

Communication and Communion with Spirit

A171 Sunday Address 9th February 1947 Victoria Hall, 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*, May 1947. The two headings in the text will have been added for the printed version.

Context: the date of this address (to which *Angelus* gives no date or place) is something of a puzzle. Published in May, it might be assumed to be the April address, but the first Sunday in April 1947 was Easter Sunday (that fell on the 6th) and the March *Angelus* tells us that there will be no service on Easter Sunday. One might look to April 20th, but that was too late for the text to have been printed for May. Also, the May issue contains another address, the one headed 'The Meaning of Miracles'; internal evidence within that one makes its own conjectural dating of 2 March fairly conclusive. Thus we need to look outside the immediate series for a date. The first thing to note is that it seems very distinctly to be directed towards a Spiritualist audience; it contains advice, for instance, to visitors preparing for a sitting with a medium. A key piece of evidence is the sentence 'You have in your records some profound and true teaching, such as that of Stainton Moses': if this implies a physical archive, then a Spiritualist meeting place seems highly likely as a venue.

In 1947, White Eagle spoke at the Victoria Hall on 9 March and 23 November to just this sort of audience. He presumably did not speak there twice in the month of March, and any date later than Easter would have been too late for the address to be included in the May *Angelus*. We must assume, therefore, that the date is earlier than 9 March. The field is then wide open, and regrettably there is no visible pattern in the occasions he spoke at the Victoria Hall, if that was indeed the venue. He also spoke at the Marylebone Spiritualist Association on 20 January – which only makes dating it more complicated. To assign it to the Victoria Hall on 9 or 16 February (we have chosen the earlier date, exactly a month before what may have been his next visit there) is sheer guesswork, but at least places the address in a reasonable sequence with the others.

Lastly, *Angelus* describes this as an address and we have kept that description; it could easily be considered a talk. There is no indication of hymns being sung or prayers spoken before or after.

General Notes: this address seeks to define its dual subjects. In the second part, on Communion, there is a surprisingly detailed account of the heart centre and its nature and purpose. A remarkable statement near the end is, 'Remember you can meditate all the time, that in the heart chakra you can ever be busy and active'. White Eagle says the same elsewhere, but rarely as directly as this. There is reference to experiments in building instruments that would hear spirit without requiring a medium. White Eagle did take some interest in scientific approaches, such as the work of Dr Glen Hamilton in Canada, but dismisses them with the words, 'these are all clumsy methods'.

References: the address contains few references, but there is a submerged reference in the phrase near the end, 'the glories which God has prepared for every soul who loves the spirit of truth'.

Compare 1 Corinthians 2 : 9.

White Eagle's Address:

I. COMMUNICATION

Some of you have had considerable experience in communication with the other world, by which we mean the world into which men, women and children pass after death. Doubtless many of you feel that you have received convincing messages from that world. We would like to make one or two suggestions on this subject of communication; and later, we will speak of *communion* with spirit.

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Psychic communication means a message from one person to another, from one place to another, for which purpose a number of methods are available. One method is by speech. Psychic communication can be made by word of mouth, or indeed by use of any of the senses-by a sense of smell, or by a sense of taste. Many mediums will understand this reference. Communications can be made by the sense of touch or by the sense of sight and of hearing. All the senses may be employed for this purpose.

Another method is by the use of symbols. We mention symbols because in the world of spirit these are so frequently made use of that they might almost be described as the language of the spirit. This fact is well known to those who can leave the body in full consciousness, and enter into the temple of learning or the temple of wisdom in the other world. There they are shown certain symbols. Unless they can read and interpret their meaning they will not, on leaving, receive the wisdom which is presented to them. So it is important to be aware of each of these particular methods of communication used by spirit people to convey their message.

It is extraordinary how effective the sense of smell can be, because this sense can wake associations and memories – and to such associations you quickly respond. May we suggest, brethren, the importance of quickening all your perceptions before any sitting when you are hoping to receive messages from the world of spirit. We have on occasions been sad to witness the efforts made by the spirit people to reach someone when that loved one was rather dull in understanding. Of course, we know quite well that you people say: ‘Oh, we like to have our ‘T’s crossed and the ‘I’s dotted’. Do you know, my dear ones, that the spirit people do not always cross the ‘T’s and dot the ‘I’s? – not because they decline to satisfy your reasoning mind but because they want you to use your own God-given gifts. They want *you* to wake up and do some of the work. Remember that communication is like a bridge reaching from one side of life to the other, from one point to another. There must be an effort on both sides to cross so that a meeting can take place. So remember that you are as much responsible for building your part of the bridge as your communicators for their part.

Communication from our side of life to yours travels via the etheric body. The etheric body is connected with and interpenetrates the nervous system. A medium is usually a highly strung and sensitive instrument. When there is an attempt to get in touch the whole nervous organism becomes keyed up. Some of you will say, ‘But I can receive a message without any such attunement, or tuning up of my nervous system’ – to which we reply that there must always be this attunement between the nervous system and the etheric body, because in this way the bridge is made.

Many people have attempted to construct an instrument which will serve as an etheric bridge and so eliminate the medium. Experiments are still going on. They think that were there no third party or medium, communications from the world of spirit would be much more reliable. We may be proved wrong, but we do not think so. Communication between the two worlds will *always* depend to a degree upon the ultra-sensitive human organism. Any instruments likely to be built will take a somewhat similar form to a radio receiving set. We do not pretend to be a technician but are passing on certain facts we have observed. We see that communication via this instrument will be on the vibration of light, and a disc will be

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used which will be the receiving point of light and colour rays. This will be proved in a not too far distant future.

These are all clumsy methods. You are naturally eager to behold your spirit companions. You are eager to receive direction and guidance from those who have passed beyond the veil of death. Always remember, brethren, that all such physical communications will be crude and open to error. Sometimes a message can come through perfectly, clearly; another time it will be confused and hazy.

It is very interesting to watch clairvoyance taking place from a public platform. The vibrations of the congregation are like so many lighted wires. The human instrumental medium on the platform is also open to receive links or messages from people in the world of spirit. Sometimes there are quite a number of spirits all trying to get in. Then the wires become crossed. Then there will be a conglomeration which the instrument on the platform tries to sort out. People in the congregation do not understand the difficulty there is in linking in clearly to one definite communication. This is why you are troubled at times by communications which seems to belong to you but not entirely. A number of people may claim the same message because there has been this confusion or crossing of the wires. Sometimes for the medium it is almost like catching a ball, like trying to get a message across which just falls short. This communication on the etheric plane is most interesting and remarkable to watch from the inner planes.

We return again to the method of communication by symbols, which is not quite on the same level as the communications of which we have been speaking. Symbols are used usually on the mental plane. They can convey certain in a knowledge; and in order to understand them the recipient must have a degree of spiritual as well as mental development, and understanding of esoteric truth; and sometimes of astrological truth or the Ancient Wisdom as taught in the Mystery Schools of the past. Down the ages these Mystery Schools or centres of the ancient truth, the Ancient Wisdom, have existed and always used universal symbols to convey messages to an initiated brother.

Someone is asking if I will say something about automatic writing. Well, automatic writing is a method which can be used with very great clarity, but on the other hand what you call automatic writing can prove very confusing because in the majority of cases messages come via the subconsciousness of the instrument. Therefore in adopting this method it is necessary for the medium to have certain qualifications, for instance the power to become perfectly attuned, we are going to say, to God; to resign mind and heart with the supreme truth, wisdom and love of the Great White Spirit. Unfortunately, in automatic writing there is often an unconscious interference by the mind of the instrument. We do not say that very clear and true messages do not come through in that form, but we emphasize that the medium *must* have a godly aspiration, a sinking of the self and the personality, a concentration wholly upon desire for, longing for truth, and an elimination of all selfishness and self-desire. This is not easy in the ordinary way for the ordinary individual, so except in definitely attuned persons writing is *not* a good method.

There are exceptions, of course, but you all know the confusion and subconscious outpouring often to be found in so-called automatic writing. You have, of course, in your records some

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profound, and true teaching, such as that of Stainton Moses, who was a highly trained instrument and hence the clarity and the perfection of his message.

There are many other forms of communication, such as psychometry (the sensing of an article). From the sensing of an article worn by a person much comes to the instrument about the person himself, whose aura can be thus sensed. In clairvoyance too, the etheric surround of an aura and the individual can be read. Therefore the message need not of necessity come from a spirit. Take all this into account when you are receiving your communications.

II COMMUNION

There is something which is deeper than all this psychic phenomena, which can lead to confusion. Beyond these outer methods of communication via the etheric body is what we are going to call *communion of spirit*. When you touch this plane you are in contact with pure truth. Communion of spirit does not come by any of the psychic senses, but in the heart chakra. You perhaps know what the heart chakra is. To the clairvoyant it looks like a disc of light over the heart in a spiritually awakened individual; and in one who is not spiritually aware, a glow which is just visible. In a spiritually quickened soul that chakra is bright, beautiful and radiant. In some of the pictures of the Saints or in pictures inspired by a spirit – spirit pictures – you will sometimes notice a jewel blazing on the breast. Our Roman Catholic Brethren have a way of drawing attention to the heart chakra (whether they fully appreciate its meaning is another matter) by delineating the flaming heart in pictures of the Master Jesus. When you yourself are able to see clairvoyantly the form of an initiate – perhaps a saint, or what we sometimes call an elder brother – you will see this heart chakra glowing. There are other chakras, of course, but we are not dealing with the chakras. We are speaking of communion and would draw your attention to the pulsation and radiation of the heart centre. Through this radiation and development communion is able to take place.

In this kind of communion no words are needed. Shall we call it the language of the heart? The recipient of the message from the spirit has an inner knowing, a certainty. Sometimes you will have a sitting with a medium, and listen to messages which are meant to direct your mind along certain channels. These messages will, on occasion, tune you up to that spiritual plane of consciousness, so that you yourself will receive this inner knowing. You will not be able to explain its nature to any living soul afterwards. Nevertheless, you will know with absolute certainty that you have been holding communion with one who is very near and dear. For this you do not need words. There is this interplay, this flowing of the spiritual light from your heart to theirs, an affinity of spirit, an attunement of spirit. Then indeed you will experience true communion.

Some of you will say, 'But White Eagle, we have never had anything like that. We long to. Can you not tell us how *we* can reach the plane of true spiritual Communion where there cannot possibly be any interference or any mistake?' There is only one way, dear brethren, which way all the mystics of the past have trodden, the way which you will all tread at some time and in due course. Brethren, if you really want to know the complete satisfaction to be found in perfect communion with the world of spirit, or with the spheres of spiritual life, and with your own beloved, you must leave aside all the semi-material methods, because they are illusory. The one way which is true and unfailling is the way of meditation. Many of you will

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say to us, 'Meditation seems to help me not at all. Indeed I find that I cannot meditate'. Very well, then; you must work on your own plane as long as it satisfies you, but we are speaking of things which are ever true and beautiful.

You must attune yourself. You must leave the outer world with all its attractions, and turn inwards into this heart chakra, which is like a Temple of Light. You must learn by the patient method of attuning yourself to the eternal light, which is the source of your own spirit. Turn inwards; contemplate and meditate upon the Godhead within. You will in time become aware of this centre of light in your own being; and that same centre of light, my brethren, is not confined to you alone, but as it unfolds it reaches out and touches the Universal. Then you become *en rapport* with radiant beings whom you would love to contact. Remember that your own loved ones, after passing through the astral planes, go onward – and then they too become conscious of the celestial world. In that celestial world you can meet them face-to-face.

Never make the mistake of thinking that because you dwell in a body, you are limited to the material only and have to attend only to material things. You are divine as well as human. You have a celestial body as well as a physical. Your celestial body has been given to you to use even whilst you are operating through a physical body. It is a great error, my brethren, to think you cannot reach the glories of the heaven world. Remember your celestial body – which we know, we admit, is not often used by man. In the course of his evolution, man has to learn to go as a traveller, a visitor, to his true home in the celestial world, and there see for himself the glories which God has prepared for every soul who loves the Spirit of truth and who loves God.

Meditate often on things which are godlike. It will not make you sanctimonious and pious, but more radiant and more truly a brother and a sister to the man and woman by your side. It will bring to you health, harmony, happiness. You can choose no greater, wiser path to follow than this for your evolution and to develop all the God-qualities with which you are endowed. Sit for a short time in earnestness, in truth, with no thought of self or material needs but only of the Great White Spirit. Spare God five minutes out of your day; meet Him as often as you like. Remember you can meditate all the time, that in the heart chakra you can ever be busy and active. Meditation means the attunement of your spirit to the Great White Spirit. When you have accustomed yourself you will become aware of that point of light which we have described, which is really your heart chakra. You will find [that] that light will open out a world of beauty, wherein you will meet beings of a perfect spiritual life. Do not make any mistake; they will not be spiritually snobbish – than which there is nothing worse. You will meet true brethren, always ready to smile, to be happy. These are the companions whom you will meet in that place of true Communion.

The place of communion, as we have said again and again, is the temple within your own being, of which the Master Jesus spoke; which all Masters through the ages have taught their pupils to seek, a communion in which you eat the bread and drink the wine of Life. The Holy Grail, my brethren, is *here* within the heart; it is also the Universal Cup. May you patiently pursue your path; you will get there and you will know the joy of life, and all the mists will clear and happiness will be your crown.

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That is all I have to say. God bless you, my dears! God bless you, everyone!

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:

speaking with the other side, Spiritualists, symbolic communication, use of senses, direct communion with those on the other side.

