

A Way to Health

T114 The Inner Teachings 13th May 1941 St Mary Abbots Place, London

Let us, at the commencement of our talk, bring before you this glorious truth—that we live in God, we are a part of God. You have heard this many times, but merely the words, and we want you to realize and become this truth—the truth that you and we are within that golden triangle that expresses the Trinity of God: Father-Mother-Child, and the purpose of life here on this very dark earth plane—dark because the lowest aspect, the destructive atoms in your body hold you down within the darkness—to teach you that as soon as the God-child within learns to release itself from the prison house of darkness and materialism, you begin to fulfil your destiny and grow in power and in God-consciousness. Then you will lose your sense of separation from loved ones beyond the veil; you will no longer be unhappy, limited, anxious, fearful or sick. In a few words, when you realize your true life and grow in spirit you will be fulfilling the purpose for which you were created.

We thought we would speak tonight on physical health, including an instruction on correct breathing which will help you to attain perfect physical health and spiritual well-being.

All are interested in healing; when you behold the sick your compassion is aroused and you feel within you the desire to heal. You have a natural instinct to serve your brother man*. Those who are healers will sometimes feel a sense of disappointment that they are unable to do more for a patient. We also feel that with almost everyone whom we contact. We yearn to give others the joy that we have realised, and sometimes a sense of disappointment and a little sorrow creeps into our hearts. Such feelings are a weakness in us all, for we have to learn to go slowly, and to watch the plant grow from the seed. We know that if we over-force this plant we shall get luxurious growth, but the roots will be weak, the plant in danger of being blighted by inclement conditions. We know that growth is more healthy [when it is] slow and natural, but if a seed be watered and has sunshine and air, if it is tended by a wise gardener, we are likely to obtain a beautiful flower. There are such wise gardeners in the higher spheres, elder brethren who have been trained through long ages in the art of gardening—the nurture not only of flowers but souls. We are all learning this art, and those of us within the veil (or outside the present stress of the flesh) are able to minister to our brethren within the flesh, and our responsibility is grave as we set out to serve and to help our younger brethren.

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

In this art of healing we must always recognise certain laws which cannot be ignored or broken, for they are laws of life, of God, cosmic laws, and one is the law of karma. In certain cases disease is the result of karma incurred, and though the healer can assist and give comfort and inspiration and help to the sufferer like the good Samaritan, the healer cannot, dare not, remove the karma of that soul. However, the soul can relieve itself from karma in certain cases. Therefore we want you to understand that no disease is incurable, but at the same time the cure of that disease rests not upon the healer but upon the will of the patient and upon the will of God. So those of you who have felt frustration and disappointment, be calm and tranquil in spirit, and resign yourself and your work to God's love and wisdom. These remarks are preliminary to our next point, which is the training of one's own physical well-being, which is of vital import to everyone, especially to healers. We must recognize the

A Way to Health

T114 The Inner Teachings 13th May 1941 St Mary Abbots Place, London

outworking of karma. If the soul has chosen to come back into a body which has a malformation, is diseased, or has some other handicap, it must not resent this condition; it may be that it has been brought to enable the sufferer to learn a certain lesson. For instance, when the feet are affected it often means that the patient has in the past wilfully refused to understand truth. Many a true saying is lightly treated, but has a significance for the student. So when you speak of your feet as your 'understandings' you may not recognize the truth of your statement. Your feet are the base upon which you stand and have a great deal to do with the correct posture of your spine. In the past it is possible that you have been lazy and have not accepted opportunities for understanding. All students and pupils should see that they do not neglect opportunities for greater understanding in this present life. This is often done. Pupils are interested in things of the body instead of the spirit and shirk opportunities placed before them to learn the deeper truths of life. Such neglect is a sin and will have to be paid off at some time, either in this life or the next, and remember, you do not necessarily have to wait for another incarnation to reap the results of your karma. Indeed, the more advanced the soul upon the path, the quicker the reaction, and only a few years ago you may have sown the seeds that you are reaping today. Indeed, I have known karma repaid in a few days. It depends. A deep occult law controls these things, far too vast for the human mind to comprehend until it has attained the cosmic consciousness.

I will deal further with this question in my next talk; tonight we have necessarily to retrace a few of our steps.

To return to physical health and well-being: again many of us greatly desire spiritual unfoldment. Many people come to us for talks, for guidance on spiritual unfoldment, and we are not always able to explain to them the principle governing these things. We indicate that which we can see the particular soul will respond to most readily. It is not always wise to hurl truth at your brother and so knock him on the head (or in the solar plexus) that he takes long to recover. So we usually speak gently and give our beloved brother or sister exactly the food that he or she can digest at the time, and afterwards we watch that pupil. If the pupil proves earnest and strives to follow the simple rule which we gave, little by little more and more is unfolded until the pupil stands erect, ready to pass through the arch into the temple of initiation. Understand that there are gentle ways of helping, and what applies to one will not apply to every soul. There are, however, certain basic rules which we can give on this subject of physical well-being and spiritual training.

Many people pay a great deal of attention to their food—far too much attention, but at the same time your food is supplying nourishment to the different types of atoms in the physical and etheric bodies and if we take in coarse food we are stimulating and feeding the coarser atoms. Likewise if we naturally have a taste for sun-nourished food, such as sun-kissed fruit, ripened corn and mountain water, and the berries and the nuts of the trees, we are feeding the higher, the aspiring atoms in our being, we are assisting our spiritual training. If we insist upon the coarser types of food it makes our training harder and longer—that is all. At the same time I would impress upon my listeners that it is not so much the food that you eat that matters, but the thoughts of your mind and your general outlook upon life. Therefore the first thing is to attain to that aspiring attitude to life. Our very life should aspire not degrade us,

A Way to Health

T114 The Inner Teachings 13th May 1941 St Mary Abbots Place, London

and we should remember always that our bodies—physical, mental, astral, spiritual—are the temple of the Holy Spirit, of the God within. Therefore we must attune ourselves to life on the God vibration, the good vibration, the aspiring vibration.

In order to do this, we need to follow certain rules; observance of these rules of health will naturally bring into our hearts this aspiration. For instance, if you stand, as all true masons should stand, with feet together at the correct angle, with the weight resting on the balls of the feet instead of the heels, you are causing the spine to become erect, you bring about polarization of all your bodies. If you slump in your chair, with your spine curled up, although it may feel comfortable to you (to us it would be impossible—very uncomfortable) you bring about a weakness in the spine. In many people the vertebra have become so loose as a result of this slovenly way of standing and sitting that however often this trouble is corrected, it will recur. By constant striving it becomes a habit, as you will prove, to walk on the balls of the feet, to stand upright, to rest your spine in an erect position, not uncomfortably but easily, happily. To do so regularly gives poise, and swing of the body and hips when walking. Have you ever watched a Red Indian walking? You could take a lesson from that. Our brother Indians were perfect physically and spiritually much in advance of the present 'white' men.

When sitting you will find it more comfortable to learn to sit straight, depending upon your spine, and not on the back of your chair for support. It makes your back tired, you say? Yes because you have always depended upon support, but God has given you the power in your spine to support you comfortably and correctly. Think for a moment of the difference in your attitude of mind immediately you pull yourself erect and aspire. You cannot help but feel good—it seems to fill you with light, and that is exactly what happens. The spiritual light is able to enter and pass through you without hindrance, through to your finger tips and down your spine to its base and your very feet (free and supple as they should be) are able to feel and draw magnetism from the earth, which magnetism circulates through your aura, giving you that vitality and energy for which you long.

When you train for spiritual unfoldment, remember, the spine must be erect, the head straight, and hold your hands clasped. This creates the positive vibration and will protect you from all negative forces. We are going to lead you step by step; we tell you the position to sit for this particular exercise; if later on we alter the position please understand that as you advance in your studies you will need to alter the position, because you will be attracting another type of vibration. If our statements appear contradictory it is because you lack understanding, or maybe we have lacked clarity in our teaching, but in spiritual training we are continually meeting paradoxes, and it is part of the training to discern step by step the truth and what is meant by a certain statement.

Concerning breathing: the bodies of many people die because they are filled with poison which has accumulated over the whole of the life, poison resulting from improper food, through the mental body by wrong thought, and poison put in by breathing impure air and by failure properly to exhale such air.

A Way to Health

T114 The Inner Teachings 13th May 1941 St Mary Abbots Place, London

Yoga training has for the western mind been repudiated; the western body needs its own particular yoga training it is said, and the eastern method is unacceptable to the west. This is because the vibratory currents are different in your climate and in the western world from the east, but we would give you help specially prepared to suit the western body. So if anyone says that White Eagle gives you yoga teaching, I want you to realise that it is not the eastern yoga that we outline. Our training and teaching is correct and useful for the western pupil, although some of the methods of the east are not for you.

Some will say—do not touch breathing exercises; they are harmful, since certain exercises cause disassociation of the bodies and a nebulous state of mind, but if you follow our exercises you will find well-being will result and no harm but only good, but you must do exactly as we say and not try experiments on your own account. It is not good to try, in the early stages, to breathe too deeply or to hold the breath for a long time. It is not good to breathe in a strained way. All breathing should be harmonious and give you no discomfort. Rather should it bring a sense of harmony and well-being. In spiritual training always seek for harmony; always keep your elbows well in, mentally and physically, spiritually. Always seek for harmony. ‘But that is the soft, easy way!’ you say. Oh no it is not; try it and see. You will find many snares and delusions, because it requires mental training to attune yourself harmoniously to life.

Few, if any, breathe out sufficiently. Most people pant. You may not think you do, but many people breathe only with the top of the lungs, leaving an accumulation in the lower part of the lungs of poison. This may go on for the whole lifetime. One should learn then to breathe deeply, but you won't do it without application. You must breathe slowly, quietly, harmoniously; gradually getting the breath deeper until you are filling and emptying the lower part of the lungs and expanding the ribs as you breathe. It must come gradually. Try this exercise by taking six breaths each morning.

Having cleansed the nostrils, we will take first the exercise we showed you in our last talk. Stand if possible before an open window. As you inhale each breath aspire to God—feel that God is entering into you; as you exhale bless all life; this inbreathing will cause spiritual light, the spiritual sun behind the physical sun, to enter into you and register on the membranes at the head centre, on the brow, and from that centre mentally you can direct the light to the heart centre to bring spiritual water and sunlight to the seed atom which rests in the human heart. Do this each day if you can if you are sufficiently enthusiastic and keen on your well-being. Do it for as long as you can and like, but without strain. Having learnt on the physical plane to fill the lungs with fresh air and to exhale the poison, having learnt on the spiritual plane to inhale the spiritual sunlight as well, practice the inhaling through the right and left nostril alternately. There are two points in our being: the solar and lunar points of contact. The solar is made through the right nostril and you are breathing in to the solar centre; through the left to the lunar centre. I think you do not need to go beyond this point at present. Practice the method as follows:

A good way to fall to sleep is to lie on the left side with the left hand under the left cheek. This will automatically cause you to inhale through the right nostril. You will help by putting

A Way to Health

T114 The Inner Teachings 13th May 1941 St Mary Abbots Place, London

the right hand under the left arm, because there is a nerve there which when pressed helps with this breathing. Sleep in this position and you will automatically be breathing in the solar energies, and thus inbreathing to your physical body and all the subtler bodies the aspiring atoms of life. It is these that we all need to attract and fill our beings with.

Our last word is about water. You have heard us say, for years [use] plenty of water inside and out. Oh for a mountain stream of life-giving water for you all to bathe in, but of course that is not possible in the crowded city. How we used to delight to bathe and splash in those crystal waters! But I would suggest that cold baths are a harsh alternative—never embark on anything which is going to give you a shock. Always work for harmony, but nevertheless reduce the temperature of your bath until it invigorates but does not shock you. Very hot baths are injurious. Take temperate baths and reduce the heat of these baths as you feel you can. Then have a brisk rub down, but do not make yourself overtired—enjoy it.

Boiled water should be chosen in preference to unboiled. City water is full of ash and other substances which cause harmful deposits in the body. Always before your breathing exercises sip a little water and, as you drink, let there be a meaning. Think, 'I drink once; I am assimilating into my being the divine wisdom; I take another sip; I assimilate love. I take another drink; this is power.' By every sip of water you will draw upon an attribute of the Godhead, so by this you will be continually cleansing your physical and subtler bodies.

Benediction:

Breathe on me, breath of God, that I may bless all men, all creatures, all life.

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:

Pranayama, God-breathing, conscious breathing, patience