

[Mediumship, Communication and Inspiration]

T181 The Inner Teachings 24th February 1948 St Mary Abbot's Place, London

Invocation:

We meet to hold communion with higher worlds. Let us lay aside the material life and seek to make contact with the supreme Lord God, Source of life. O Gracious Spirit, all-enfolding love, light and life, we seek the blessing of Thy power upon our work and in Thy holy Name we call upon the angels to aid us in our work...The angels of light come.

Amen.

One draws near to bless us all. He is known by different names but we will call him the King of the Light and he brings to all the blessing of his gentle presence. Some people feel it is not possible for them to make contact with great beings in the spiritual worlds but only with known relatives or loved ones. They feel that it is best to leave communion with the ancient and the great ones until they themselves are more spiritual, as they call it. We wonder what it means to become more spiritual, because we see that in the innermost soul of every human being is a light, the same pure and true Light that manifests through the great ones. Every one of you here has the power within to make contact with these beautiful souls who have passed away from this physical phase of life. People's knowledge seems very limited. They do not realise that there are many worlds, many spheres of life, not all of them even connected with this planet, but with other planets, and in time there will be intercommunication between these different spheres of life, but first the present race has to be awakened to the knowledge, the awareness of its own power to communicate.

In days long past the candidate for initiation into the lesser and greater mysteries had to read before stepping across the threshold of the temple of initiation the words: 'Man, know thyself; and thou shalt know God and the universe'. All the power that man* needs for his awareness of the spheres from the humblest to the highest lies within his own being, but we would emphasise the delicacy of the communication. This is what is little understood. Communication is so easily thrown off the balance and this is where contact, particularly between the astral and the physical plane, falls down sometimes, because the earth people are so ignorant of the laws which govern communication. For instance, when an instrument (or medium) is in what you call a state of trance (we are going to deal with trance more fully later) the instrument is in a most sensitive mental and nervous state. When the instrument is between two worlds, particularly when the contact is with the higher spheres, every sound and movement is greatly amplified. We can assure you that what often appears to you to be a very slight movement can travel to the soul of the instrument, who is away from the body, and that soul feels a violent vibration. You would not understand. So the instrument of the spirit has to be not only very delicately poised but also has to have knowledge to protect the nervous system from any harshness.

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

In the olden days, instruments (we prefer the word to medium) were usually trained as priests or priestesses and were to a degree removed from the everyday world, living in seclusion, peace and meditation for a period. When this period was over the instruments would be allowed to go out into the world if desired, but the life of everyday was not allowed to

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interfere with the life of the temple. Those used as instruments for communication between the higher realms of life will again be secluded and protected in course of time.

We want to make it clear that there are two distinct forms of communication from the spirit world. Some come through on a more violent vibration, sometimes called astral, sometimes psychic. We are not sure that the latter is the correct word, because the psychic plane goes far beyond the astral. We are now speaking of astral communications which come from a plane close to the earth. Often in a materialisation séance there will be rather exciting music and a lot of talking. The vibration is coarser, cruder. People say it is a happy atmosphere. That is good, but it is a happy *earthly* atmosphere which produces a stimulating vibration. On that communications of a very human character come through.

The other form of communication requires an entirely different condition. We are speaking of the spiritual, by which we mean pure, harmonious, gentle and beautiful. These communications are far more delicate. The nervous system of the instrument is highly attuned and what is more, the lines of communication are much longer than on the astral plane. We are trying to describe things for which we cannot find adequate words. When we speak of extended lines we are thinking of communications coming from ages past or from great distances—indeed from other planets. Such communication is coming, but the method will not be as the scientists think. Men have the powers within them to receive and to send forth messages between planets, between people at great distances. We have said this before. A life exists above your present comprehension, a life more beautiful than is yet known. It is not a spirit life. You think in terms of a physical life or a spirit life—that is, life without a physical body. There is another sphere more beautiful than the physical and on that higher ether are people living normal but beautiful lives. Such a state is only to be attained after undergoing training in the physical life. That is something you will hardly understand as yet, but on the return arc humanity will pass through that ether and higher ethers still, and life grows ever beautiful.

A century ago the suggestion of the possibility of communication across the ether by radio would have been laughed at. Let us assure you that there are methods of communication between men and women and spheres and planets that will become common knowledge. There will be such a change in life that the earth will become itself more refined, which is in a sense a return to a condition that existed in the past, a completion of the cycle. These are things you cannot understand and many of you want us to get on to something more everyday, such as clairvoyance and psychometry, which are interesting, fascinating things! We will try to tell you something.

Somebody asked a question last time about clairvoyance and clairaudience. Somebody else asked about inspiration and trance mediumship. Let us commence with clear seeing, clear vision. You all know that there are different methods. Some people tell you that they only see spasmodically. 'We cannot see if we try to see but occasionally we suddenly see a spirit as clearly as we can see you.' That is spontaneous vision, which comes like a flash. Such a vision originates from the eye of the solar plexus chakra, and is not the result of the trained clairvoyance of someone who has consciously opened the higher triangle or the higher

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chakras. In other words it is the revealing of a picture which is on the astral plane and not under the control of the seer.

Then there is clairaudience, the hearing of spirit voices. This can be unpleasant sometimes. The sound of these voices can be opened up through stimulation of the solar plexus chakra. They can be troublesome. No doubt some of you have had such experiences. We want to make it perfectly clear that you have the control key to your powerhouse. This is what people do not realise. They so long to get in touch with the other side that they will do anything. They tune in their instrument to various stations and sometimes get a conglomeration of stations going at the same time. It is noisy on some parts of the astral plane! If the chakra is open to that particular part, if the switch is on and the individual does not know how to control the switch, a terrible babble can come through causing derangement of the brain and nervous breakdown. You all know the result.

Certain things stimulate the solar plexus. Alcohol is one. Astounding communications can take place when drugs and also alcohol are used. Then, as we told you, the would-be communicator is like a child set down in a powerhouse who turns on the switch but cannot turn it off. The master key within is the Christ or the spiritual power and the divine will that is in everyone. If ever you are troubled in this way remember that you can help the communicators by mentally talking to them wisely, lovingly and kindly, telling them that they must be about their business, which is in higher spheres and not on the earth. Let the I AM take control. That can be a misleading phrase because many mistake their own desires, their lower nature for the I AM. The I AM, of course, is the God, the Christ within. The Christ arises and takes possession of the temple. You are the temple of Christ. Christ commands the money-changers and those making the noisy babble to leave the temple.

Someone asked if we would speak of racial memory; someone else wanted to know what part the subconscious plays in these communications. We said briefly at the time that the subconscious could be both physical and etheric. Now we must get it clear what is meant by the subconscious. According to the psychologist the subconscious lies just beneath the normal consciousness. Whatever is in the subconscious has first passed through the normal conscious mind. In communications it is true that you can get a certain amount rising out of the subconscious. It is difficult to eliminate this until more knowledge is given to the individual concerned. The subconscious may innocently play a big part, particularly with automatic writing. While this is liable to occur there is also a higher, a super-consciousness, shall we call it, and that consciousness can reach out further than what is called the subconscious. With the higher consciousness, you are coming into the realms of age-old soul and spirit and at that level will receive true communications. We do not say they are not true if the subconscious is used, for it can give true communications at its own level. With the super-consciousness, with attunement of the individual to the centre of light, a greater vision is opened and memory will stir. How can we describe this? Apparently in the very centre of the brain is that little pineal gland which has been called the third eye, and that same pineal is able to stimulate the age-old mind and bring back soul and spiritual memories of past lives, past states of existence. Do not confuse these with the racial memory which we should say connects with the physical cells of the body. This is more a feeling, an instinct. Instinctively

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you feel certain things, but this feeling is distinct from spiritual memory, the centre of light within you, which again brings us back to the centre within the circle, within the sun. The I AM or the Christ spirit has power to extend to an unlimited degree and to bring through memories of life accurately and clearly.

You wanted to know about inspiration. A number of people are always inspired unconsciously. They do not appear to use the physical brain. They seem to receive information without studying books. It flows through them like water through a channel. They learn how to give their confidence and trust to the divine spirit and so get right to the heart of truth. It is very useful sometimes without having to pore over books. Nevertheless we know the latter to be necessary because people want facts instead of inspiration which is the result of attunement with simple and childlike trust to the Great Spirit, to God. 'Take no thought what ye shall say,' said the Master. Take no thought; what is to be said will be put into your mouth. When a person can resign, surrender himself to the pure White Light, inspiration can flow in a very wonderful way. There must be obedience, submission to the Supreme. The mind must not argue. You know how it is. You say, 'I do not know whether it is myself or not'. There is always a state of wobble. But with surrender of the mind, pure inspiration seems to flow *over* the brain, not *through* the brain. We can only put it in that way.

You will want to know about trance control and what happens. There are degrees of this; we understand from our own use of this instrument that the trance state is a condition of partnership. In some cases it appears that the spirit or entity controlling a medium is holding the medium's mind in an hypnotic state and taking possession of the whole body. To us it seems much more a partnership, a rising up of the soul of the co-operator in surrender to the guide, the helper. The instrument goes into abeyance, the other personality takes control—apparently. This is done through the chakras and through the nervous system. As we told you, communication between our world and yours is a very delicate matter and easily thrown off its balance. The nervous system of the medium is easily impaired unless proper care is taken. It requires care of the body, care of the conditions, and it also requires care of the soul and the spirit of the instrument who is being used. You must get cooperation and right conditions for there to be a clear trance communication.

There is something more. Where does the personality of the instrument, my daughter, whom I am using, go when she is in trance? Her personality is not functioning here. Her soul is withdrawn to a higher state. Nevertheless so close a connection exists between her and this physical condition that if anything happens that she would not like, she would instantly return and would not allow anything to happen to her body that she would not like. There is this close cooperation between us both. She is in a raised state of consciousness, and what takes place in a trance lecture is sometimes recorded by her in that higher state of consciousness but on returning to the body the memory is obliterated. Later sometimes in a vague way she may say, 'Where have I heard that before? Was it in a dream?' So you see the impression gradually filters through. Some things come as an inward knowing, an inner awareness. But supposing we wish to obliterate completely the memory of something private and intimate, then we can sponge the memory completely, shut it down so that she recalls nothing. It is like

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pulling down a shutter. You may have noticed that after a trance state there is complete lack of memory. We warn you, never talk to this instrument after we have been using her, because what you say will not register.

Many things we have forgotten to say. In this realm of spirit, this higher realm, we do not know the passing of time. It is very difficult to measure time as you measure it.

- Q. Is there a difference in the mechanism between deep control and light control when the medium can hear what is being said?
- A. There is little difference in the mechanism but in deep trance there is much more submission to the spirit, a more complete surrender. In a light control it would seem there is a reluctance on the part of the instrument to surrender completely. In the light trance there is not so complete a withdrawal of the medium as in the deeper state. The latter is rather like speaking into a microphone, into a ball of light, which is prepared by the instrument. The controlling entity speaks into it, holds the line, as it were. Another point we have yet to explain is the difficulty of holding the line of communication, and that is where conditions sometimes get broken, where there is disturbance or noise. It requires much practice to hold the line firmly in a public service, and disturbances can at times react on the nervous system of the instrument, particularly at the base of the brain. Then what we call a 'psychic lock' takes place.

Someone here is anxious to know how they can be sure if a message comes from their guide or themselves. They wonder if it is the subconscious mind. Well, you absorb things into your mind, it is true, but the teaching that you absorb comes from the White Brotherhood, that great community of advanced souls now drawing close to help the earth people to rise. You are gradually prepared for your guide to come through. You may be led to read certain literature because they want to get your mind ready, and they will enhance whatever is in your mind. Having helped to get it there, they will use that material, and give it through you. If it is pure and in accordance with the Christ teaching all is well. You can be sure then that it is your guide, your brother in the higher state who is causing this.

- Q. Does the rate of vibration of the people who are listening make a difference?
- A. A tremendous difference. We do not wish to appear impolite but if you come to a meeting like this with your mind very active about mundane things, when we come through we hear such a buzz—though you may think you are quite silent. We would like you to know what a difference it makes when there is a group trained to direct their minds in the right channels. It brings peace so far as we are concerned. On the other hand you can be very noisy—to us—and then we have to use a method to get above it. We still hear it, only we have adjusted our set.
- Q. Who is it who inspires great musicians and how is it done?

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A. In two ways. It may come through the heart chakra. It may come through the head chakra. It just depends on the instrument. Who inspires? Not necessarily one inspirer, indeed it is usually a school, a group, a school of music, and it comes down in colour, perfume, which is translated into sound through music. It is in the soul. Some great musicians bring that knowledge with them, but we are speaking now of the feeling which comes from outside yourself, of being aware of an inspirer. We were trying to tell you that the inspiration comes from a school, through the heart, which is the centre of love and feeling. Or it may come through the brain, which is the centre of knowledge and sometimes of wisdom.

Q. Before one can receive this higher inspiration is the most important thing to be quite still?

A. Yes. We have at times given you the simile of a lake or a pool of water, as a symbol of complete stillness. You must have that stillness if you would reflect truth. If not, your truth is distorted. That is why there is so much distortion. The soul must be still.

Q. You spoke of the higher ether, the better life. Is that the same as the Garden of Eden or was it on that plane that the Garden of Eden existed?

A. Yes, from that state of life man has come, but do not forget that by descending into the lower ether man is also gaining knowledge. Having gained this, the soul will return with greater knowledge to higher ethers of life. You can pass from the body, as at death, into a spirit world that is not a physical state at all. But you eventually progress towards a state of life still more perfect in a higher ether. It is existing now. It is all around you. It is everywhere. Some are now living in that particular state. You may not be. There are beings living in that state who do not die. You will in due time inhabit that same plane of life very happily.

We listened to some words of the Master Jesus read at the service one morning to the effect that the man who believes and lives according to the teaching of Christ will never know death. The world scoffs, but the words are true. You will learn to conquer, to overcome death. You will learn to raise the whole vibrations of your life so that the physical body instead of decaying and disintegrating becomes more perfect and is raised from the dead. Jesus the Master demonstrated it to you and others have done likewise.

Q. Surely that can be done only by goodwill?

A. Only by goodwill, by love, by the light which transmutes the atoms so that they are alive, alight to eternal life—and the way is simply the way of Christ.

Q. Can disease be overcome?

A. Most certainly. Goodwill is light and when man has learned to create a body of light which interpenetrates the physical atoms, when the physical atoms are permeated with

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light, they become light and are raised above the normal vibrations so that they cannot be seen by physical sight. Jesus was visible to his disciples and then he disappeared. The atoms can be so raised in vibration that they are seen at the ordinary human level, but the substance of the body was not the same dense substance as in 'dead' men and women. The masses of humanity are dead—in spirit. You have to become alive to know truth. In time that will come to the human race. Then the physical will not die of disease. The Master can leave the body when he* likes and he can assume it when he likes. The physical body is a dress, a vehicle, but it can be composed of higher, more purified atoms. Alive means alight. Disease is due to lack of harmony. You will say we are telling you fairy tales, but fairy tales are true. There are many varied planes of life but man has it within him to contact them all. You have no conception yet of your opportunities. Your feet are set on a path of never-ending progress towards greater and greater beauty, wonder and glory. John Bunyan** tells you that many people are content to use the muck-rake and keep their eyes down. They never look up. It requires effort and they cannot make that effort. In the temple of the Lord is a table spread with the fruits of the spirit prepared for those who love God.

*[*While the Master is referred to with masculine pronouns here, White Eagle would state that a master is 'beyond gender'.]*

*[**Author of 'A Pilgrim's Progress']*

Benediction:

Great Spirit, we receive Thy blessing of light. We give unto Thee our hearts in worship, praise and thanksgiving.

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:

Sensitivity, psychic centres