

Darkness and light, and the power of thought

T203 Inner Teaching 2nd August 1950 St Mary Abbots Place, London

Invocation:

Let us pray in spirit to the Source of our being, Father, Mother and the Son – holy and blessed Trinity. We thank Thee, O Great White Spirit, for all good, for all beauty, all truth. We seek the consciousness of Thy blessing, of the outpouring of Thy love. We call in Thy name upon the angels of light. We pray that we may be receptive to their blessing, their service. May there go forth from this group here assembled good thought, goodwill, and spiritual light, and may it stimulate the heart of many souls. May we be servers of the light!
Amen.

Beloved children, we greet you with love, and we hope that you will be conscious of the wondrous love of the Christ spirit here. We trust that your hearts will be stirred by the golden radiance. The angels of light draw close to those who humbly and truly seek to serve the Great White Spirit. It is good for us to recognise the many forms of service on earth and in the worlds beyond the earth – for service, when selfless, when given freely and lovingly, is inspired by the angels of light working through the soul.

In these days there is great need for you to recognise the power of these angels. In the teachings of Jesus and of the Lord Buddha, references are made to the battle of life, and sometimes man is referred to as a battleground for contending good and evil. This is true; man is such a battleground. You all know this because when the battle between good and evil—or conscience and the lower self—rages in you, you suffer, for there are angels both of light and of the darkness. Man* should seek the inspiration of the angels of light and ask that they work with him.

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

The power of thought is far greater than man recognises. You are all responsive to mental influences. We spoke of the influences of the astral world at our last talk. We told of the great need at the present time for you to respond to the forces of love and goodwill, and to lay aside or reject those opposing forces that would drag you down. Bodily lusts and bodily desires are inherent in all men, although they may seem of little account. When thoughts of depression, fear and anxiety creep upon you, you say these are only natural and human. What we are trying to tell you, my children, is that you are picking up such thoughts because you are attracting them. Man is like a magnet. He draws to himself angels of light, or he can attract angels of darkness and destruction.

Now, the purpose of man's life is to grow towards consciousness of his own inner God-qualities and God-glory. The way to do this (put very simply) is continually to rise in thought to the spheres of light, continually to prove receptive to the constructive forces and to the creative power of God. In opposition to this men are greatly tempted today to think of the evil forces that bring war. War can be obliterated only by man's own will, thought, desire and service.

It is one thing to learn about scientific facts, as you call them, or even to learn about or to read spiritual or occult truth, but until you have built into your soul body the light atoms, the constructive God-atoms, you cannot serve life as you would like to serve. It is one thing to

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know with your mind and it is another thing to know with your inner self. To know in this fashion with your inner self means spontaneous good thought and spontaneous good action. It means spontaneous giving forth of that light which is Love, which is creative, which is raising the very atoms, the very vibrations of your world.

Do not be misled into thinking that you can ever remain complacently thinking that all things will work out eventually for your comfort and peace and happiness. Such an attitude is like walking on a razor's edge. You must work as well as pray, and you must also daily partake of the inner communion, the inner breaking of bread. You know this, but the demands of modern life claim you. Often you forget the grave importance and need for inner communion and the breaking of the bread of life. These, together with loving service in the world, will build into your being particles of light, transmuting the darkness, and overcoming the destructive forces that play around and within you. This is the secret of the *illuminati*: the ancient wisdom that has always been waiting for men to find—the secret of the transmutation of the dark, dull, heavy metals of gross matter into the pure gold of spiritual substance. Yes, the spirit world, the celestial world, the higher astral world, is built of spiritual substance that is composed entirely of the rays of light of the spiritual Sun. This is why the Lord Christ is the Saviour of the world, because it is the spirit of Christ, the giver of all love and wisdom, which stimulates in man's heart the desire, the aspiration for the light of heaven.

Remember, dear ones, that development of the mental body depends upon your habitual thought. We mean by this the building or development of the higher mental vehicle through which the Christ within can and will operate, so as to create a world so far removed from and above this earth that it will not be of the same substance. Think of yourselves as descending like a babe to this earth in order not only to develop in yourselves the qualities of the Son of God, but in the process to help all people to develop and to look towards the Great Light for their happiness and their redemption—which means their return or escape from the darkness of lower matter to the freedom of the Sun world, the Christ kingdom.

This same truth has been told to men many times, not only in this Lodge but through books now flooding out into the world. This same truth has been coming through the teachers of all ages, through the leaders of many religions, but the great failure is that man is most interested in words. He enjoys mental stimulation and interest but soon he forgets. Only in the deep silence, in meditation and contemplation before the throne of God, does man grow towards God. It is in meditation and contemplation of the qualities of the divine Father and Mother that man evolves towards the divine Parent, in spirit, in spiritual stature, until he becomes at last the perfect son of God.

You already know these things but we would emphasise them again and again and again.

Instruments are now being built for the registration of the vibrations of thought, or soul-vibrations; also instruments to register the quality of the life-force of the bloodstream. These material instruments will demonstrate to man the truth, the reality of the invisible forces. You have already here in this Lodge a receiving set, able to register the waves passing through the ether. You take this as a matter of course. You turn a little knob and you hear music coming perhaps from the other end of the earth. You accept this as an ordinary happening. You speak into a telephone, and your friend answers you from perhaps many

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hundreds of miles away. You hear the voice as clearly as if it were speaking to you in the very room in which you stand.

These inventions are overcoming space and demonstrating that the ether is full of waves of sound, waves of light. You are also learning to be receptive through your emotional body or through your feelings to waves of emotion and thought. You yourselves are receiving stations, and by your mind and will can you tune in to whatever station you desire. You can attune yourself to rays from the angelic kingdom of infinite beauty and light, or you can tune yourself to the spheres of darkness, selfishness and greed—which means death, for the forces of darkness are destructive.

Nevertheless we must recognise that the forces both of good and evil are proceeding from the life of God. Many people cannot accept the truth that God is both good and evil. Yet God is omnipotent, omniscient, omnipresent, and man lives within the very heart of God. Yet God has two aspects and when understood and rightly viewed man sees the purpose of what is called evil. For evil represents the unevolved and undeveloped aspect of life, and is also the consuming, the destructive force that has as its purpose to absorb and remove that which has become finished and unwanted in the world and in the life of man.

In this connection we recognise that many people feel a desire to attack evil, thinking by attacking they will overcome and so do something to rid the world of evil. We would say that the illumined soul does not attack, but chooses the way of radiating love—love and light, beauty and truth. If you are called upon through your karma to go through an experience from which you shrink, if you can resign yourself, surrender wholly and tranquilly to the eternal light, to the pure sweet life of the Lord Christ the Sun, [and] feel the warmth and the strength and the comfort of that life's all-enfolding love, you will do far better than trying to attack anything which threatens to overwhelm you.

We say to you, my children, learn to live in the spirit. If you are strong in your inner self, you will naturally live a life that is harmonious and beautiful. People think that by turning their attention to spiritual matters and living, as they say, 'up in the clouds', they will get nothing accomplished. This is not true. By strengthening the spirit within you, by receiving the great calm of the Lord Christ and the great Lord Buddha and teachers and saints of all time, you will find yourselves living with greater precision. You will find that your powers of execution grow more perfect than when you allow yourself to be swallowed up in confusion and chaos. Seek ye first the kingdom of God. Be still and know that I AM God. Be tranquil and know the peace of God and the joy of life. Yes, it is possible while living in the world, and if you do this you will be raising the vibrations of all life, and also of the earth itself.

Thought is the most powerful agent. We were going to say all things originate from the mind of God. Form originates from the mind, from thought. We want to make this very clear. With the ritual of black and white magic, the same forces are being used. The ritual of white magic is performed with knowledge and assistance of the powers invisible, of angelic beings called into operation to manipulate the forces of the people of the white light.* Always it is your thought, the thought of the hierophant, of the operator, that creates either the white magic or the dark magic. Was it not one of your English writers who said, 'There's nothing either good

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or bad but thinking makes it so.' So we emphasise the importance, particularly to this congregation, of right thought.

['White Eagle's apparent phrase, unless there is a typing error involved, was 'white people'. Undoubtedly what he meant was as in the emendation given here. It is possible that the phrase was actually 'white magic']

White magic is a ritual performed by the good man, the man who is working from his heart centre. He does not draw anything to himself. He gives out love. He works selflessly and for the good of the many. You will find that at present, and in the new age, groups will be springing up all over the earth, because in the group spirit you get the spirit of selfless service. When you find someone wanting to work entirely for himself, to draw everything to himself, then he is allied with the negative forces, but the white brother has no thought of self. His one desire is to send out into life rays of light, beauty, truth and love, and so to raise all men to a higher state of existence. He gives without reservation, from the depths of his being. This is the difference between the white and the dark magic on the earth.

So, beloved ones, we would leave you with this thought. Daily endeavour to direct good thought, kind thought out into the world. It is so simple. People in the outer world do not always realise what a positive force the life of the true Christ man can be. As you give out good thought, so you are attracting to yourself forces of good, light and spiritual life. You are building the golden temple of the soul.

We bring down the vibrations again. You look abroad; you see chaos. Fear stirs in your heart. You are anxious. We think that you must not be anxious or fearful. We do not see a great war again,* but we see this battle in the hearts of men. We see this great uprising of desire in man for good, for light. Do not look with pessimism upon the present world conditions, but work and work and work from your innermost being to broadcast the message. We do not mean by word: we mean by rays of light. Broadcast the message throughout the world that there shall be light, and that all men shall be raised up by the power of the light. Remember that this is a time of preparation for the coming of many illumined souls, for they will incarnate and work out in the open with ordinary people. This is indeed what you might describe as another coming of the Lords of the Sun, or the Solar Logos embodied, to walk and talk with the peoples of the earth.

['The Korean War had broken out on 26th June, six weeks before this teaching was given, and there were doubtless many fears indeed that the conflict would spread into a third World War, against communism.']

Q. Surely it is difficult to explain to people that God is both good and evil?

A. I do not think you should attempt to explain to people that God is both good and evil, to those who are really only children. We only tell you in this inner room that this is a profound truth. We should not attempt to broadcast such a statement but we spoke to help you who are searching. For you must try to see what is called evil in its right light and not think that it is evil. Also remember that the God or the aspect of good which is all love, uses the evil in man to stimulate the good.

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Eventually of course there will come a balance or absorption of what is called evil into the glory of the infinite life. No, do not tell people who do not understand that evil is of God, but it does not alter the fact. It is like people who say, 'I do not believe in reincarnation, in survival after death.' It makes no difference. They still go on. It is like the king who stood on the shore and commanded the waves to retreat. It made no difference.

Q. Do you think it will be long before spiritual knowledge is brought into medical science?

A. My child, spiritual science is already being brought into medical science. Man has freewill and can, to an extent, hold things up. We think that in about ten years' time* there will be a great evolution of thought (not revolution) with regard to spiritual healing, and close collaboration between the spiritual scientist and the medical scientist.

*[*White Eagle had spoken in the previous teaching, no. T 202, of the difficulty for those in spirit in recognising the movement of earth time.]*

Q. How can one help a friend in hospital other than by thought and meditation?

A. The power of thought is more effective than the power of speech or the written word. You can help your friend by continual, habitual, constructive thought, by sending out optimistic, good, constructive thought. Take your friend in thought to the great Mother and to the Son of the great Mother. Persist in this. The absent healing rays, we assure you, are as effective and more effective in many cases than the physical ministrations. You see, even if what you call the worst happens (for you the worst is for a soul to pass out of the physical body) try always to remember that the soul, far from dying or having need for your grief, sorrow and pity, is being released into a world of infinite beauty, love and joy. It does not die. As the great American poet wrote, 'Death is the angel sent who draws the unwilling bolt and sets the captive free'.* Then when the time comes for the body to be laid aside there should be no grief. The spirit has not passed from your vision. The spirit is near you. Where there is love there is no separation. The spirit of the one left behind merges with the released spirit. The law of harmony prevails, the law of reunion and mergence. The two come together as one. Yes, earth life is a hard school, but you will not find it so hard if you draw aside the curtain and live conscious of the limitless spiritual life.

*[*James Russell Lowell]*

Benediction

O Divine Spirit, we thank Thee and as we draw closer we thank Thee more and more for the outpouring of Thy life, Thy light, Thy beauty, Thy love, for Thou art all-wonderful and glorious. We thank Thee for Thy blessing now being received in our hearts.

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:

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Affirmation, spontaneity, retaliation, acceptance

