T235 The Inner Teachings 26th October 1954 St Mary Abbot's Place, London

Invocation:

We pray to the Lord God of Hosts; to the Holy and Blessed Trinity, the Source of life and truth, wisdom and love. O Lord, Thy children in earth reach up to Thee for light, for understanding and for peace; and we humbly pray that Thy blessing upon them this night may raise them to the mountain tops, into the fringe of the Christ Circle. They bring to Thee thankful hearts; and in Thy Holy Name we call to our brethren in the angelic realms to direct to this little assembly the rays of divine love, intelligence and peace.

Amen.

At our last gathering we spoke upon the Holy Breath; and we suggested that you might all pause for a moment to consider the act of breathing, so that you might better understand the esoteric significance of the Holy Breath—the breathing in not only of air but of life, God's life, His light, His love, His health, His vitality, His beauty, His wisdom; feeling that you are being revivified and revitalised through your whole being. We reminded you that breathing can be an act of holiness. Holiness means healthfulness. So, when you are conscious of the inhalation of God you are healing your body and soul and revivifying your spirit. Now if man, woman and child could be taught about this Holy Breath there would indeed be a very great change. Alas that so few souls living today are ready to listen to simple but profound truth.

Tonight we want you to keep in mind this lesson about breathing, about the Holy Breath and what it can do for you, and at the same time we want you to aspire, to look up, up, up into the mountain heights; we want you to visualise an immense mountain peak which reaches upward almost beyond your vision. The peak of that mountain we want you to visualise as the throne of the King of Kings, of the Lord Christ, and we want you to see Him enthroned in a great circle of light. In that circle of light are countless angelic forms. This is not fantasy, this is not imagination, this is something which is far more real than the supposed solidity of matter which does not really exist. We are giving you a description of reality and we point out that from that great Star Circle there is a radiation extending for an immense distance. This radiation descends to earth not only as wisdom, knowledge and divine intelligence, but also as inspiring and good thoughts, loving gentle thoughts which urge you to do kind actions to others, and to control and discipline all the hastes of your outer life.

It is almost unbelievable, is it not, that this grand outpouring, this radiation and this broadcasting of divine truth, goes unnoticed and unknown by man?* Not altogether, however, occasionally several advanced people seem to receive similar thoughts, then a number of people receive an idea which is called an invention. This invention is usually for the blessing of human life. It is true that some such thoughts, some such ideas can only be described as diabolical, demonic, but these thoughts come from the darker spheres of life; because there are realms of darkness as well as realms of light. Eventually the realms of light absorb and change darkness into light. The reception of good thoughts or evil thoughts depends upon the nature of the receiver.

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

T235 The Inner Teachings 26th October 1954 St Mary Abbot's Place, London

Those people who are positive that God is love, and that they must develop the God light within them, receive inspiration. Those who are held down by ignorance and undevelopment are invariably responsive to thoughts from the darker spheres. So you see the necessity for always keeping your thoughts pure and your speech good and positive, because the spiritual law (which is always in operation) says that like attracts like and that according to what you are within you will attract to yourselves. You will hardly need to be told that sickness thoughts attract sickness, or that positive thoughts of health and holiness attract health, holiness or wholeness.

So in our heart we look up to that Christ Circle which is as old as the earth itself. Who are these radiant ones who dwell so close to their Lord? These are they who have come out of great tribulation, whose garments are washed whiter than snow. The great revealer, St John, of Revelation, gave ancient and profound truth. He knew, for he had seen the glories of the heaven worlds. You will remember that he spoke of the Elect, of the 144,000, these are they who through an age (which is reckoned as 2,000 years) have attained that degree of sublime sweetness of soul.

Think often of these beautiful truths, for you also are within the influence of that circle or cycle of life; you travel along the same road. Souls on earth are all at different stages of the journey. There are some only at ground level at the foot of the mountain, but all are journeying upward. At different levels souls get a different point of view. Those who are journeying up, say, the North side (or the East or the West or the South) of that mountain peak, are all people journeying towards the top. So we must remember to be tolerant and restful when others think that their one aspect is the whole truth and that your aspect is false because you are not seeing their viewpoint. In due time all will arrive at the apex and all will see clearly.

Those who believe in a particular religion, let us say orthodox Christianity, believe that a being was born nearly 2,000 years ago in a stable and that he was the Messiah, who came to save all people from suffering, pain, degradation and death. But these beliefs do not constitute salvation for any soul. Only when the soul itself humbly listens to the guidance of that great being and tries to obey his words and his law can that soul win salvation. It is not belief in any particular religion, it is the putting into practice the precepts of that religion that counts for salvation. All religions, remember, originate from the Supreme. All religions have at their centre love. In the beginning the disciples, the followers of Christ, were different from what they are today. Man has lost so much through Western materialism. He has lost his soul of truth with the development of his mental body. This we regret to see in so many fine people. Through overmuch mental activity the heart-mind or the heart-body is neglected until sorrow or physical pain and suffering come along. Then the powerful and greedy intellect cannot supply anything which will assuage pain or comfort the sad and the lonely. One thing only can support man in his hour of need. This is the light which shineth from that mountain top down into man's heart, and carries with it a truth which opens his eyes, so that he learns of the place to which he is journeying. This brings hope and even joy to the man of sorrow. The little seed, the precious jewel within the lotus, quickens and grows. This is why we

T235 The Inner Teachings 26th October 1954 St Mary Abbot's Place, London

continually say that meditation is of the utmost importance if you wish to unfold the true light. Books are all very well; studying comparative religions can be helpful, mental gymnastics can be exciting, but they cannot give you what this inner light can give.

Nevertheless we agree that development of the intellect, if inspired and guided by that inner light, will lead to greater powers of comprehension and a quickening of intelligence. But we repeat that it is essential for a soul to look up and aspire; in other words to strive to unfold the seed or light within, which is the true light of God. This has been called the still small voice of conscience. People neglect it. They are too busy. If they read their scriptures they would know that whenever a man of God sought communion with God, sought inspiration from God, he went up into a mountain. Moses when called by God ascended Mount Sinai, and there received the Commandments. Jesus went up into a mountain and when he was set his disciples came, and he opened his mouth and taught them. All masters first of all raise the consciousness of their pupils. Pupils cannot remain on the level of earth; they rise into a higher state of consciousness. Only at that higher level can heavenly truth be received. You can only attune yourself if you are above the earth.

This is what the early Christians were taught. Mankind (of the Western world particularly) has travelled far since those early days. Many are immersed in the materialism of today. But when Jesus was close to them, the early Christians formed themselves into a brotherhood. This early esoteric brotherhood received deep teaching from their Master and his helpers, the Elder Brethren. Of course many of these records were lost and destroyed. These early brethren of the Christ Circle knew of the truth of the Ancient Wisdom; they knew and understood reincarnation, the law of cause and effect; they understood and practised esoteric spiritualism (not the spiritualism of the outer world of today). They understood about the subtler bodies of man. They understood how through meditation and aspiration and good brotherly deeds they could unfold their inner spiritual gifts. They knew how they could stimulate and open their chakras and use them for the blessing of mankind. They knew that there was no death; that when the body had finished its work it was discarded, but that they themselves were just the same.

Presently these holy men were forced underground and had to hold their meetings in caves and hidden places for fear of persecution. They had a deep occult knowledge which only a few retain today. Now these great truths of life are still there for man to find for himself when he has once learned and can obey the law of holy and pure living and loving his fellow creatures—not only his fellows but his fellow creatures of the animal, the nature kingdom, and all life. He raises his vibrations through love. He aspires to and receives inspiration from heaven. The hosts in the Christ Circle are ever on the lookout for those whom they can help. O so eagerly and happily do they come to you from the sphere of Christ. The mistake that so many people make is to think, 'Oh, God is up there and we are down here. The angels are in the heavens; we are too dark and too bad for them to reach us.' True humility does not believe such things. God's angels have learned how to love divinely. They come to the lowliest on earth, if those lowly ones cry out in truth and sincerity, 'Oh Lord, I want to do good and I want to be good. Help me to be like Thee.' Then the angels hasten. An earnest and sincere cry from the heart brings the winged messenger at once. Although he is called an

T235 The Inner Teachings 26th October 1954 St Mary Abbot's Place, London

angel he may be a very dear human friend who has risen in spirit. He looks like a winged angel because his aura is so radiant. No one of you can judge the spiritual degree of another. Humble and simple souls are often radiant. By their fruits ye shall know them, the Lord saith, and this is the key. By their fruits—by those who live 'true as steel, with blade straight.'* It delighted our hearts to hear these words, and so we repeat them. 'True as steel, with blade straight,' and shining with love; these are they who have come out of great tribulation and whose robes are whiter than snow. The soul who has reached that level can do nothing to hurt his fellow creature. He radiates love and does his best to live in the true spirit of the eternal Christ.

[*Epitaph of Sir Arthur Conan Doyle inscribed on his tombstone.]

My children, these angels of the Star Circle, the Circle of the Son of God, are now sending down their rays of love and light and truth. They are not dead. They are living, living, living; and they come to help raise the whole of the human family into consciousness of the beautiful God-life. This is God's life and God's will for all mankind. With the raising of these vibrations of light physical matter will be changed. Slowly it is changing now. Presently it will change very rapidly and there will be an etherialisation of the whole earth; humanity itself will be etherialised and spiritualised, and that is the time when there will be no more death and decay as you know it today.

You do not believe these things; you cannot believe them because you have not reached a level of understanding whereon you can see their possibility. You only have our feeble words to believe, but we leave you with this vision of the heavens above you and the outpouring of these divine rays upon the earth; of the future stimulation in man, and in you in particular, of all the God-like qualities, and with this, illumination of the whole earth and the salvation through the Son of God of the soul of the earth and of mankind.

Much more could be said about the practical application of this truth. This you can work out for yourselves if you consider what life could be like if the divine laws of living were obeyed, and if every man, woman and child became as clear and bright as is a true Son of God. Think of the harmony and beauty of the earth, then try to imagine what the spirit world is like. In those spheres men go about in tranquillity of spirit, with shining God-like faces. Every piece of work is executed perfectly and the whole of life is applied to further the happiness and glory of the community. You can always in your inner selves and in your quiet moments rise into these worlds of perfect life, and receive from them the inspiration to live likewise on the earth. Make no excuse that man is only human. We say unto you with all the force of the truth we know that man is divine. May his divinity become supreme and all darkness will be gone, and light, all light, glorious heavenly light will shine for evermore.

Benediction:

Let us pray together. Our heavenly Father-Mother and Christ the Son, we humbly give Thee thanks for all Thou givest to us. Lord, may we be not weary in striving upward. May Thy love within us enable us at all times to respond to the influence and to the inspiration of Thy

T235 The Inner Teachings 26th October 1954 St Mary Abbot's Place, London

Holy Ones. May Thy children here assembled be blessed by Thy peace; may they feel it through their whole being and be comforted, as the vision glorious opens before them and the table which Thou hast prepared for them. Lord, may Thy grace open their understanding so that they may recognise their enemies within themselves. Then Thy truth shall make them free from all ill. Lord, may it be with us all according to Thy will.

Amen. Amen. 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:

Planes, vibration, faith, inspiration, history, perspective, attunement

