

The Unfolding Life of Spirit

T278 The Inner Teachings 20th May 1964 New Lands, Liss

Invocation:

Let us pray to the Great White Spirit, to the Source of life, to the Sun, the Light, the Truth. We open our hearts to receive the outpouring of Thy blessing. Thou knowest the need of Thy children and we resign ourselves to Thy love. We pray that we may be receptive to Thy power, to Thy wisdom, to Thy love.

Amen. Amen. Amen.

Beloved children of earth, we are happy to be able to come and speak to you, and we pray that every one of you will feel the power of the presence of the spirit—of the Great White Spirit and of all spirit life.

We are going to speak to you tonight about spirit life and how you yourselves can contact the unfolding life of spirit in full consciousness. On earth so many cut themselves off from spirit life, not only those who are entirely ignorant of spirit life but even those who are familiar with communion and communication are inclined to think that they are on earth and spirit people are in a heaven far away from them. Even if they know their spirit friends are close to them, they still erect a barrier of the earthly mind which separates them from the world of spirit. They seem to need some form of physical manifestation before they can realise the presence of spirit friends.

You are accustomed to speak of psychic things and we would explain to you that the word 'psychic' means 'soul.' The psyche is the soul; therefore psychic things appertain to man's* soul, and for him to get into touch with the psychic world means he is getting into touch with the *soul* world. There are many different levels of making contact, and in the 'kindergarten' when people are seeking physical proof, they are making contact on a level which is related not to the higher mind but to the solar plexus centre. Spontaneous vision, whether of the earth or the higher world, is made through the solar plexus centre. As you know, all the psychic centres are connected with the endocrine and the nervous system, and it is through these centres and via the etheric body or soul body, that impressions come to the soul of man from a life with which he is at present unfamiliar and in most cases quite ignorant of. We repeat, according to man's sensitivity, so may he receive impressions via his soul or etheric body and nervous system from a state of life which is not exactly outside the physical but it is penetrating the physical life. For instance, if you are attuned to the soul life, you may receive, as you walk amidst the beauties of nature at this time, impressions which will give you vision of the etheric world within the natural world.

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

Throughout the ages teachers have taught men to open their vision to that inner world by the way of deep meditation. In the East our brethren used to be accustomed to withdrawing into a beautiful soul or spiritual world by going into a state of deep trance or Samadhi. But in the West man's brain is so active and inquiring that he calls for a physical demonstration of these 'psychic' or 'soul' powers. He is certainly reaching out for truth, but he wants it to satisfy his earthly mind. For this reason the so-called Elder Brethren decided a century or more ago to

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give mankind a physical demonstration of this inner life – since when, a number of people in the western world have been affected and impressed, and they long to develop their powers.

Today the most prevalent demonstration of this psychic and spirit power is by the way of healing. Most people need healing; they need to be healed in their soul, in their mind and in their body. In modern days much disease is the result of a disturbed nervous system. Man has to learn the secrets of the nervous system, for it is through the nervous system that the healing power flows to the healer; it is through the nervous system that inspiration comes to the individual; through the nervous system, clear vision and clairaudience are developed.

In order to receive impressions from the inner world or soul world, it is of the utmost importance that the activity of the physical brain should be stilled. You cannot receive impressions of the soul world if the brain is too active. We take an illustration for you of a glass of water. If that glass of water is absolutely still it can receive impressions from the surrounding soul world, and the sensitive can also receive the impressions which are reflected in that water. This would apply to *any* still water. We use this illustration because water is associated with the soul, with the psyche. If the glass of water is moved about then the impressions made upon that water from the soul world become distorted. The same applies to the soul or the psyche of the sensitive. If the soul or the mind of the instrument is disturbed the impressions become distorted, and in this way you will perhaps receive misleading communication from our world of spirit. We advocate periods of quietness, periods of meditation, even if you do not feel that you are making any progress.

We are saying these things rather particularly to the group staying here at New Lands at the present time because you are here for a period of spiritual refreshment and training. You know that when you withdraw from the turmoil of massed human thought and material vibrations, and are able to settle yourselves into a state of peace and tranquillity, slowly you become attuned to the soul world and are able to receive clear impressions from that world.

In these days there is a change in the communication which comes from the spirit world. Instead of the impression being made on physical matter or on the solar plexus centre, it is now concentrated upon the heart, the throat and the crown of the head. These three centres are being brought to a state of sensitivity so that they are able to receive clearer, truer, more reliable communication from the world of spirit. Man is on the return journey, on the upward arc towards the goal of reunion with the Source of Life; therefore he needs this help which is being directed to him from those whom you call the Elder Brethren. We are not limiting the Elder Brethren to six or seven personalities. We assure you that there is a whole sphere of advanced souls who are truly Elder Brethren. One of your eminent scientists referred to these advanced beings as peaks of the human race, and this is our description of these great personalities. They are what we would describe as vortices of power in the soul world. Occasionally they come into very close contact with human life, especially if their service is going to save a situation on earth. We are thinking now of great events in the world, perhaps the signing of a document on earth which will affect the whole world.

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We have heard criticism about the apparent lack of help from our side of life—help which would enable man to get away with anything he likes without any effort on his part. Do you see what we mean? It is a cosmic law that the beings in the soul world cannot or must not interfere with the outworking of man's karma, or the lessons which the earth people have to learn by pain or discomfort or whatever happens. It is only from experience that man learns the basic truth of divine or cosmic law.

The Elder Brethren in this sphere of the White Brotherhood are not remote; they intermingle with human life. Because of their love for humanity it is their work to mingle with humanity to give help, love. You may think that this sounds contradictory, in view of what we have just said about interfering with man's karma, but there is a difference. If the spirit people could rob man of his freewill they would be interfering with that man's karma, and with the learning of his lessons. But when these great souls come close, and man is ready to respond to the influence of love and brotherhood, to the influence of the wisdom of the Elder Brethren, man, by his own freewill, absorbs and receives wisdom and love from the Elder Brethren. In this way the spirit hosts are able to help humanity through their difficulties.

Many of you here know that it is the work of the White Brotherhood on earth; it is the work of the outer brethren of the Christ Star Circle to join with the Elder Brethren in their service of love to mankind. The Brothers meet to touch that Source, that Centre of power, and send it forth at a human level so that men, women and nations (whomever the light is directed to) by their own freewill are able to absorb the light, and it guides and helps them. By 'their own freewill' we mean that when those souls have reached a certain level on the evolutionary path they will be able to respond to that power and it will strengthen and help them. It will guide them to act in the right way for the progress of life on the physical plane.

Now we would just like to say here that the advent of what is called modern Spiritualism is one of the greatest events which has come to the earth in recent centuries—this knowledge of spirit life, spirit people and the communion and communication which can take place between these two states. One thing that will help you more than anything else to be receptive to the guidance and influence of these higher beings is first of all, meditation, that reaching out towards the Infinite Spirit, the Great White Spirit, that worship of the Most High, that rising in consciousness, and then by slow degrees descending through the higher mental and then through the higher astral and down through the many levels in the astral world, and as you descend you see actual life in the spirit world. Those astral planes are of course planes of light. There must be light on the astral planes or you would be unable to see the beauty of form and colour that exist there. When you enter into meditation by using your own creative power, creating your soul pictures, you are actually *in* that state of life.

We repeat, when you are sitting for meditation and prayer, start by reaching out towards the infinite spirit; go right direct to the apex of the triangle. Think of the Great Pyramid of Giza and its meaning, the triangle on the square base. The base is so important. It means that man's life must be based on the square; that is to say he must be absolutely just, perfect and true. From that square base rises the triangle, the worship, the aspiration. The triangle is of course the symbol of the Holy Family or the three aspects of the deity, Three in One, and as man

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approaches the highest height in his meditation he touches that supreme point of awareness. He comes into the presence of the Eternal Light and he becomes so sensitive that he is enabled to receive impressions from the soul world.

At the present time, the present season, you are within the rays of the Golden Sun. We have referred to this as the Christ Festival. We do not mean to connect it with any orthodox Christian festival. It is a heavenly festival. It is the time when the power of the Christ or the Sun is at its peak and it is shed over the whole earth. Every individual soul can be impressed by this power, can receive it and use it to heal and to comfort, to guide and to help human life.

When you are thinking of your own guides, your own loved ones, those whom you love most who are in the spirit world, try to realise that there is no difference between 'here' and where they are; they are with you. They are not with you in a physical body but they are with you in a soul body or a body of finer ether, and in your mind, in the spiritual consciousness, there is no separation at all. When death takes place it is only exactly the same as slipping off an old coat, and the one who slips it off is exactly the same as before except that he or she knows freedom and lightness and greater comfort, but as far as communion, communication with loved ones goes, there is no break—life just goes on. We do want to help you all to understand that, that life just goes on.

Life, whether at a physical level or at a soul level, is still life, and the thought power which has perhaps been developed and trained in the right direction when that one was on earth is the power with which it is clothed and surrounded. Thus its surroundings, its home and its personal clothing, everything around it, is created by the power of thought. The habitual thought of that individual is externalised on the soul plane and when the mind of that one has been trained to be direct and sound, then its communications will be clear and direct and sound. But if the character has been uncertain, then the communications will be a little uncertain too. From this you will begin to understand the importance of the development of the power of thought and that it should be developed on the right lines. It should be good thought, God thought; it should be beautiful thought. When the thoughts are beautiful, the surroundings are beautiful: the externalisation of the soul is beautiful.

We assure you that if your heart is pure and you are aspiring to the service of your fellow creatures through your love for the Great White Spirit, you cannot be deceived in what you see and hear in the world of spirit. It is part of you; it is you. That is what we want you to understand. There is no separation between spirit life and the physical life except man's own wilful denial of this Ancient Wisdom, this age-old truth.

Now, dear ones, before we cease speaking we want you to come with us in meditation right into the golden centre of the Christ Sun. There you will see the perfect form, man made perfect, in that heavenly light. (And man, remember, is not always with a white skin. The Christ manifests through the dark-skinned as well as through the white-skinned. Remember this; the higher Elder Brethren manifest through the dark-skinned body as well as the white-skinned body, as well as through the red-skinned body or the yellow-skinned body.

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The Christ light shines through all races of men.) Now, see your Christ as the perfect man in the body most familiar to you. See him enthroned in that centre of gold. Feel the power pulsating through you.... You are at one with IT, with the Cosmic Life and consciousness; together with all you love in Him, in IT.

And thus you have received the outpouring of the Christ life, which is so powerful in the sign of Gemini.

Benediction:

Beloved, Thy blessing has descended upon this gathering. Humbly we give our hearts in thankfulness for this blessing.

Amen.

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Afterlife, chakra, mediumship, nerves, opportunity, imagination, astrology

