

# The Wonderful Journey of Life

A260 Sunday Address 7th February 1954 St Mary Abbots Place, London Sunday Service

*Text:* *Stella Polaris* in February and April 1955 offered two addresses with this title, the second being a continuation. This division might have to do with length, but in fact the combined talk is not significantly longer than several which over the years had been printed as one talk. It may be that the limitation had more to do with the rest of the content of *Stella Polaris* in the first of the two issues. The second 'half' begins after 'which, simply, is love', with the words 'For this reason....'.

*Context:* once again, the dating of this address to twelve months prior to its printing is based only on the ubiquity of that practice of publication. White Eagle speaks of the previous 'group' focusing on 'the Christ circle'; the word 'group' is unusual in this context, so that there is always the possibility this is not a Sunday address at all. The editing of the talk (we suppose) gives us no indication of its context in the service, e.g. of the reading or the hymns: it begins and ends as though some words of greeting have been lost. The final paragraph is called 'our last point', but there is no farewell, no communion. Moreover, the address dated to January does not specifically refer to the Christ circle. There are some powerful images in that address, though, which might be taken to be visions of the Christ circle. In all other respects the ascription feels right. 7 February comes straight after Candlemas, although there is no mention here of a festival. There is in fact mention of Christmas, instead, but this possibly confirms the date suggested, which would have been the fifth Sunday of Epiphany.

One address that does talk quite significantly about the Christ circle is that of 2 May 1954. Thus the thought must also be entertained that this is not a February teaching, but the missing June teaching of that year.

*General notes:* the opening part of this talk is very much about the destructive nature of critical speech, both socially and in a political context. As we move on from this, there is the striking phrase, 'Man contains the whole universe within the life spark located in his heart centre'. There is a call to meditation. However, the focus remains on the power of thought waves, for good as well as ill. Although the title given in the printed version, taken from the end of the talk, implies the individual journey each of us takes, the true theme of the address is how the work of every individual is a contribution to the development of the whole. As we come to the end of the talk there is a lovely sense of a magnet, the Solar Logos, raising us all upwards by sheer concentration of energy.

*References:* 'Man know thyself....' is the oft-quoted inscription over the door to the oracle at Delphi. 'Seek and ye shall find....' is Matthew 7 : 7.

## White Eagle's Address:

At the last group we spoke of the Christ Circle and the importance of groups of people like yourselves being active and constructive *mentally* to help forward reconstruction in the new age. We pointed out the importance of positive and good thought; for we know that many people are as careless in their thinking as in their speaking, not realising the power behind thought as well as words. Heedlessly, people think harshly and negatively about others, not understanding the need which every soul has for constructive, good, positive thought on the part of others. When men hurl such critical and destructive thoughts at their fellows, they are pulling them down and injuring them.

We have often spoken of the importance of overcoming and abolishing cruelty in the new age. You will immediately think about cruelty to animals. This is only one aspect of cruelty. The abolition of destructive and cruel thought is of as great an importance as the abolition of cruelty to animals and of their slaughter.

Has it never occurred to you that you can debase a man's soul and possibly the power of

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creative work by harsh criticism? We are aware that another kind of criticism has a place in the world. To some degree it can stimulate and lead perhaps to the perfecting of a work. But there is a distinction between savage criticism and suggestions that are helpful. We want, however, to make point that *constructive good thought is always God thought!* Some of your leaders are great souls who hold a position of authority and grave responsibility. Nevertheless, they are heedlessly criticised by the masses. If those people only understood the difficulties of those in high positions in your land (and elsewhere in the world) they would surely long to help such people by projecting to them thoughts of goodwill and kindness, and by surrounding them with the light of Christ.

Now, every constructive God-thought of this nature sent out into the world is helping the *whole of mankind to rise*. For this is the purpose of life – to rise and to expand in consciousness. Life itself is consciousness. We would again emphasise the age-old truth that within man is all knowledge. Man contains the whole universe within the life spark located in his heart centre. This is a great truth. Man habitually goes outside himself; he is ever reaching outwards and upwards. That is a necessary, a natural instinct: to explore and to reach up for knowledge. Presently there comes a time when the growing spiritual consciousness in man reveals the profound truth that all knowledge is already within himself. From within himself man can receive the wisdom of eternal and universal life.

It is for the purpose of helping you to uncover this power of the soul that we urge the practice of meditation in the search for truth. Man must understand this and learn to practise meditation continually if he would find God and the truth of life. *'Man, know thyself; and thou shall know God and the universe.'* The sages, the wise men of the East – and of the West – have withdrawn from the outer mental plane as well as from the physical. They often spend a long time in retreat. Periods of complete isolation are necessary at a certain stage of human evolution; but there is a great deal to understand about the purpose served by this isolation and practice of meditation. The sages, the Masters as they are called by many people, spend long periods in their rocky homes in the mountains, and are continually contemplating or meditating upon God. In their temple (within their soul) their consciousness expands, embraces, and penetrates the whole universe.

We have already said that man contains within himself all knowledge. Perhaps you do not fully appreciate the meaning of this? Think then of the radiation of thought. Today the waves of sound coming across the ether seem commonplace. Man by his discoveries of the secrets of nature is overcoming space and time. He regards the reception of sound- and lightwaves as an ordinary occurrence. In the comparatively near future when man develops inner powers, he will receive (and quite normally) thought waves from the unseen. This you could do now, were you practised and trained for the purpose. Your soul, your psyche, is your sensitive instrument; it already receives constantly the impressions (or the batterings) of human thought waves. This is why many people suffer today through their nervous system, which interpenetrates the higher etheric and the soul body. That soul body is a highly tuned receiving station for waves of thought. For this reason, people who are striving to unfold or develop their soul or psychic powers, their spiritual perception, are advised to keep away from massed humanity except perhaps on rare occasions. It is a great trial for a sensitive to have to enter, say, a crowded theatre or a cinema, or to mix with crowds. Those of you who live in the city know how weary you get, without understanding why you become so depleted or why you long to withdraw from the crowds. So, when you reach the country you begin to

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respond to the healing vibrations of nature.

Now that you begin to realise what kind of thought powers you are contending with in your daily life, it will help you to train yourselves to project only kind and loving thought. This will all seem very simple and people with clever and highly developed intellects may well say, 'This is all baby talk! We do not want to hear about this sort of thing.' Is not truth ever simple? Indeed, the greater the truth the simpler it is, and the more simply it can be expressed.

Good thought, God thought, is always positive thought. The leaders not only of Britain but all good leaders everywhere should continually be supported and helped by this good thought. This is why the sages and Masters in their mountain caves long remain in meditation and contemplation. Time does not exist for them; they dwell in consciousness of all life; they enter into the lifestreams; they are aware of the interpenetration of the vibrations of the whole cosmos within their soul. They become fully conscious both of their origin and of their completion. They are then at one with God.

Consider the soul-emanations from these great people. Try to imagine the countless, countless threads of light or projections which are constantly going forth from them, constantly penetrating the whole of life – your life included. Some of you may doubt that such beings could ever be *en rapport* with your soul. Well, we can assure you that this work is going on constantly *at a certain level of conscious life*. The mission of these is to give enlightenment to all souls ready for enlightenment. You yourself can by aspiration and goodness of thought and life attain to these brethren. Nothing hinders you; can only debar yourselves by breaking common spiritual law – which, simply, is love.

For some reason man ever chooses the hard way to go about his business. He perseveres by concentrating his energies on his own mental growth and development (although what you call education is necessary and sometimes important), to the neglect of other things. Possibly this is because the more profound truths of his being are not readily available. Long ago students were taught how to read the Akashic or the etheric records. Even today, when man leaves the earth and comes to the land of light his soul is eager for this knowledge. Yet he has himself to learn how to read the records – which, by the way, are never in print like books. There is, however, a great library to which the Elder Brethren have access which contains the essence of all that has ever been printed and circulated on earth. This may sound contradictory, unless we explain again that it is the essence and not the matter, the spirit and not the letter, of what was good and valuable which remains impressed on the ether and can be read at any time by the Wise Ones.

What we are trying to show man is that within himself is all knowledge that the life within him is conscious of everything. What man is learning when in the physical body is to expand that consciousness of his, which is his real life. This is the sole purpose of his being.

One supreme factor helps him on his path. This is his ever-present inclination *to grow*. Just as the seed in the ground labours to send out its roots and to struggle upwards through the hard soil, so also does the soul of man work. At first that soul does not know what it is doing. Nevertheless, it continues to labour all its time to expand its consciousness. In course of this effort for self-expression and soul growth the man does some queer things, thrusting his fellows out of his way as he hurries onwards. He can become very egotistical and intolerant.

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Having seen one tiny aspect of life which he calls truth, he believes he is the only man who has ever found truth. If the fellow by his side sees another aspect, the first man quarrels with him and says, 'You have not got at the truth at all. Come and look at mine! See, this is my kind of truth, which is the very best truth available!' Not only with religion does this happen. This form of self-assertion or domination of the one over others has many aspects. Only when the soul of man at last recognises and meditates on God does the expansion of his consciousness become ordered and harmonious. Then he begins to see not the one aspect of truth but all truth.

We have said that there is always one power which is ever waiting to help man in his growth. This power is like a tremendous magnet. Try to recall what we have said in past talks about the Solar Logos, and the great plan for the evolution of man's soul. The Creator has sent His messengers to earth; He has even sent the Son of God in the image of God. Man is also created in that same image. He can therefore only understand and learn to love someone like himself. This is why the Son of God came down to man – at Christmas. At Christmas the power is radiating all over the earth and man responds. We know that there is darkness together with the light, and that there can be abuse of this power. It is always so; while man is ignorant this abuse must occur. There will be greedy people who want gain for themselves. But even these are not wholly selfish because, while their motive may not be altogether pure, nevertheless, out of it all comes eventual good. In other words, out of man's ignorance comes knowledge, out of his darkness comes light. So although this spirit of greed and commercialism exists even at Christ-mass, there is also working with it a beautiful spirit – a spirit of kindness, goodwill and loving brotherhood.

Now we would draw your attention to the glorious Christ Circle which can manifest in the heavens above the earth. Is it really above the earth? It seems to be; but in reality it encircles, it enfolds the whole earth, and from its centre there shines a great cosmic jewel. Think for a moment about this heavenly Being and the great hierarchies around Him. all directing upon earth their radiation of love, of life, of beauty, of truth, ever drawing you upwards towards the fuller, the more beautiful life. Is it difficult for you to believe what we say? Yes, the earthly mind can prevent your acceptance at any time. Yet by means of meditation or contemplation you can reach a higher and purer sphere. You can then feel the radiation, the beauty and the wonder of that influence. But when you return to your business of living and the little fleshly self gets to work it can sever your contact by saying: 'Oh, yes, that is all very well. But now get back to these present problems with which I am wrestling!'

This is why we say that the earthly mind is the destroyer, the slayer of truth. A time will come, however, when every soul will become aware of its higher life and of its true self. Then it will be able to see the two selves in contrast: the restricting earthly self and the higher, heavenly and eternal self. As development proceeds, the higher self will become stronger and so more in evidence in everyday life. Problems and difficulties will no longer overwhelm a man. They will keep in their rightful place, once he develops true vision not only of God and of heavenly things but also of earthly things. For he then sees things in their true perspective. His sensitivity enables him to penetrate the ethers and to receive radiation from the higher worlds. Even now a rapid development is taking place, although the man may be largely unconscious of it.

In a little while, the human race as a whole will be uplifted, partly by its own effort and partly

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by the effort of the hierarchies. This planet will then attract the planetary beings, the planetary angels. There is already a great spiritual activity in outer space, already a penetration of the mists of the earth by rays of angelic life. This is why it is necessary for man today to attune himself to godliness, to good things, to simple truth and simple beauty. He must learn to be receptive to the radiations from outer space. He is being prepared and given every opportunity now to purify his life, to abolish all that which is cruel, unseemly and ungodly. He must prepare himself for the reception of visitors by becoming loving. He must be ready to receive his brethren from other worlds, not only of a physical nature but of an etheric and a spiritual nature. You will presently see a vast growth in man's knowledge. Not only has man to become aware of the conscious life existing in outer space on other planets but to become aware of the conscious life in all nature, and of his relationship to that life in nature. He has got to recognise this interpenetration of these particular rays of consciousness in the mineral, the vegetable and the animal kingdom, and even to the angelic kingdom. Think well about the great Ones who by their constant meditation and contemplation of humanity can help any soul that is ready to be helped. Of these you may be one. That will depend upon you. No one is going to shut you out. If you sound your own particular keynote and it is a harmonious radiation from your heart, however simple you may be, however unworthy you may feel, if your radiation is clear and true as a bell, it will echo in the Master's heart and you will call him and he will answer. 'Seek and ye shall find; ask and ye shall receive.' There is nothing that you may not know if you seek in the right way. The simple and the true way is to seek through loving all creatures, loving life and loving God. Whenever this radiation goes forth constantly from man there will come an instant change in his life. Man's inhumanity to man, man's cruelty to his brother resulting in the horror and sadness of war, and in poverty and disease, will all be swept away. Do not think for one moment that this is a hopeless task; it is not so; but it does need every soul to understand this simple truth. This brings us to our last point. By now the truth about this spiritual life has been revealed. You have perhaps cried out to God. You have searched, you have longed for truth; and a measure of truth has come, has been revealed in your own heart. Soon perhaps you are going to meet fellow travellers on the path of life. Many of them will ask you for guidance. It is for you to respond. You can be a messenger to them, helping many, many people to understand the whence, the why and the whither of life. Do not hesitate to help – by word, by deed and by thought – your fellow wayfarers on this wonderful journey of life.

*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:*

*age of Aquarius, power of thought, thought control, animal cruelty, politicians, world leaders, gurus, wise men, holy men, telepathy, intuition, psychic powers, contemplation, prayer, elder brethren, spiritual unfoldment, masters, path of the soul, path of spirit, path of initiation, prophets, Yule, winter solstice, devas, planetary rays, selfishness, enlightenment, evolution*