

How to See the Shining Ones

T237 The Inner Teachings 18th January 1955 St Mary Abbot's Place, London

Invocation:

O Lord, who art the Source of our life, who dost fill us with love, we bring the holy cup in the form of a heart; and Thou dost fill our cup with love and worship for Thee and all Thy creation. It is Thy love which opens our vision to the glory of Thy universe. It is Thy love which attunes our hearing to the music of Thy Heaven. O gracious Father-Mother God, may these Thy children be in Thy love. May Thy life and the vision open for them that they may walk in their path with peace and joy as Thou wouldst have them journey. May the spirit of Thy Son, the Lord Christ, be with us.

Amen.

A little while ago we talked about the breath of God. 'Breathe on me, breath of God' are the words you are accustomed to sing. Notice the power there is in this breathing-in of life. You breathe in, you say, automatically; do so now with thankfulness and peace, for then you breathe in the love of God, which is the Life of the universe. You live and have your being in this universal life. You will not cease to breathe even when you leave this body. Life goes on exactly the same afterwards. You breathe, you live—and you continue to live. You leave one body; you pass into a finer ether, and at the appropriate, the appointed time, you return again to a new body. You are living and expressing something which no ordinary man* yet understands. It is a wonderful thing, life; it is wonderful to have been breathed forth from the heart of God, to be held in the thought of God, in the mind of God. Yet everything and everyone in His creation is held in His mind. Can you comprehend the extent, the grandeur, the power, the glory of that mind which creates and holds the creative thought so that that thought becomes a living thing? No; it is beyond the finite mind's power to grasp. Some of you who are accustomed to meditation might have a fleeting conception of this profound truth. For as you meditate you create a picture, a form. That something lives, moves, communicates to you; you are then living, breathing, in a thought world of a higher vibration and a purer state than your physical life. It is so wrong to say: 'All this is my imagination; indeed, I can imagine anything; I have a very vivid imagination; imagination is nothing but imagination.' Imagination in reality is the very source of creation. In the same manner God holds in His mind some minute creature. That creature has something in it which is of God; that something is its power to increase in consciousness.

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

We are only going to talk about one small aspect of spiritual evolution tonight, but we want you to hold this thought—that within every human being God has planted a seed, a soul—shall we call it, a seed-atom of Himself, or of Itself? This contains the universe. 'Impossible,' you say. Nevertheless it is true. A seed of God is in you and also in every other human being. That seed is identical with the seed of a plant planted in the earth. Look at some tiny seed. Consider it and think—this seed will someday work a miracle! It will be planted in the earth in faith that it will grow. It does grow, often into an exquisite plant. Not only human power does this; all nature is continually working to give such seeds the conditions they need to grow. The materialist thinks that nature is just an automaton, that nature just happens. Use your own intelligence and you will know that behind nature, animating nature, controlling,

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ordering nature is a Divine Intelligence, and that Divine Intelligence must have given its sons and daughters of the human family sufficient power to comprehend their own universe.

Have you ever thought that you are a part of God, that you are a thought of God? Meditate upon this and you will probably be overwhelmed with the greatness of the idea. You are a thought of God and you are held in the mind of God. God has created the universe. God has given you eyes to observe that universe; He has given you a brain to understand; He has given you a heart to love; He has given you hands to serve and help life and your brother man; He has given you feet and legs with which to walk and has created you a perfect human being with wonderful powers to live, to learn, to see, to enjoy and to glorify His creation. What a wonderful gift is your life! You live not only for a few short years in a physical body; your life has always been and always will be. It goes on and on and on; it has no beginning (although we have just said that the soul was breathed forth from the Father-Mother). It has always been in the Infinite Life and always will be. When your individual life was breathed forth you were sent on a journey. People say: 'What is the use of it all?' We answer that the gift of individual consciousness, of self-consciousness, and, in time, God-consciousness is a beautiful and wondrous thing because to live (although you do not realise it) is glorious and beautiful. Having been breathed forth, there is an in-breathing again, but you do not lose your life; instead there is change from one state to another. Each stage of the spiritual life or the spiritual journey unfolds more beauty.

If you are worried today, careworn, anxious and fearful, we would beg you to stop and think. Look back over your present incarnation. Review the troubles and trials that you have passed through, not forgetting the joys and the happiness also. Remember again past trials, anxieties and sorrows. Then see how you were brought through them. God has never left you without help; He has never left you alone. Always events have come along which have improved your conditions. Even if you cannot admit your material conditions have improved, there has surely been a development in your spiritual state? You have learnt lessons which have brought ease of mind. You are wiser. Through your difficulties and trials light has entered into you. In other words, your consciousness of a divine love and a guiding hand has grown as the result of past events.

It is therefore a mistake to fear the future, which can bring an ever-increasing consciousness of God, an ever-increasing understanding of God and God's life. It is a mistake to fear death. There is no death. We are always saying this. Of course most of you think you believe it. You say: 'Oh yes, we know that there is no death,' but you do not know it sufficiently; you have not yet got the deep consciousness, the spontaneous reaction, that you should have towards eternal life. As we were saying, you live only for a few short years; you cannot stand more. God has limited the life of the young soul (although in reality every soul is old). In its breathing forth from God the soul becomes again infused with fresh young life. Still it retains the seed within of its ancient life. That seed has to be scattered and has to continue to grow until full consciousness of God is established.

Get well into your mind that life is infinite, life is eternal. There never has been a time when you were not and there never will be a time. You will say: 'Shall we not get weary and tired

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of this continual living—life is a burden even now?' No. God has limited your days in the flesh until you grow more fully conscious of the beauty, of the wisdom, of the glory of His life. You live only for a few short years which you call an incarnation. Then you leave your body like an outworn dress. You do not mind in daily life moving from one house to another. You may love your old house, but when you have had enough of it, you are ready to go. In similar fashion you come to the point when you would like a new body; you have had enough of the old state. You are tired. You are weary. Then God is very kind. God allows you to pass on. You are removed from an outgrown state of life. You move forward into the next state. There you rise in the spirit. You enter to a period of intense happiness, removed from the limitations and the ignorance of the earth life. Then, when you have rested sufficiently and your interest in life has quickened, the time comes for you to go forth again. This is not wearisome but a joyful process. Let us make this quite clear—that you need not be separated from your loved ones. In love—where there is love—there can be no separation. Love is like a magnet to steel. You are inevitably attracted, drawn to loved ones. In both the spirit world or in a new incarnation, you cannot escape your affinities. You feel happy with certain people; you are drawn to them, and then know love and peace. The most wonderful revelation a soul can have is that of brotherhood, of harmony between souls, with the joy in working, in creating with kindred souls.

We are trying to give you a glimpse into an eternal and a universal life into which you are born even now. Man on earth has his trials, his limitations. They seem very great to him sometimes. Although man is born to a body of flesh and presently passes on and is apparently forgotten, there are always other souls reincarnating who are going to be of the greatest help to the great human family. God has never left man without a witness; there always have been and always will be what we can only describe as 'peaks' of the human race. Look down upon earth with us and see the masses of souls; some are toiling in darkness, some have their faces lifted; others have climbed a little way up; others are high upon the mountain. On the mountain peaks we see the Great, the Shining Ones, looking with compassion upon humanity. They, by their own effort and aspiration (combined with the blessing and the help of their Creator) have learned how best to serve Him and their fellow beings. From the mountain heights they direct rays of love (which is light) into the darkness of earth. Whenever a soul has expanded its consciousness of goodness and beauty, knowledge and wisdom, it looks upon earthly things with a very different vision. Men see so much that they call evil. You say you cannot get away from evil things. But the soul which has journeyed afar and has expanded its consciousness of God sees with clearer vision and truer perspective. Your Bible tells you: 'Good cometh out of evil.' 'All things work together for good to them that love God.'* So, if you look for what you think is evil, you will see it, and it is very ugly, but if you look out from your lookout above on to what seems to others to be dark and evil, you will see that it is life in a process of evolution. Pain and suffering may be inflicted by one soul upon many souls, but presently you are astonished to see that what formerly appeared to be evil was in reality a power set in motion to bring about knowledge and good, to give people a wiser power of selection, discernment and discrimination.

[*Romans 8 : 28]

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Experience in life is the greatest teacher. You forget that painful experience teaches you or opens your eyes to joy, not immediately but eventually; the wise man sees that when death intervenes, and there is apparent tragedy in a family through death, eventually it is shown that there was a wise purpose in that death and it meant eventual happiness to many people. Never grieve for souls who pass through the change of death, for those who come over to our world are met with love, wisdom and understanding. If they want to learn, if they want to understand, all possible help is given in conditions of great harmony and happiness.

A wise man or woman never grieves over the dead and never grieves over the living, because the wisdom and love of the Great Mind of God cares for all His creatures. He cares for His sons and daughters in a way that no limited earthly person can care. How can we ever find words to convey the love of God, the beauty of God and the peace of God!

Do not be misled by would-be clever people who are exceedingly well trained mentally, because they cannot know everything and make vast mistakes. You people are trained to look up to a powerful brain. Those who study books gain a certain amount of knowledge, but unless they are childlike at heart, they can be misled. It is the man of spirit—he may not have great book knowledge, he may not be over-educated—who has got something unattainable by learning. This something is intuition; his brain is subservient to it; he keeps it so. He uses his intuition. He worships his Creator. He looks out upon and studies life through experience and observation. Truth flows into his heart, so that he questions the sweeping statements made by intellectuals, by so-called scientists, because he sees the flaw in their reasoning. The man or woman who loves God, who is not too self-important to kneel in humility, in adoration and aspiration to his Creator, has been given a brain to think for himself, not to be stuffed with the mental arrogance of other people. As he thinks about God and Creation, he learns and his consciousness expands through worship, prayer and thought. This is how great souls are made, and not by struggling and fighting for position, wealth or power. Great souls are made by walking hand in hand with the Master. It is true that the world passes them by very often, but in time such souls become so full of God that the world sees, senses, feels their greatness and recognises that that soul has been sent from God.

You have such an example in the Master Jesus. It is true that his was a very, very ancient soul and did not begin on this earth planet but on another planet in your solar system. You cannot comprehend eternity or infinity. You can learn to do this through meditation. Meditation helps souls to expand in the consciousness of God. And then again there are souls who have been prepared for aeons past for this conscious union with God. There comes a moment when suddenly all barriers go, and that soul is for a flash (or longer) conscious of itself and God, and conscious of the whole universe. It is conscious that it is one with 'That,' that it is part of 'That,' that there is no separation from 'That' and there is no separation from any affinity. It is all in all and complete in 'That' the Indivisible.

There may be some people who think it is terrible to be swallowed up in what our Buddhist brethren call 'Nirvana'; this is because they do not understand the greatest joy, the greatest thrill, the completion of life is to realise that one is 'That.' One belongs, one is part, one is the whole, and one henceforth lives in that consciousness—individualised, yes, but consciously

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united; that soul is called thereafter by that simple word, so misunderstood in the Western world, 'yogi'. A yogi is one who has found at-one-ment or union with the whole, with the universe. When that one has reached the apex of life, he only knows the way to live in love; he loves everything, everybody, every creature. He cannot do other than love. God is love, and when a man has attained love he has attained all. Love all—there is no living thing which God has ever hated—love all; there is no living thing which God has not created.

We must not weary you. We have given you enough to think about. We would leave you in this exalted state. Bear in mind our words. Life is a joy. Life is eternal. Life is a going onward and upward, better and better and better, and nothing can kill you; nothing can stop your living. Why be concerned? Just live and if you live wisely and goodly [*sic*] you are helping your fellow creatures. You are preparing the way for those who are following after you. All of us are in the wise and tender care of a compassionate Creator. So peace be with you all, blessed, blessed little ones who are God's children.

Do not doubt anything that has been said tonight. If you doubt, you are your own enemy. We have spoken from the heart of truth. We give you only truth. We say in the words, the old-fashioned words: 'Only believe and you will know God and peace.' Goodnight.

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:

Incarnation, growth, learning, yoga, yogic, mediumship