T199 The Inner Teachings 21st February 1950 St Mary Abbots Place, London

### Invocation:

Let us pray. Almighty Spirit, Source of all life, Thy children seek Thy blessing. Thy children seek knowledge, understanding, and above all they seek love in their hearts. Eternal and all-enfolding Spirit, speak to Thy children according to Thy will. Thou alone knowest the limitations of the human life. Thou wilt give to Thy children the opportunity they seek. So mote it be!

Amen.

Beloved, beloved brethren, we greet you with joy. We thank you for coming to hear our message. We would first of all ask you to lay aside the shadow and limitations of the outer life and try to realise that the only thing that separates you from the world of spirit is your mind. You will have to banish all limitations of the lower mind and to seek, as the Lord Jesus said, the kingdom of God. To do this we all have to become as simple as young children. This of course arouses conflict in the mind because man has a strong sense of his power and importance, having yet to learn that God is omnipotent, omniscient, omnipresent.

We propose to speak for a short time on miracles. You have read about the miracles which the Lord Jesus performed, and have also read of miracles performed by other initiates. You will probably agree with us that you yourselves have experienced certain happenings that can only be described as miraculous. Truly miracles happen today, for 'as it was in the beginning, is now and ever shall be'. Such so-called miracles are manifestations of the power of the Light. When you understand how the Light controls and works through darkness, you will then understand occurrences which worldly or materially-minded people might call miracles if they believed in such things. As it is, since they cannot explain them, they try to dispel the idea. The task of a messenger from the spirit world is to try to convey to the human mind how miracles happen.

This is going to be very hard, you will agree; but maybe we can say something that will enable you to get some comprehension of how the miracles of the master Jesus, as well as the miracles recorded in the Old Testament, were performed. You will also read of similar miracles recorded in the Vedic Scriptures and in other great writings of the past. Always these manifestations of the miraculous have taken place throughout the history of humanity.

The reason is that when the initiate passes beyond the limitations of matter he becomes free to manifest through all the ethers and the elements of earth, air, fire and water, and so on. We draw your attention to a miracle recorded in the Old Testament of three prophets who were seen walking through the fire.\* In these days also we have firewalkers, men of the East who can walk on red or white hot ashes without any burning of their flesh. The materialist says this is due to some trick. A better informed man says it is a question of mind over matter or self-hypnotism, and so on. The fact remains that the miracle of walking on hot ashes, of handling hot ashes and walking through fire as recorded in the Old Testament is still happening. These things are true, and the reason we give in passing, before we come to a deeper explanation, is that the soul of the—shall we call him the operator—has attained a

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degree of mastery over the physical atoms of his body, and thus is able so to transmute or raise these atoms that they become impervious to fire or heat, or the resulting injury.

The same applies to the walking upon water that Jesus demonstrated. Not only did he walk upon the water, but he was able to raise the vibration of the body of his disciple so that he also walked on the water. You will remember that immediately the faith of the disciple wavered, he commenced to sink, and called out to his Master to save him; which immediately he did.

Our point is this—that the Master had reached that degree of spiritual realisation where he could see his body not as a heavy, solid mass (as you all regard or see your physical bodies) but held in his mind a conception of his body as being composed of light. He saw his body as an essence of light, and because his mind was resolutely holding this thought his body became light. This means that all the heaviness of the lower atoms had departed and the body was so lightened that it did not sink into the water.

Similar incidents are recorded by those who have seen such miracles in the East and in the West, and indeed all over your planet. In the East the initiate has been transported from one place to another. We know that such a phenomenon has also taken place even in the City of London. Some of you may have come across such records; others may not, but we think you will find it a well-established case of a person being removed from one part of London to another while in the body. Some of the eastern adepts have been transported in this manner for hundreds and indeed thousands of miles. You may find this difficult to understand with your material minds, but once you open your consciousness to those higher realms of life you will quite simply comprehend the law that enables the initiate to remove his body where he will.

The physical body has also power to pass through matter, as was demonstrated by the Lord Jesus the Christ when he appeared through a locked door. Please do not think that by speaking of miracles performed by other adepts we in any way depreciate the wonder of the Lord Jesus the Christ. Not at all. He himself said, 'What I do, ye shall do also.' He came to teach the world the same truth that we are so inadequately trying to give to you tonight. What the glory of the sun shining through the Lord Jesus accomplished through him will in due course be done through all God's children, when they have fulfilled the demands of the law that enables so-called miracles to take place.

Let us digress for a moment and come back to a more scientific basis. We have to put this to you in very simple language. Life consists of two aspects—the positive and the negative, light and darkness, good and evil, and so on. These two aspects of matter and spirit—these two forces are in a way antagonistic. You all react to the pull of these two forces. Your heart, your true self, your spirit longs for truth, and will accept as a little child the truth of life after death. You feel that your contact with the spirit world is true. You do not know why it is true. Your heart feels that it is true. But there is another part of you that is of the Earth, which is darkness. The Earth is also dark and that darkness pulls you down, so although you believe

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tonight and feel in your soul these things to be true, tomorrow morning with the pull of the Earth you will be firmly anchored in the disbelief of matter.

The purpose of life on this Earth planet is that spirit, *your* spirit, will shine within the darkness. 'Your spirit', which is the light that was in the beginning, means that in the beginning of your existence you were light, and the light shone in the darkness, which is your dense body or the earth, and the earth comprehended it not. You are all familiar with this teaching, but you think of these things as happening many, many years ago. You do not think of them as applying to yourself. You do not understand that in essence you are light, and that in the beginning you were light until you entered the physical body, or that that physical body and particularly the physical or what some people call the mortal mind does not comprehend the light. Now you are here to use physical matter and not allow it to dominate you. You are here, you are light, and you have to shine out through the darkness. You have to use your physical life and raise it to transmute the heavy atoms of the physical body. Miracles happen when the spirit has gained such power of control over the body. The spirit becomes so strong in its manipulation of the physical atoms that it can use any of the elements at will.

This is done not only by mind or the earthly thinking, but the mind of God. It is done by that pure spiritual consciousness which is all love, which is the spirit. This is the Christ spirit, the Christ who is the Son of life. 'I AM the life. I AM the light of the world.' Jesus spoke these words, but it was not Jesus the man but Christ the Son saying, 'I AM the way, the truth and the life. I AM the light of the world.' In the beginning was the Word and the Word was with God and the Word was God. And God said, 'Let there be light'. Light is life. Light is the beginning of creation. Light is the foundation of all things. If you could see your own physical body with the mind of your spirit you would not see it as a dense heavy clod. You would see it as a form composed of clear light.

Man\* has got to realise this. He will be helped in due time by the scientist because science is now conducting experiments. We do not know whether you have come across reports made by your leading scientists. If you have, you will know that they have not only concluded that there is no solidity in matter—which we think is quite an old idea—but almost have settled that material things do not actually exist—that they are really what the Easterner calls maya—illusion. When the physical atom is examined by the eye of the spirit, it will be seen that it contains not merely electrons and protons. Around the protons will be seen particles of light. It is growing plain that within the physical, the material atom, the light shines and without that light there would be no atom. It would be gone, disintegrated.

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

In far-off days – yet again we would say not 'far-off' because in the realm of the super-physical you overcome time. There is no time as you think of time in your material mind. We are speaking of Atlantis and other great lands that have now disappeared, in their old form at all events. In the days of Atlantis when civilisation reached an apex, the Atlanteans possessed knowledge of atomic energy. You are just on the fringe of very great discoveries in this field of research, but it is no new thing. Humanity has arrived at this

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knowledge before. Man will be able to harness and use for the good of mankind the light within the atom, which is energy, which is life. We would emphasise again the great need for all of you, whose attention has been arrested by the claims of the spiritual aspirant and the spiritual investigator, to realise that the light exists within you, in your physical body. This light can be increased and harnessed by you for service, by your spiritual mind, by your aspiration.

We want to touch here on the value of meditation. Some of you are making gallant efforts to meditate. Some of you come up against your material mind that says to you (mischievous little imp!), 'Imagination! Do not take any notice. It is all rubbish!' That little imp is an earth elemental, and does not want you to discover these secrets. These secrets of life, of creation and of light, are not to be unearthed through attending lectures or by reading books. True, you can listen to what we have to say, but what you have to do is to work. Adam must labour for his bread\* but also for his spiritual fare, his spiritual joy and happiness. That is perhaps why maya or the illusion of matter, which is the other end of the magnetic pole, exists, because it really has to urge you, to stimulate you to work for your living, no matter whether it be bread-and-butter or spiritual realisation.

In meditation, then, you sit. Your unruly mind will prove awkward—we know it—and as the sages tell you, you can perform many, many things much more easily than you can control that mind of the body. The brain seems to go at such a rate that you cannot quieten it down. Nevertheless you should persevere. There are some, we know, who are not yet ready to pursue the path. In this case do not force yourself but try to remember our words—that the way to unlock the door of the kingdom, the heavenly mysteries, is by the way of meditation and love, and not by meditation alone but by living in a simple, loving, brotherly way, being loving towards all creatures, being loving even about the weather when it disciplines you. Those who speak crossly are resentful and thereby set up cross-vibrations, inharmony, in the body. The wiser thing to do is to recognise that the weather is good for some things, whatever it is. So live to love and serve your brother man in whatever field of service you find yourself. It is not everyone who can minister at an altar or before a congregation, and even this has its hardships and difficulties, as have other tasks. It is no easy matter for any man to work hard, especially if the work be unpleasant or uncongenial.

The thing is for the spirit to remain unaffected by the challenge—that is the word we will use—the challenge of matter, of the lower life. Strive to respond to beauty and strive to feel love towards life. Let your heart be always in tune with the Infinite Love. If you can live in this manner, you will be living your meditation. You will be continually meditating upon that love which is the light that we are talking about. To follow that light is the way to freedom from all limitations of the flesh. This is how the masters perform their miracles. They become saintlike in life. They dwell continually upon the thought of God, the purity of God, the love of God. They live in it. They absorb it. It comes to them and it goes from them. They become illumined. A saint is recognised by his aura and the illumination of his body. You will know that a saint's body becomes so pure that it does not decay. Even that signifies only a degree of spiritual attainment if later development does not follow. The body will not only retain its purity and its perfection, but will rise into the air and disappear from mortal sight. You know

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that what we tell you is true because the master Jesus demonstrated this fact, as others have done before and since. You have the record in your Bible of Elijah, who was caught up in the chariot of fire. His body became so raised and its atoms so full of light that he went up in his chariot of fire and was illumined.

The eventual result of man's life upon this plane will be that after repeated incarnations and trials in a state of darkness, man will eventually come into a state of light. As he enters into light, his whole body will become a body of light. He will not die and his body will not decay as it does today. It will just be transported from one state into another state, which is light and spiritual loveliness. When the body dies, the atoms decay. This follows because the theory, the truth of the light-composition of the body is not followed. The pull of the earth is such that the spirit in time is forced to withdraw from the body. It goes to a state of rest. Later it has another try.

So, my dear ones, we have tried to give you a simple explanation of how so-called miracles take place. They come about by reason of the development of this inner light, the light which is not only something beautiful in your heart but a reality which permeates the very flesh which clothes your soul. It indwells the very substance of physical matter, and the initiate learns to control matter through this increasing realisation. The very first symbol that you were told about in your recent astrological lecture was the symbol of the sun. Within that circle representing the sun is placed the symbol of matter—man. That is the earliest symbol representing your life. The sun—the beginning of light—then matter; but the light has to shine through matter and use it, control it, glorify it. You have to glorify your Father which is in heaven. You may think this is beyond you at present. It may be so, but it is your eventual goal. You may try to seek relief from the hardships of your life but you must not seek to escape from life except to make a stronger contact with God. Let God's light so suffuse your being that you are raised from darkness to light, from earth to heaven.

There are many saints, initiates and masters who still operate in a physical body—not such a heavy body as yours perhaps, but nevertheless a body. If you do what you can to purify your own physical atoms by right thinking, right speech, right action, right living, judging no man for what he does but looking to yourself—if you follow these precepts then imperceptibly you will find this raising of your consciousness and a happiness of which you have not dreamed. You will know peace in your heart, joy beyond earthly comprehension, and a gracious and gentle power which will enable you to make all crooked places straight, which will enable you to open the prison doors—as was described in the gospel, when angels came and touched the doors of the prison and the disciples walked out free. Remember that while these stories tell of miracles, they contain an esoteric, a deep truth. They are pictures to teach you the meaning of the Master's words, his teaching. Study your scriptures, my children. Study your scriptures, study life, study the heavens. Love God. Seek the inner planes of the spirit sometimes. Follow the inner light and the path of the spirit and you will behold the mysteries of heaven and will clearly understand how miracles are wrought.

The blessing of the light is ever with you.

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## Benediction:

May we behold Thy glory, O Lord God! May we, Thy children, have a clear vision of the glorious Light of the Sun, the Source of our life and power and joy. May the Great White Brotherhood be very close to you, my dear children. May you feel their love for you, for they come to help you forward into the freedom of God's eternal home. O God, we thank Thee for this, Thy wondrous blessing.

Amen.

