

To Live Harmoniously

T257 The Inner Teachings 23rd September 1958 St Mary Abbot's Place, London

Invocation:

We welcome you all to this assembly, and would raise the level of this meeting to a spiritual state so that you will become aware of the company of the invisible who join with you as one Brotherhood in spirit to worship the Creator. We pray to the Source of all truth, wisdom and love, of goodness, beauty and justice. In company with those who have passed beyond reincarnation, we wait in simplicity and humility the coming of the blessing; and pray that, with this light in our heart chakra, we may behold the vision of the Son, the Christ.

Amen.

Three points we have in mind tonight: the first is right thought; the second is right action; the third is right living, the last two resting upon the foundation of the first point, right thought. The power of thought, the extent of the influence of right thought, is beyond man's* comprehension. Of course, right thought is ever based upon God; it is God-thought, good-thought. You have heard the saying that thoughts are things. What man thinks today, he becomes tomorrow. Man thus daily creates or recreates his body, his life, his soul, and builds his spiritual achievement, through right thought. Many people will not accept this and make no effort to discipline their thought, for it requires self-discipline. At this, many questions will come crowding into your mind, particularly into the lower mind, tending to deny the truth of our statement. But remember, dear ones, the importance of a steady keeping on keeping on. It is the man who sees his goal and works towards it who attains both perfection and happiness.

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

While good thought is our ideal, and it can only be put into practice according to man's state of development, according to the laws which govern his life, we must recognise and submit in humility to the cosmic laws of reincarnation and of karma or cause and effect—which most of you in this Lodge accept. Nevertheless it is not easy for the average man to recognise profound and fundamental truth, particularly when he is functioning through the limitation of his earthly mind. He must probe deeper than the ordinary mind in order to glimpse the justice as well as the love demonstrated in the law of reincarnation. Through reincarnation man has the opportunity of fulfilling the law of cause and effect, although you do not necessarily have to reincarnate. We mean by this that you do not necessarily work out your karma in your next life or in your several future lives. You may be working out your karma of yesterday today. You may have sown the seeds of your present state of ill-health, unhappiness or disturbed and unruly emotions in this present life, several years ago. Now you are reaping what you have previously sown, possibly in ill-health, anxiety, unhappiness or emotional stress. You must not blame God for these things. You must look within; examine yourself humbly and honestly and admit mistakes when you see them; if you cannot recognise your own weaknesses, pray that you may soon be shown them.

We do not say anything in harshness. We come back in order to help you, not to judge you nor to condemn anyone. We come with love, to offer you wisdom gained by experience. There are indeed many souls who have passed beyond the need for reincarnation, having

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freed themselves from the bondage of the physical life. Throughout the ages there have been wise men (sometimes called God-men) who have been sent to your earth planet as God's witnesses. Unfortunately, man is by reason of his earthly nature very proud, and will not tolerate the idea of others more intelligent than himself from whom he could learn great truth. Many of these great ones or Masters have traversed the lower levels of life until they have reached freedom. They live now in a higher ether, but have power over physical matter. They are Brothers of the Great White Light, which means the universal lodge or home of all perfected souls. All of them, both men and women, have had many incarnations on earth. All share certain qualities, certain characteristics in common; above all, they have all risen to the level of sustained God thought, living in God, for God, and to serve God's creation. They manifest at all times the one supreme Law of Love.

The Elder Brethren, as you are wont to call them, are all love, and that is the keynote. When you, through your own effort of self-discipline, are able to come into closer contact with them, if only for a flash in meditation, you will be overwhelmed with the feeling of love. Just to touch their aura will make you feel perfect harmony and love. Words cannot describe the state of mind, of soul, which comes to man through this intercourse or communion with the Wise Ones. It is more than a word or even a smile; it is the penetration, the intermingling of their natures, their radiation, their aura with your own, blessing you with a heavenly state of consciousness, if only for a flash. When you come back to earth consciousness after such a meditation, you are dumb; you cannot describe what you feel and have seen, or what you now know, nor yet the effect that such a vision has produced.

Now all these great ones have the same spirit of Christ, the same Divine Light, shining through their human personality. At different ages, according to the state of evolution of man's consciousness, these teachers have come. Their message appears to have different meanings until it is analysed and contemplated from an esoteric aspect. Always, however, the main message has been to bid the soul to seek the Light, to seek God, seek the Light. Some have gone so far as to say: '*I am* the Light' and the '*I am*' is the Light. 'Before Abraham was, I am'—this is the First Great Cause. It is impossible for your finite minds to comprehend infinity, to comprehend eternity. Why should you? You are very small as yet, but you must live in belief, in faith in that supreme Light. And why? Because, when you come to examine life as a whole you will find that that Light controls all life, is the First Great Cause of all things. This can prove itself to you in your daily life and also in the whole plan of your life, if you will obey life's commands, if you will obey life's law.

Now the first commandment is: 'Thou shalt love the Lord, thy God, with all thy heart, thy soul, thy mind.' You shall love good and you shall be one-pointed in your love for God. This brings us back again to our first point, God-thought. Your life should be lived in God-thought, with the thought of good, looking for good, believing in good, trusting in good, constantly holding good thought about life generally, and about your neighbour; always seeing the better, the good side, never the negative. You will be surprised at what will result. When you feel little aches and pains, instead of encouraging and nurturing them, put in their place a perfect thought, a God-thought. We know that this is a gospel of perfection, but we

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also know that until man puts this into daily practice, he will continue in muddle and confusion.

We are giving you principles tonight. The first is: Always think well, always think good, eschew evil and all negative things; seek only God, good in your thoughts. Now for the next point: First, right thought. Control thought, thinking what *you will* to think, not letting thought run riot, controlling it, training it, directing thought by the spirit, the holiness which is deep within your soul, the Christ seed resting in the heart. That is why, when the thoughts are controlled and directed rightly towards God, there must come a natural prompting towards right action. If the thought be right, the act must be right. Right action is God action. If you study the lives of the saints and mystics, even in so-called modern times—let us say within the last six thousand years or so—you will find that all these people lived simply, were very careful about what they ate and what they did. They lived in extreme simplicity. They ate the fruits of the earth. The true Illuminati* did not eat meat.

*[*i.e., the truly illumined. No reference to any earthly society is contained here.]*

Now questions have been put to us, such as: 'White Eagle, we wish you would give us a lead as to whether we should all become vegetarians. We wish you would tell us what we should think about capital punishment, what we should think or do about surgical operations, and what is our right attitude towards war?'

Many such questions come pressing in upon the man who walks the spiritual path. Your Bible says: 'Thou shalt not kill.' It means exactly what it says! You cannot juggle about with such words; they are quite plain. The Great Lord Buddha also taught his disciples never to take life, to regard life as sacred and holy. God alone gives life. Has man any right to take the life of his brother? Should man take away life? We leave it to you to answer your own question.

We know that your Bible also says: 'An eye for an eye and a tooth for a tooth'* and so on; does this mean a life for a life? We think you will find that such sayings mainly refer to the law of karma, which works out exactly, but man himself sets the law in action. Man should regard life as God-given and holy and should not take the life of any creature; but we must still recognise that man has descended from a high estate, come down through the planes into matter for a purpose, so that he may learn to realise in matter the Source of his life, and develop the indwelling seed atom of Christ until it grows into the full consciousness of the divine man, of the Son of God. Present-day man is imprisoned in earthliness, in materialism—we are going to say, in animalism—and therefore cannot change instantly, but he can still have an ideal and can work towards it. Evolution is always a slow process, but when this inner light quickens, it works in man's conscience. The body will pull hard against the spirit, being of the dust of the earth, with animal instincts. Therefore it will argue with you and say to you: 'Oh, but I must eat my brother animal. Indeed I must! I shall not be healthy if I don't'—which is of course nonsense. Life is maintained by living on the fruits of the earth. It does not need the flesh of another creature. Then the old argument crops up: 'But if you eat a lettuce or if you eat only fruit, you are hurting something. This must be as bad as

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killing an animal.' No! You can eat the fruits of the earth because they grow on the earth from its substance, from its dust in order to feed human life. Vegetation has not the same consciousness as is possessed by an animal. But apart from this, remember the blood which is shed when an animal is killed. If you were offered a cup of this blood you would be repulsed. No civilised person could drink its contents because they would be revolted. The very thought revolts you. We say that until man feels a like revulsion at the thought of eating the flesh of his brother animal, he will continue to eat it. But the Illuminati would never do this, and man must inevitably reach the point where to eat the flesh of animals is impossible for him.

The next question is naturally: Is war permissible? We fear that this answer will not be very palatable. We know that the earthly mind puts forward many reasons why war should continue, but from the higher aspect of life, man should never participate in war. Think—the idea of eating human flesh would be so abhorrent that you cannot bear the thought of it. Carry this thought to a logical conclusion, and you would know that man should never slay his brother man even in self-defence. It is of no use to put problematical instances before us and ask: 'Well, if a man ran in and wanted to kill someone I love—should I not naturally stand up to him?' These hypothetical cases prove nothing. You cannot judge a question like this from a hypothetical case because you do not know what you would do or how you would react in given circumstances. Better to abide by the plain law: 'Thou shalt not kill.' As we have often said before, so long as man lives by slaying and eating animals, so long shall man be slain by his brother man and wars will continue. It is wrong to kill any form of animal life. Abolish wrong action. Right action is to revere life, to regard life as God's gift.

Now I feel the questions coming such as: 'Are we permitted to kill a fly—or a mouse?' You must really be sensible. The thing is, what you have to do, as Jesus said, 'Do quickly'—do painlessly. We would go a little farther and say that when man is always putting right thought into operation there will be no pests. All these annoyances come because man himself is annoying. So will you remember—live rightly, think rightly, act rightly, and there will be no more killing of any kind. We would go so far as to say there will no longer be need for the surgeon's knife when man lives in accordance with divine law. Other forms of healing will develop—if healing is necessary, which we doubt because when once man has attained right thought, right action, right living, he will heal himself. He himself will recreate the temple of his body. This, brethren, is what the Masters have already done. They have demonstrated for you the result of right thought. They have lived harmoniously. Their needs have been supplied. Divine Law feeds everyone. Did not Jesus refer to the lily in the field? Did he not say that God is aware of the need of His child? Even the very hairs of your head are numbered and not a sparrow falls to the ground but your Father knows it.

If you are putting the Law of God into action in your life, you will be fulfilled. We do not tell you to sit down and say: 'Now, God, feed me, clothe me, house me; I am just going to enjoy myself.' If you have earned the right to do that, through a life of service, God will undoubtedly look kindly upon you. But no man can live unto himself; if not physically active, he can be spiritually active and continually send forth rays of life and light and goodwill which will bless and uplift all mankind.

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As Christ said: 'If I be raised up, I will raise all men unto me.' No life is lived unto itself. A good life has an influence and effect upon many lives. One man living in total isolation can send a great light out to the world. Even today there are people living the life of a saint, who apparently do little but are a great influence for good. They pray; they heal; they uplift; they inspire; they create beauty, harmony, and surely such a creation is the work of God working through His human child.

We hope these few words will give some basis upon which you can think and reason, and on which to build. Yet this is only touching the fringe of wisdom and knowledge. Yes, the bloodstream—we are answering a mental question—the bloodstream is a holy thing, closely allied to the spirit, to the God within. 'Is blood transfusion permissible?' someone is asking. At the present time a blood transfusion has been the means of saving many lives. Nevertheless, from a spiritual or esoteric aspect, the mingling of the blood has certain occult risks. We would not go so far as to say, 'Refuse it,' but it is one of those things which will be disposed of in time. When there is right thought, right action, right living, all these crude methods will be unnecessary.

Benediction:

We will now join together in the temple of the Great White Light, with our Elder Brethren surrounding us. We would raise our vision to the figure glorious, the arisen Christ, the perfect Son of our Creator; and we humbly give thanks for the glory of the spiritual life which has been made possible for man to enjoy; and we receive Thy peace, Thy love, Thy comfort.

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:

Buddhic, enlightenment, health, food, effects, vibrations, growth, unfoldment