a correct and balanced way, not allowing yourself to be pulled too much one way or another. You are learning to keep on a steady path of light; to become perfectly balanced souls. A master is a perfectly balanced soul, one who reacts the right and balanced way to all the influences which play upon him.

Now, all men and women are linked, consciously or unconsciously, with the Supreme Power, God, and this is why they have the urge to pray for help from an unknown source, a higher power. It is natural even from childhood for man to reach out to something he can love and believe in and respect, and when the child grows older, even if he has become what you may call a materialist, there are times of crisis when he instinctively calls out to God.

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All through man's life a guiding power watches over him, but it rests with man himself whether he will act in accordance with that guidance or whether, on the other hand, he will turn his face away and act foolishly and go over to the darkness, or, in old-fashioned language, Satan. But Satan is only another word for Saturn, the tester, and even the negative force is slowly and painfully working in life to test and purify man, and eventually bring him wisdom, bring him light. Man is in the human body for a twofold purpose: to learn to find the glory of God both in himself and in all life and, secondly, to discover through incarnation those spiritual truths through which he will achieve infinite happiness.

The law is that man shall love God with all his heart and soul and mind, and in doing so he naturally learns to love his neighbour because his neighbour is God, and God is in man's neighbour. You see, we are coming gradually to the realisation that life is all one grand whole. You cannot become isolated from God or your neighbour; the tendency in all life is towards unification. First come the development and the growth of the individual and the God-consciousness in the individual, and then the unification in full consciousness with the whole of life. You know then that you cannot hurt any living thing without hurting yourself, the whole of life, and that every tear you dry, every pain you remove from your brother man, comes back to you in blessing. At the present time there is a controversy going on as to whether man should use or threaten to use weapons of destruction against his brother man—he will say, in order to preserve law and order. Some people say that it is not right to be unarmed and without the means of protection, others that it is wrong to consider the use or even to test what are called nuclear weapons. Many of you may feel puzzled as to what is the right thing to do.*

*[*The Easter marches of the Campaign for Nuclear Disarmament from London to Britain's facility at Aldermaston, Berkshire, had begun in 1958 and continued well into the 1960s. What had nonetheless brought the issue to the immediate attention of White Eagle's listeners was the US's discovery, nine days before this teaching was given, of nuclear missile sites in Cuba.]*

Now we do not enter into earthly or political arguments about it, for this is not our way. But we can tell you what the White Brothers would do. Is it right, you will say, to sit down and be passive and allow evil to have full run? Jesus said, 'Overcome evil with good.' On the surface, you will say, 'That is impossible; we must do something.' Now there are perhaps some of you here tonight who would feel very strongly on the subject of the protection of the weaker. We admit that it is the natural instinct for man to protect his loved ones and friends and to preserve the peace of his life, but, you know, there is a divine law, and God is man's protector. But man must himself be the channel through which God can work. This means that the man who has access to spiritual law should be active in using that law, spreading the knowledge of that law amongst his fellow creatures. In other words, God, through man, helps man to a better state of life. Now this is quite different from what you loosely call pacifism. It is an active, not a passive state. You can be a channel for good. You can strive to be good. You can strive to act on the square in your daily life. You can abhor untruthfulness, deception, unkindness. You can abhor killing in any form. You can be an active channel for

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the divine creative power to reach humanity, to help humanity to awaken to the true way of life.

The time will surely come when the scientists, having discovered certain truths through physical science, will be faced with the truth that there is a spiritual as well as a physical universe. And when man discovers the wisdom of studying the spiritual science of life, he will enter the most wonderful, the most beautiful world, for in doing so he will quite plainly see the true way of life and will naturally develop all the Godlike qualities inherent in man.

You may think this a long way hence, but if mankind passes this present test, and we think he will, he will then advance on that path of spiritual unfoldment, on all the various rays of development (the ray of love, the ray of science, the ray of philosophy, the ray of occultism, and so on) and all these rays will be directed in full power upon mankind. Life commences from the centre, from spirit, and it gradually radiates out into higher cycles and even higher circles or cycles of life, growing ever more beautiful and more perfect.

Before we leave you, we want to take you to a place in the world of spirit. Forget your body and your lower mind and concentrate on the centre of light within your being. Visualise a vast arena with seats or steps rising in tiers from the centre to an unimaginable height, even beyond your capacity to see. It is like an immense sun or circle of radiant light, most delicate, glowing with all the soft radiance of the spiritual heart of life. You will see, as you gaze, that all those seats from the base right up to beyond your vision are filled by the vast company of white-clothed brethren, and among this great gathering there is a sense of expectancy. You will hear music, the harmony of the spheres.

Now, see coming down into your vision the form of the simple, loving Master, the embodiment of the Cosmic Christ. Can you feel and respond to his blessing? Do you see the beauty of his face, the simplicity and nobility of his bearing, the wisdom and love which shines from him? Do you feel his love drawing you towards him, giving you peace, reassurance, strength? What matters the outer world where the children of life play, for here, in this amphitheatre, there is infinite power and love, the centre of divine will.

Oh, do you feel the enfoldment of this love? In this you can consciously live, and from this centre you go forth to serve your brother man and all life. He, the gentle Master, knows. He will give you the wisdom to act rightly.

Hold this vision quietly and steadily for thirty seconds if you can and you will receive the blessing....

Benediction:

O Great Spirit! Thy blessing upon Thy children is great. Humbly we offer our hearts in Thy service. May the peace and love of the eternal truth bless this earth and turn men's thoughts away from destruction on to the true path of helping their brother man.

Amen.

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