

# How to Overcome Fear

A404 Sunday Address 4th August 1968 St Mary Abbots Place, London Sunday Service

*Text:* MB typescript – a blue carbon without a cover sheet. Heavily marked by IC's annotations (not incorporated here); IC also seems to have given it the title, 'Serenity and Health – the Way lies Open', which was the title used when the address was printed in the October issue of *Stella Polaris*, straight after it was given. The title, 'How to overcome fear', is new to this project.

*Context:* there is no reason it would be marked as such, but this is doubtless the final service of the summer term in the London Lodge. The first hymn is given as no. 627, 'Praise we the Lord, Who made all beauty', after which Minesta gave an invocation ('Separately recorded'). Brother Faithful read from Aquarian Gospel 44 : 16-27. This begins, 'But I would tell you of a life beyond, within; a real life that can not pass away'; the Holy Breath is discussed in a passage not apparently correlated to any of the four gospels. The second hymn was no. 177, 'Come down, O love divine', doubtless to Vaughan Williams' famous tune, 'Down Ampney'. After the prayers, the Choir offered the anthem 'Thou wilt keep him in perfect peace' – probably, the version by Samuel Sebastian Wesley; the first line is Isaiah 26 : 3. Brother Faithful's words at the end of White Eagle's address are recorded here and the final hymn was no. 438, 'All as God wills, Who wisely heeds'. Minesta gave a benediction ('separately recorded') and the final item was the Lodge vesper. The last words of White Eagle's address may seem puzzling until we realise that he was almost certainly, as he spoke them, drawing in the air, as he so often did, the symbol of the equal-sided cross within the circle.

*General notes:* 'We want to speak to you particularly about fear', says White Eagle, and the whole of this address is an antidote to fear. The opening message, however, is 'health means holiness' – not in the context of Victorian morality but in the sense of deep attunement to spirit.

Among. The things White Eagle points out about fear are:

- As a positive, it helps to bring people together in brotherhood
- The problem of fear goes back to the beginning of time, and people in the beginning received the same teaching as is given today
- The law of love is itself deeply comforting
- The first step in overcoming fear is withdrawal into the silence; after that, it's a matter of training
- Another way forward is to understand and recognise beauty and mutual love
- Ultimately, it's necessary really to build up our consciousness of the other world and its safety
- The law is the same throughout the solar system
- The Lord's Prayer, properly understood, is a great help
- The love of the angels is forever around us

We leave you, says White Eagle, with peace.

*References:* White Eagle quite often refers, as he does here, to the ancient 'golden rule': do unto others as you would have them do to you. 'When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly' is Matthew 6 : 6. 'Our Father which art in heaven' is of course the Lord's Prayer, but comes from the same chapter of Matthew (the Sermon on the Mount).

## White Eagle's Address:

Beloved, beloved brethren of the earth plane of life, we speak to you from the spirit. We speak to you *in* the spirit: and we would draw you away from the material and physical conditions of life. Whilst together, you and we, who are in a grand company now in your midst, worship the Source of our life, our Creator, the Heavenly Father and Divine Mother. We worship and we give thanks for life, for the joys and the sorrows of life; for the deep

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experiences of both joy and sorrow bring us very close in one common bond of brotherhood. The joys and sorrows of life bring to our waiting souls deepening knowledge and understanding of life. And it is the purpose here on this earth planet.

We draw you together, brethren, as a company in spirit; we raise you up. We raise your consciousness to the spirit world. We come to you, dear brethren, with a particular message tonight, a message which we pray will bring to every one of you comfort; a message that will bring to your souls light, spiritual illumination. We want you to understand that what we in spirit mean by spiritual illumination is health – health of body and soul. And health is holiness: and no man can attain particular health without an inner awareness of the spirit within him, the spirit of his Creator. You may indulge in all the nature diets that you like. You may go into the fresh air, and you may love water, and you may love exercise and deep breathing – and so on. Now, all these are attributes of the life of man which can help him to become healthy. But remember, *health means holiness*, and unless a man can attune himself to the Source of his life, to his Creator, he cannot be perfectly whole. He cannot be perfectly balanced: and a man must be balanced between heaven and earth.

Now brethren, there is so much sorrow in your world, and so much fear. Now, we want to speak to you particularly about fear, because fear consumes the happiness of a vast number of human beings. Fear of life, fear of the future on the earth plane, fear of loss, fear of death, fear of ill-health, fear of separation from loved ones.

Now, fear is the great enemy of mankind, and the first thing that man must strive for is to overcome all fear: and how can poor man on earth, with all his pressing worries and problems of the physical plane – how can he overcome fear? Well, we of the Brotherhood of the Spirit, who speak to you from the Spirit, we will this evening endeavour to draw for you a clear picture of how fear can be overcome, so that man enters into a state of consciousness of life in the heaven world.

Now, you will say – indeed, we can hear, we can hear your thoughts coming to us. You will say how can we separate ourselves from earth, and from all the darkness and the fears of earth? We must live in a physical body. We must live in earthly conditions. We have to live in a world of combat, of struggle. Now, this was known right at the very beginning of life on the earth plane. This was known to the hierarchies, to those whom you may call Masters, or God men; even men from beyond this physical plane of life – great beings who are concerned with the evolution of the human spirit through physical matter.

Now, in the early days of life, the message was given to man – a very simple message which we will repeat for you tonight. And the message has been given to mankind all through the ages through the World Teachers of all time, culminating for you in the last World Teacher, the beloved Master Jesus. And He told man very clearly that they must obey the law.

Now, we have spoken here on former occasions about the law. And what is this law? Jesus summed it up in two short sentences saying: ‘Thou shalt love thy neighbour as thyself. Thou shalt love the Lord thy God with all thy heart and all thy soul, and all thy spirit.’ But these two commands seem to have been mislaid by humanity, because man is overwhelmed with

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the pressure of physical life; overwhelmed with sickness and weariness of body; overwhelmed with mental conflict and distress and fear.

Now, how are to overcome fear? There is only one way. And this is to withdraw from the physical life for short periods, but constantly. We mean by this that man has to learn to become as a little child, and if he finds it helpful, to go down on his knees or at least to bow his head in prayer and in thanksgiving to his Heavenly Father. He will immediately be brought into contact with the Great White Spirit, because the little spirit within his own being will be touched, will be receptive to that infinite and eternal and sweet holy power. Now, this cannot come to any man by reading books or studying all the histories of nations, studying all the religions of all time. No, it can only come to man as he endeavours to seek that silent power, that gentle pure love which he will find deep within his heart. Many men rush all over the world to make contact with some sacred centre, or to find some holy man with whom they can talk. And all the while if he will only turn within, to that silent centre within his own breast, all holy men will draw close to him in his own sanctuary, in his own home, in his own garden or field, or wherever he is. The light and the power and the companionship will be with him instantly. And when man has trained himself by this simple method after humility and prayer then he will find the veil between matter and spirit will be drawn aside, and he will be able to advance into that world of spirit in full consciousness. His vision will be open, and not only his vision open, but his understanding will open, his own spirit will become receptive. And through his spirit his mind, his higher mind, will be stimulated, so that these ancient truths will come to him in his communion with those heavenly places. And it is at these times that man will expand his consciousness of life and God; and will be in God, if only for a flash. But he will know, and no amount of words will ever destroy his own knowledge, because experience will have brought before him that knowledge of at-one-ment with his Creator, the Great White Spirit, Whom we now will call the Heavenly Father.

Now, this simple knowledge was given to man in all the temples of the past, all the mystery schools of all ages. But it was not given to those who were not ready. It was not given to the profane, those who would make light of this sacred truth. Now man has to be ready and humble in spirit. He must have the love within his being for his fellow men. He must have understanding of the many injustices that there are on the physical plane of life. He must have within him a love for the animal kingdom, an understanding of their needs and their place in the great eternal plan. Man must feel, feel this world of spirit around him: when he goes into the beautiful gardens of the earth, or lovely places, natural centres of flowers and trees and running water when he listens to the song of birds and breathes in the sweet pure air of the mountains he must look within the outer form, he must seek for himself that clear vision, that clairvoyance which will open to him God's world of infinite beauty of truth; and find within himself this harmony between himself and this higher world of spirit.

Now there has been over the past century, and even all down the ages – but we will deal with what you call 'modern times'. There has been this effort to break through the veil of materiality, the veil which divides the physical life from the spirit life. There have been most extraordinary manifestations on your physical plane from those who were given the charge – to use the word 'charge' – or the order to draw close to the earth to awaken man to what you call this in your modern [...word missed by typist.....] 'extra-sensory-perception.' Every man

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has it, because every man has within his own being this sense, this sixth sense, this 'E.S.P'. as you call it. But unfortunately, the mind, the lower mind, the mind of earth has become arrogant and assuming, clever and hard. Man will not accept any new truth without any physical proof.

Now, we warn you that the time is coming when such men, intellects and scientists, are going to receive a big awakening. It is coming from the world of spirit. And these men with great brains, occult brains, who refuse at the present time to listen to the still small voice, and to listen to words from the spirit life, they are going to be faced with an unanswerable problem, and it will be made very clear to them – not physically – but as a result of their investigations and searchings – it is going to be made clear to them that they have to look beyond physical matter, they have got to open their senses – their etheric senses, and then they will know truth. Truth which will take them far beyond the limitations of the mind of earth.

Now, this applies not only to great minds or intellectuals – remember they are dead – dead – dead – although they make a contribution both ways, both good and the reverse. They make a contribution to man's life which is helping him in his evolution of spirit. But what we were going to say to you is, it must be made very clear to man on earth that there are two sides to life. There is the physical life, the physical body and the physical mind. And there is the spirit life, not only spirit, but spiritual life uncluttered by dogmas and creeds, a pure spiritual life. They will find that this life vibrates through physical matter, through the stones, through the air and through the water, and through all the elements, vibrates and makes the vast contribution to the life of man.

Now, in the bygone days the brotherhoods, if you like to call them so, the brotherhoods of the Great White Light had the teachings given exactly as we are passing it on to you. Man had to have an awakening to this world of spirit, and to the higher ethers – I am going to call it the white matter, the white ether. Now, this has been through the past century gradually been demonstrated to man: that death is not the end of any man, that life in spirit is continuous and it is eternal. It goes on from step to step quite beyond your greatest comprehension with your mortal or physical mind. But you have the gift of this inner light which will take you through the dark mists surrounding the earth, take you into illimitable beauty, through the spheres surrounding the earth right out into the Cosmos. And there man will find there is a glorious life of – what he will call – the heaven world. And beyond and beyond your own solar system there are other systems through which this pure white flame penetrates, creating, creating beauty and glory, raising man's spirit into that world of truth and eternal life.

Now, let us come back again to earth for a moment, because we want to leave you with a message of comfort and cheer. Beloved brethren, you must not take – you must not place undue importance on your physical body and the material things of life. But it is important that when you make contact with the spirit and your own spirit you will be able to handle the affairs of the physical plane with greater intelligence and wisdom – you will be able to perfect your physical body because you will be taught in these inner worlds how you may call upon those angelic beings to work with them or let them, better still, work with you, not in a foolish way – be careful – we mean in a pure and simple and holy way. And by this we mean that man on earth must put God first. Go to God, *feel* the Presence of God; thank God,



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acknowledge His wisdom and His love; in all your ways, and all your days the purity of life, purity of the body, holiness of the body. Doing unto others what you would like them to do to you, just that; being tolerant, being kindly. It is so simple, such a very simple way.

Now Jesus, the Great Master, the Initiate said, 'I will show you how to pray. When you pray, go into your secret chamber, and close the door'. You see the simple truth, shut out the noise and the turmoil of the outer world. Shut it out from your mind as well as from your surroundings. Go in humility and in simplicity into the inner chamber of your heart and pray: 'Our Father which art in Heaven; Hallowed by Thy Name; Thy Kingdom come on earth.' Now, 'our Father which art in Heaven' – where is Heaven? What is Heaven? Heaven is a state of harmony. Heaven is a state of happiness. You can't be happy with all the material noise and turmoil of earth. Withdraw from it to your inner self; go to Heaven with our Father, and hallow the Name of God. And pray and work in your own life for God's kingdom to come on earth.

Now, this is man's first duty if he would find happiness, health and eternal life. It is man's first duty in a simple way on Earth, and it is not an easy way to follow. But brethren, if you endeavour to follow the way of the spirit you will never, *never*, regret it. Every thought towards God, every effort that man makes towards a higher life, towards the raising, the healing of the nations, adds to the power which is raising the whole of this physical life on this earth planet from darkness into light. Legislation of an earthly character is all very well, but without the spirit in the people it will fail. Man must be the instrument of Divine Spirit which is within him. He must obey this spirit, which will teach him how to be good and healthy and happy. Now, all these things add up to peace of mind. No brother of the Great White Light, which is the Christ light, no brother should fear anything – not one thing. In spirit there is no separation. In spirit there is no sickness, nor darkness. In spirit there is no fear. What [have] you to fear? Do you fear separation from a loved one? If you are in tune with Infinite Spirit you can never be separated from your loved one. If you are in tune with Divine Spirit death holds no terrors – you just go from one state of life to the other.

And may we say this in a very simple and human way to anyone present, who may be fearful about sickness, who might be fearful about surrendering their body to medical attention, have no fear; because we assure you that God is a beneficent, an all-wise, an all-loving parent. And what you fear will not happen to you; and whatever experience you are called upon to go through, just look for the Spirit and those angelic helpers who are around you, and they will carry you through whatever ordeal is before you. And you will be amazed how little you have suffered, how beautifully the spiritual power has helped you on your journey.

And to anyone present in this service tonight who has suffered the anguish of losing a very dear beloved one by death, we say to you from the spirit: death? Why, my dear ones, there is no death! Your dear one is living in a much more beautiful and happier world than the physical world. And your dear one comes very close to you in spirit, and will speak to you in your heart, or in your spirit if you will become as a little child. And we say this to you all: remember that imagination is the door which opens and leads every man into the spirit life, leads every man into that beautiful etheric world which is created by love and pure heavenly light.

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Be comforted, my children; be of good cheer; watch and pray, as the Master said, and love, love much, love all – just the feeling of love in your heart towards life, towards God, and you will be upraised, and you will be blessed and comforted. And no intellect can give you this comfort – comfort comes inside you, a knowledge, a knowledge of truth, and you know no-one can take from your spirit that knowledge of God, your Creator, your Heavenly Father; or the knowledge of the ministry of angels; nor the knowledge of the power of nature, the Great Mother of all form. Remember this: nature acts or evolves under law. We know, we accept this, but that law is intelligent, and it is all love. The Great Mother aspect of divinity is working through all nature to bring perfection of life. Even as your – we were going to say – your old Bible tells you about the Garden of Eden, such a true story, but so misunderstood and misrepresented to dear earthly brethren. The Garden of Eden is still in existence in the World of Spirit, the Garden of Perfection. We speak the truth. You will find it for yourselves when you follow the path outlined by all Teachers, all Masters, and revealed to you in your own heart by the Heavenly Father.

We leave you with *peace*. And he who is all love is in your midst. Look to him, your elder brother. If you look – oh, such a great being, full of love. He brings to you now the symbols of true heavenly communion. And feel that you are part of his cosmic body – in your consciousness let it go out, feel that you are part of the cosmos, of his cosmic body; and receive from him the Holy Grail, the wine, the symbol of his spirit. His spirit, although you don't see it circulating throughout the whole of your world, his spirit [is] radiating through all matter. Pray that your eyes may be opened, your feelings quickened, your hearing quickened that you may hear the heavenly music, and that your sense of smell may be quickened that you may smell the sweet odours of the perfumes of the garden in spirit; that your taste may be quickened that you will taste the spiritual essence behind all food. Remember, remember that every sense of your physical body has its spiritual counterpart. How to train these senses is by worship, purity and love and kindness to all.

O gracious Spirit and the heavenly angels, be with these Thy children; bless them with Thy health and Thy holiness and Thy peace.

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The symbol of the centre from which we speak to you, the centre from which we come from afar.

## Brother Faithful:

The address – the talk – the message tonight has really been strictly in accord with our reading. That same reading pointed out the difference between the hard intellectual life, the hard personal life, and man's possible escape into reality. And reality only came about through his spiritual arising within himself, by his spiritual domination over his material self. Simple yet difficult.

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And I hope most earnestly that the message tonight has impressed you as deeply as it has impressed me. And I hope I may remember it for a long time, and you too.

So we close our service with hymn no. 438...

*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:*

*Retreat, health, physical health, purification, hermitage, sages, holy men, masters, ancient brotherhoods, God's plan, natural world, divine mother, materialism, science, spiritual unfoldment, spiritual development, light within, inner light, communion, inner peace, inspiration, intuition, illumination, enlightenment*

