

Within You Lies the Key

T248 The Inner Teachings 15th January 1957 St Mary Abbot's Place, London

Invocation:

We come in worship and adoration of the Great Spirit, Source of all life, love, wisdom and power. We would be receptive to Thy blessing in this service, praying that deeper understanding may open in our hearts, making us more fit to serve. May everyone present feel the power of Thy mighty love; may the veil between the physical and spiritual lives be penetrated, so that these Thy children may see with their spiritual vision the glories of the heaven world. Unto Thee we humbly give forth our thanks for every opportunity which Thou givest for the progress and evolution of the human spirit.

Amen.

Brethren of our spirit, it is some time since we spoke to you in a group of this nature, so we will commence by saying how happy we feel at this reunion. We think that the most important message that we can bring to you tonight is about the God-power which is within you. Many times and in many ways we have touched on this subject before. Tonight there is a special reason for doing so again, one being the disturbed conditions in your world, and another, the conditions which we see in your individual lives. When we are speaking to earthly friends we often regret that they are unable to see any way out of their problems and difficulties. To us it seems so simple—because, you know, everything is quite simple when you know how to do it. Perhaps when you have passed away from the physical body, many limitations fall away, and you will then know nearly all the things which we can tell you about the power of thought. Nevertheless it is one thing to know and quite another to put into practice or operation this power which has been given to man* by his Creator. So, when we talk about your problems, sometimes we feel sad when we see your inability to understand. For within you lies the key to unlock the door which bars you from peace, happiness and wellbeing—and remember that in finding this wellbeing you help everyone about you.

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

The basis of life is thought. When we come near your world, it is not easy for us to penetrate the thick mists and confusion caused by human thought; it is not easy at first to use a human instrument until we have cleared a certain amount of confused thought in the aura. Therefore thought training, or training on the right way to think, is one of the first lessons which must be mastered. This subject of the mastery of thought is vast and tonight we can only touch on the simplest ways for you to try to control thought, albeit this power has been given to every soul. The ancients who were admitted into the temples knew the vital necessity of this, and the idea was first inculcated into the masses by the inscription over the doorway into the temple: 'Man, know thyself, and thou shalt know God and the universe.'

Now when man knows himself, meaning the true man within, he puts himself *en rapport* with the life which is God, with that invisible, intangible power which pervades everything. Man has within himself that same power, and when once he understands how to use it, he has mastered physical matter and physical life. That is why there are evolved souls whom you call Masters, who are your Elder Brethren—which means that they and you have identical powers and qualifications, but that you have yet to learn how to use your powers. The

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Masters know no barrier which they cannot overcome. Yet this infinite power of which we are speaking is a mighty, a terrible power, which can be both constructive and destructive. For this reason the human soul can only attain consciousness of this power, can only use it when it has been thoroughly tested by human life, by learning that if it fails in the one supreme and divine law, which is love, it will destroy rather than create goodness and beauty.

To learn this takes many incarnations usually. The Masters can use the power of thought in such a way that they are able to perform what you would call miracles. They have learnt not only the power of concentration but also that of love. The Master Jesus made this the basis for all his teaching: 'Love one another,' he said. It sounds so simple—it is so simple. But did he mean to love only those whom it is easy to love and to forget the rest of humanity? No indeed! He said: 'Thou shalt love the Lord thy God with all thy heart and soul and mind; and thy neighbour as thyself. Upon these two hang all the law.' Therefore the divine rule of life for you is love, about which all your world has to learn. Because it is learning it painfully, you are all involved with world karma. Can you personally extricate yourself from world karma? That depends on your willingness to serve everyone, to serve life itself. Assuredly you can extricate yourself from karmic pain and suffering, but the question is, are you willing, have you sufficient determination to do so? It requires patient work. When we talk about extricating yourself from world karma, we mean your rising above the discord, the tumult, the anger, the babble of voices, the ignorance of the masses.

Yes, the Masters have learnt how to withdraw themselves from world karma. Having done so, when they come back to help mankind (meaning to help you) they are certainly involved with human life, but they have also the power of God thought which envelops them at all times, protecting them from the pain of the world. Jesus, you will remember, when in danger of being stoned by the mob, was often able to vanish from amid them. He had complete mastery over his body; he could control its physical atoms and withdraw them—or so it seemed. We will not explain fully how this was possible, but suggest that his thought was so powerful that he caused the crowd to think he was not there and then his physical form was able to slip away.

The power of thought can indeed work miracles, but this will bring up questions in your mind. You will have to remember that humanity is evolving on a spiral and it proceeds in cycles. We said, if you remember, that man has to learn to use this occult power, this God power, with the Christ love in his heart. Until he has learnt to do this, he has to suffer any pain which wrong usage of the God power will cause. The Masters we have been talking about have learnt to use this power only in love and in service to their companions, or to humanity, and this is what has to be learnt by man in the course of his long spiritual evolution.

At the beginning of our talk a certain symbol was here. It is still here—the symbol of the Christ Star, built up, created, as a beautiful blazing star pulsating with light. The rays stream forth far beyond this little building, and what is more, that symbol is ever-living; it remains and its rays are continually going out, illumining the earth. What is the origin of this star? Insofar as this particular manifestation is concerned, it is the result of a long period of

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God-thought, good-thought, loving-thought, constructive thought, which has been sent forth from the Brothers—not only the Brothers in incarnation but those who are invisible. This concerted effort, this power which has been going out for so long, creates this form. It is, however, far more than a thought form; it is a creation of a very fine ether, drawn together by the power of thought, and is being projected out over the world and into the invisible spheres which surround this planet.

What we have to give you tonight is a message about your opportunity to use your own thought power in order to help humanity instead of to hurt it—in order to help yourself instead of to hurt yourself. You will not like this—but dear, dear brethren with all the love and understanding in our hearts, we tell you that you bring your suffering upon yourselves. Now you will ask: ‘How can we bring this upon ourselves when, for instance, we are broken-hearted through the loss of a loved one?’ No, you did not bring the bereavement, but you brought your suffering on yourself by reason of your attitude of thought towards the experience. For if you will take the trouble to develop your power to penetrate the mists of earth, you will know that your loved one is not dead, nor is he or she gone from you. In spirit there is no separation. Contact with your loved one is always waiting for you through the power of thought, through the power of meditation. You have to develop within yourself a consciousness of the eternity of life. You have to make yourself so love God, that you know that God, being Himself love and having all love for you, and you having love for God—that in God's consciousness there is no death. Your loved one is living in that love, and in your spirit. Your loved one is with you. Now this is truth, and you have the power given to you to overcome death. The Master said: ‘To him that overcometh I will give eternal life’—eternal consciousness of the at-one-ment of all life. All life is God. You are part of God. You are part of that one Whole, and you can only arrive at this consciousness of your at-one-ment with the God-life through prayer.

Now prayer is the soul's highest aspiration and thought. How can you arise from your earthly state with all this babble and noise around? When we come into the conditions of earth, there is so much noise we have to withdraw into an inner sanctuary; we have to envelop ourselves in order to get through the noise of thought. But if thought were controlled, and if man persistently thought good things, there would be harmony—a sound, shall we say, like an orchestra of perfectly tuned instruments playing heavenly music. Just imagine it! In our world, when a soul has passed through a process of cleansing and purification, and undergoes a little training in spiritual and right thought, it can command what it wills. When it wants to hear music, the whole atmosphere seems to be playing beautiful music. This is really coming from within the heart of the person concerned and is the result of harmony, of love. What about the hells on the astral planes? These lower astral planes are the result of crude thought, unevolved thought, cruel thought. In time the soul gradually learns the error of wrong thinking, because in our world thought power creates form. It does in your world, too, but you have yet to understand this. Everything results from man's thought. He has created the world conditions which cause world wars. If everyone on earth could be taught to think rightly of his brother, think rightly about life (and by ‘rightly’ we mean thinking godly thoughts, Christ thoughts) there would not be any more war.

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This is where you all can help. Many people still think that thought has no power. Thoughts are the basis of all action; thoughts come before action. All people have the power to think constructive God-thought not only at certain times but as a natural habit. Instead of complaining: 'Oh, what a beastly day!' think, 'Oh, another God-given day. How good is the rain! Mother earth needs the rain. How good is the cold! Mother earth needs the cold to cleanse herself in preparation for spring.' Always see the best in everything and in everybody. Instead of thinking: 'Oh, so-and-so means to hurt me; so-and-so is wrong; I am right,' realise that whatever another soul is doing, your attitude and your thought must be tolerant, kind and good.

We are preaching a gospel of perfection; we know this very well, but then you have the seeds of perfection already in you. If you will only listen and accept what we say and put this good thought, this God power, into everything you do, you will not only be helping humanity but you will be greatly helping yourself. Why are the Masters protected from all harm? Why is it that Jesus was able to protect himself so that his enemies could not seize him? Not only was he sending forth protective thought; he was sending forth God thoughts of love, tolerance, kindness; he enveloped himself in the Great White Light. That is what every soul can be doing. What does this do for you? No evil or unkind thought can penetrate your shining armour. You do not need to think of yourself. All you have to do is to love your days, love everything and everybody; just breathe love, live love, think love, and attacks cannot penetrate your armour. This is what we mean by overcoming the karma of the earth. You say: 'But karma is the law.' Yes, karma is the law; as you sow, so shall you reap, but that karma can be transmuted by love.

This is what is meant by salvation through Christ, a term to which many people object, saying that man is responsible for himself and as he sows, so shall he reap; he cannot be saved by any other man. No, but he can save himself by the living and eternal spirit of Christ within himself. Christ is therefore the salvation of all mankind.

Remember your thoughts! Keep a check on them! You will gradually re-create your body, re-create your conditions, re-create your life. In our world young souls are taught how to use this power; buildings are created in our world by thought. You would be surprised, and amused too, at some of the efforts of the young to build, to create a building in our world; they get it out of proportion because they are not used to using thought-power in the right way.

Those of you who are used to meditation will realise the possibilities of creation through God-thought, good thought. Perfect thought creates perfect form, and you will create a perfect life in time. Do not habitually think about war or other terrible things. See the creation of good as an outcome, always, always, always, and you will be actively helping to bring about those conditions.

Benediction:

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All around you are the spirit forms of the Brotherhood of the Great White Light. Now, with them, let us worship the Giver of all life. As we worship, we see on the horizon the form of the perfect manifestation of the Christ love, enthroned in the heart of the Sun-life. O Lord, we Thy children bow in adoration and thankfulness for the glory of that perfect life. May we ever strive to go forward to meet Thee, to become at-one with Thy life through the love which is Thy gift to every one of Thy children.

Amen. Amen. Amen.

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Service, mind, mindfulness, oneness, interpenetration

