

## [Psychic Phenomena]

T180 The Inner Teachings 27th January 1948 St Mary Abbot's Place, London

### Invocation:

We raise our thoughts beyond the physical into the realms of truth and spiritual life, and pray that we may hold communion and communication with those beings in the highest. O Great White Spirit, we pray that the light of Thy wisdom and knowledge may flow into the hearts of all of us. We seek knowledge and understanding so that we may be better instruments for Thy service. May the presence of the wise and holy ones be felt; and above all may the presence of the Cosmic Christ bless all receptive hearts.

Amen.

We greet you, brethren; we welcome you to our talk. You must be very interested to come, but we are not surprised because psychic phenomena will become more momentous to many people in the new age. The Ancient Wisdom is stirring in the hearts of many. Some of you here have already received certain training in the opening up of the sacred centres of power within our own being. In the mystery schools of the past the pupils were taught how to unfold these inner powers. The knowledge was not given to the masses because of the danger if those powers were misused either ignorantly or with knowledge and selfishly.

We want to get this clear—the dangers and the blessings of unfolding the inner powers and tapping into spheres of consciousness beyond the normal mind. As we have already said, in the ancient mystery schools the candidates had to pass severe tests of their integrity, purity and loyalty before they were admitted into the esoteric school. With the advance of spiritual growth in the race, already a sixth sense is developing. Familiar as you are with the five senses, the idea of a sixth sense is becoming apparent even to scientists. In the near future, if not already stated, scientists will discover or are discovering that life and even physical matter has a spiritual origin. We will not go further into this because we shall not deviate from our theme, but will add that with the coming of atomic power and other discoveries that scientists will make, it will be apparent, it will be proven that life is not material (as it appears) but is in reality a state of consciousness which is fluidic, spiritual.

We want you to imagine that radiating from the physical body of this instrument we are using is another body. This second body is the etheric, which is closely related to the nervous system. The etheric body is the bridge across which spirits communicate. Then there is the astral body and beyond the astral we come to the degrees of the mental bodies. We mean by this that there is a more earthly mental body intimately related to the physical, and beyond this lower mental body is a higher which, if you could see clearly, would appear like a delicate hair-like edge to the physical and seems to put forth a line of light which emanates from the crown of the head. In the fairly highly spiritually developed individual that line of light rises a long way. Sometimes its limit is not visible, but in some cases at the end of that line of light is another form similar to this physical form but most beautiful. This is what we call the higher self, or the true angelic body. We must be careful with our terms, for this is the heavenly, the body of light—shall we call it the Christ-light body? Everyone has such a body, which develops in the course of their lives (notice we say 'lives' and not 'life'). It is really the temple of the spirit.

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In the correctly and the well-developed soul, that spiritual body tends to become more and more beautiful. Through that body communications can come to earth, entering the higher mind of the instrument and descending through the crown of the head into the heart. This is not usual at present but it will come. The contact was made in the past in the pure white temple of the pure white magic; through the higher self, the higher triangle—by which we mean the heart, the throat and the head—these communications came from the heaven world to the earth people, but the etheric body which is the immediate bridge between your earth and the world of spirit is much more earthy, and is connected with the nervous system. It is the link with the astral body and with the ordinary mental body. By reason of this you can hold communication with all creatures on the etheric and the astral plane without coming into contact at all with the planes above.

At this you may say, 'White Eagle, that is all we want on this earth. We are human and do not wish to float away to some heaven. We want to keep safely tethered to earth and are content with earthly things and our friends who were once connected with the earth.' No! This is like a child in the kindergarten who makes no progress with his studies, gains no further knowledge and does not know the joys of knowledge. Knowledge can open up our power of enjoyment and appreciation of the arts, of music, of science and so forth. You see how much the child misses if he chooses to remain in the kindergarten. Whether he will or not, with the trend of spiritual evolution this opening up of these other spheres of consciousness is bound to come.

We are going to divide manifestations from the spirit worlds into two classes. In the first are communications that come purely from the etheric and astral planes. We shall call those manifestations physical because they contain so much of the physical in them. The second class we will call spiritual. We are not sure that 'spiritual' is the right word to use but it is difficult to find another because all things which are true and good and beautiful are of course spiritual. All things which are unselfish and loving and kind are spiritual but may manifest in a very material form, so we have to be careful in our use of the word because we must keep in mind that all life is spiritual. When the law of love is broken darkness is the result. When the law of love is in operation always in degree the manifestation is good, or what we call 'white'. So besides these two divisions of the physical phenomena and the higher mental and the heavenly demonstration is also what is called magic. Magic is divided in the same way into two classes, the black and the white magic.

Black magic is putting into operation supernormal powers to gain domination over another soul or for selfishly drawing things to yourself. If the power is tinged with selfishness it is black. This reveals the razor edge upon which people walk when they come into the realms of the psychic and make contact with the life beyond. We must also remember that what we describe as black magic is constantly being used on your earth without any knowledge of psychic power. When an individual is working for his own ends without regard for the wellbeing of his brother he actually employs what is known as black magic—which is rather a serious thought. If on the contrary the motive is kind, loving, selfless, desiring to help mankind, then the manifestations, either of psychic power or spiritual power or the material work on earth, come into the class of white magic. We recognise that as man\* is still

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evolving from darker ages there is likely to be in most cases a mixture of the two; but the desire and the aspiration should always be towards love, purity and all the qualities of the Godhead.

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

Let us come back to the etheric body. We once gave a talk—you may have heard or have read it—about the etheric body and the two parts of this body, that part which grows nearer to the heaven world and the substance from which is caught up and makes the temple in the heavens after death. The other part is closely related to the physical, is so attached to the physical that it is almost solid—as near to the solidity of the physical body as it can be. That portion, after the death of the physical body, is known to linger about a place, or a home, or buildings, fields, gardens or churchyards. You know that it is sometimes called a wraith or ghost, but is not the true self. A ghost is an etheric emanation from the physical body and can survive for quite a long time—close to the earth. Usually it disintegrates with the physical body but a time will come when there will be a change. For we look forward to the day when the physical body will not disintegrate. You will not believe us; it makes no difference, any more than if you say you do not believe in reincarnation or the life after death; beliefs do not change facts—you will soon find out. It rests with the future of mankind. When the Christ-man is really built this physical body will not die of disease nor disintegrate. Of this you can find many demonstrations if you study the lives of the masters and the saints.

You have probably heard about ectoplasm, which is a substance that exudes from what is called a physical medium. It is drawn from this etheric body and is solid enough to be weighed. It comes from the mucous membranes of the physical body, and it is always the etheric body that is used in any physical manifestation. Numbers of people are interested in table-turning or pushing an ouija board about. These toys are dangerous. It is amazing the risks that you incur, but your ignorance seems to be your protection. The substance used to manipulate the table and make raps in physical manifestations is drawn from the etheric body which in turn is closely related to the nervous system of the sitter and medium, and so physical weakness—both your own and that of the medium—may come about. In moving the table the ectoplasmic rod is drawn from the solar plexus. Moreover the substance used for the manifestation is identical with the substance from which the little people, the little elementals are created. So when they see their own world at work they 'jump to it.' It can provide the greatest fun for them; they see what is happening and may like to have a game with you. We do not for one moment say that you do not get true messages in these ways. They can and do come—but for a purpose. It is right for you to know exactly how this sort of communication is operated and the possibility of elementals intruding. Even spirit people wandering on the lower astral see a chance of a little amusement and take advantage of it—and of you. Can you blame them? Of course it is just like children.

In materialisation—which means a form being built up which resembles someone you know, a loved one—the substance is drawn from the etheric body of the medium (and in degree the sitters) through the mucous membranes. In table-turning it comes from the solar plexus in the form of a rod which rod causes the table to move. We have seen a hand at the end of the rod

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moving the table. In the case of a materialised form the etheric body of the medium is used. Sometimes it happens that something is done to that etheric body. When it returns to the physical body there may be bruises on the physical body of the medium. This causes the sceptics to say, 'It is the medium doing the whole thing.' Instances have been known where the spirit form was marked with a colour. When the etheric form has returned into the physical body a stain is left on the physical. This does not mean that the medium has been fraudulent, which ignorance suggests to the mind of the sceptic. We do not say that there is not a great deal that is doubtful going on in a physical circle, but want to differentiate; there can be truth but also a great deal of misrepresentation.

Someone is wondering if we shall say anything about direct voice. What happens in a direct voice circle? Some of you know. Ectoplasm is drawn from the mucous membranes of the throat and nasal organs and creates a materialised larynx and speaking organs. It all comes from the medium's body. The voice can speak from anywhere in the room or through a trumpet. However it comes, it originates from the partially materialised organs of speech and thus, of course, has quite a lot of the physical substance of the medium in it, and it can also have part of the mind of the medium. This type of phenomenon is always blended and linked with the medium.

Let us now consider these higher mental states of psychic unfoldment in which, as we have told you, the three higher centres or chakras are used. In your meditation you are being taught how to bring these higher chakras to life, how to open your consciousness to the pure, the spiritual level of life, which is superior altogether to the physical plane. In development of the chakras and the higher mind the candidate learns how to make contact in the correct way, without danger. There is a right way to unfold the inner faculties, the sixth sense. (Later on there will be seven senses but that is going a long way ahead.) The sixth sense is the intuition, which functions from the heart centre. In meditation, in true contemplation of the Deity and all that is holy (which means healthy and pure) you are opening up the heart centre, and also opening the throat centre for pure speech and knowledge which comes from the fifth sphere, the sphere of Mercury. With development of the throat centre comes inspiration for speech. Those who would give forth the message should quicken this and receive through head and throat the divine inflow of wisdom and knowledge which they will give forth.

The safe way and the correct way for spiritual unfoldment is to work from the heart of love.

The creative life force used for the materialistic form of phenomena comes from the lower centres. In the higher form of communication the life force from the heart is utilised.

Now, beloved ones, we feel that it would be more advantageous to allow you to ask us questions because there may be things in your mind which are not clear and you would like us to explain them. Then we can round off our talk at the end. We hope that those who come to this first talk will be with us if we give another one or two because if fresh people come it means that we have to go all over the ground again. We do not want to repeat what we have said tonight, but to continue from these elementary points.

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Q. What happens in automatic writing?

A. It just depends what is meant. Automatic writing takes place only when the hand is held and controlled. We must differentiate between two stages. When it is automatic sometimes another hand is materialised and placed over the physical hand so that the spirit is actually doing the writing, but that is rarer than is generally supposed. There are however authentic cases of pure automatic writing or control of the hand.

Another type of writing which comes through the mind is sometimes called automatic. We do not say that it originates from the subconscious but—and here we are treading on a razor edge—there is always the possibility that it does so. Sometimes also a mischievous influence causes misrepresentation. There is always that chance. We are sorry to say these things, but want to explain that there is a possibility of the conscious mind unconsciously writing or of a mischievous influence entering in. There is also a possibility that pure thoughts are coming through from the higher self, and that the guide and teacher of the individual concerned will communicate many, many times through that higher self; messages of this nature written in so-called automatic writing will be pure, with no taint of the selfish side of the medium. They will not mislead but will convey simplicity, humility, love, inspiration, and teach the operator the truths of life. Always, however, beware of any message that says, 'Do this; do that. Go here; go there.' The teacher does not work in this way. There is so much to learn; so much discernment is necessary. Of course when children begin to walk they tumble down. Because they tumble you cannot say they must never walk. It is the same with psychic phenomena. There are pitfalls, but you must learn by experience and by listening to the experience of those who are qualified. If you do not like what you hear, leave it alone.

Q. I assume that when this writing is actually controlled by a hand materialised from the etheric body of the medium, there is still the possibility of the medium's influence?

A. Although the etheric body of the medium is being used, usually the writing is coming from the mind. You probably know that. If the mind is attuned to the higher self and with earnest desire to purity, and if what is written is good, true and beautiful, what does it matter if it is your higher mind or your guide?

Q. Is it right to be doubtful about messages which tell the medium that they are going to possess tremendous powers of oratory or mediumship or of anything else—even of helping people?

A. A sense of humour is very good in these things. We laugh with you, so do not mind seeing the funny side, but the serious part is this: if a message comes saying that you are going to be wonderful and you are going to do good work, it is certainly true. It does not add, however, that you have got a long way to go in the process of training before that can happen. In every soul is a potential Christ, so in that sense it is true and it is good to keep your vision upon that goal with very sincere humility. You have to learn to use your own common sense. Analyse yourself. If you are in the kindergarten, are you ready to be a professor? It will mean a lot of hard work, training, application, tests, examinations. That is the crux of the whole.

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Use your earthly sense and know that the attainment of such a goal can only come with hard work and application. Then you will take a good many steps forward on the path. You have in your mind messages that tend to cause vanity to overpower the judgment of the recipient? Such messages come as a test.

Q. Is it right to develop the intuition even if you make mistakes?

A. Most certainly the intuition has to be developed. Mistakes do not matter. In comparison with the greater and wiser ones we all make mistakes. Certainly it is right to strive to develop the intuition, but make sure that the inner voice comes from the heart of wisdom and not from the self that wants something, the desire self. Intuition comes like a flash, is an inward knowing. The thing is to have courage to act on it, to be prepared for whatever it brings. The intuition can be developed in meditation, not through activity of the mind but through quiet contemplation within the sanctuary of the heart.

Q. Will you speak sometime about the difference between the process of what is normally called clairvoyant and clairaudient mediumship and inspirational mediumship?

A. It is down for the next lecture. We are going to deal with controlled mediumship and going out of the body. We will take that at our next talk.

Q. You were speaking of the development of the centres. Can they be awakened by other means? By love in the heart?

A. The unfoldment of the psychic or the spiritual centres can be quickened. Development of love without knowledge is not enough. If you are only sending out love you can get into a self-complacent, dreamy state. With the opening of the higher centres you can work with knowledge. Knowledge should be coupled with love, wisdom with love; it is necessary to develop the wisdom aspect. We know that all things can be done with love but love can be compared to the flower which has not opened if you do not get knowledge. Strive for knowledge; strive for full consciousness and understanding of what you are doing in these higher planes.

Q. I suppose true love means sacrifice by the individual?

A. You have asked a very important question. True love is selfless but not necessarily martyrdom. Love is also wisdom and to love you must be wise because you can give the greatest amount of help to others by wisdom as well as by love. As an illustration take a mother's love for her child, which will be apparently unselfish. The mother can give and give of her love until the child is utterly ruined. Is that love unselfish or is it only self-indulgence? Think about that. To love truly you will put the good of others first—the true good, the real spiritual advantage. You are giving that which will help other souls to develop their love and their Godlike qualities too.

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Q. I remember you told us once that if you love and your love brings you hurt you are not truly loving.

A. We set a high standard. There can be no hurt with love. These questions open up such very wide vistas of the heavenly life.

Q. Is the subconscious mind in whole or in part to do with the etheric body or with the physical?

A. It is to do with both.

Q. Is water divining a psychic gift?

A. Well yes, it would come just within the category of psychic gifts but there is a great deal of the physical in it.

Q. Is every soul born with psychic gifts or do they have to earn each one and bring it back when they reincarnate?

A. Psychic gifts are in every soul but have to be trained and developed to the highest level so that they make contact with the heaven world. In what you call the savage races there is a strong psychic power at work. In the past people lived close to these super-physical worlds, but the development of the mental body has tended to 'throw back' this consciousness and make it more subconscious. It would appear that there are periods of development, first of the psychic senses. Then that is laid aside and there comes a period of building of the mental body. That has its turn; then comes the spiritual aspect and so on. All the time the complete being is gradually being built up. You like to have things cut and dried. You lay a foundation, then add the next storey, but things do not happen quite like that in the super-physical world. When you delve deeper you will find yourself trying to understand infinite things with a finite mind. If you can, get a picture of this slow, gradual development of the soul and the growing God consciousness of the spirit. The spirit in its pure essence has not developed either self-consciousness or God-consciousness. When it descends through the spheres and is clothed in matter, it contains the potentialities within of this knowledge, these powers. They all have to be unfolded through the process of physical life. So everyone—it does not matter who—has inner powers but there are degrees of psychic and spiritual gifts. The psychic power is strong in people who live close to nature, who are much in contact with elementals. Their etheric body is much in evidence. This happens also with the physical medium. The etheric body is what we call loosely put together, easily drawn upon. When the intellect becomes very strong, the etheric body seems to shrink, goes tighter, contracts. When the etheric body is contracted the person seems averse to psychic things. The frontal mind is dominating and the individual appears all intellect. When the part of the brain at the back of the head is more developed, then memories of the past begin to awaken.

Benediction:

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Let us rise in thought, in spirit right up into the mountain tops and there behold the blazing throne of God, and in the golden light behold the angels and archangels and all the company of heaven surrounded by the perfection of natural life. O Great White Spirit, we thank Thee for our creation and for the glories which lie before us. May we learn to walk patiently and serenely along the path of life with joy singing in our hearts, praises on our lips for Thy love and blessing.

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:*

*Psychic centres, aura, afterlife, apparitions, patience, error*

