

The Bread which came down from Heaven

A286 Sunday Address 7th October 1956 St Mary Abbots Place, London Harvest Service

Text: typed copy by MB, a blue top copy, giving the anthem and reading. Another address focusing on the same text from John 6 was given on 4 October 1942 and given the title 'The Bread of Life'.

Context: a Harvest Festival service, on the Sunday that had by 1956 become the convention. This is probably the first White Eagle address since June 3rd, because of GEC's illness during the summer; White Eagle appropriately says, 'It is quite a long time since we were here to speak to you'. For more notes, see the June 3rd address. The typescript tells us that the anthem was 'Almighty and Everlasting God'. There is a famous setting of this by Orlando Gibbons. White Eagle thanks the choir and the organist (probably Mary Brameld) at the end. We are also told that the reading was from John 6, the feeding of the five thousand, which leads into words about the bread of life which White Eagle quotes in the address. Confusingly, however, the typist adds 'Aquarian Gospel?' after '6th chapter St John'. It is not clear whether she mistakenly might have thought the words came from the Aquarian Gospel or whether, perhaps, the St John reading was followed by a few verses from the Aquarian Gospel (something which seems to have been a common practice in services around this time).

General Notes: the address holds well to its theme but includes some very special words about what goes on, spiritually, during a White Eagle service and how the congregation is held in a special concentration. White Eagle speaks also very beautifully of a special place where the teachers from spirit and those on earth can meet one another. He also gives, with carefully chosen words, an account of what the human being known as Jesus was like. And there is an explanation of communion, linked with the harvest and one of White Eagle's key descriptions of the communion, during which an actual communion is given.

References: the words about the bread of life are John 6 : 35, 33. At the end, White Eagle quotes the Lord's Prayer: 'Forgive us our trespasses as we forgive those who trespass against us'.

White Eagle's Address:

Beloved children of the earth, we come into your midst with deep thankfulness, for it is quite a long time since we were here to speak to you in this Lodge. So we rejoice to come once again to bring the message of the spirit to you.

You have many opportunities on your earth of listening to very remarkable things. Lectures on science and many other subjects you receive. Particularly in this age of the mind, you receive quite a great deal of food for thought, but we do not come to bring you a message of the mind or the intellect. Our mission here is to bring to you words of the Spirit, words which come from a higher level of consciousness than the intellect.

We speak from the heart of truth to your heart. We speak in all sincerity when we tell you that you are not merely physical bodies, you are spirit. You are children of the Living God of Power, which is holding you in its heart. Never forget this. You have a demonstration of this truth before you here in your harvest festival; a harvest thanksgiving.

You have been taught from your earliest days to give thanks for the harvest of the earth. All people throughout time have given thanks for the harvest because without the harvest they could not survive on the earth. The harvest is God's greatest gift to mankind.

It is quite true to say that man has invented certain equipment for ploughing the earth and sowing the seeds – and even manuring the ground to bring forth a richer harvest. But we

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would like to remind man that the gifts of the brain and the body are given from God. God giveth life. Science does not give it. God gives to the men of science. It is up to those men to recognise this and to use these gifts to bless humanity, to uplift humanity and help him in his spiritual evolution.

Beloved children, you are held in the power of God. You are being held at this moment in a symbol which is formed by those in spirit. There is a company, a very large company of spirits here, heavenly beings, those souls who have passed onward in a greater understanding of life. They come to you to bring gifts. Yes, gifts to you. And you are being held at this moment in the rays of a central light. Poised over this congregation is a blazing star and its rays are pouring down upon you. You are held in its power and in its love. It will use you as you allow yourselves to be used in the service of humanity and in the service of the Spirit. You all have opportunities to sow the seeds of spiritual truth and the highest manure for those seeds is the Great White Light – and we mean this – the Light which comes, which radiates from you when you live lovingly, when you choose to act as the Master demonstrated. The Master continually taught and demonstrated love. Brotherhood is love in action. When you sow the seeds of the spirit, manure them well with love, gentleness, faith and belief. Now, you are all waiting for your spiritual harvest. You believe it will come in the future, perhaps after death. But, my children, your harvest is coming to you every day. You do not see it, do not recognise it.

All good gifts come from heaven, but man is too blind to see these gifts. He does not understand that every day is an opportunity to evolve and to grow closer to God and to unfold these gifts of the spirit which are within man. The trouble, dear ones, is this. You have not all learnt the lesson of patience. Patience and humility are the two lessons which must be learnt before the soul can recognise the harvest. You must be patient. Strive for patience.

Now, we know most of you in this Service. You do not know us as well as we know you. We would just tell you this; that we have a meeting place for you with us. It is not only the earthly level of consciousness, it is above it, but that meeting place is a real place. We meet in a building. You meet here in this Lodge. There is a replica of the Lodge above. You would be very surprised if you could gain back memories of that place where we all meet. And it is there that we come into very close communion and communication with you. And we know, because you have talked to us, we know that there are many of you who are waiting to do the work and cannot understand why you are not allowed to get on with that work. ‘Patience’, we say to you again. All things are working together for good, for the man and woman who love God. In other words, for those who have the faith in spirit, who have faith the reality of a spiritual world, a spirit world and spirit friends and guides. To all these there will come a certain definite rich harvest. We have said to many of you on other occasions, keep faith and keep on keeping on. If you have the seed of truth in your heart you cannot turn your back upon it. You cannot turn away from that inner voice, that feeling which urges you all the time to keep on the high road with patience and humility.

The presence of the Master is with you. He gave you the words of truth when He said, ‘I am the Bread of Life, the Bread which cometh down from heaven’. He did mean that He came down from heaven to earth to help humanity. We would have you think of Him as Jesus of

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Nazareth – who was a very fine specimen of manhood. He was tall, well built, healthy, happy, human.

Now this is the point, dear ones: the Master was above all things simple and human. He came to demonstrate to mankind the kind of life to live: human, loving, joyful, happy, entering into (with great zest) every aspect of life. This is the Master, that noble human Master, who is so close to humanity, so close. He is right in the heart when man allows him to manifest. He is there. 'I Am the Bread of Life. I Am the Life. I Am the Power. I Am the Light because I Am the Love.' Love is Light – and love is magical. You, dear ones, who are the healers, you know the magical touch. You know the feeling of the power which flows through your hands when you are in touch with Him. Your heart, your human heart is stirred with compassion and love for the patient. You open your heart and mind to the inflow of power, of love.

Love all. Love everything. Love flowers and animals. Love your life. Love the weather. Love each other, and love all your experiences. Love is the magic word. And to love means to give kindly and with best thoughts towards life. This is the magic which works in humanity. This is the human touch. And the Master had the human touch. Power flows through love and love flows through man. It is magic, divine magic, and it can change a life, change the conditions in the life. It can bring light out of darkness. And all crooked places will be made straight. They are crooked because man is crooked in thought and word and deed. But the Bread of Life is the food of the Spirit. The food of the spirit comes from the heart of Christ, the Cosmic Christ, the Great White Life, which is the Creator. This is the Bread, the Heavenly Bread which feeds the spirit in man and which brings to man the harvest, rich harvest, – love, happiness, godliness; oh, happiness beyond all earthly knowledge at present!

And our last point tonight is this, that man needs to develop that spiritual understanding, that spiritual perception of truth. Then he hits the mark, the centre in life, in every action and in every thought and word. And he hits the mark like an arrow going through a bull's eye. The man of God hits truth, sees truth. All the mists and the confusions of earthly thinking are banished, are melted, are dissolved. Truth is eternal. It may be covered up. It may be smothered. There may be every effort to put it out [but] truth can never die. It is like fire just covered up – but which smoulders, and eventually bursts forth again into fire: divine fire, divine truth. The man who takes the Bread and eats the heavenly Bread opens his vision, his hearing to the world of Light; the heavenly world. And he becomes alive in that heaven world, and he never dies because it is his spirit which is alive and spirit is eternal.

When you take communion, remember the symbol which is shown by the Master, the symbol of the Bread, [of] which He says, 'The Bread is my body'. Now, the body of the Cosmic Christ is everything; is everywhere. Will you understand us if we say to you that even the fruits here displayed, the food here displayed [before the altar] is a symbol of the body of the Cosmic Christ? For the Cosmic Christ is the source of Light and is the Creator; and no matter what science can do, it cannot produce this food without the Light of the Creator; and the Wine, sometimes called the Blood of Christ, is just a symbol of the life essence, the spiritual essence; the spiritual essence of the Christ, the life of Christ through love.

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And you take this sacrament in your own room in silence, or you may take it in company with your brethren, with your human companions in this Lodge. By so doing you are sharing with your companions both in spirit and on earth. You are sharing this mighty, glorious sacrament of communion with the Cosmic Christ. And without the Bread and the Wine you cannot live physically. And without this corresponding food and wine in spirit you cannot live spiritually. You cannot know the meaning of eternal life. You cannot know the meaning of the magic of love: the magical power which love gives to man to create, to heal, to overcome death. For there is no death. The spirit of man must develop that spiritual consciousness of his own being through the life in the flesh; through his life with his companions on the earth. This is why you are here. This is the object of life and the harvest is golden.

We have many things to be thankful for, my dear ones, many things. And to be thankful is to open the floodgates of the spiritual power. Nothing brings results in life more than a thankful, humble heart.

We thank you for your presence and for listening to our words so quietly, so humbly. We thank you for these gifts to the harvest festival. We thank our choristers for the beautiful singing, and our organist for her faithful devotion in spite of tests and trials. We thank God for this Lodge, and for all our dear ones who gather here to serve the spirit of love.

And now, the presence of our Lord with the symbols of the Bread and Wine. Take, eat and absorb into your bodies the Bread. Sip the essence, the Wine, the Essence of the Christ spirit. At this moment, forgive, forgive, forgive anyone who has harmed you or hurt you. 'Forgive us our trespasses as we forgive those who trespass against us.'

And so, beloved children, this is your Harvest Festival. God be thanked and praised and served now and for ever. 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:

communion, purpose of life on earth, levels of consciousness, science and life, recognition of gifts from God while in earthly matter, spiritual harvest, light is life, Master Jesus the human, love is power, the I AM, development of spiritual power on earth