

Thought Forces - I

T063 The Inner Teachings 4th November 1937 Pembroke Hall, London

Invocation:

Let us hold communion together, raising our thoughts, opening our vision to the light and glory of God our Father. O Gracious Spirit, Who hath given us life, in Whom we live and have our being, may a ray of Thy glory find entrance into our waiting souls. We thank Thee for life, for its joy, for all happiness which blesses our days, and may we learn through experience to thank Thee for our sorrows and our suffering; for joy and pain are alike in Thy sight. So may we receive understanding, spiritual growth, and a finer equipment for Thy service in the grand plan of evolution. We would rest in Thy love and wisdom, now and at all times.

Amen.

Be relaxed, be at ease, beloved. We talk tonight on 'Thought-forces'. Our subject is a continuation of the two previous addresses on 'Ways of World Service'. We would emphasise that we are not speaking personally to anyone present but only giving forth truth as it has come to us. We cannot varnish truth, but only present it as simply as we can. Should any of you here feel sorrow or regret at what we say, thinking that you have failed in your service, when trying hard and anxiously to give loving service, let no such thoughts linger, but resolve from tonight to do better work. We are all as children. You happen to live on earth, subject to many physical limitations; we who speak happen to be discarnate and released from the flesh. We may have a little more experience, but as we speak to you, surely, surely there are those above, as far removed from ourselves as the earth from the farthest star.

We are all brethren, dear ones, all travelling the road towards the infinite wisdom and love; what we have learnt we give to you, and what you learn you pass on to others less blessed. Get this thought clearly, so that as we proceed you retain no sense of injury or hurt but know that the younger souls are not expected to do their lessons so perfectly as those somewhat older. We enfold you in understanding and love, brethren. Do your best with the material as it is given to you in your present condition of life. The angels themselves can do no more. Should any of us fail, thank God our beloved elder brother who waits by our side understands and hopes we shall do better next time. He prays that his love may help us to become finer instruments.

One of the most powerful tools with which to work upon ourselves and upon the soul temples we are building in the heavens is thought. In this present age man* is occupied with the development of his mental vehicle. In the future, man will be concerned with the building of the higher, the celestial body. The general mass of humanity are not concerned with the celestial body yet awhile. Most people take no heed of thought but think at random. We are all guilty of letting our thoughts tumble along together, so that many minds grow just like rag-bags, full of odds and ends and all sorts of queer little fragments. Occasionally we come across a mind like a beautifully arranged desk, with all its contents neatly docketed and arranged.

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

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Once we fully grasp the power of thought, we can use this to shape our lives in beauty and harmony. We do not advocate 'self first' as an incentive to right thinking, but rather emphasise that you desire right thinking to help others, thus forgetting yourself. But thought can be so scientific that it is impossible to send forth good, kind and constructive thought without receiving the like in return. That which you send forth must be repaid, and so you serve a double purpose when you train yourself to think kindly and constructively. This, like the law of karma, is absolute and scientific. You cannot possibly escape the result of your thoughts. This is a very serious factor. With most, thoughts flow willy-nilly through our minds, and we do not know the effect produced upon those around to whom the thoughts are directed, if they be personal, or upon the world at large, if impersonal or abstract.

Thoughts take form and can be seen by clairvoyants incarnate and discarnate, but they are only visible on the particular plane to which they are attuned, and only those souls functioning on that plane will see that thought. Therefore not every soul in the discarnate worlds can read thought. For instance, supposing you send forth thoughts of devotion, which would find no response on the astral but would ascend to the celestial plane, those functioning on the astral would not register your thought, because they would not be attuned.

We would make clear: every thought goes forth from your mental body with a wave-like action and finds a corresponding vibration in the ether. Supposing it is a thought of depression*, it might find another soul or souls depressed also, or one perhaps who is struggling against depression. Your depressing thought will fasten on to such an individual and instead of helping, it makes that soul more depressed than before. Moreover, that same thought comes wafting back and lodges about you somewhere—O miserable little thing!—and accentuates your depression. Friends have said 'White Eagle, I have a little black dog on my back'. Perhaps so, but they have chained it there themselves. Let us have none of this, but choose for our companions fairies: bright, radiant beings ready to serve both ourselves and those around.

*[*White Eagle is referring here to negative thought patterns as opposed to the illness of depression.]*

This is no fairy tale, beloved, but truth. Thoughts take form; therefore a way of service opens to us all. Let us see to it that our thoughts are kind, sympathetic and lovely. If only people realised what was happening in their aura when they allowed anger—the product of thoughts of hatred and dislike—to suffuse the astral and emotional body. For then there flashes into the aura the very ugliest colours, dirty and ugly flames, pointed and dangerous. Should you meet one in such a state, you will literally feel these points and think 'So and so seems rather prickly today'. This you would not like. Your own thought must be to help your brother. It matters not what he does to you—that is not your concern; but what you do, not only to him but to all those whom you chance to contact—that is your business.

Let us go further afield. Go into a public vehicle—what work there is to do there! Watch your neighbours and note that some enter the train or tram with sadness, tired and depressed, and sometimes indeed very cross. Watch the effect of your thoughts. Sit quietly concentrating on

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that brother; send him love, peace; try to imagine the kind of thoughts the Master would send to him. Your thought, if sent positively, if a well-formed and directed thought of love and kindness and sympathy, will gradually penetrate the depressing condition, and you will notice that he will brighten. You have helped. He will not know why, but suddenly his sorrow will commence to recede gradually, and he will probably take on what you call a 'new lease of life' from that moment.

Beloved, there are many ordinary, struggling human souls like yourselves really trying to overcome weaknesses which in the quiet of their own souls they know they possess. Perhaps it is a bad temper, irritability or depression—and they so want to overcome. You who know, who are being told—not only by us, but within, by your own teacher—must strive to be a better man and a better woman, and more than this, strive to help others. Help one another by kindly actions, kindly words, by kindly thoughts, for the latter are more powerful to affect not only your own soul but the souls of others. Think of your immediate neighbour as a child of God as yourself—you know not who is seated by your side, or who the beggar in the gutter might be. Where he stands on the path of evolution only God sees, but he is of the same spirit as yourself: he has the same struggles, weaknesses, needs as yourself.

Go about life not condemning any man but giving love, even if it be to one thought an enemy. No man can be your enemy. Men are your teachers, not foes, and when you feel injured because of apparent injustice, look within yourself and ask 'What is this teaching me, what have I to learn from this?' Thus you will begin to see truth, and instead of regarding your brother as an enemy you will say 'Thank you brother, for you have taught me a lesson and helped me'. His motive does not matter, for there is something behind—a guiding hand of wisdom. The great Lord of Karma rules your ways. Apparent injustice can be turned into a jewel in your temple, and some of the deepest sufferings have brought the divinest truths. So let us away with this sense of injury, and look out upon the world with a calm love.

Another point of which we are all guilty. (Yes, I am no different from you. I know the tendency to worry and get into a fever of anxiety and fear.) 'Supposing it *does* come—what then? Oh, what shall I do!' Worry! Oh I wish I could show you the kind of bogies which worry produces—the unhealthy, gaunt, grey and miserable spectres that they are. If you were choosing an apartment, you would pick something charmingly furnished and decorated, one that would bring harmony to your soul, and you would not foregather in that apartment with grey, grim spectres, and yet this is what worriers are doing.

There is no need to worry about anything. You are governed in life by spiritual laws. God knows your need. If certain experiences are coming, they are sent to you through the wisdom of God your Father. There is no need to be anxious. Hold up your head and square your shoulders and say 'This is going to help me, not destroy me.' Think constructively, know that the future holds good, not evil, and that which seems to threaten so darkly will in all probability pass over. Do not attract these spectres. A sorrow can be like a rainy day with sunlight shining through, and sun through rain creates a rainbow. So it is with human life. Look to the sunlight of God your Father, knowing that He will send you nothing but good, that your loved ones are in His care, and that His love for them is greater than your own.

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Do you fear death? But why? Death is a very beautiful experience. Many people concentrate on the sordid aspects, but to the soul pressing forward, death is a glorious experience. Never fear death. No amount of worry will extend your life. All is well, do not worry, and send no thoughts of fear to push others down the hill. Do not push a man down the precipice of his own weakness, but rather be, by your constructive thought, a rescuer. This is world service.

Tomorrow you will rise and in all probability find yourself slipping back; perhaps you will get a trying letter. Do not send to its writer angry thoughts. Think 'Poor brother—I am sorry'. This will become easy for you if you will take hold of yourself, pull yourself up and think rightly. Think rightly and you will be amazed at the change, at the growing peace of mind. Life will become joyous and you will be happy. More childish platitudes, you say? But so scientific if you but knew!

Thought becomes a habit, but thought is also mostly very untidy, and, I was going to say, nebulous. Thought control and direction is absolutely necessary to those who would become conscious of the invisible worlds. The neophyte especially must strive to control his thoughts. Try to control your thought for one moment. We know how difficult! But you start well, fixing your attention on some beautiful picture of the Master, or a bowl of flowers, keep it there for two seconds, and then off you go: 'Did I do so and so? I wonder if so and so will call? Did I post that letter? Oh! Oh I must go back to my bowl of flowers. Yes...yes...very beautiful...yes. Oh! I wonder how poor so and so's gout is?'—and off your thoughts go like rabbits scampering over a field.

'Well, White Eagle,' you say, 'why tell us to control our thoughts—it is not possible!' I give you a simple method. When you have a piece of work to do, even if it is only hammering a nail into a piece of wood (or listening to a lecture) do it with all your might. Concentrate your whole being on the job in hand. Do not do one thing and think about a dozen others. Make yourself interested in the particular piece of work in hand. How many of you listen to a conversation and absorb nothing? The conversation may seem to you to be futile—but perhaps you are the foolish one. This is the point. Forget everything else but your companion as you are talking to him. Concentrate your whole attention on what he is saying. Courtesy at least demands that. If the Master came, and you did not know it was he, and talked to him—possibly foolishly—the Master would take notice of every word. For the time being your conversation would be all that mattered to him. He would concentrate and try to be helpful to you in your problem. Take this very seriously, because it offers a practical and simple method of thought control. Centre your attention on what you are doing, always, always.

Don't go about with your eyes shut; be intelligent, interested and alive, and concentrate on the point of the moment and let everything else go. This will help you to the first rung of the ladder, to control your thoughts. Then you will begin to be of value to the Master and to your own guide, and an instrument of the light. Your power will increase daily, weekly, monthly, yearly, until instead of a gleam you will shine forth. Your presence will uplift, inspire and cheer, and those on the astral plane will be drawn to you for help and strength. It is so true, so

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true—‘And I, if I be lifted up from the earth, will draw all men unto me’.* And that same truth applies to you—yes, to us all. God bless you.

[*John 12 : 32]

Benediction:

O God, we thank Thee for all Thy blessings, for the presence of the angels of light, for the understanding which comes to us, for the love which we feel for our brother, for the aspiration and the worship which we feel in our hearts for Thee, and for all good thoughts, we thank Thee, O God. May we be strong in Thy love and Thy beauty and truth.

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:

Thought power, observation

