

The Foundation of Life is Spirit

A356 Sunday Address 3rd March 1963 St Mary Abbots Place, London 27th
Anniversary Service

Text: one of MB's usual display typescripts, without any additional markings. The stenographer has struggled slightly more than usual with White Eagle's phrasing – incomplete sentences and the like – but we have assumed she offers an accurate account of what was actually said, and have occasionally added a word or two in square brackets to help the meaning. There is one word or phrase the typist confesses to missing altogether, and at the very end we have corrected the word 'rising' to 'raising'. The title has been given to it for this project; in February 1988 the address appeared in *Stella Polaris* with the title, 'Leave the Shadows Behind'.

Context: the twenty-seventh Anniversary service, again celebrated on the first Sunday in March although the actual anniversary fell on 22 February. MB once more records many details. The first hymn, no. 475 in the book, was 'Come now all people' (which later dropped out of the Choir repertoire). After Minesta's Invocation ('recorded separately'), the Choir gave the psalm/anthem, 'I was glad when they said unto me' – the words are the opening of Psalm 122. It might be that the Choir sang the festival version by C H H Parry, but that would have been a very big undertaking for them, so that a simple psalm setting seems more likely. Then came the reading, from THE RETURN OF ARTHUR CONAN DOYLE (no further details, although there are quotations from the reading). Brother Faithful explained the choice of this reading, but we have not retained these words. The next hymn was the same as one sung at the service on 27 January, 'He who would valiant be' (PILGRIM'S PROGRESS). The prayers then included what later became a tradition, those for the Lodge and for White Eagle, prior to the Prayer for Humanity and Lord's Prayer. Last before White Eagle spoke was another choir anthem, 'May Thy Spirit rest upon us', with English words by Laurence Swinyard and music by Quirino Gasparino (1721-78). There seems to have been no communion, and White Eagle's talk was followed only by Brother Faithful's words, the hymn, 'God is working His purpose out'; a prayer by Minesta and a Choir anthem, to the words, 'O ever Blessed One we praise Thee and Adore Thee'. This anthem is not recognised but it may well have been by the Choir's then organist, Mary Brameld.

General Notes: the sense of the very first sentence may be 'As we come into this physical condition, we bring with us great love ... rather, we find ourselves overflowing with love'. Explaining the word 'Lodge', White Eagle also insists that adding the appellation 'White Eagle' was not of his own prompting. Later, 'but think out what we have told you' was very likely 'but think *about* what we have told you' – a transcription error. The underlying theme of the address is that everything that is of value in life comes from spirit, but there is also material on death and the process of transition. White Eagle is quite witty about the astral world and how people perceive it, and there are useful passages about what 'mind' is (maybe continuing a discussion begun in the address previous to this, that of 27 January), and about the qualities of seemingly empty space. As befitting an anniversary address, White Eagle is appreciative of work done by his team on earth, but compared to other anniversary addresses there is unusually little about the work of the Lodge.

References: Nobleheart was a name given by White Eagle to Sir Arthur Conan Doyle, effectively implying it was his name in the White Eagle Brotherhood. He makes the remark about not falling into a honeypot on p. 163 of the present edition, ARTHUR CONAN DOYLE'S BOOK OF THE BEYOND. 'Judge not that ye be not judged' is Matthew 7 : 1. 'And the truth shall make you free' is John 8 : 32. There is a half-hidden quotation, near the end, of White Eagle's favourite verse from John: 'If I be lifted up, I will draw all men unto me' (12 : 32). Finally, White Eagle quotes Shakespeare's *Hamlet*, Act 1 scene iii (actually, the character Polonius), saying 'This above all, to thine own self be true....'

White Eagle's Address:

The Foundation of Life is Spirit

A356 Sunday Address 3rd March 1963 St Mary Abbots Place, London 27th
Anniversary Service

Beloved brethren, as we come into this physical condition of life to talk with you we bring with us – we feel overflowing with love. And this is the feeling we would like you all to have on occasion of the anniversary of the foundation of this Lodge. You know a lodge means a place of refreshment, a place where the soul – the travellers on life's journey – come to take rest and refreshment. This is why we asked that you would call yourselves by the name of Lodge. You very kindly prefixed the word by the name 'White Eagle'.

I want you to think of the White Eagle who flies straight into the Sun, leaving the shadows behind. This is the message for everyone, for all mankind. For in time this message which comes from the Most High, from celestial spheres of life, will spread all over this planet. It does not look to you very much like it yet, but you would be surprised if you could see with the eye of the spirit how far the sunlight has travelled on this dark earth planet. Therefore, do not be downcast, but remember this message. If you are followers of the White Eagle teaching, or would be followers if you understood it, remember to look up into the Sun (Son) at all times.

There may be a difference of opinion about this – what about those around us who need love and sustenance? Of course we do not forget them any more than you do, but think out what we have told you – the foundation of life is spirit. Life is spirit, but it is so covered up from the substance – by the substance of the many – the place in which it lives and operates, that the pure spirit is almost extinguished, but not quite. And this is the truth that we give you, that in every living thing there is the spark, the seed of the son of God. And if man has to be helped through all the phases of his evolution – his growth from the very tiniest spark to the grand illumined Christ being, he must receive help to develop the light within himself. If man has to be fed both physically and spiritually, if he is to be given every opportunity for growth and development, he must be fed in spirit.

Now, this is something which we have noticed is not always recognised on the earth plane. We admit that material conditions need to be improved, but do remember that all improvements come from the spirit. Now, you may think we are wrong in this statement. You may think that it all comes from the mind, and some people think it comes from the brain of man – the physical brain of man is responsible, is the one who thinks out all the plans for the advancement of life on the physical plane. There they make a great mistake. But mind, the mind of man, plays a most important part in life. This we will explain. The mind of man is the instrument of the Spirit. When we speak of mind we are not speaking exclusively of the brain – we are speaking of man's thought, man's emotions, man's aspirations, and his ideals. Through the mind and the soul the spirit works. Now the mind seems to be more important than any other faculty of man. Nevertheless, he will learn in time that even the mind without the heart of love will become destructive and self-destructive. Love is the key which works through man's heart and soul and mind.

Now, this is very important, as we will explain to you as we go on. It is now being proved to humanity, even by the intellectualists – at least they are trying to do it but falling down very badly – to prove that man has a most extraordinary mind capable of reaching out and influencing another mind. Scientists have accepted – many of them, but not all, because they have a little more spiritual evolution to accomplish before they will accept it – that the mind

The Foundation of Life is Spirit

A356 Sunday Address 3rd March 1963 St Mary Abbots Place, London 27th
Anniversary Service

is the most wonderful instrument that man is possessed of. But so little is known as yet about mind, and what comprises mind. We have had little difficulties and wrestles with you about this terrible giant, the mind. You think, and quite naturally, that if you sit in meditation, and you conjure up pictures and you see form, you immediately think that it is all rubbish and that it is only the concoction of your mind and imagination, which is nothing. Would you be surprised to hear us say that all life is the result of imagination? Do not forget that; but also remember that between you and your neighbour there appears to be space; there seems to be a vast space on the earth surface – a vast space in the skies above.

Now, this is only man's calculation, He speaks in figures of billions of miles away. He speaks of 'if there is a heaven'; he will say, 'it is very very far away'. But he is wrong. We could tell you a good deal about this when we come to examine the problem of flying saucers, for instance, that are supposed to come millions or thousands and thousands of miles through the ether.

Now, you might just as well say that the neighbour sitting by your side now is nine hundred and ninety-six million miles away. You will be surprised if we tell you that – but my dear, dear brethren, do you realise that there are many of your friends who are long distances away from you, because they have no attunement with your spirit?

Now, we were speaking about space. We want you to remember this that space – the ether, [it is] sometimes called – is interpenetrating with rays, waves, light waves, sound waves, radio broadcasts, thoughts of other people, noise. All around you is a mass of waves, vibrations which you cannot register. Man is beginning to discover a little of the invisible waves, but those which can most easily make an impact on sensitive mechanical instruments. But remember that whilst these waves are coming all around you and beating upon you like a rock there are other finer, oh much finer, waves which are coming to you from the Great Ones, the Wise Ones – the highly evolved human beings who do not live in a physical body. And that every one of you here according to your mental – now when we say 'mental' we don't mean the intellectual mental development – but thought development, spiritual development, soul development. You have a companion by your side, a messenger, use what description you like – but a messenger from a plane of life which is above this dense physical plane; and that man when he is humble enough to listen to words of truth and wisdom can receive the greatest gifts of life. And he can receive these gifts through his intuition and through inspiration.

Now, this is for every man, woman and child, not for a selected few, but for everyone who is quickened – awakened – or been helped to awaken that spiritual light within him.

Now, my children, you see the soul is not born on to this earth plane for the first time. It has had ages in which to grow and to reach its particular level of evolution. You have no conception of the glory of life – of the glory of life that has been, that is and that will be in the future.

We want you to realise the value of the work which is being done in this Lodge, and in all Daughter Lodges throughout the world; and in all Groups. You cannot see unless you have

The Foundation of Life is Spirit

A356 Sunday Address 3rd March 1963 St Mary Abbots Place, London 27th
Anniversary Service

the vision of the spirit – you have to take our word for it. The power is going forth, the *light* is going forth into the whole world, and is causing man to be stimulated spiritually and mentally. And he will in due time through experience – maybe pain and suffering – or it can be through joy – awaken to his true nature and the purpose of life. Life, my brethren, in spite of limitations and difficulties that maybe you have endured quite recently, endured in many ways during life in a physical body life, nevertheless is worth all that you have to experience, because it is causing this seed of spirit to grow and grow and grow to heights of spiritual consciousness quite unimagined by anyone on Earth at present.

Now one of the greatest sorrows, shall we say, in physical life is the separation of loved ones through the soul passing out of the physical body. The physical body is left like an old cloak, and you have to dispose of the physical body. And perhaps on account of primitive teachings in certain – perhaps an orthodox way – man thinks that when he dies that is the finish of his intelligent conscious life. It is nothing of the sort! What happens at death is a very beautiful change.

Now according to the development of man's mind and soul, according to his habitual thoughts, habits, whilst in a physical body, when the time comes for the physical body to drop away either by accident (of course it is the result of cause and effect) or karma – but when that time comes for the physical body to – what you call – die, whether it is a sudden death or the death through a long illness, or old age, a most beautiful transition takes place.

Think, my children, of God as a Being of Infinite Love; the suffering of man is self-inflicted. You won't agree, but it is self-inflicted through ignorance, through selfishness, through lack of knowledge, through lack of discipline. But when the spirit of man grows strong and is full of light, there is no suffering, no pain at death, we assure you. Even if you have witnessed what appears to you to be terrible anguish and suffering, it is the suffering in the lower nature of the individual – of the mind. But if there has been a selfish life, a difficult life, there is a process of extrication of the soul from earthly entanglements, and this maybe is what the orthodox Christians call Hades or Purgatory. But we want you to remember that God is a God of *Love*, and every help is given to a soul who is leaving the physical body.

Now in the case of sudden death, when the body may be blown to pieces or suddenly killed in an accident, there is a period of a second or two of unconsciousness; and when the soul comes to itself it does not realise that it has died, and it seems to be attached to the conditions that it has known on the physical plane for a time – until it is gently released, or talked to by the guardian angels, the angelic messengers; and then it is gradually taken to a place of harmony and rest and sleep. And at the end of that period, it naturally awakens to a condition in which its development – its spiritual development – places it. You cannot jump from ignorance, from the kindergarten, to a university degree; you have to pass gently step by step through various stages or classes – or forms, what[ever] the children call them today. And at every stage there is beauty, harmony, enjoyment. Oh, we do want to explain to you the beauty of the soul's development out of the physical body! In the physical body, when you have wisdom and spiritual vision every experience shows you more truth. Every experience is a lesson, and every lesson you learn you feel so much happier having learnt that lesson, because you are better equipped for life.

The Foundation of Life is Spirit

A356 Sunday Address 3rd March 1963 St Mary Abbots Place, London 27th
Anniversary Service

Now what happens after death is exactly what happens before death, but the man who has accepted the truth of the life after death and knows what to expect is considerably helped in that wonderful transition from the physical to the astral plane. Immediately beyond this physical body, in fact, it can be seen – you may see it if you are the slightest bit clairvoyant – you may see the etheric surround around everybody, the etheric part of it which dies with the physical; but the higher etheric passes on to the etheric plane, and it is there that we would tell you that this condition which is sometimes called Hades or Purgatory exists; but it isn't so terrible, we assure you. We do not want to make you think you can play fast and loose, and do anything you like, and then find yourself with a pair of wings in heaven, because you won't. It won't happen like that, but we are trying to do is to take fear from you and to explain the order of the steps which the individual takes on this upward journey to the home of God, the true Home.

Now after the soul has released itself from the entanglements of the earth – unpleasant entanglements of earth – it finds itself on the astral plane. Now, we want to correct here, if we may, an erroneous idea that the astral plane is an unpleasant place – an astral plane is something not very nice and astral people are people to avoid. Now, do not think that the astral world is a world of light. There are different levels, it is true, and there are some spirits who like to remain on the astral planes because at a lower level they can satisfy all their earthly longings.

Now there has been a lot of criticism about the messages which were given to your great scientist Sir Oliver Lodge by his son, Raymond, because he said that in the spirit life on his particular part of the astral plane he could have what he wanted, he could do as he wanted, if he wanted to smoke he could. Now this caused a lot of controversy, and people said, 'oh, but you don't want to smoke in Heaven'. But the astral planes are so close to earth – they are the planes of desire – the astral body is a body of desire. And those people who linger on the astral plane, they want to have their earthly appetites satisfied. And this is sometimes where suffering comes in, because if a man has not disciplined himself on earth so that he can overcome passions, lust, vice, temper and all the ugly things of life, then he gets caught in all these conditions. And until he has learnt to discipline himself and overcome the lower appetites he is going to suffer. Now our Brother Nobleheart (as Sir Arthur Conan Doyle) said: 'a man does not fall into a honeypot when he passes on to our world', meaning what we have just said, a man does not pass immediately into a world of infinite beauty and light and perfection. But remember this, that there is a God of Love who applies his laws so wisely and gently. And remember the work of the Great White Brotherhood and the Brotherhood on earth, who are continually working to bring the light into the mind of man, helping him to understand that life means first of all a shaking off, or the overcoming of self and selfish desires. In addition to this a desire to serve, to serve wherever he is placed.

Now remember too, brethren, that it is not everyone's duty or opportunity to do the kind of things which you may think he ought to do. 'Judge not that ye be not judged.' We dare not judge – how dare we judge? Remember this: every soul is in a different condition in life. He is at a different level, because he is different and he has different lessons to learn. He has to do a different work because his karma decrees [it] – decrees that he must work out certain

The Foundation of Life is Spirit

A356 Sunday Address 3rd March 1963 St Mary Abbots Place, London 27th
Anniversary Service

conditions because his soul needs to learn certain lessons. You see, if everyone on your earth plane was a fireman he would be rushing all over the world putting out fires. If everyone in your world was a scientist then almost everyone would be working in the laboratories, and then there would be no one to produce material to write a book, or paint a picture, or give you lovely music which you enjoy, and so on and so on. Remember that to everyone is given the opportunities which they need, and you can't feed starving thousands. Not directly, but you can feed perhaps one or two or perhaps more, not merely physically but by your spiritual service, by your thought, by your kindnesses, by your general life. Now think this out. You can help to feed the millions. You can help to raise people from squalor, from sickness, by living your life kindly, lovingly and in a Christlike way.

You want to get a very broad view of life and base all your thoughts, your actions upon a spiritual foundation. Now, there are some people who will think with their mortal mind that thinking won't give a starving man a meal. Don't you believe it, don't you believe that! Many, many, many a starving creature has been fed by God thought. Oh, it is a mistake, children, it is a mistake to think only in terms of the physical life and to think only intellectually. Now the intellect of earth is a very, very [Regret did not hear this word] it may be – it may accumulate – the intellectual mind may have accumulated many facts, and facts are like guidebooks. You can read all about a lovely place. You can study the journey and get descriptions of these lovely places, but it does not mean very much to you unless you can journey yourself to those lovely places. You can read many books about life after death; and the way to live, the way to heal, the way to develop your spiritual powers, but the books won't get you there. The only way is by your own effort in life, in meditation and in spiritual service.

Now, the thought is – God-thought – is life. What a man think so he becomes. What a man thinks he surrounds himself with.

Now, our last word to you – if you are getting tired of listening to us – is this. In meditation what you are doing is to withdraw your thought from the physical plane of life. You close your eyes – you subdue all your physical senses. In other words you go inward into the innermost centre of your world – your world. And in your world you will meet the companions of your own spirit, the companions whom you have attracted to you through many lives, and particularly in your present life. You have drawn to you the companions of your spirit, and you cannot contact them physically because you have no means of contacting the spirit companions physically. The only means you have of contacting truly – truly contacting your friends in spirit – is to go to the level of spirit mind through your mind, your spirit operating through your mind, creating for you in what you scorn as imagination; building for you the conditions of life in which your friends live. They have created by their spirituality and their spirit, the substance of their spirit, beautiful conditions, and you in your higher mind are permitted to journey to them, leaving your body (although you may still think you are in your physical body, because there is always the connecting link between the spirit life and the physical body until it is severed by death or the complete severing of the silver cord, which is always attached to the soul body of the spirit – your spirit).

The Foundation of Life is Spirit

A356 Sunday Address 3rd March 1963 St Mary Abbots Place, London 27th
Anniversary Service

Now understand this, that if you would hold true contact and communion with spirit, you must yourself do it in spirit. Now, the manifestations which have come in the past – clothing all thought in dense etheric matter – was the method used at that time to knock on the door, your door of physical matter, to let man know that there was a life above the physical body. Now the next stage comes, we cannot always remain at that beggarly stage. Now the time has come [for man] to learn more and more about himself, about how he is constructed, about his five or six spiritual senses, using the intuition as the sixth. This is the work of the new age of spirit: this unfoldment and this development of spirit, so that man is not in bondage to the conditions of the earthly life and physical life; so that man can be free, know the truth: ‘And the truth shall make you free’. And do not waste time just tinkering about with a little knock and a screw. Become architects, designers of that heaven world, the beautiful heaven world. Be the instruments for the creation of heavenly music. Even if you cannot play an instrument on the physical plane, your soul can be full of music; your mind and your hands, your touch, can be full of the beauty of form and colour. Beauty is an aspect of God, my children; do not turn your eyes away from beauty. Always seek beauty, look for beauty, create beauty in your soul and in your surroundings. This is the work of the spirit. The spirit is beautiful, the spirit world is beautiful. We who come back to you cannot in earthly words convey to your physical minds the beauty of the life in those spheres of spirit. You can find this is so for yourselves, yourself, by aspiring by creating in your mind, using your higher mind, seeing and living in it, becoming a part of it. As we say, words in books, words from us, or from any lecture cannot give it to you, but you may experience it.

Now this is the proof of life after death – this is the proof – experiencing in full consciousness communion and communication with that more beautiful life. Remember this is the way. And so long as man clings to the body and material forms of manifestation and lower mental forms of manifestation and lower astral forms, he is bound hand and foot, and cannot really enter into the glories which the Lord God has prepared for all His children, who love, love, *love* God.

And so, my children, you start now upon another year of work. You cannot yourselves see your unfoldment, but we and the Brothers around you watch your faltering steps. We cannot rush forward. We say unto you: live simply, kindly, patiently; do the best thing you can in the conditions in which you are placed, because in those condition, my brother, my sister, you will find the jewels of spirit which you need – you *need* – otherwise you would not be in exactly the state you are at present. But have no fear, have confidence, deep humility in your heart. God watches over you and step by step all creation rises and rises into the glory of the world of gold, the golden world of God. And as you rise, so you raise all men. It is the cosmic truth we speak. As you rise, as you discipline yourself, as you love and as you help, so you are raising slowly but surely the great monolith which will be in the Temple, the Great White Temple in the Heavens.

God is blessing you now. ‘To think own self be true, and it will follow as night the day thou canst not be false to any man’. The Great White Spirit Eternal in the heavens blesses you, blesses all his servers; and blesses and prospers his work wherever it is.

The Foundation of Life is Spirit

A356 Sunday Address 3rd March 1963 St Mary Abbots Place, London 27th
Anniversary Service

Brother Faithful:

I do not suppose many of you here believe that the earth is flat, or do you? Because as you go out into the world, you will find plenty of people who still do believe that the world is flat.

The flatter lives flatly down. He cannot see God anywhere, so he doesn't believe in God. He cannot see spirit, so he doesn't believe in the spirit world, or angels, angelic messengers, or the possibility of being spiritual. But if he can flutter a little, if he can be raised a little he can be taken to see these things. And the purpose of White Eagle's message tonight, and for the year, is that we ourselves should raise ourselves and take our first flutter, because as we do the flat dwellers begin to look upward and see, and if we raise any flatters during our life it will be a great happiness to us.

So we conclude our service with Hymn No. 300.

'God is working His purpose out.'

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:

spiritual unfoldment, spiritual development, light within, spiritual path, path of the soul, inspiration, intuition, illumination, enlightenment, life after death, rebirth, spiritual contact, spirit world, guidance, heavenly temple, cause and effect, technology, intellect, charity, poverty, suffering