

## The Mind in the Heart (or Reincarnation)

T291 The Inner Teachings 23rd October 1940 Edinburgh

*[Although the last teaching chronologically is no. T 290, this teaching had to be given the number T 291 for technical reasons. Chronologically, it comes between T 114 and T 115.]*

### Invocation:

To the Most High Lord God, Father and Mother of all, the golden Heart of Life, in whose rays we live and have our being; we kneel before Thee with earnest prayer that our hearts may be quickened by Thy Holy Spirit, and that we may learn to become sons and daughters of Thine. We pray that the consciousness of Thy pure and holy life may come to us, and in Thy name we raise our vision to meet the coming of Thy heavenly hosts, our elder brethren and teachers, and of all those radiant and beloved spirits in the higher worlds. And may Thy blessing be upon this great company so that all may meet and learn from Thy wisdom.

Amen.

Try to imagine that you are not seated in a small upper room in a big city; try to visualise a great white hall and the golden rays of wisdom pouring through the canopy of heaven upon you. You are a few within a multitude, a grand company of souls, human and angelic. White Eagle is merely the instrument in this spirit world, and not of himself does he speak. The golden light of wisdom can pour through the heart of any son or daughter of God, and all are His sons and daughters.

Here in this company, in your own home, within your inner sanctuary, you may be both listener and teacher. This is a profound inner truth—that you can both listen and teach. Even a master can be both master and pupil, and because he can realise that he is ever a pupil, he attains to mastership. Whoever may listen, they are a pupil listening to the master, but the master's teaching comes through your heart, the mind of your heart (or the brain of your heart) and not through the mind of the head. You will understand this better when you ponder the words of Jesus: 'Except ye ... become as little children, ye shall not enter into the kingdom of heaven.'\* To become a little child means that there must be a transference from thinking in the brain to feeling and intuition in the heart centre. Then the little child, the spirit of humility in your heart, will listen, and it will also teach the mind in the head. Did not Isaiah say, 'A little child shall lead them'?\*\* All such sayings, whilst they can apply to the outer world and to happenings on the outer plane, have an esoteric meaning—they come from within and radiate to the without. So from within the heart the truth can radiate and manifest in simple childlike kindness and love on the physical plane of life. Thus a little child shall lead them—Christ, the child which resides in the centre of the heart—the heart centre, which is the centre of your universe.

*[\*Matthew 18 : 3]*

*[\*\*Isaiah 11 : 6]*

In other words you think in the ordinary way with your mind operating through the brain. The brain is a wonderful organism and is not only physical but has also an etheric counterpart. Normally you think with your brain, even now as I speak it is your head centre or your brain interpreting our words. You are thinking with your brain. Many people make the mistake of

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accepting the brain as the only reliable receiving station for truth. The head centre can play an important part in the spiritual development of man, but there is also a mind or brain in the heart centre. The heart is a very wonderful organ, [with] many more aspects than medical science has discovered. It has an etheric counterpart which plays an important part in the birth, growth, life and death of the physical body. We do not mean exactly the heart which appears to be placed slightly towards the left of the body, but the heart centre, that is the spiritual counterpart of the physical heart which is right in the centre of the breast. Some call this centre—or its physical counterpart—the thymus centre or gland, much as in the head centre we have the pineal and pituitary glands. In the spiritual development then, whilst the head plays a part in the early days when man\* is beginning to become aware of spiritual worlds around him and the spiritual life, the man at that stage can only know through his mind. Later on when he contacts the heavenly light, a change takes place and the mind of the heart begins to function.

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

To explain it yet another way: there are many brilliant men, great students with knowledge and wonderful mental apparatus, able to express themselves through speech and pen without a flaw, but within the heart they know nothing. The heart within is like a stone. Not that they are necessarily unkind or cruel. The heart within a brilliant intellectualist is sometimes like a dead thing which has never been awakened; this you recognize when great human sorrow touches that man and he is impotent. Nothing can give him the answer to life's problems. The intellect, when it comes to the major experiences of life—birth, sickness, joy, life, death—the mind cannot explain or answer anything. The heart is like the castle in the fairy story, all overgrown with vines and ivy and undergrowth. Within the castle the beautiful princess sleeps through the centuries until the prince of love breaks in, kisses her, and brings her back to life. Such old stories are full of profound mystical and occult teaching.

When does the mind in the heart commence to function then? Only when the soul of man commences to be—to be instead of the mind to think. Yet the mental man knows everything, he can explain theology, grasp all the religions of the past and present and yet they are empty; they mean nothing unless the mind of the heart is functioning. The learning gleaned from books and facts must be enriched by human kindness. To become part of the great universe of God that heart centre has to grow, to radiate affection, to burn as a great fire in the individual soul. The soul has to live not for itself and its own glorification, but to serve and minister to men, healing the sick and comforting the sorrowful, feeding the hungry. A man's religion must express itself in practical service on earth, then the heart mind is functioning.

Every man is a universe in himself—how wonderful—none yet comprehend. The individual, the microcosm, is a universe and the centre or the sun of that universe is the heart not the head. As the sun is the central point for your solar system, so your heart is the centre of your universe. As the sun works in conjunction with the seven planets, so the heart is receiving (in its several sections) the rays, or the influence, of the self-same planets which cast their rays upon the earth. Some astrologers say that the heart is ruled by the sun. The spiritual counterpart of the physical sun is the Christ Light; when that also is awakened in the heart,

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the heart-mind commences to function. The physical sun rules the physical heavens and Christ rules through the sun, or the heart of man, the destiny of humanity and of the earth. As the R.W.M. in any masonic lodge\* rules the head, so the master in the heart must rule the lodge (or the temple of man's being). If the master is not strong enough to control his lodge, if there are ruffians who overpower the master, then there is chaos, sickness, unhappiness, darkness. The light has gone out and in the lodge there is no joy, no happiness, no wisdom and no beauty. The master within must rule the lodge of the human heart, controlling every limb and every organ. Then there will be perfect harmony, perfect health. Will you remember?

*[\*White Eagle regularly refers to masonry as a form of higher universal truth or teaching, with no specific reference to the freemasonry of today. Here R.W.M. stands for Right Worshipful Master, the senior officer of a masonic lodge.]*

There is a true saying that as a man thinketh in his heart so is he. For as a man thinketh he becomes. If the heart be cold and dead then the man is lifeless, has no animation, no warmth, no radiance. As a man thinketh in his heart so he is.

Link up with the truth of reincarnation, which many cannot accept. We do not wish to enforce our opinion on anyone, but reincarnation, like life and death, is a law, and whether you believe it or not makes no difference. But we do recognize that man has free will and is not withdrawn from heaven and cast back into fleshly life willy-nilly. So long as a man declares 'I do not want to go back to earth' the answer comes 'Well, my child, rest, there is no hurry, no hurry.' God does not hurry. All is a question of evolution, and when you have reached that understanding where you can choose and decide for yourself, you will so long to get back into harness that the question will be 'How soon can I go?'

The soul unawakened to spiritual truth is caught up in the rhythm of life and passes through various lives and cycles of life until it attains a state of consciousness where God says 'Now you have attained so much you can see your path, your guide will be near you watching your steps and ready to help but will not interfere with your will. Your will is yours for the purpose of enabling the consciousness of God to grow and function within you, and so you may use your will and choose your path. You may say to us 'But, White Eagle, I cannot come back again to earth and all its suffering—once is quite enough!' We might also query, 'Why *should* we come back into the fog and mists and darkness of the earth plane when we might remain in heaven, the glory of son-ship.' We know how beautiful is heaven, and we want to tell you, to try to help you in your daily life to solve your difficulties. We can see perhaps a little clearer than you, [and] may be able to help. Because of this we come; because of this it is a joy to come and unless we come we can find no peace in heaven because we cannot enjoy peace knowing that humanity is suffering and needing the little help and the balm our presence might bring.

In the same way many of you have come back into incarnation; you have come back not to enjoy yourself but because you want to help humanity, not necessarily by going to meetings or doing good works, but because your very presence in life can be a joy and comfort to those

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about you, to the family into which you are born, and to the family of which you are the parent. You can serve not by scattering your energies and forces but best by being a son of God and giving warmth and light to help every flower bloom its best in the particular patch or garden in which you find yourself. It is this becoming aware, or being light, or God within, or Christ within, that will restore understanding, bring back memories of past lives, but not through the head centre. Such memories well up through the mind of the heart. Within the heart centre lies the seed atom, deposited by past incarnations. That seed contains memories of past lives—past failures, past triumphs, even past characteristics which have become part of the soul. For the soul is like a temple and its memories are eternal—a Solomon's temple.

In the heart-mind lies the seed of all that has passed, and all that you are accumulating today in your physical, astral, mental, and celestial bodies—the whole seven bodies of man's being—all that, if you do reincarnate, will be stored away in your heart-mind where lies the memory of the past. All that you do today which has left so deep and lasting an effect upon your soul will be living in you tomorrow in your next life. From the mind in the heart comes this cosmic wisdom and memory of the far past. These memories are also linked with the planetary influences, but this is too wide a subject for me tonight, but planetary influences directed upon the present incarnation have their roots in the past and are linked up with that wonderful mind of the heart.

You will understand from this talk how important it is to cultivate meditation. This does not mean to sit for hours and hours and meditate upon oneself but rather to meditate as you go about the world, not letting this head brain be always uppermost, but sometimes in the country when walking through the lanes, endeavour to become in tune with the eternal life behind the manifestation of trees and flowers; meditate upon the grandeur and glory of God's universe so that the heart becomes active. So live that you are not always thinking of foolish and trivial things; do not fill the mind of the head with a lot of trash but let it be usefully engaged. When you sit at home quietly, let your heart meditate upon beautiful and joyous and helpful things. How can I best serve my brother man? By understanding him, by helping him, by being kind and thoughtful, by being on the lookout for little ways in which I can be courteous and kindly. This mind in the heart must become active, glorifying God. God, my Father, glorify Thyself in me! Amen.

Q. When Jesus said 'It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of heaven,' I suppose he was referring to the man rich in intellectual knowledge, of which you have spoken.

A. There are many answers to these questions. Your answer is a true one. It is unfortunate to become a spiritual snob. When a man is rich in material things he grows greedy and selfish, proud and arrogant. If a man accumulates a lot of spiritual and religious teachings and becomes puffed up with pride and arrogance he cannot find the kingdom. Only one who is very small—a little child—can enter.

Q. I have heard that Jesus drew his simile 'The eye of a needle' from a gate in Jerusalem which was very narrow and called the Needle Gate.

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A. Yes—I know—the narrow gate—the narrow way. When a soul sees even a glimmer of the glory of God it becomes humbled. Great men are always humble and simple; they never think they are great.

Q. Is reincarnation necessary in every case?

A. When a soul has evolved it is shown several paths from which it may choose: one such path is reincarnation, but it may choose a different form of service—perhaps as a guide and helper and possibly a third path will be the opportunity to work with the angels, but reincarnation is often chosen by the evolving soul. Up to that point, reincarnation is necessary, because the soul, being as a babe, or a very young child, is incapable of using its will and selecting for itself the wisest or the best path.

Q. Is it not a fact that some teachers do not teach about reincarnation because the people are not ready for it?

A. That has been so, and of course one recognizes the law of the Lodge of the Ancient Mysteries which says ‘Cast not pearls before swine.’

### Benediction:

O Father God, Father of Love, Wisdom, and Power, we receive into our hearts the eternal blessing of Thy Peace, Thy Love. And unto Thee we render all praise and thanksgiving for our creation and preservation and all the beauty of life.

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:*

*Choice, freewill, simplicity, nervous system, chakra, astrology, thought power, nature, natural world*