

The Bread and the Wine

A221 Sunday Address 5th November 1950 St Mary Abbots Place, London Sunday Service

The date of this address is conjectural (see below), while the text is as issued in the magazine Angelus after it was given, apart from correction of errors

Text: from Angelus, June 1951.

Context: there is no date against this address in the printed version, so that the date can only be conjectural. The reason for choosing the previous November, other than the lack of any other identifiable address for that month, is the references to Remembrance that it contains. White Eagle speaks of Remembrance as part of the cycle of festivals of each year, like the harvest thanksgiving in that it is about thankfulness. A true Remembrance talk would normally have been given on Armistice Day, which would have fallen on the following Sunday, the 12th, but in the main there is an avoidance of much talk of Remembrance in the conventional sense so that the other convention, of White Eagle speaking on the first Sunday of the month, has been assumed in this edition. However, it is perfectly possible that the whole attribution to November is wrong. If it genuinely is to be dated 5 November, one might anticipate some reference to fireworks, but either the post-war years did not run to such extravagances, or (which is entirely in character) the spirit presence of White Eagle simply had no ear for earthly explosions. He never mentions a single bomb falling or siren all through the War, though both sounds must have intruded during services and teachings.

General Notes: there is talk early in this address the limitations of human language. A useful comparison might be the talk given at the Marylebone Spiritualist Association on 31 May 1934, given the title 'The Language of the Gods' in which White Eagle is clear that at a certain plane of life language is no longer necessary and heart communication is profound but wordless. Latterly the message is very much about the meaning of the Sacrament, properly understood and with proper ritual – and of the place of this ritual in ancient civilisations. In the second sentence of the second paragraph the word 'we' is italicised in the printed text and similarly here: the sense would seem to be 'even we in spirit wait upon the words from above'. In the next paragraph White Eagle speaks of major changes coming in the way people approach religion: at the time of this database being realised, it might well be argued that this has happened.

References: 'the letter killeth, but the spirit giveth life' is 2 Corinthians 3 : 6. The phrase 'the old order passeth' contains an echo of Tennyson's 'Le Morte d'Arthur': 'The old order changeth, yielding place to new. And God fulfils Himself in many ways'. The story of the raising of Lazarus is found exclusively in John, 11 : 1-44. 'If I be lifted up, I will raise...' is John 12 : 32.

White Eagle's Address:

Will you close your senses, forget your bodies and aspire to those places in the etheric world where all is glory and beauty? We would have you catch the light and the blessing, the great outpouring which we now see from God's heart, Source of all. We would that you could imagine that you are raised to the temple of the golden Sun life, light and power, a temple not built with hands but of the substance of the Soul of all living beings – not only on the earth but in other spheres and planets. We would have you realise the reality of this meeting-place, this temple on the etheric plain, built, as we say, of soul substance – which has been since the beginning, which will always be. My brethren, may your eyes be unveiled!

A great company of heaven has gathered in this golden temple, which is as wide as the universe, as high as the heavens. There *we* wait to listen to the words. We try to translate the vibration, wisdom, teaching, from the sphere of truth and glory, so far as is possible into

The Bread and the Wine

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simple words. So much will be lost in this translation unless you yourselves can rise with us to that level of spiritual life and absorb into your souls its glory.

Only the mind in your heart, your spiritual mind can interpret this truth. Do not depend only upon the word. Remember that the letter killeth but the spirit giveth life; and it is this spirit of truth and love that we are endeavouring to bring through at this moment.

You will witness in days to come, and indeed you are already witnessing, great changes in men's thought, in their forms of religious worship, in the estimate of human values. Much of this is put down to the ordinary process of education and evolution. My children, the truth is that a time has come for an exceptional outpouring from the spirit side of life. Men and women are feeling this stimulation in their etheric body, in what you call the psychic centres, or their chakras. The ordinary person does not understand what is happening but finds that he is searching for truth. Anyone here who has experienced this change of outlook will agree with our words. For on every hand men and women are searching, searching, longing for comfort, for knowledge, for peace. Yet while they long for peace, they still persist in talking about and preparing for war. To counter this, we would have all of you do your part as soldiers of the light, soldiers of the spirit. Therefore picture a knight in shining armour, this armour being a reflection of the light which shines forth from the true heart of this knight. Let this knight be yourself.

For the White Brotherhood are now calling upon man. We cannot find a more comprehensive word than 'love' to make you understand that power which is flowing forth from the courts of heaven. These are not only words, my children, but living truths that we are giving. May your eyes be open to see the glory of this heaven world which encompasses you, to see for yourselves the effort now being made by the White Brethren to stimulate within man the seed of the spiritual life. As we have already said, men and women whatever their status are searching – for something. They call it happiness and seek their happiness in peculiar ways. The soul of man is indeed hungry; that soul cries to its Creator for bread and wine; and the prayer is now being answered, for the living bread and wine is coming in abundance to humanity. The old order passeth, which means that outworn creeds and dogmas are dying, but not true religion. For true religion is coming back into the heart and will someday be expressed in the life of man.

We bring this special message concerning the blessing of the holy Sacrament, sometimes called the feast of Remembrance. At all times throughout the ages man has received the holy bread and wine. Nevertheless, through his own desire and choice, and also through his own seeking, man has recently had to pass blindly through a cycle of darkness, where he has been unable to accept the true life of the soul, where he has been unable to eat the bread or drink the wine of the true life.

Yet always at the beginning of some new age, some new cycle on the spiral of spiritual evolution, there has come an exceptional outpouring of spiritual life-force. As a result, ancient man absorbed knowledge of how to use, how to stimulate his higher bodies which formerly appeared to be dead. They were only sleeping. Do you remember the miracle wrought by the Lord Jesus Christ when he called, to the man dead and buried, 'Lazarus come

The Bread and the Wine

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forth!?' At this Lazarus was raised. He came forth and showed himself to the people. This was a miracle, a demonstration of the power of the spirit, the power of God; but it was also a parable, being one of the mystery teachings. At many different periods of history this same revelation has been given to the people. Thereby the people have been taught that by the word of the Master, by the touch of the golden, glorious light from heavenly places, the soul can be awakened out of its deathly sleep, and all the higher bodies restored to life. Brethren, we would have you respond to this outpouring now, and use the knowledge now flowing to you, so that you also may be raised from the dark sleep of materialism and brought to the life of the spirit.

The great teacher, avatar and saviour, the Lord Jesus Christ, came as a teacher for the western world, but his words have yet to be understood by the masses; his truth is still wrapped in obscurity. You have heard the words but failed to receive the power of the spirit behind those words. Now the time has come for this outpouring of light upon humanity.

One of the first ceremonies which men and women who have entered on the path must share and fully comprehend is the ceremony of the Sacrament, or Feast of Remembrance. The wise man will be ready to learn. Indeed, all must learn to appreciate the importance of ceremonial and ritual. By this we mean a real comprehension of the invisible activity behind all ceremonies used in religious practices. We do not mean that you need to go back to outworn ceremonies out of which the spirit and the life has gone, but that you must come into full understanding and full realisation of the new ceremonies and the new ritual in your religious life – and even in daily life outside your temple. Man has much to learn concerning ritual, since many people who are sincere in their worship of God, sincere in their desire to heal and to help others, fail to respond to the power of true and pure ritual. Yet this same ritual has always been introduced at the appropriate time into every religion throughout the ages, and used to stimulate men's higher bodies so that they come into realisation of their true being. In orthodox religion today, ceremony means little to the masses. They do not understand. This is why a feeling of deadness and coldness can be felt in many churches. The priest officiating must have his spirit awakened; then the true spiritual power will flow through him and he will cherish his flock and bring to them the light of heaven.

The feast of Remembrance was used in many temples of the past, but not always under this name. The sacrament began with the bringing before the altar of bread and wine, both representing the gifts of Mother Earth to her human family. Through partaking in the right spirit of these gifts, these symbols of life, the people were raised in consciousness. As men and women took part in this Feast of Remembrance, remembering the Source of all bounty, they lost that personal arrogance which today dulls so many earthly people to the realities of the spirit. They realised that all they had, and that all they were which was noble and beautiful, came from the same Source, the Father–Mother God, the spiritual Sun shining in the heaven. Earth, the great Mother, and God the Father produced food to feed the child, *their* son – which in this day means *you*, my brother, and *you*, my sister, who are likewise son and daughter of the living God.

So these Feasts of Remembrance formed part of a ritual even in ancient days. These same forms and ceremonies will again come back, more powerful and more purified, and on an

The Bread and the Wine

A221 Sunday Address 5th November 1950 St Mary Abbots Place, London Sunday Service

even higher vibration than before; because the substance of the earth itself is moving upward on the spiral of evolution, and so will receive more powerfully the blessing and the help of the White Brotherhood. Man will then begin to understand his own potentialities, his personal responsibility towards life and towards all people. Until this stimulation takes place, man will largely ignore the needs of his brother, concentrating upon self-preservation and the gratification of his own desires. When this spiritual power awakens man's higher bodies an entirely new regime will dawn. Then man will arise and truly worship and glorify his Father–Mother God. Then man will be aware of a great healing power which will flow through him when needed.

Man's body in those days that are to come will be different in texture. It will appear more ethereal. Man will be glorified as he himself glorifies and worships the Father and the Mother and the Son – God. Yes, every man will become his own priest. Then will come the full understanding of the meaning of 'prophet, priest and king'. The prophet will be the seer, the man of vision. All human affairs will be guided and directed first through the wisdom and a clear vision of the prophet able to see the Plan, able to interpret this plan to the people. Some people even today feel that they have received a glimpse of the new age. Yes; it is true! Those of you who are sufficiently awakened and evolved will possess clear vision.

Then there comes need for the priest or priestess possessing knowledge and power to assist the people, the masses, and to guide them in the true and holy way of life. In the past races of Hyperborea, Atlantis and Mu, and later in Egypt, the true prophet, the true priest led the people. Also, they were ruled by a ruler filled with the Sun, filled with the wisdom of God; that king was crowned with the crown of gold which is a symbol of the Perfected, the Illumined One. Yes, this is to come; this will be, and you, my brethren, have put your feet upon a path which will lead you eventually to realisation of this glorious life which is in the plan of the Almighty Spirit for you.

Christ, the Lord, the Son, is he who draws very near to every human heart which prays in simplicity and humility. Even thus the aspirant is quickened at the heart centre, and the seed planted deep in the soil of his soul. In time that seed grows, expands and produces a bloom or blossom, which can only be described as like a rose, the sweetest and most beautiful of flowers. Yes, the rose is the symbol of the Christ life, light and beauty. May the rose bloom in your heart upon the cross of earthly matter for you.

Not every soul has necessarily to come back again and reincarnate. When the soul by aspiration and striving has released itself from the bondage of matter, it no longer needs to return but is given fresh work in more beautiful spheres of life. Then the soul is triumphant, and this is the meaning of the phrase, 'Christ triumphant over the earth' – the soul, the spirit, triumphant over its former bondage. 'If I be raised up', said the Lord Christ, 'I will raise all men unto me'. If you endeavour to raise the Christ within you, you are undoubtedly helping to raise all mankind; because no person can make an effort towards heaven, without the whole of the world and even the very earth itself becoming the better for that same effort.

See the responsibility that lies with you, brethren! What a glorious opportunity is yours! Shall the bonds and shadows of earth deny you your birthright, keep you from entering into this life

The Bread and the Wine

A221 Sunday Address 5th November 1950 St Mary Abbots Place, London Sunday Service

of freedom, joy and happiness? Never! Peace be with you, my dear ones; peace and a great joy.

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:

soul temple, no time or space, heart mind, outpouring of light, awakening soul bodies, raising from the dead, calling on light workers, new rituals and ceremonies, Feast of Remembrance, ascension, prophet priest and king

