

Thought Forces – II

T064 The Inner Teachings 17th November 1937 Pembroke Hall, London

Invocation:

Let us arise and ascend the mountain, and from the higher planes of consciousness witness with clearness of vision, the love streaming forth upon humanity. We see the wisdom guiding all life upward towards the light. O Great Spirit, eternal Wisdom, may we dwell in Thy life, and may Thy life dwell in us.

Amen.

Our prayer brings the idea of vision. The majority of us, when dwelling on earth, become so immersed with trivialities that we fail to realise the power in which we live and which has been created for our assistance and development. Especially does this apply to our subject tonight, which follows another talk on the power of thought.

When we draw near to the earth, we see much confusion of thought-forces; we see our brethren on earth suffering physical pain, discomfort, and weariness of the body, and we desire to give them healing balm, but this is difficult. There is a way which is open to us, but if people only understood a little more of the power of thought, they could themselves find perfect health, and healing rays could be poured through them to alleviate the sufferings of many. The habit of our thought has to be trained, directed into healthier channels. The majority of thought-forms are distinctly unhealthy. When you allow yourself to send forth such thought-vibrations you open yourself to and even welcome thought-forms created by your neighbour's unhealthy thought; if [you are] in the habit of thinking negatively, or neglecting the positive or good thoughts, you are subject to attack.

Some are terribly frightened of germs. We fear infection, and our medical brethren, from their very insistence on such dangers, increase this fear. They are not altogether wrong. Below certain spiritual levels of attainment, germs can become very active and make themselves very objectionable. The truth we would impress tonight is the infection of *thought-forces*. If a man* is sensitive and negative due to this shallow thinking—this aimless mental wandering, this mental rushing hither and thither without discipline or control—then he is receptive to the forces of the astral plane and likely to catch a germ, a thought-force, which will trouble the etheric body and eventually find its way into the bloodstream. Then follows depletion, then the little local troubles.

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

Are any [of you] troubled by your feet? What thoughts habitually dwell in your mind—are you mentally disturbed and overwrought? If so, you are subject to astral force. Can such disorders be cured by the right thought? Yes, amazingly! Square your body! Hold it 'on the square', upright. Think positive thoughts; refuse to be driven hither and thither by the thoughts or words of others. Keep steadily on your path. Easy to say? Yes, but this will bring to you healing vibrations.

Thoughts create a definite thought-wave in the ether; the thought, if about another, travels directly to that individual and will take form, hovering in his vicinity and waiting until he or

Thought Forces – II

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she is off guard. If the receiver has a mind full of useful and helpful thought, it is unlikely that the intruding thought will penetrate until the mind is not so occupied, when it jumps in. If the recipient knows enough, he will immediately turn a negative thought out or transmute it into a good and positive one. If the thought be good, then he will be stimulated. We are all continually receiving the thoughts of others, particularly on the astral and mental planes, for on these planes the thought-forces work.

If you suffer physically, think not at all of your suffering! If you are in pain, the thought comes 'I suffer; I do feel bad!' All the negative powers around are increasing that thought of pain. For this reason there is much truth in the wise practice of Christian Science. This does not say that the wisest methods are always followed, but that science is true and real. The thought of good, of God, enveloping an individual, enfolds him in the light of Christ. Those able to put science into practice wisely, truly, will reap wonderful blessings, not only for themselves—for you cannot think only unto yourself—but for others.

Earth people imagine their thoughts to be their own. Never, never did they make a greater mistake, for thought goes forth and affects the whole. No man can be good and think good without assisting the growth of good throughout the human family. So also with the reverse, with thoughts unkind, negative, unlovely. A great responsibility! Radiate love thoughts, however much you are tempted by the germs of unkindness to radiate criticism. Do you know that the thoughts of a public audience can contribute enormously to the good that the speaker can do? We do not work alone. Remember this. Upon you we depend for the efficacy of our work; your love, your kindliness, gives power to the thought which we express through the spoken word. Unto ourselves we cannot live, we cannot work; neither can you. You depend upon the unseen, and we depend upon you.

Q. Is it possible to retain balance and poise amidst working hours of noise and interruptions?

A. Balance and poise are of vital importance. The earth life interpenetrates the higher planes; once physically poised, you automatically and naturally grow in steadiness and poise on the higher planes. A student meditating should bring through into earthly life the strength gained during that meditation. It is no use being in the clouds; there must be real work upon the astral, mental and physical vehicles during meditation.

How can a student attain balance whilst working in a condition of chaos and noise? These are two distinct aspects of life, the outer and the inner: the outer with its noise and turmoil; the inner which nothing can disturb. In the quiet countryside a man's heart may be as a raging storm; in the heart of the metropolis peace can dwell deep within. Cultivate calmness and poise within, and in time it will become habitual. Nothing can disturb this, unless you allow yourself to be swamped by the outer world. You can control the door between outer and inner if you think on the right lines.

Q. Do thoughts, voluntary and involuntary, affect the discarnate?

Thought Forces – II

T064 The Inner Teachings 17th November 1937 Pembroke Hall, London

A. Voluntary thoughts will go to the discarnate friend and help enormously. Thoughts are vibrations of the higher forms of astral and mental matter. Thoughts of love and peace and light, directed to a discarnate soul, reach it as a ray of light and will inspire, lift up the discarnate one if he is unhappy. Even if at peace, such thoughts will still bring comfort and joy. Thoughts of hate and resentment and criticism will injure that discarnate soul. Always send out thoughts of love, never of criticism. Try not to criticise; let us love our brother.

Q. Would true repentance dissipate thought-forms created by violent emotion?

A. I am assuming that the questioner means the thought of the one individual—whether true repentance will counteract *his* violent emotions? Yes, certainly.

Q. If within the radius of another's aura, have one's thoughts more power to affect than at a distance?

A. Distance is really not a great hindrance. One might say that if the person were near he would receive a greater impact. If the distance is greater, the thoughts would take longer to reach him.

Q. Sometimes in absent healing we feel definite physical vibration; it comes in impulses, then dies down and comes again. At other times we do not get this vibration. Has this any relation to the effect of the healing on the patient?

A. When there is such a reaction, we should say there is a more powerful contact; the negative and positive poles meet and make a 'burr-r-r'. At other times possibly the patient is not receptive at that precise moment; nevertheless the collective thought, enhanced by the power of the angelic ones, goes to the patient, and hovers and waits until the patient is ready to receive. When you get that vibration, it means that the 'plug' is well into the patient at that time.

Q. Will you relate the planets to the psychic centres?

A. The head centre—the pituitary and pineal glands—we relate to Uranus and Neptune: the influence of the finer and mystical forces. In the head centre comes a quickening of the clairvoyant vision. Uranus, as you know, is related to the New Age, to the Age of Brotherhood, and Neptune to the influences on the higher planes.

Mercury we relate to the throat centre. Mercury, the planet of the airy signs, influences the etheric body. The throat centre, as we have already told you, controls, or has enormous influence over, the etheric body. You can clean the whole aura by direct contact with the throat centre. Mercury, then, controls the nervous system and the etheric body through the throat centre.

Venus we link to the heart centre. It is sometimes said that the physical vehicle which Christ is now using in his work for humanity is the planet Venus.

Thought Forces – II

T064 The Inner Teachings 17th November 1937 Pembroke Hall, London

Jupiter [we relate] to the solar plexus. We find in the solar plexus the mind of the emotions. Jupiter we relate to the emotional plane—I will leave it at that.

Saturn we relate to the spleen. The spleen is the gateway, the entrance for the light, the sunlight forces, into the etheric body. Saturn is the planet of regeneration, the planet which causes the light to enter the darkness of the physical life.

Mars we relate to the genital organs and to the base of the spine, for Mars controls the creative force, the life force in the human body. I am not prepared to tell you more.

The Moon is also related to the lower genital organs and the centre of life in the spine, and the Sun to the apex of the triangle, to the head again.

Benediction:

Dear Father of all mankind, spread Thy peace over all. Forgive us our hurts to others. Renew within us the spirit of Christ, Thy Son. And we will give, in humility, our hearts in thankfulness for fresh opportunities.

Amen.

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Chakra, thought control, astrology