

Guides and Teachers

T187 The Inner Teachings 5th October 1948 St Mary Abbots Place, London

Invocation:

Let us pray to the Great White Spirit. We bow our heads in praise and thanksgiving and we humbly pray that there may be the blessing of a great spiritual light upon this gathering. O God, we do not pray for ourselves alone, but seek the glorification of Thy life in the flesh. We seek to become channels for Thy light and Thy life. May Thy blessing be upon our endeavours.

Amen.

Brethren, we bring our love to every one of you here. We are going to talk, if we may, on the subject of guides and teachers. Many of you already accept the truth that there are hosts of unseen heavenly beings who come close to influence man* and to influence the spiritual evolution of humanity as a whole. Many people like to feel independent and that all they do, all they have accomplished is through their own power. We can understand people feeling like this and rejecting the idea that they are being helped by some unseen brother or sister.

*[*For editorial policy on gender issues see the introduction.]*

Nevertheless one of the important lessons the soul has to learn is that of humility. The wise man knows that only God is good and only God is great. The wise man recognises that he himself is nothing and that all the power which comes into his being originates from God. Once the man admits this truth he begins to look upwards. Then as he looks about him he feels the first glimmerings of light—not in his mind only (usually the mind is the last to be affected) but in his heart. He realises the age-old and eternal brotherhood of all living things, and then the brotherhood with his own kind, and when a soul experiences this pulsation of the true brotherhood he rises into perfect happiness, light and joy. We know of no greater thrill of happiness than the feeling of the beating of the heart of a brother with our own, within our own heart. It is something which you may not yet have experienced but it will come to every child of light, and we think you will agree that it is the unrealised aspiration of every soul, this experience of brotherhood and perfect communion spirit with spirit.

As we were saying, the important lesson that all have to learn while in the flesh is that of humility. Many souls who come over to the spirit side of life having failed to learn some degree of humility are often directed to the earth plane to help some unknown soul. They give of their gifts to that soul without hope or thought of recognition. Remember this fact. Think often of the unknown, unseen helpers that you have about you, for many folk remain quite unaware of the help which they are receiving. Many people (as already said) are inclined to take unto themselves all the credit for their accomplishments.

It is true that it is God's power that works in the hearts, in the souls of men and women. We recognise that all spiritual power originates from God, the absolute Source of all life, truth and beauty; but God manifests through His creation. He manifests through His own children, who wear forms created out of His substance. As God manifests, these creatures are drawn together in brotherhood to serve one another. As they are continually being served by God, so they are also instruments of God and serve one another. So we would have you conceive the

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spiritual realms as spheres of life, of form, of beauty reaching from earth to the highest heights of heaven. Even the highest heights can be contacted from the earth. Spiritual beings can descend through the planes or make a link through some harmonious channel until they contact little man on the physical plane. The humblest child of God is not without his guardian angel. The chakras of your etheric body are the windows or channels through which these guides and helpers make their contact. Man in his arrogance can close the door and consider that of himself he has the whole power and everything depends upon his own efforts.

In a sense everything does depend on man's own effort. It is vitally important for every soul to make its own effort and aspire. According to the degree of that effort, man is helped onward and upward by his guide and teacher. It is not good complacently to leave all the work to your guide, which is a mistake many people make. It is man's duty to do the best he can. According to his physical equipment he ought to perfect the gifts which God has given him, using his own effort but remembering that however perfect he makes his brain and however much knowledge he acquires, he is only an instrument; for until he learns the magical secret of connecting himself with the spiritual current, he will remain empty. As soon as he can make his connection he opens the window of his soul. As he does this, or in other words as he spiritually unfolds his powers, he is able to see and to feel the presence of those guiding him from the higher planes. Every one of you here has your own guide and angel helpers, and the man in the street, whether he accepts it or not, whether he will or not, still has his guardian angel.

We would like to try to convey the nature of these guides. As the study of astrology reveals, you have certain planetary influences working upon you. In other words, there are planetary angels whose work it is to help the human line of evolution to develop. There are also human initiates walking the spiritual path, and beyond the human are the solar initiates. These beings from afar draw near, simple as you are, to help you. They also have agents, shall we say lesser brethren, who work under their direction. Each of these beings forms a link in a chain that extends from the highest planes right down to the earth.

We would divide guides into two categories: first, those guides who are entirely human, having traversed the human line of evolution and who are still connected with man by reason of his karma and his past lives, and second, the other helpers who are angels, that is those who have *not* traversed the human path of spiritual evolution.

At the time of a man's birth, and even before the actual birth of the babe, the guardian angel is at work. When the soul takes the decision to reincarnate that soul comes under the care of the guardian angel. As it draws nearer to its future parents the way is prepared spiritually. Some may not agree with this but it does not matter. The guardian angel is concerned with the formation of the physical body. At every human birth the guardian angel is present, as is also the presence-form of the Divine Mother. That guardian angel remains with the soul during the whole of its life, and when the soul passes onward the guardian angel receives the soul in the spirit world. The guardian angel works under the direction of the Lords of Karma, because the soul in its charge has come back in order to pay its karmic debts and thereby to

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learn certain lessons. The guardian angel is there to inspire, guide and help but never to force the soul. No guide, whether human or angelic, may do this. The soul, having freewill, may decide its own course within limits. Man's gift of freewill is always respected. The soul must choose, but at the same time you get this helpful influence.

We want to emphasise the nature of this helpful influence. Even if such influences appear to the recipient to be what you would call evil, we would point out that what is called evil is not always evil, but the treading of a path decided upon long ago through the soul's freewill. On that path the soul learns lessons. It is going through a process of education. The wise man knows that enemies and friends alike are his teachers. So influences called evil, when viewed in the right light, are not evil, but are the means used by the All-Wise to enable you to learn your lessons.

Man has lived very much longer than you dream. In the process of that long chain of incarnations you have created for yourselves certain soul-conditions. By man's habits, thoughts and actions he draws influences to himself, creates etheric forms, and sometimes thought forms. He also creates elementals. This was particularly so in ages past when occult practices were used to gain domination over others, by what you know as black magic. Many of the things done today could be catalogued under that same heading, a fact that would shock many people did they but realise it. Elementals can be created by the misuse of divine magic. Such forms sometimes live for a very long time and will cling to the soul and can only be dissolved by the effort of the soul towards God, towards goodness, purity, and love. As the soul makes such an effort to live the brotherly life, it will absorb or dissolve these forms which it has created in the past, and the karma is worked out.

You will wonder why, when we are supposed to be talking about guides, we wander into this theme. The reason is that you also make links during physical life with other souls and in later lives these souls will be drawn to you as a magnet will draw steel. They will come to serve you. Since all men are your teachers, so in this sense all the invisible beings are also your teachers. Those whom you draw to you are your teachers. We grant that some of the lessons are painful. Nevertheless, in the degree that a lesson does good, it equips you with knowledge, with understanding, with discernment. All influences are good if you recognise that their purpose with you is to enlarge your consciousness, to develop your soul and to enable the light of God to come in greater volume into your being.

People will ask, 'Who is my guide? I have had a number of spirits described to me. I do not know which one of these is my guide.' There are many helpers. A helper may be brought by the Lords of Karma to help you through a certain stage of your journey. It may be that you have asked for help, for who has not cried out in anguish, 'O God, help me!?' God hears your prayer; the Lords of Karma are ever watchful; your guardian angel is on duty, and there are other souls in the spirit world and on the astral plane who may also desire to work out a debt they owe you from the past. That soul may say, 'Let me go to his help,' and he will come and work for your good, give you guidance and protection as you are climbing the difficult path. His work completed, he will go back again to his own sphere in the spirit. We have known many cases where a young life has needed just a little help, a little strength to undergo an

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ordeal—perhaps an examination in the pursuit of certain technical, musical or artistic knowledge. Someone who has previously gained that knowledge will be drawn to the student. Such help of the guide will be selfless. Any praise or any glory and honour gained will be for the child of earth, not for the one behind the veil who will have given selflessly.

So you see the uses of this plan? The child of earth is helped by the guide, and the guide is also helped because the guide feels intense joy in the brotherly love felt towards the one he has helped.

Another question that you will ask is: Have we more than one guide? Yes, you have many helpers. When we speak of guides very often we mean helpers. You have many helpers during life who come from time to time to assist you through some particular period, but you have only one particular teacher and guide, who may be attached to you through a number of lives. This spiritual teacher contacts you at a much higher level than the helpers, who are so often described as guides. You receive his or her guidance through your conscience, or the voice of your higher self, sometimes called the voice of God. That still, small voice within can become very strong. It can become for you the voice of your spiritual teacher contacting you on the highest level of your earthly consciousness—or the highest level that you can attain whilst imprisoned in the flesh. All that is lovely and pure and true will come through from your higher self, and that is the level on which your spiritual teacher works.

So you may have many helpers but one spiritual teacher who has you in his or her care. Your spiritual teacher is very lovely to look upon. We can say no more.

You have also your guardian angel, who is in a sense responsible for your life, your wellbeing, for your karma and for your reaction to your karmic debts.

The earthly mind decides that ‘East is East and West is West and never the twain shall meet’. You cannot admit that state of things in spiritual outworking. The spiritual law adjusts itself according to the need. When a river comes to an obstacle it goes round it. This gives you an idea of what we mean. The spiritual law always works harmoniously, adjusting itself to conditions but not according to man’s methods. It is a true saying that all things work together for good for those who love God. When the soul is attuned to the divine spirit, when the soul is aspiring and loving, all will go well. When the soul is rebellious and arrogant and rushes forward impetuously, it suffers pain. The soul may call this pain evil, but when it has seen the light it says, ‘Why was I so foolish?’ and resigns itself to the wisdom of God’s direction. Then the soul knows harmony and peace.

So we come to the same old lesson—surrender. ‘Not my will but Thy will.’ There is this great need for the soul to surrender to the will of God or to the divine plan. Man certainly helps to make that plan by his own free will and must build upon the plan which he has had a hand in making. But God is all-wise and all-loving. God holds the supreme plan and labours upon it until the perfect structure in the heavens is built.

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It is a true saying that all comes right in the end. Everything does come right. Do not fear, my dear ones. You can experience all manner of things in life and still be very happy. It is all a question of how you accept the way things have to go. If you surrender to the will of God you will find inward happiness, unbelievable joy. You will find that you will have the most wonderful happenings in your life, which will cause you to say, 'It must have been my guide who did that'. You will always get help, this wonderful, kind, gentle help from those who are invisible. They are always ready. They love to do some little thing that will bring blessing, bring you compensation. Although you may be learning lessons from hard knocks, you are receiving also compensation in the service and the help from your invisible companions.

Q. Does one keep the same guide in different incarnations or is it a different guide for each separate incarnation?

A. You will possibly keep the same *spiritual teacher* through a number of incarnations. We know of a case where the soul has had the same spiritual teacher through many, many incarnations. We know also that that same soul has known that spiritual teacher actually in incarnation. Then the relationship was that of teacher and pupil. What we told you does not necessarily apply to everyone. There is sometimes a pact made between the spiritual teacher and the pupil in the heavenly spheres. The two will draw close and the teacher say, 'My son, my daughter, you must return to earth now, I will be with you'. That teacher remains the spiritual teacher and guide of his pupil throughout that incarnation, and may continue to do so for many incarnations.

Q. Is it advisable to get into contact with one's guide?

A. It depends upon *how* you try to get into contact. It is not advisable to open the channel indiscriminately. Go into your inner sanctuary and ask your guide mentally or in your soul, 'If it is good for me, good for others, that I should know you in full consciousness in this earthly life, will you make the effort to bring this knowledge to me?' If done thus, you may be sure that your guide will take the opportunity when it comes to make himself or herself known. In your innermost being, by your aspiration, and by development of a selfless spiritual consciousness, you will find you will meet your guide and teacher. In a remarkable way the guide will be made known to you. The great thing is to go quietly, humbly, trustingly. You will get the demonstration you seek most surely. There is someone with me now who is saying, "Tell them, 'To thine own self be true'". This is the secret. Be true to the highest that is within you, true to the spirit of brotherhood and love.

Q. What is the position of the healing guide?

A. The healing guide comes to help you in your work of healing. The healing guide is one who is working or developing on the healing ray under the direction of the master at its head. Such a one we would prefer to call a helper. Helpers usually work in groups. The healing guide would probably give a name to help you to make contact. More than likely it is a group. What does one of your poets say? 'A rose by any other

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name would smell as sweet.' A name is just a peg. You will say, 'Isn't there such a person?' Oh yes, but that person is not interested in himself. He is nothing very much. He is only just something that you on earth can shake hands with.

Would that we could convey to you a picture of your helpers and your guides! If the veil could be drawn aside, you would indeed feel happy and thankful that by the power of God, through the will of God, these spiritual brothers come close to help you on your upward climb. We beg you to believe. Try to feel the comfort of their warm handclasp, their hand upon your shoulder, their understanding. Your own spiritual teacher and guide knows every aspiration and every difficulty that you endure, and that guide loves you more than you can love yourself. That guide is with you to help you in every way he or she possibly can. You are comrades and that guide often smoothes your path. You have all had demonstrations of miraculous guidance and help. They may be little things perhaps but you know that they could not have happened in any other way but by spiritual help. The law of karma is exact, just, perfect and true, but remember that God is a God of mercy as well as justice and God has a way, through His ministers of light, of smoothing the rough corners. God's love blesses and helps you. There is the law of dharma as well as that of karma, the law of opportunity, the law of love. We emphasise that side as well as the other, so that the heart of man can rejoice in the unflinching love and care of the great Father-Mother of all mankind.

Benediction:

Let us thank our God for His wondrous provision for our happiness. We receive Thy blessing at this moment of time. O beloved Father-Mother God, we thank Thee for Thy love and for the beauty of Thy laws. May we all become greater channels for Thy life and light. May Thy light shine through all men so that all may realise the happiness that Thou hast ordained for Thy children on earth.

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:

Soul growth, simplicity, acceptance