

The Religion of the Spirit

T113 The Inner Teachings 15th April 1941 St Mary Abbot's Place, London

Invocation:

Let us raise our hearts in aspiration to the Great White Spirit, the Father-Mother God of all pervading love, wisdom and power, and pray that the blessing of the Most High may fall upon each soul in this assembly. May each one be refreshed by the gentle dew from heaven, and strengthened by the radiance of the Son of God. Let us rest our hands in the hand of God, and know that God is good and as we thus worship and pray, let us become aware of the companionship and guidance of the beloved friends in the great beyond, of those who are freed from the chains of earth and who dwell in the land of light and who mingle their spirits with ours. And in this consciousness may joy abound, in our hearts, and peace govern our lives.

Amen.

We have been asked to talk tonight about religion—a word little understood by our present race. Yet there is in every child of God, in every human being a desire, an unsatisfied longing. The ignorant, not understanding the true source of this desire, seek for satisfaction in varying ways. Some turn to worldly pleasures for their happiness, others acquire power and attain many worldly possessions, or become absorbed in enjoyments of the flesh through the senses, but all men*, consciously or unconsciously, hunger after a reunion with God, the parent of all mankind and, in the search for this reunion with the Creator, men are drawn to varying cults and religions.

*[*See the introduction for an explanation of gender issues in these teachings.]*

Fundamentally there is only one religion. How can we describe it? It is a state of affinity with infinity. Religion is a permeating essence in life, and the spirit of man needs to become in harmony or affinitised to this permeating infinite essence. Do we mean then that God is an abstract essence and has no human relationship with ourselves or other men? No, God is our Father, our Mother also. Does not this very phrase inspire within us a sense of love, dependence and childlike faith in that parent? Therefore that parent must be a part of that same essence which is within man. Man must be God in the making, and have we not been told that God created us in His own image—not merely the image of the flesh, but the image of God in spirit? Let us remember that every particle of our being, whether physical, mental, astral or spiritual, is likewise a part of God, the infinite. We are not related to God merely through our spirit for the spirit permeates every atom of the physical body also. We cannot then separate God's essence from the physical body, nor yet from anything that is on God's earth or in the heavens.

Religion, then, means that realisation in man's innermost being that he is enfolded within this infinite power, which is also infinite love and wisdom. Man lives and has his being within this divine creative force, and so long as man remains ignorant of this fundamental spiritual law of his own being, he remains out of harmony with the central life, out of tune, outside of heaven and outside happiness. Until man has become thus attuned, he cannot know happiness. This then is our definition of religion, this attunement to God's all-pervading life,

The Religion of the Spirit

T113 The Inner Teachings 15th April 1941 St Mary Abbot's Place, London

and the bringing into operation within one's being of all the divine laws which will bestow upon man God's gifts of joy and healing and open the senses of the soul so that it recalls its past lives that have been lived on earth. It [the soul] becomes conscious also of the planetary life-influence which affects mankind, and the life of the invisible spiritual planes surrounding the world. The developments result from the awaking of that inmost sense of God, so that man becomes related consciously to every living creature.

Religion has many paths in its early stages. The true religionist will recognise and respect the path of every other man and will not attempt to force his particular mode of travelling upon his fellow travellers. He will allow all his brethren freedom of thought, for he knows there is actually only one religion and all men are seeking this central contact. He knows that in time, as man becomes attuned, he will realise the true religion of union with the Great White Spirit, and man's relationship to every living creature.

No matter how many incarnations it takes the purpose of life is to learn by contact with these inner powers, so that all the barriers which are self-erected may vanish, and we may be free to travel where we will, to hold communion with those we love, free to contact those cosmic rays of healing power and life force so that we may use them in the service of our brother-man, our brother animal, our brother spirit and our brother angel, and our little brethren the nature spirits, free to become *en rapport* with those beings who minister to humanity from the sacred places in the solar system. Indeed, there is no limit at all to the life which man may contact and hold communion with when he has learnt through selfless work to free himself from the bondage and the limitations of self and of earth and of hell.

This pathway up the mountain side to the heavenly summit is a long journey, and until man gets the first glimpse of the glory which awaits him he is in travail on the planes of materialism. He enters into conflicts and wars, he suffers pain and sickness and separation, he suffers misunderstanding from indignations, resentments, fears, anxieties and all the sorrows and ills that flesh is heir to. But it is not for man to wait until he is freed from the limitations of the flesh before he can realise happiness and his true being. For until a man has learnt to seek the innermost spirit whilst still living on the outermost material plane, he will not find that priceless jewel merely by discarding the physical body. Do not let us mislead you: when he enters the spirit world he will see a certain degree of God's love, and the true life which awaits him, but remember that this comes to the average man when he has passed over, for then he is to a certain degree free enough to glimpse that the soul will do anything, suffer anything, dare anything, to know more. So that soul will eventually ask his guardian angel (who is acting under the Lords of Karma) if he may return to earth and to where he may return; for the soul has now but one object: to develop his God-given quality that he may expand in consciousness and know more of the glories he has glimpsed. Is it not natural?

When people dislike and reject the idea of reincarnation they do not understand this great fullness, this allness of life, this at-one-ment; they are like snails in hard shells which they carry everywhere and do not want to discard, but when they lose their imprisoning shell they want never to see it again and think that to come back would be retrogressive. That is because all round their soul body is clinging the mud of materialism, but when the soul has learnt to

The Religion of the Spirit

T113 The Inner Teachings 15th April 1941 St Mary Abbot's Place, London

cleanse self, when he has discarded this mud, he no longer thinks of life as a term of imprisonment, but knows that, whether he is on earth or in heaven, he is free, because he has shed that which is binding, learnt to use those innermost powers which give to every soul freedom.

A glorious future lies before us all, but it means work—hard work—but beloved, hard work can be very interesting. Indeed the more interesting the job, the harder one will work, not realising that it is work. For instance if you have great love for music and long to express your soul through some instrument it is a joy to practise, to become proficient in the art. The same applies to all the arts and sciences; if you are wholly interested you do not mind work, nor the cost of attaining your object. So it is with this work of the soul.

The work upon the soul does not only require sitting for meditation. That is one part, but the meditative path is not necessarily yours in this present incarnation unless you have a natural inclination towards it and feel that it is your way. In any case, when you have decided what is your particular way to religion follow your path steadfastly; do not make squirrel tracks, do not run hither and thither forever thinking that somebody else has a better path so you are going to try his. As children when they are picking flowers turn constantly from this patch to that, thinking each to be more beautiful than the last, even so do the children of earth run hither and thither after the truths of the spirit, but that is not the way. First of all there must be a decision—the innermost voice speaking and saying, 'This is my path, here is peace; I will pursue this path no matter what disappointments are in store for me. I will abide by my path.' You will not find that it is easy, but if you persist and are patient, and above all things never lose your faith, your path, although it has ups and downs and rugged stones upon it, will lead you unerringly to your objective. As you journey onwards you come up against life, people, conditions; not only this you come up against invisible forces which play upon your subtler bodies. Every experience you meet in everyday life, in business or social relationships or in your church, comes not accidentally but through a precise law. Life is governed by universal laws, two of which are the laws of reincarnation and karma. Therefore in each experience we have to look for the lesson presented by our guardian angel, our master, and the great Lords of Karma, which lesson will help us to unfold the inmost powers.

We see the hardships you are all enduring. The world is chaotic; not only because of the war, but because of the astral and etheric forces to which most of you react. You have finer bodies than you realise, and these thought forces of passion and hatred and bloodshed are all beating upon your sensitive bodies and cause you nerve strain, heartache, sorrow, fear. This is your test—an opportunity for initiation. It does not come so potently in every incarnation, but in this age this special opportunity is being presented to mankind. Those who can understand and are ready to accept the challenge and work through it will indeed be blessed with a glorious reward. In future do not let your thoughts dwell upon chaotic material conditions, but let your life be lived in the consciousness of the all-pervading Spirit of the Father-Mother God—the Great White Spirit whom all we Indians worshipped and loved, from whom we drew our strength and sustenance for the spirit and the blessings of material life.

The Religion of the Spirit

T113 The Inner Teachings 15th April 1941 St Mary Abbot's Place, London

God is omnipotent, omnipresent, omniscient; in Him we live and have our being, and the purpose of life is to seek that universal religion or reunion with God. Thus shall we claim our son-ship with God, our brotherhood with all men and all created beings. Then shall we cease to prey upon any one of our fellows; then shall we live to give, to serve, to make happy all our brethren. This is true religion, unbounded by creed, dogma, race or time, for as it was in the beginning, is now and ever shall be, world without end. Amen.

Q. At present I understand that the configuration of the planets is rather phenomenal; has that any spiritual significance?

A. Most certainly, a very important spiritual significance for those able to respond to its influence, who will be raised up. You will see strange things happening on earth. Sometimes men respond unconsciously; they know not why they have to rise and tell forth the truth and light and become leaders of men, but they have the urge to do so. On all planes this divine baptism will be felt and the new leaders will rise. We see nations being urged to take a certain path and to onlookers it may seem madness, but the urge has to be obeyed. It is in this way that the planetary beings keep their hands upon the rein of humanity, acting under the will and direction of the Most High. Man has a limited amount of freewill, but beyond a certain point he cannot go; then the planetary angels gently guide the life stream of humanity into the right course. Of course, always we see good, good, good coming out of it. We see a cleansing process—painful it may be, but there is always a healing balm, always. God never leaves suffering without a remedy.

Q. You mentioned that these times are trying to the nervous system. Can you tell us any way in which we can counteract the effect?

A. A very good question. One of the finest methods of which I can tell you for the strengthening of the finer bodies and the nervous system is by deep breathing exercise. People little realise the importance of breathing correctly; consequently there is a continual introduction into the physical body (and other bodies) of a certain amount of poisonous matter through the wrong method of breathing. For it is not only the intake of breath, but the intake of etheric and spiritual atoms which prejudices or encourages the health of the body.

This is a simple exercise. On rising face the rising sun, if possible before an open window (which should have been open all night). Stand erect so that you are correctly polarised, with the spine straight, the solar plexus controlled, heels together, toes slightly apart. Before you take your breath, centre your concentration—it will come in a flash—upon the central light, the golden light if you like—you can realise this light in your head centre, and as you realise this universal Light, this Father-Mother God, you will instantly feel in your heart a sense of love, dependence upon the Father-Mother. Try to realise your relationship with the Great White Spirit. Now take your breath; on the first day three, then six, then nine and so on, and as you breathe, breathe into your solar plexus, not only air but life atoms into your being. Raise your arms as you breathe in if you find it helpful, and then as you breathe out let your arms fall slowly. You breathe in and absorb this stream of life and light from the Father-Mother God, and you let it fall from you in blessing upon others. So you absorb God's

The Religion of the Spirit

T113 The Inner Teachings 15th April 1941 St Mary Abbot's Place, London

life, and you bless all life. You receive and you give, and so you come into harmony with the rhythmic life stream. It will feed your nerves and give you a sense of peace and control. Learn to control the solar plexus. Do not let it go flabby (if you will excuse the word). Practice keeping it firmly in and under control and keep the spine straight—it is a perfectly natural position.

Do not do this exercise for two or three days and then say, 'I am too late today, I cannot do it!' You must practise self-control and thus it will become so natural that you would not miss it; it will become an automatic action and you will thus become *en rapport* with the universal life force.

Benediction:

And now to the Great White Spirit, all creative love, we bow our heads in love and thanksgiving, and wait patiently for the further revelation of His Wisdom, Power and Love. And may the presence of our Lord and Master the Cosmic Christ become a living reality in our daily lives.

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:

Spirituality, prayer, tolerance, perseverance, pranayama, conscious breathing, God-breathing