

The Lord's Prayer as an Aid to Unfoldment

T200 The Inner Teachings 21st March 1950 St Mary Abbots Place, London

Invocation:

Almighty Spirit, all-enfolding Love, all-permeating Light and Power and Life, we call upon Thy blessing this night. In Thy holy name we call to the angels of wisdom, love and power to be with us in our service. May every soul assembled here receive the full power of Thy blessing.

Amen.

Beloved brethren, we were talking at our last group* about miracles, hoping that light and truth from the spirit within our words would help to open your understanding. We endeavoured to show that a miracle is but the working out of a spiritual law on a higher vibration than you usually see manifesting in matter.

[*Teaching no. T 199]

Now we want to continue our theme, but to take it from another angle. So we will commence by once again explaining or emphasising a truth which you all know well but which you sometimes forget. There are the two aspects of life (your own and life in general, but particularly the former). The first is the outer aspect in which man usually dwells and the other the inner or spiritual aspect which only comparatively few people comprehend and live. The average person lives mostly for the body or the material plane of life, sometimes for a number of incarnations. Only occasionally is he shaken up into not exactly a *realisation* of another world, but a *questioning* as to whether there is another state of existence. When bereaved, when he is very sick or finds himself in some grave trouble, his attention is arrested. He thinks then of the inner things or the other aspect of life, at any rate for a time. Usually, when all is going well on the material plane, he is content. Today, we hope, an increasing number of people are beginning to wake up and search for truth.

Let us consider this inner world of which we speak. To you it will appear a mental world, because when you withdraw from the outer, the physical life, you seem to go inward. Then it appears that you are living in your mind. Indeed you are often told that when you pass over you will be living in a mind world. Let us analyse this statement. True, this may seem to be a world of your mind, but when you analyse the state in which you find yourself you will find that this is not only a world of *thought* but also a world of *feeling*. Thought is the next level to the physical. You are getting beneath thought. Thus you come to a world of finer feeling, or an emotional world. Although they do not recognise it, all people live in such a world, a world of emotion, and this emotional life is also affected by the mental world around them, or by the thoughts of others. Therefore, it becomes part of your training or development of spiritual insight, of clairvoyance and spiritual illumination, for you to learn to protect your fine emotional body from the harsh thoughts of the outer world. For you are unconsciously influenced by the thoughts of others. You are affected by these thoughts to such a degree that if you are very sensitive emotionally you can feel physically ill. You will feel the effect in your solar plexus without knowing what is happening. Maybe you put it down to some physical cause. We are not suggesting, of course, that every upset of this nature is due to this emotional impact, but it sometimes happens. Then you need to protect yourself from thoughts

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that can penetrate your aura and affect this sensitive place, this centre of the solar plexus. The way to protect yourself from receiving these arrows of thought is to steady your emotions, to control the emotional body. This is not easy, but essential if you wish to approach the higher planes, to draw close to those higher brethren who are waiting to help you. You must prepare yourself to enter their aura. To do this you must control your own emotional body, and this is where so many aspirants fail. They try hard, but their emotions are too unruly and so they keep themselves away from that calm, beautiful place where the master minds, the master souls dwell.

We want you to think well about this because it is one of the very first lessons to be learned—the recognition of the reality of this emotional plane, of your own emotional, your *feeling* body. You think with your mind, but you feel with this emotional body. Your feelings if uncontrolled are going to cause a storm. We told you that the symbol of the soul is a boat, and you remember how the disciples were once in a boat in which Christ their Master was sleeping. The disciples became frightened because of the storm that arose. They were afraid that they were going to be thrown into the water and drowned, so they called to the Master who rose up in the boat—*rose up in the soul*—and commanded the emotions, commanded the water, which is the symbol of the emotional body, to be still. The storm ceased. You see from this that to protect yourself against the thoughts of people that disturb your emotional body you too must seek the love of God, the love of Christ. You must pray for, and strive to *be* this gentle love. In the degree that you can call forth that mild, peaceful, tranquil love in your heart towards life—not only to people but towards life itself, so that you are radiating love—you are encircling your aura with a white shield which is impenetrable by the world. Unwanted thoughts cannot penetrate your aura if you have sent forth love from the temple, the centre in your heart. If your emotions are controlled, calm and lovely, you cannot be affected nor your mind be disturbed by thoughts from the world.

Now let us relate this to miracles. We want you to see that the master who has attained mastery of his body and soul is able to control the atoms on each plane—on the physical, the astral, the mental and the spiritual planes. He has complete control because he has become master of his own being. Every human being is made up of substances that are identical with those other planes of life. We are not speaking only of the physical body. Remember you have other bodies, and each one of these is composed of the same substance as the plane upon which it functions. You remember our speaking of the planets, the suns, and we told you that these planets are inhabited.* The scientist will say it is impossible. Nevertheless they are inhabited by beings made of the same substance as their planet. Therefore, sun spirits or sun beings can live and do live on the sun, their bodies composed of the substance of the sun. So also with the other planets in the universe. You, the mortal, have also these higher bodies, which are composed of the substance of the plane of consciousness or life upon which they function.

[*See also Teaching no. T 260.]

Let us analyse again this emotional world, this feeling world in which you live. You can have pure and peaceful emotions or you can entertain the opposite. Such violent emotions are as

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destructive as the pure, lovely emotions are constructive, for the latter contain the creative power of God and violent emotions contain the destructive power. If you wish to create beautiful things in the inner worlds, you must maintain a very strong, steady vibration in your finer emotional body.

Let us go deeper into this inner, this world of peace and infinite beauty, infinite love. What do we find? We find forms of intense beauty. We find natural scenes, indescribably beautiful. When a soul passes out of the body and by degrees rises through the lower up into what we call the heavenly spheres, or the heaven world, it passes into a state of life of much finer substance, a substance as solid to them as your world seems to you, but a world, as we have said, of indescribable beauty and harmony, of radiant colour and form and harmony. The people in that sphere commune with each other in such a way that there is not one cross vibration. They have work to do but all work is on such a steady, gentle, calm vibration. Try to get the idea of that state of absolute harmony that can only be described as a world of love, God's world. This is what is known as the heaven world. When the soul arrives in that world it is conscious of one mighty thought or realisation, and that is God—the God of love—everywhere. You can reach this world yourselves when you will, but it is not easy. You may reach it during meditation. You may become aware of surpassing peace and harmony. You are so raised in consciousness that you forget this lower world. You are become *en rapport* with that heavenly state, that heaven world. To that world loving souls, the ordinary good people of life, rise after they leave this earth—not always immediately. They have to pass through certain stages even as you have to undergo tests in your daily life. The soul finds itself when it reaches that heaven world which, as we have told you, is directly connected with your feelings of pure emotion, pure love. Any violent emotion can immediately shatter that heaven world. It is gone. When you dwell in stillness and under control of the Christ presence you are *en rapport*, you are in the heaven world, and that is the level at which you realise the life of God, the pure God world.

In order to perform miracles the Master lived in contact with that world. In that state the Master Jesus worked. As he continually said, 'My Father and I are one. Not I but my Father who dwelleth in me doeth the works.' All the lower feelings of his being had become so controlled that he was able to receive a full inflow of divine light and creative power. You see, you cannot get there with your mind. You can only reach that state of consciousness from the deep inner feelings of your heart.

We would stress the beauty of the prayer which Jesus gave to you.* This Lord's Prayer is often gabbled off without due understanding, without thought and realisation of its inner meaning. To pray you have not merely to voice words, not merely to think the words with your mind. You have to *feel* the vibration that the words build up. You have to feel the vibrations the words evoke in the sanctuary of prayer in your heart. '*Our Father, which art in heaven*'—that world of perfect life, harmony and love, the source of all power, the source of all life. Our Father, *my* God, *our* God, the one Supreme Source of all life, we are part of you. Our God, our Father which art happiness, perfection, love, wisdom, power, '*Hallowed, holy be Thy name.*' May Thy children reverence Thee. Whenever Thy name is heard by Thy children may they hallow Thy name in holiness, worship and reverence. '*Hallowed be Thy*

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name.' The Word, the Name of God, beats at the creative centre, the heart of life, the heart of creation. 'Hallowed be Thy name.' Thy kingdom—Thy heaven world—come! When Thy will is done in matter, in earth, Thy kingdom, Thy heavenly kingdom will indeed come into our hearts, into our actions, into our feelings. Thy kingdom will surely come when Thy will is being done in earth as it is in heaven. Can you not feel this? Then you ask: '*Give us this day our daily bread.*' Man does not live by bread alone but by every word that proceedeth out of the mouth of God. Do you understand? Do you realise, do you know, my children, that it is possible for a man or woman to live for many, many years without eating food of any kind or taking any kind of liquid?

[*In Matthew 6, Jesus gave the form of the Lord's Prayer in the Sermon on the Mount]

Yes, this is so. There are souls in human bodies on earth at the present time who have lived for many, many years without eating. They have learned how to do so. They are special people, we admit; but it is possible for the human body to be sustained by the light of God, by the bread of God, by every word which proceedeth out of the mouth of God. Jesus did not mean this only however; he meant that when you pray for daily bread you are in reality praying for all your needs, for both the spiritual and the physical bread. *Give us this day our daily sustenance.* All good things, O Lord, Thou wilt give us. Thy will brings forth good in us and in our lives. Thou art our Father, our God, the source of all love, and all good things. Thou wilt give us all that we need.

O my children, cannot you see the meaning behind the words? Ask; do not fret yourself; do not get 'worked up' emotionally, as you call it. Your Father will give you the bread you need, the very bread of life. Every physical need of yours will be supplied if you look first to the divine love for your supply. '*Give us this day our daily bread.*'

Forgive us when we sin. Forgive us our debts. Forgive us these karmic debts that we continually make. As we forgive, *when* we forgive, Thou wilt forgive us. When we forgive, we are forgiven; but how can we be forgiven unless we forgive? This is an unchanging law. You forgive; you are then forgiven. If you forgive sins that are committed against you, you are in a sense forgiving yourself. This is the way God forgives sins. *You* forgive, and unless you forgive you cannot be forgiven, because the law is of God and you must allow God to operate within you. The law is forgiveness. Did not the Master Jesus make this quite plain when on the cross he said, 'Father, forgive them, for they know not what they do'?

'Forgive us our trespasses *as* we forgive those who trespass against us' – and lead us, but do not lead us into temptation but deliver us from evil. These are words that puzzle many people because they say God would never lead man into temptation. They forget that God has given man freewill choice, and man in his prayer says, 'Lead us'. What if man chooses to be led into ways of darkness? Then he has chosen that way himself. So in the prayer Jesus taught him to say, '*Lead us, not into temptation but deliver us from evil,*' lead us into that heavenly state, our true home. Deliver us from evil, for *Thine* is the kingdom of glory. Lead us to Thy kingdom for in that kingdom is the power.

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This, my children, is the power that changes man's life. Thine the kingdom, Thine the power. Thine the glory of life. Now do you see the truth? *I AM* the Way. *The light within you is the way. I AM* the way to the glory and the power. This power shall give My child, My son, dominion over life, dominion over death. Do you see the meaning of the Lord's Prayer?

This is the way that the Master controls matter and perhaps what appear to the world to be miracles.

We may not have succeeded in making clear all we wished, but we hope that all our hearers understand that we are trying to show that beneath *thought* is this world of *feeling*, and that this feeling, this emotion, centres upon the heart. If violence is allowed to possess the temple, this is the antithesis of love, and is destructive. So, until you can still your emotions and only allow the gentle, pure love emotion to rise, there is chaos. That is why on the spiritual path it is important to become dispassionate and untouched by events. You must become tranquil and still.

Q. Since feeling appears to rule or govern thought, then feeling is of the first importance as compared to thought?

A. Yes. Of course, one reacts upon the other, but to train your feelings along the right lines is most certain to cause your thoughts to follow. If your feelings are right your thoughts will naturally take on the colour of your feelings. Is not that true? Thought does not come first. It is feeling first. If you come up against an unpleasant condition, you feel first, then you think, and so feeling is of primary importance. Govern the emotions, govern the feeling, direct the feeling aright, and thought will naturally be right, and speech will be right, and action will be right. It must follow.

Q. What about the occasion when Christ appeared to lose his temper in the temple?

A. We do not think that Jesus lost his temper in the temple. It appears on the surface that he took a whip and drove the moneychangers from the temple. The inner meaning of that story is the rising of the spirit of the Son to drive from the physical lodge or body all that was unworthy of the temple of God. You can interpret the 'temple' as the soul or the being of the individual, and the higher self would eject all things that were defiling the temple. You yourself, if you realised that something unworthy was creeping in, would say, 'Be gone! I won't have such thoughts!' You might appear to be indignant but it would really be the strength and the power of the light within which was behind your action. The translation may be a little at fault. What you have to look for is the esoteric meaning rather than the surface story of the Master driving the moneychangers from the temple.

Perhaps you are thinking about what is called 'righteous indignation'. You would all like White Eagle to say you can have a little righteous indignation. In reply we would say, 'Justice is mine; I will repay, saith the Lord'. A divine law adjusts everything. You need never become righteously indignant really, but you do. It is human, we know, but you will learn to outlive righteous indignation about things. Leave it to God. The law will make all things

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right. Be still; let the law work. It is not worth our getting indignant about anything. It will not put anything right. Just smile. It is easier said than done, but that is the way.

Benediction:

Almighty Presence, God the Source of all being, we pray to Thee; we seek Thy love and Thy peace. Bless us, O Father, Mother and Son the Lord God with Thy life, Thy joy and the peace of Thy heaven in our hearts.

Amen.

