

The Greatest Yogi

T189 The Inner Teachings 7th December 1948 St Mary Abbots Place, London

Invocation:

We open our hearts to the Great White Spirit. Thou who art Father-Mother God, whose Son is the Christ of all humanity, we worship Thee. We thank Thee for every heartbeat which brings us happiness and experience. Even when we are called to walk in the shadow-land we know that Thou art with us; and Thou art bringing us through darkness into the glory of Thy life. We surrender all things to Thy love. Here and now we would surrender ourselves upon the blazing altar of Thy creative life. Knowing that Thou art love we have no fear. So may our children receive Thy blessing of knowledge and awareness of the spiritual life.

Amen.

Beloved children, it is a great joy to us to tell you of some of the truths which concern you and your happiness. We know the sorrows and the difficulties of the material life lived in a physical body which is at present unawakened to the beauty of God's worlds. We know how hard it is to pursue the darkened path, because you have to walk in darkness to accept the conditions in which you find yourselves, trusting in the love of the Great White Spirit, trusting that the eternal arms are ever around you and that your earthly experiences come for a wise purpose. This is not easy, we know, and because the brothers who have passed onward into the light understand the sorrows, the disappointments and the hardships of mortal life, they come back with a great longing to help, to give you knowledge of your own inward powers, to tell you of those beautiful states of life which await you in due time. They want to tell you how worthwhile your efforts will prove, to say that no effort is ever wasted, although you do not see results. Keep on keeping on your path. We promise you that it is leading to heaven, to a life so full of bliss and peace as to be quite beyond your imagination.

Now you will say to me, 'This is all very well, White Eagle. We believe what you tell us. But how is your promise going to affect our present-day difficulties and problems?' My dear children, we are pointing the way towards your goal. When your vision is fixed upon that goal, you will acquire a different mental and emotional attitude to your companions and the problems of everyday life, for what we have to tell you is the way to overcome these problems. You and we know that the eternal Light is the great solvent of all problems, but because to contact this Light requires the subduing of the lower nature—which is of the earth—mankind will not listen and will not make the effort to rise in thought and aspire to the life which is light and joy and tranquillity and peace.

We come back like this to offer you truth, to love you and to inspire you to look upward towards God. All your little difficulties will then pass away. All are transient. No obstacle is insurmountable. Do your best. Do not worry about tomorrow. The great Master Jesus said, 'Consider the lilies of the field, how they grow; they toil not, neither do they spin: and yet I say unto you, that even Solomon in all his glory was not arrayed like one of these'*. If your Father feeds the sparrows of the air and is aware of every hair upon your head, He is aware of your spirit and its need and will not forsake you.

*[*Matthew 6 : 28-29]*

The Greatest Yogi

T189 The Inner Teachings 7th December 1948 St Mary Abbots Place, London

Earthly people live with a kind of barrier all around them. You must get rid of that barrier, which is like a dense fog. The only thing to disperse fog is sunlight—and the winds of heaven. A great light burns within you that is turned down and grown very dim. You are the only person who can uncover that light and turn it up, causing it to shine brightly so that the fogs of earth are dispersed. You can generate a power in yourselves that, like the winds of heaven, will sweep clean your surroundings so that all mists will disappear. The conditions of your life will change. More important than this, you yourselves will change so that the things of earth which have in the past seemed so tiresome will no longer have any effect. You will regard them in the right perspective, seeing that they are unimportant. This very great realisation has to come—the realisation of the God-given powers within you. You are children of God and God has planted within you power to be happy, to overcome all darkness, all sickness, and to enter into perfect life. You have heard us say this before but you forget. So we must repeat the same message again and again.

Let us go back to our theme of meditation. As you know, meditation is the way by which you will realise this inner power, by which you will turn up the light that is now dim. This you cannot do by mental culture alone. By stimulation of this inner God-given power you will naturally acquire spiritual culture to enable you to tap that plane of consciousness, that plane of knowledge—shall we say the akashic records? In the deep silence you will receive all knowledge. Let the whole universe be your book. Study this book. Let human nature also be your book. Study this book. Worship the Source of your life. You will receive from God all that you need, full measure pressed down and running over. The first thing is to get your values straight, for earthly values are all wrong. Get your spiritual values adjusted, see the true worth of man's* life. All this will come as you pursue the path of devotion, of meditation, the influence of which is bound to be reflected in your living on the material plane.

*[*For editorial policy on gender issues see the introduction.]*

You have heard us say before that the human body can be likened to a temple. Within this temple is a blazing altar. You want to seek this blazing altar. Imagine it. In your meditations bow your head in surrender before that blazing altar within your temple. See upon that altar a lighted lamp, the flame of which may take the form of a rose with a brilliant light shining in its centre. When you see this in your meditations remember that you are gazing upon your own heart-chakra. Or, when you see the form of a lotus with its many petals, remember that you are gazing upon yet another of your own chakras. As you pray and meditate, as you kneel in devotion, you are causing the light to quicken in the chakras in your being and causing them to open like the lily or the lotus.

Later on in your meditation you will feel tremendous power. You must direct this power outward in great love. You will feel this stimulation and pulsation because your astral and mental body will be affected, as also your causal or spiritual body. When this power is stimulated by devotion, love and aspiration, it rises and tends to overwhelm you, but calmly direct it outward into the world and think with compassion of all who suffer through ignorance—through their karma. Send out the light to them. This is the way of the yogis of

The Greatest Yogi

T189 The Inner Teachings 7th December 1948 St Mary Abbots Place, London

all ages, in the East and in the West. Remember there are many yogis of the western world as well as in the East but you will not know them. They do not proclaim themselves, but work silently in the background. All are directing this same power, this light out into the world. If it were not so, your world would be impossible to live in. You may not agree but it is only because of the balance of light sent forth from these enlightened and advanced souls that life on earth continues. Otherwise darkness, wars and cataclysms would overwhelm mankind. Only the balancing power contributed by this goodness and this love keeps the earth plane going. You may not have thought of this.

Within yourselves, as within every living man and woman, is a strong pull towards earth, towards darkness. This we know. The object of man's life is that he shall find liberation from this hard pull towards darkness. Man has to rise in the full glory of the Lord. God has given him power to liberate himself from all disease, poverty, suffering and physical death. You may not accept this yet, for you do not understand the process of death and how it can be overcome. The final enemy, the last enemy of man is death. In this lies the test. We are speaking of the final initiation, which was demonstrated by the greatest yogi the world has yet seen—Jesus the Christ. He underwent the crucifixion of earth. He was crucified by the ignorant and those who were of the darkness. They crucified his body but he was passing through a great experience within himself in overcoming the earth and rising from death into eternal life. He raised the body from death. Your Christian church teaches this but does not itself comprehend the full glory of the rising of Jesus to that life of perfection. Jesus by his supreme sacrifice and supreme love for humanity received into himself the full power of the spirit. The very atoms of his body were changed and passed from death or earthiness into the state of heavenliness. This is only called a miracle because the method of procedure was not comprehended by the ignorant. Did he not say, 'What I do ye shall do also'?

Jesus, the greatest yogi, demonstrated these truths which we are striving gradually to unfold. You cannot understand fully yet but are moving towards understanding. You need not mind because the man in the street lives a very material life and scoffs at your belief and thinks it unscientific. Your scientists will in due time discover the truth of occult science. You cannot get to this truth by searching with the brain only, but only through spiritual awakening, by following the path of meditation, prayer, devotion to God and service to your fellow beings.

Some people when trying to meditate become confused, wondering how far their imagination has led them astray. First try to understand that when you pass out of your body and enter the astral plane you will learn that by your mental effort you can create what you like. In the astral plane you can build yourself a nice house, you can see your house completed while you wait. It sounds amusing, does it not? When you get to the astral plane you will be able to control the astral substance, the astral atoms by mental effort. You will build your house, your temple or anything you want. You will find that by concentrating the atoms will run together and there you are! It sounds too good to be true, but there it is.

In your meditations you are told to visualise. Remember what we have said. We will seek the altar in your temple. You are imagining a glowing, golden altar. This is real, this light which is being generated by you, rising in you. See it in the form of a blazing star. This is not

The Greatest Yogi

T189 The Inner Teachings 7th December 1948 St Mary Abbots Place, London

imagination, but what you are creating by your aspiration, your will, by direction of your thoughts. You are building it yourself. You are causing this light to enter the chakras and they are opening like flowers. Sometimes you will hear a clairvoyant describe a lotus about the head of someone. If you are clairvoyant and see that, recognise it as a symbol of developing spiritual power. It means that the chakras are beginning to open instead of being shut tight and looking like dull discs. Through an effort of will, meditation and aspiration this is happening. Remember the tree of life that God planted in the Garden of Eden. As you proceed in spiritual unfoldment, your tree of life commences to open in bud and flower. God planted the tree in the East. Light comes from the East. The pineal gland is the place of the East. If your eye (the pineal gland) is single and full of light, your whole body will be full of light.*

*[*Compare Matthew 6 : 22]*

Through aspiration and the will of God at work within you create your inner world, your temple. We would point out that those things that you see in meditation are not deception. They are real places created by the aspirant. By soul-effort the aspirant is building the temple he beholds. There is no laborious laying of foundation and erection of walls. It is created in a flash, by an effort of will, and of the soul-substance and the light within. These beautiful places are real. The astral atoms are formless until by the will of the aspirant they are brought into form. They are just as real on the astral plane as your not very beautiful places down here. When you hear people speaking lightly of imagination, remember they are making a big mistake. That which is created on the astral plane by imagination is real and true. These creations can be brought into being and can be dissolved, although form in the astral plane is more durable than down here, but you have to remember that in God's universe all is change. 'Change and decay,' or shall we say the coming into form and the dissolving of form? What you have to realise in your meditation is that you are working with the substance of God, which is eternal. But form need not be eternal, but in the altar of your being God has given you power to create form.

When a soul has achieved mastery by power of will over the physical life, it has achieved mastery over the atoms of the body. These atoms gradually become purified or, as we say, transmuted so that they shed the darker substance of the earth. The body in which you will find yourselves when your present form is shed will be of much finer substance, but exactly the same as your present body. As your soul progresses on the astral plane spiritually, the heavier atoms fall away and the soul becomes etherealised, more beautiful and perfect as it mounts towards the celestial kingdom where all life is pure and beautiful. There is much to do before this can happen, and the sooner you all begin by following the path, by working hard in yourselves, upon yourselves, by serving your fellow beings, and so doing what you can to raise the vibrations of the earth, the sooner will you reach that state of glorious happiness.

O Gracious Spirit, may we receive light!

Q. In the temple of the heart why do you see yourself looking like a very young child?

The Greatest Yogi

T189 The Inner Teachings 7th December 1948 St Mary Abbots Place, London

A. Because you are seeing yourself as you truly are. Being pure spirit, you are childlike. You will grow to perfect womanhood, perfect manhood. You will grow to become the perfect child or son-daughter of God. You do not grow old. The human form does not grow old in the perfect spiritual state. It attains maturity. An example can be seen in the perfect form of Jesus Christ who had attained the age of thirty-three, the prime of manhood.

We come back to the age of the yogi. 'Yogi' means a state of union between the little self, the spirit, with God the Father. A yogi is not necessarily an Easterner but one who has attained complete union with God. Jesus Christ was the greatest yogi. The form of Jesus when he demonstrated that great truth to humanity was the ever-beautiful body of a young man. The form gets to that perfect state and remains.

Q. I find meditation in a big city difficult because of the noise. Can you help me to overcome this?

A. Outside noise is very disturbing, it is true, but when you really make contact with the God within you, when you really contact the eternal bliss, noise does not penetrate. Only in the early states will noise disturb you. It is better, of course, if you can sit in absolute silence. If the condition is noisy, though hard, persist and keep on keeping on. It is good practice, good training.

Q. Sometimes the same picture is seen by all the group.* Whose creation is it?

*[*That is, in a meditation or spiritual unfoldment group.]*

A. If you examine all the meditations you will find that a teacher silently behind the scenes is showing to his pupils an image, inspiring and teaching them how to create. That is why in a group of twelve you will find perhaps ten will express much the same thing. When collected together you will find that you have got the picture that the teacher has put forth.

Q. Can one go to places which exist apart from one's own creation?

A. Most certainly.

Q. Is that a deeper state of meditation? A more advanced state?

A. No, we would say it is due to the liberation of the astral body from the physical. You may be taken to a condition in the astral plane by a friend or teacher. You can create yourself but what you see is not necessarily your own creation. You may be taken to some beautiful place. As you advance in your unfoldment you will get free and move about freely on the planes. Time and place do not exist. Do not make the mistake of thinking that you are creating heaven by your imagination. That would be wrong.

Q. What is the relationship between meditation and suggestion?

The Greatest Yogi

T189 The Inner Teachings 7th December 1948 St Mary Abbots Place, London

A. First of all, in true meditation the soul is making contact with its true nature. In that true nature are many states, many forms, many conditions. The true nature may suggest to the mind a certain idea and then the creative power will take hold of that idea and create a picture.

Q. Is the 'outside' and the 'inside' an illusion?

A. We can only say that within is the truth and outside is very often illusion. But the place of silence deep, deep, deep within is the source of truth. The outside, although illusion in one sense, is true in another, because it is the demonstration or the manifestation of something from within. It must be.

Q. What is one's capacity to create?

A. It would depend upon one's philosophy of life, upon the state of spiritual awakening. The true spiritual state is of one's creation. It comes to the same thing. You call it a philosophy of life. This indicates the true state of spiritual awareness.

Q. Is the whole point of meditation that one may contact the true and eternal within so that all suggestions affecting one's life are true suggestions?

A. Exactly. That is the reason why in meditation we always advise or suggest the contact first, always first, with the highest, with God the Supreme and Glorious One, with the jewel within the lotus. Seek ye first the kingdom of God and all things will be open to you.

Benediction:

And now we raise our thoughts to the Eternal Spirit, Great White Light, Source of all truth, all love. As Thy blessing now pours upon us we rejoice and thank Thee.

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:

Yoga, acceptance, psychic centres