

# Light and Life

T213 The Inner Teachings 23rd October 1951 St Mary Abbot's Place, London

## Invocation:

Almighty, Eternal Spirit, all-enfolding Love, all Wisdom, all Power; we call upon Thy love, Thy wisdom and Thy power in this hour of communion, spirit with spirit. Thou who art all-good, we worship Thee, we adore Thee. We thank Thee for life and for that love which guides and beautifies life for all Thy children. May these earth brethren receive into their consciousness the beauty, the truth of Thy light, Thy love. Thou, O God, art the almighty power which worketh good in the hearts of all peoples. We pray that Thy kingdom may come on earth, that Thy will may be done in all things and in human life. May the presence of Thy Son, human and divine, be recognised in this service tonight.

Amen.

We speak to you upon the subject of light and life. At each service here you are instructed to send out the light. Some find this difficult because they do not understand the nature of this light, nor how to send it forth. Do not imagine that this service of sending forth the light is an innovation. On the contrary, it is as old as humanity, for in the beginning great souls and angel messengers from God came to the earth, bringing this knowledge to humanity. These God-men taught their younger brethren. They explained that by the goodness of God the light was born, which came to illumine the way of men,\* to reveal the path which would lead them ultimately home to their Creator, to the Great White Light.

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

You have already learned about some of the ceremonies of the past, where the peoples gathered together during the night to perambulate their Lodge—which was a level place set in the midst of mountains. There the ancient brethren paced their vast temple, which lay under the open sky, lit by myriad stars. The light from other planets both seen and unseen fell gently upon this vast gathering. All present understood that they were worshipping under the direction of the angels of the light. As the first streaks of dawn became visible, a great hush fell upon the assembly, a great stillness. Then the first rays of the sun appeared and day was come. All the peoples turned to the light, worshipping, praising, thanking the Great White Spirit for the coming of the new day.

This was a common but ancient ceremony of the peoples. How many today would take time or would make an opportunity to assemble in the early hours to see the sun rise? How many would see in that sunrise the angelic multitudes, the hosts of shining ones gathered to add their blessing to send out the light over the peoples of the earth? But long ago the ancient peoples were taught and understood that they were touching the very heart of life and the secret of power. They knew at that moment they were not only receiving into their being the radiation of the Solar Logos but that they were being strengthened and purified. They breathed in the Light which was actual life-force, the purifier, perfecter and glorifier of life. And this knowledge of the power and the life emanating from the light was handed down through the ages.

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The ancient people inhabited bodies which were different from man's body of today. Perhaps your mental age would consider them primitive. Nevertheless, they were of a finer vibration than the present physical body in the sense that they were more attuned to the forces of nature, the great Mother-God. Also they were more attuned to the spiritual forces behind matter. These simple people, because of their simplicity, were more open to what we call the light.

What does it mean to say that man has the light within him? How does a man who is said to be quickened by the light behave? He behaves as a son of God. According to his understanding he is true to God. The First Principle of life or light means truth. He who has the light within him is true. He is a true man. He must be true because he sees with clear vision. His vision is not distorted, not veiled. He sees truth. Immediately he goes straight for truth. He has gained understanding of truth.

By this we see that light must be truth. Throughout the ages God, it is said, has never left man without a witness. God has sent to mankind through the ages his messengers of truth. So we may find in all races, however primitive, even up to the present time, this doctrine, this teaching concerning the light. We see in men of the Hyperborean ages, or in those who dwelt in the Andes, in Polynesia, in Egypt and in the Far East, and indeed right up to the Christian era this one symbol. The Egyptian temples of Osiris and of Isis were concerned with the light. 'Let the light shine!' was the command given by the High Priest in Egypt. 'Let the fire be lighted!' was the invocation of the High Priest in the Andes. In Atlantis we find the same invocation, 'Let the Light shine!' as the priest of the great Sun Temple opened worship in the temple.

In the temples of Greece the same command was given. Here we find the temple maidens, known as vestal virgins, entrusted with the task of watching the little flame, the light burning upon the altar before the shrines of ancient Greece. They dared not let the light go out, for the penalty was death. Later on we come to the advent of him who is known to be the world saviour—Jesus Christ—Jesus the man, Christ the Solar Logos whose light shone through the man Jesus. He again repeated the ancient wisdom in the words, 'I am the light of the world.'

In the first chapter of St John you are told, 'The light shineth in the darkness and the darkness comprehendeth it not.' Few people stop to meditate and contemplate the beauty contained in this saying. They do not know what Jesus meant. In the beginning of the world God said, 'Let there be light!' and out of the darkness the light shone. The destiny of man, as you all know, is to attain full comprehension and being with the eternal light.

When you dispose of an outworn garment, such as a body of flesh by fire, this means a changing of its atoms, a releasing of the light imprisoned in its darkness. Indeed, what you call death is truly an initiation of either lesser or greater degree, and the culmination comes when the outer garment is committed to the fire and the great light breaks upon the soul. O children of earth, do not, we beg you, do not regard the ceremony, the initiation of death, the passing from the body into immortal life as something to be dreaded! At the right time—and

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according to the law of God when that time comes—the soul goes forth, not to lose its identity but to gain greater consciousness of God and of the eternal light.

Every time the command rings forth on the inner planes, 'Let the light shine!' there is a burst of light. The whole environment is illumined by a spiritual power.

So when once a person understands the nature of this light, when he understands how to receive the radiation of the Solar Logos, the Christ-consciousness within him is stimulated. A person need not be intellectual or clever in order to respond. It requires a very simple, loving individual—that is all. It means that in the degree a human soul endeavours to love, no matter whether it loves another human soul, or whether it loves life, beauty, loves doing good and helping its fellows—whatever form love takes, whether it be love of each day, love of the weather, of flowers, love of everything which comes, or else interest in all the minor things of every day—that emotion, that sincere, true love expressed as goodwill and kindness, is drawing to this soul the radiation of the Solar Logos, the spiritual Sun which animates the physical sun. In this manner the soul becomes quickened by radiation from the Christ. The Christ-consciousness within is stimulated by the blessing that flows into his heart from Christ. This means that the soul who loves fills with light.

For a moment contemplate the face, the appearance, the whole nature of Jesus the Christ. We do not say that there have not been other masters and world teachers who have received in great measure the light of Christ. We hold before your vision the great saviour of Christendom, Jesus Christ. We see in him the divinity of God, the purity and the beauty of the Christ spirit. We see in Jesus the full glory of the Christ love, and the Christ love is light.

For a moment conceive, try to imagine heaven. Create your own idea of what heaven would be like. Some of you may have no idea, so are content to leave it. If you will turn within and contemplate, you will be bound to see or imagine a state of life which is lit by a golden light. You will see in that heavenly state beings, angelic or perhaps human. They will all look to you to be lighted from within. They will radiate light. Why is your heaven suffused with light? What is it that even spirit people who come back in their celestial state appear to the saints who see them as beings of light and glory? Read your Bible. Read the story of the visitation of angels to the prophets and the saints. Even Saint Paul was smitten by a great light and was completely changed. The light within him was released by the rays from heaven. Angels appeared to Peter. They came clothed in great light. Other prophets were sometimes dazzled by the light of the angels. Jesus once took his disciples up into the hilltop. He drew away from them and prayed to his Father God. Then the light shone around him and on either side the two radiant beings appeared. The disciples saw the three in a blaze of heavenly glory.

Do you believe these stories? They were told by honest and true men. These things happened yesterday. They are still happening today, and will always happen, because behind all physical form is this spiritual life which is light. Life is light, and the light is life. For man to have the light within he must love. Look at anyone you know who loves. However small the degree, the love shines through the flesh. You can see the radiation of love on any face. Look

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for it. When someone does not love, he is full of self-pity and shuts down the shutters of his soul. Then he looks dark. The light is subdued, is covered up. Let the light shine! Send forth the light! In other words, go about your business with a loving attitude towards everything, and you will be sending out the light. The light will be shining.

Finally, we would add that the life-force coursing through your veins is the secret of perfect health. Yes, lack of light means lack of certain elements in the bloodstream. This will cause the break-up (or breakdown rather) of the physical body. Jesus knew this secret. He had gained knowledge of how to command the light, to receive the radiation of the Sun of God. He did not need to touch the body of a sick person to send light into that body. He had overcome the limitations of time and space. Remember the miracle of the man who came to Jesus begging that his servant might be healed. Jesus said, 'He is healed already.' He did not have to go to the bedside of the sick man. Through the Christ consciousness within, Jesus expanded his aura and so reached the sick man and infused him with the vibrations of light. He took light into darkness.

You know, light exists even in the substance of the earth. You think of the earth as dead matter, but in the matter of the earth there is light. Scientists have discovered the existence of radium, of unsuspected powerful rays of light which rightly used can give healing.

Light is the life of God. It brings life to the physical body, eternal life to the soul. So the object of man's life is to discover this secret, to use this secret to become a true and perfect light of God, a S-U-N of God. You may think that you have a long way to go? Yes, we have all a long way to go, but we who speak have seen and we know that life is light, and the perfect life is the glory of God.

May God bless you, beloved children, with light and yet more light until you enter into the full consciousness of the Christ, the Son of God, and become perfected in form, in life, and in universal and infinite consciousness of the one true Life and Light.

Amen. Amen. Amen.

Dear ones, be patient! Do not look over your shoulder, do not look back. Look forward. Turn your faces to the light and keep on keeping on trustingly and patiently. You will receive in the degree you give forth love and light. Be encouraged, not disappointed. If anyone here is sad or suffering, may you have a demonstration of the glory of God's love and the power of God's love and light to work miracles in your body and in your material life. It is the law. God has so created His sons and daughters that they must themselves release the light before it can act in them and in their circumstances and in their material conditions.

Look to the light. The light shall overcome all darkness and set you free. Freedom means peace of soul, happiness, joy abounding and abundance of all needful things. Yes, man is approaching the time when he will be able to command for the good of all men the action of the light in matter.

Benediction:

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Almighty God, we thank Thee with all our hearts and soul and mind for the blessing of the light, for the blessing of Thy Sun and for the Christ consciousness which Thou hast given to every one of Thy children. O Lord, may Thy blessing be received by each one present that they may go their way in peace, peace, peace.

Amen.

At the close of the meeting Minesta said:

White Eagle says I am to tell you that in the days when we were in an Indian body we used to do all our planting of seeds with the light. We directed the light into the earth, and when mankind learns to plant its seeds with light, the power of light, there will be very much finer crops. We blessed the roots and the seeds with the light of the Great White Spirit before they were planted. This was not only an Indian ceremony. White Eagle says that many early races did this. It was the manure they used.

