

# The Bread and the Wine

T201 The Inner Teachings 3rd May 1950 St Mary Abbots Place, London

## Invocation:

We raise our thoughts, our aspirations to the eternal Source of life, to our Father–Mother God, and to the light, the love in human life which is the Son. O holy, blessed Trinity of life, of light, of truth, of wisdom, of love, we wait before Thy blazing throne to receive Thy blessing. May Thy will be done on earth as it is being done in heaven. May we, Thy children, work together to the glory of thy life in man on earth. So mote it be!

Amen. Amen. Amen.

Brethren, will you close your physical senses, forget your physical bodies and aspire to those places in the etheric world where all is glory and beauty? We would have you catch the rays of light and the blessing, the great outpouring that we now see from God's heart, the Source of all life and light. We would that you could imagine that you are raised to the temple of the golden Sun life, light and power, a temple not built with hands but of the substance of the soul of all living beings—not only on the earth but in other spheres and planets concerned with the solar system. We would have you realise the reality of this meeting place, this temple on the etheric plane, built, as we say, of soul substance, which has been since the beginning, which has always been, is now. My brethren, may your eyes be unveiled so that you can see and realise this living power, this light, this life which is yours!

There is a great company of heaven gathered in this golden temple, which is as wide as the universe, as high as the heavens. There we wait to listen to the words. We translate the vibration, wisdom, teaching, from this sphere of truth and glory, so far as is possible, into very simple earth language. So much is lost in this translation unless you yourselves can rise with us to that level of spiritual life and absorb into your souls its glory.

All that comes through to you has to be clothed in clumsy earth words, in which much must be lost, but the mind in your heart, your spiritual mind, can interpret this truth. Do not depend only upon the word. Remember that the letter killeth, but the spirit giveth life. It is this spirit of truth and love that we are endeavouring to bring through at this time.

You will witness, you are already witnessing, great changes in men's\* thought in their form of religious worship, changes of human values. Much of this is put down to the ordinary process of education and development. My children, the truth is that a time has come for an exceptional outpouring from the spirit side of life. Men and women are feeling this stimulation in their etheric body, in their chakras, in what you call the psychic centres. The ordinary person in the outer world does not understand what is happening but knows that he is searching for truth. Anyone here who has experienced what is happening in the outer world will agree with our words. You will agree that on every hand men and women are searching, searching, longing for comfort, for knowledge, for peace. They long for peace, yet they persist in talking of war and preparing for war. We would have all of you do your part as soldiers of the light, soldiers of the spirit. We give you the picture of a knight in shining armour, the shining true knight. This light creates the spiritual clothing, the armour, that fine garment of the spirit—even the wedding garment referred to by the Lord Jesus.

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

O beloved, we the White Brotherhood now call to you with all our love. We cannot find a more comprehensive word than 'love' to make you understand that power which is flowing to you from the courts of heaven. These are not only words, my children, but truth that we are giving. May your eyes be open to see the glory of this heaven world which encompasses you, to see for yourselves the effort now being made by the White Brethren to stimulate within you the seed of the spiritual life. As we have already said, men and women, whatever their status, are searching—for something. They call it happiness and seek their happiness in peculiar ways. The soul of man is indeed hungry; that soul cries to its Creator for bread and wine, and the prayer is now being answered, for the living bread and wine is coming in abundance to humanity. The old order passeth, which means that outworn creeds and dogmas are dying, but not true religion—no, not true religion. That is coming back into the heart and will be expressed in the life of man.

We bring this true message of this blessing of the Holy Sacrament. We will call it the Feast of Remembrance. At all times throughout the ages man has received the bread and wine. Nevertheless through his own desire and choice, and also through his own seeking, man has had to pass blindly through a cycle of darkness where he has been unable to see and hear the true life of the soul, where he has been unable to eat the bread or drink the wine. Always at the beginning of a new age, a new cycle on the spiral of spiritual evolution, there has come to man an exceptional outpouring of spiritual life force. As a result man has absorbed knowledge of how to use, how to stimulate his higher bodies, which formerly appeared to be dead. They were only sleeping. Do you remember the miracle wrought by the Lord Jesus Christ when he called to the man dead and buried, 'Lazarus, come forth!' At this Lazarus was raised. He came forth and showed himself to the people. This was a miracle, a demonstration of the power of the spirit, the power of God, but it was also a parable, being one of the mystery teachings. At different periods of history this same revelation has been given to the people. Thereby the people have been taught that by the word of the Master, by the touch of the golden, glorious light from heavenly places, the soul can be awakened out of its deathly sleep and all the higher bodies brought to life. Beloved brethren, we would have you respond to this outpouring now, and use the knowledge now flowing to you, so that you may be raised from the dark sleep of materialism and brought to the life of the spirit.

The great teacher, avatar and saviour, the Lord Jesus Christ, was your teacher for the western world, but his words have yet to be understood by most people. His truth is still wrapped in obscurity. You have heard the words but failed to receive the power of the spirit behind these words. Now the time has come for this outpouring of light upon humanity.

One of the first ceremonies which men and women on the path must share and fully comprehend is the ceremony of the Sacrament, the Feast of Remembrance. The wise man will be ready. Indeed you all must learn to appreciate the importance of ceremonial and ritual. We do not mean merely undergoing a ceremony. We mean a comprehension of the invisible activity behind the ceremonies which are used in religious practices. We do not mean that you have to go back to outworn and dying ceremonies, out of which the spirit and the life

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have gone, but you must come into full understanding and full realisation of the new ceremonies and the new ritual in your religious life, and even in daily life outside your temple of worship.

There is so much for a man to learn concerning ritual. For many people who are sincere in their worship of God, sincere in their desire to heal and to help others, fail to respond to the power of true and pure ritual. Yet this same ritual has always been introduced at the right time into every religion throughout the ages and used to stimulate men's higher bodies so that they come into realisation of the wonder of their true being. In religion today ceremony means little to the masses. They do not understand. This is why there is a feeling of deadness and coldness in many, many churches. The priest officiating must have his spirit awakened. Then the true spiritual power will flow through him and he will teach his flock and bring to them the light of heaven.

The Feast of Remembrance was used in the temples of the past, not always under this name. In your present church it is known as the Sacrament. It is the same. It began with the bringing before the altar of the bread and wine, both representing the gifts of Mother Earth to her human family. Through partaking of these gifts, these symbols of life, the people were raised in consciousness to be united with the Source, the Giver of life and all the necessities of life. As men and women took part in this Feast of Remembrance, remembering the Source of all bounty, they lost that sense of arrogance that dulls so many earthly people to the spirit. They realised that all that they had and that all they were which was noble and beautiful came from the same Source, the Father-Mother God, the spiritual Sun shining in the heaven. Earth, the great Mother, and God the Father produced food to feed the child, their son—which means you, my brother, and you, my sister, who are likewise son and daughter of the living God.

So these Feasts of Remembrance were part of the ritual and part of the service of religions in the ancient days. These same forms and ceremonies will come back in a more powerful and more purified way and on even a higher vibration than before, because the earth is moving upward on the spiral of evolution, and so will receive more powerfully the blessing and help of the angelic ones and the White Brotherhood. Man will then begin to understand his own potentialities. He will begin to understand his personal responsibility towards life and towards all people. Until this stimulation of the spirit takes place, man does not think about the needs of his brother, but of self-preservation and gratification of his own desires. When through the reception of this spiritual power man awakens in his higher bodies, an entirely new regime will come. Then man will rise up and truly worship and glorify his Father-Mother God. Yes, every man will become his own priest. Then will come the full understanding of the meaning of 'prophet, priest and king'. The prophet will be the seer, the man of vision. All human affairs will be guided and directed first through the wisdom and the clear vision of the seer, the prophet, who is able to see the plan of the heaven, who is able to interpret this plan to the people. Some of you even today feel that they have received a vision of the new age. Yes, my beloved brother or sister, it is true! Those of you who are sufficiently awakened and evolved possess clear vision. People need this vision, the people need a true and pure prophet to enable them to plan and guide their way of life.

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Then there comes the need for the priest. The priest is the man, the priestess the woman, in the temple of the holy mysteries possessing knowledge and power to assist the people, the masses, and guide them in the true and holy way of life. This is what happened to the past races of Hyperborea, Atlantis and Mu, and later in Egypt. The true prophet, the true priest, led the people. They were ruled by the true king, a ruler filled with the Sun, filled with the glory and the wisdom of God. That king was crowned with the crown of gold, a symbol of the Perfected, the Illumined One, a symbol of those flames that could be seen around the head of those who used to be called 'Plumed Serpents'. The serpent means wisdom, the wise one, crowned with the crown of the divine fire, which through prayer and aspiration, practice and knowledge, was drawn up into the head centre. Yes, this is to come. This will be, and you, my brethren, have put your feet upon a path which will lead you eventually to realisation of this glorious, this true life, the life which is in the plan of the Almighty Spirit for you.

Christ the Lord, the Son, is he who draws very near to every human heart which prays in simplicity and humility. Thus the aspirant is quickened at the heart centre, and the seed planted deep in the soil of the soul. In time that soul grows, expands and produces the bloom, the blossom which can only be described as like a rose, the sweetest and most beautiful of flowers. Yes, the rose is the symbol of the Christ life, light and beauty. May the rose bloom in your heart and upon the cross of earthly matter for you.

Not everyone necessarily has to come back again and reincarnate. When the soul by aspiration and striving has released itself from the bondage of matter, it no longer needs to return but is given fresh work in more beautiful spheres of life. Then the soul is triumphant, and this is the meaning of the phrase, 'Christ triumphant over the earth'—the soul, the spirit triumphant over the bondage of earthly matter. 'If I be raised up,' said the Lord Christ, 'I will raise all men unto me.' If you endeavour to raise the Christ within you, you are undoubtedly helping to raise all mankind. No person can make one effort towards the approach to heaven, to the throne of God without the whole of the world, even the very earth itself, being the better for that same effort. See the responsibility that lies with you, brethren! What a glorious opportunity is yours! Do not allow the darkness of earth to deny you your birthright of entering into this life of freedom, joy and happiness, of service and worship of your Creator, the King of glory. Peace be with you, my dear ones, peace and a great joy.

## Benediction

Almighty Presence, King, Father–Mother, Son–Daughter, Universal Life, Intelligence, all Wisdom, Love and Power, we worship Thee and only Thee. We know no other God but Thee, and we receive the outpouring of Thy life; we receive it in the cup of our hearts, the Holy Grail. O God, we receive, we partake, we are filled with Thy blessing of spiritual life. Teach us to send it forth into the world that all men may drink and eat Thy wine, Thy bread of life.

Amen.

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*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:*

*Seeker, seventh ray, ancient rites, illumination*

