

## THE ABSOLUTE AND RELATIVE POWER OF THOUGHT\*

“Whosoever rewardeth evil for good, evil shall not depart from his house.” Prov. 17: 13.

Man lives in a relative world with his roots in Reality, when this is not understood chaos is the result, whether it exists in the body, mind or circumstances the cause and effect are one, the effect is the same as the cause.

*When we live in the relative world, we find we are living in an illusion, living in chaos. If you look around you, you will find how the terrific difficulties that surrounds everyone; the chaos that exists in the mind of man, the troubles that exist in nations. And we find also, that if we are not aware of our roots in Reality, we are caught up in this relative chaos. The great difficulty today, is to find the source of our thinking. To be aware of our reactions and condition, which we are reacting to. So that we can, by discerning all these things, remain steadfast and peaceful in that Absolute state. We will see shortly, how our thoughts come about, and what our thoughts do, and the source of our thinking.*

Our past experiences of success or failure are the result of our creative thought and the way we use it. If we do not understand how our success come about, neither shall we understand how our failures come about.

*Because, one and the other is the same. There is no difference between the success and the failure, they are brought about in the same way. Unless we understand how our successes come about, we will never understand how our failures come about.*

Now the source of the power of our thought does not lie in the thought itself but in the Creative Principle behind our thought, so let us examine thought from its origin and investigate its transformations, its modifications, its subtle activity, its constructive and destructive action.

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*Now, we know perfectly well, that thought must originate in the individual, whether the thought is the result of reaction to something external to the self, or whether thought is the result of some internal condition. We find that our thinking is brought about by our reactions to things external to ourselves or internal to ourselves.*

*That seems to be the origin of our thinking, but you cannot think unless you are a conscious being. Therefore, your consciousness is caught-up in your reactions to things external to yourselves or the internal reaction.*

*So your consciousness originates in your consciousness. And when we know that the consciousness, the individual consciousness, is none other than the Infinite Consciousness, we find that we are creative, and our thoughts begin to manifest. We will see shortly how they manifest.*

*When we understand the Principle of Thought, we lose what we call the duplicity of the mind, that is, the world of opposites.*

*Every idea in your mind has an opposite. The idea of success has an opposite called failure. The idea of health has always the opposite of ill-health. The idea of good has always the opposite of evil. So therefore, your mind lives in opposites.*

*How are you to get rid of these opposites? You can only get rid of these opposites through understanding. Through understanding the process of thought.*

*The idea of water, is not water. The idea of a light, is not a light. The idea of truth, is not Truth. The idea of life, is not Life. But what you have of all these things in your mind, is but an idea of them. But the idea is not the thing itself. So therefore we have to discern clearly what is in the mind.*

*This course is a very advanced one. It is one of the Masters advanced teachings to the students. And although I am giving you quite a number of secret information, which in fact, should not be given at all, I know that the majority of you will never use it!*

*The source of the power of our thought does not lie in thought itself, but in the Creative Principle behind our thought. So let us examine then, a thought and its origin; investigate its transformation, its modification, its subtle activity, its constructive and destructive action.*

*The mind cannot express an idea without first thinking about it, when the idea becomes a concrete image the thought becomes the first*

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expression of the idea, *and* our words or speech become the audible expression of the idea, and action *becomes* the concrete or outer expression of the idea held in the mind. *That is a great wonderful Truth.*

*But the idea itself is not the thing itself. So therefore, the idea becomes something that is what we call abstract. How are you going to bring the abstract then, to the concrete? How are you going to beam the invisible, to the visible? Let us see.*

This is quite clear to us but what of the power that produces this phenomenon? The power behind thought lies in the consciousness which is the point through which all energy must flow. Consciousness cannot be defined while thought can.

*Try to define consciousness and you will find you will fail. Because you always find that you are discerning or you are what I would call, expressing or defining something that is external to your consciousness.*

*But you cannot define your consciousness, no matter how you try, it always eludes you, and you find that consciousness is always defining something else external to itself, therefore it refuses to be defined.*

*If the individual consciousness refuses to be defined, what about the Infinite Consciousness that is behind all individual consciousness, you cannot define that. It is the unknowable, yet you know that it is. You become aware of it as the Power behind the individual consciousness.*

We have five senses, seeing, hearing, smelling, tasting and feeling. All vibrations from these are conveyed to our brain, and in turn conveyed to our mind, the consciousness which is the sixth sense conforming all these impulses into thought.

*Therefore, the mind itself cannot create thought because it is an instrument through which your thoughts are held. Many of your thoughts are held in your mind. All your images are held in your mind. But your mind is not creative. What is in your mind is not creative. Your consciousness alone is creative because it is the sixth sense beyond all your other senses. It is that which creates in itself. Now let us see how this comes about.*

The individual consciousness is not the source of power but the Consciousness that is behind all individual consciousness which we call God. *Now we have in our mind an idea of God, but this idea of God is not God. We have an image in our mind about God, but this is not God. We have a belief in our mind, but this belief is not God. God is beyond*

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*our belief, beyond our ideas, beyond our images. We cannot define God. No one has ever seen Him, and no one can ever tell you what He is like, because they have never seen Him.*

*So, what are you going to do under those circumstances. You have had your belief in God, but your belief in God, is a belief only. How are you going to know that God does exist! That is the great secret behind the power of your own thought. So let us see how we find this truth. We cannot define individual consciousness we therefore cannot define the totality of all Consciousness but we can become aware of It, and this is the most important thing in our lives—to know the source of all power is our own Reality, which is God's Reality.*

*Therefore, thought and all that arises from it is relative to that which is not relative, but to understand the mechanism of thought and its relative action is very important to us in this relative world of ours.*

*Because everything you see is the result of thought. Everything you touch is the result of thought, whether it is the thought of Infinite Thought or individual thought.*

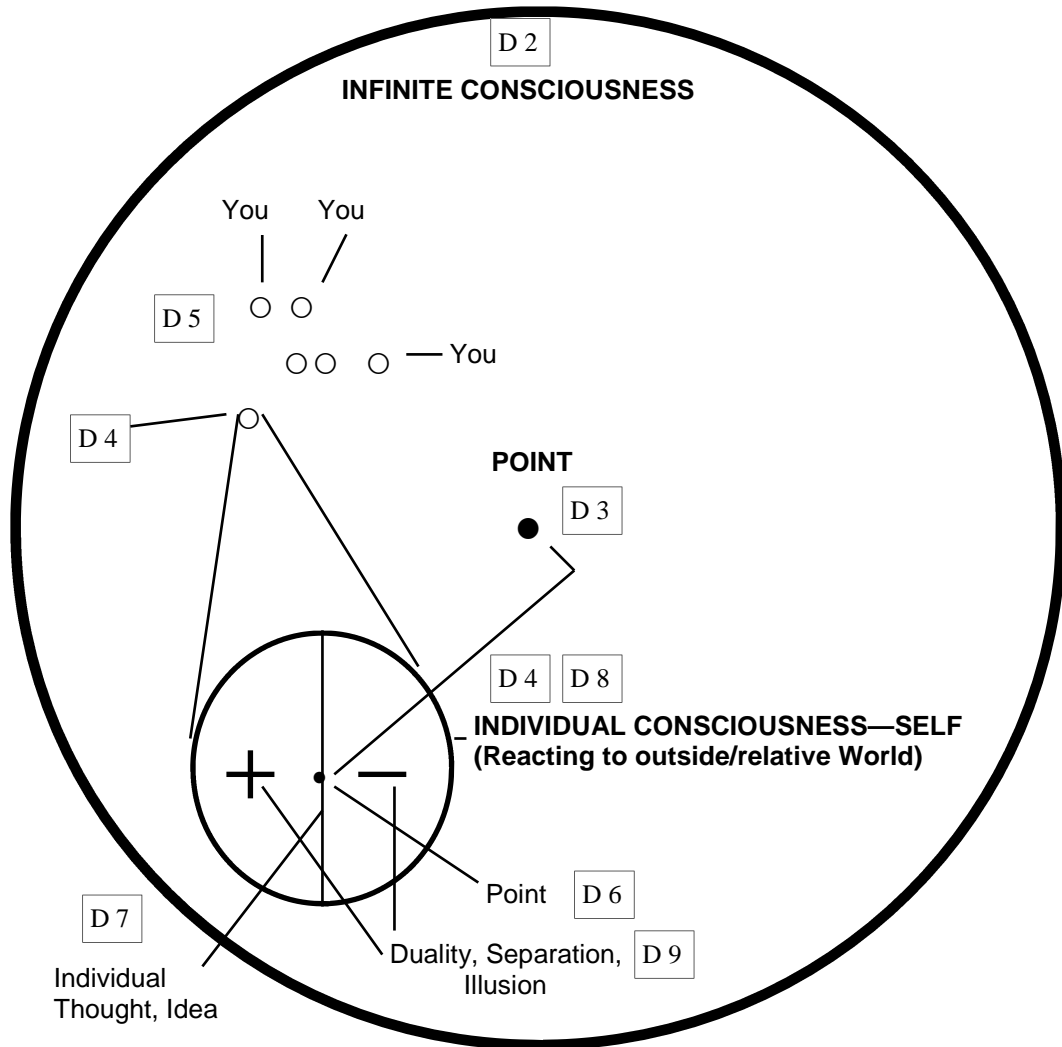
*This what I am going to give you, is an idea, it is not a truth, it's an idea. And all it can give you is a relative experience of an idea of what I am trying to bring to you. But nevertheless, this relative expression enables you to think back to your own consciousness, and there you will find what is beyond your consciousness.*

*Now, man's individual consciousness is point. "Point" is everywhere, there is nowhere where "point" is not. Behind point is the totality of all Consciousness. Therefore Infinite Consciousness is behind point—the individual consciousness, you and me, and everyone else.*

*Supposing I draw a line and I say, Infinite Mind<sup>D1</sup> is this board, which is a very poor explanation but nevertheless is a relative explanation, because I cannot tell what Infinite Mind Is, I do not know what It Is. But I am trying through relative words and relative thought, to bring to your own mind, so that you will be able to think back, as I say, into your own individual consciousness, and find what is beyond it. The Infinite Consciousness<sup>D2</sup> is completely in the Infinite Mind.*

*Point<sup>D3</sup> is everywhere, and individual consciousness<sup>D4</sup> rises out of the Infinite Consciousness everywhere. This is the instructions of the Masters that I have received myself, I am handing it over to you.*

D 1 INFINITE MIND (The Unknowable)



INFINITE MIND—INFINITE CONSCIOUSNESS—INDIVIDUAL CONSCIOUSNESS

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*So the Master said: This is you,<sup>D5</sup> you, you, you, and you. You are not separate from the Infinite Consciousness. But you will notice he said, that the totality of all this Infinite Consciousness is behind your individual consciousness.<sup>D6</sup> Now there you do not know, there you are—there is your thinking powers, there.<sup>D7</sup>*

*This is the outside world and relative world.<sup>D8</sup> So therefore you are continually reacting to this relative world, therefore your reactions are here. And create in your relative consciousness through your senses of hearing, seeing, smelling and so forth or tasting up to the consciousness. The consciousness then recognizes them and gives them thought, gives them a power that they do not originally possess.<sup>D9</sup>*

*Therefore, all these relative reactions then, are in your consciousness. If your consciousness is burdened with these things, how can you ever know the source of your consciousness? Because you are caught-up in this relative world, are you not!*

*So, the Master, says to his disciples or to his chela,<sup>1</sup> “have you discerned everything in the relative that is affecting your consciousness?” And the disciple says, “no.” Well he says, “go and do so and when you have done that come back to me.” So the chela goes away and does that, and after he comes back, he (Master) talks to him. He finds he has reacted to the relative conditions again. He says, “you have not done anything at all, you know nothing of what I am talking about.”*

*Until he is made to do the things that are necessary to cleanse his mind, so that his consciousness becomes free from this.<sup>D9</sup> When his consciousness becomes freed from this, and the source of his consciousness is recognition of that which is behind it,<sup>D6</sup> then he can create what he wants because there is nothing to prevent him from doing so. Now, the mind is that, which enters between the consciousness and that which is relative.*

*So, the mind becomes the vehicle of all man’s expressions, a mass of nothingness, illusions. He thinks he can create. How can he create with a mind like this,<sup>D9</sup> when the mind becomes the vehicle through which he must create? So the mind becomes the hindrance to his expressions, is it not so? The mind becomes the hindrance to the conscious expression to what he wants to create.*

*The mind, then, limits man. Man is not limited, but limited by his own mind; by his own beliefs, by his own ideas, by his fears, by his*

D5-D9 See page 159

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*emotions, by his duplicity, by his opposites, which he holds in his mind, positive and negative, or good and evil.*

*Therefore, there is a struggle goes on in the mind, and therefore, what he has to create through this<sup>D8</sup> is in the relative. His relative condition becomes like this,<sup>D9</sup> exactly what his mind is. Can you see that now?*

*All that is relative talk, but it leads you into the realisation of what you are doing. And when you discerned what you are doing, then you will drop it, it will fall away from you.*

*Thought and all that arises from it is relative to that which is not relative. But to understand the mechanism of thought and its relative action is very important to us in this relative world of ours.*

*The consciousness of the idea becomes the medium through which an intelligent energy flows for the purpose of expressing the idea in form. There is an energy which is what we call mind. It is etheric substance, it is a mental-substance, which is the cause of every relative action. (I will come to that, shortly, a little bit later on, in which we will see, how this etheric substance becomes form. How it is transformed into form? How it is thus modified and so forth, and changed?) But this mental substance which we call mind, there is a form of ether, an activity, a mental activity which is always creating, it is invisible to man.*

*This ether is the basis of all matter, everything you see; the table, the water, my body, your bodies, everything we see in existence, the ether is the basis of it. And this substance that you see, can be turned back to ether again. It can be transformed again, and it will still go back to ether.*

*I will show you shortly, how it comes back to ether by thought and sound. But I am going too far. I must not go ahead of myself, otherwise you will not understand what is coming forward.*

*This course I tell you, is most scientific. But it can only be explained by one who thoroughly understands the mechanism, who has been taught, who has practised, and who is able to perform these things which we call 'miracles'. But there is no such thing as miracles, as we know.*

*But the individual who performs these things and does these things, must be humble in nature, otherwise he could never do it. Because the self always stands in the way. If the self comes up and becomes the self, it stands in the way of creating or manifesting. But because the self is the*

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*cause of, like this,<sup>D8-9</sup> filled with all these illusions. Therefore the self must understand the self, so it can clarify the self.<sup>D6</sup> Without the idea in the mind there could not be relative phenomena such as speech, action and form.*

We see here that the same mode of action that exists in the individual mind must also exist in the Absolute Mind *or vice versa*. When this is understood we begin to see the Light that was in the beginning, the Word that was with God and the Word that was God made concrete in form. Thus we are like unto Him who created us.

*If this is Infinite Consciousness,<sup>D2</sup> this is individual consciousness<sup>D4</sup> which must be the same as the Infinite Consciousness, because its root is there.<sup>D3</sup>*

*Therefore, individual consciousness is the expression of the Infinite Consciousness and it cannot be anything else. But if you are not aware of that, you are caught up in the external, and this is what your mind looks like.<sup>D7</sup>*

When our thoughts are expressed in the form of speech others can hear our thoughts but that is not to say that our thoughts are not felt even when we do not express them in speech. There is the sixth sense—our consciousness. Our consciousness becomes affected by thought-waves. The impulses of our thought go out in waves and affect everyone as well as things that surround us, as do the Infinite thought-waves affect us when we are aware. We can also send thoughts thousands of miles then we know how to do it.

*Matter and form is transformed thought. Thought transformed, which is in fact thought, is a force which is electro-magnetic in its nature. It is carried out into the ether in that substance which is quiescent. It sets in motion these etherons, which then become reduced in vibration and we see the effect of thought in form, concrete.*

*The thought itself, in the Consciousness of the Infinite or the Absolute Consciousness of man, is perfect. The Absolute Consciousness of man, is here.<sup>D3</sup>*

*The Absolute Consciousness of man is in the Infinite Consciousness. Therefore, the idea, is always perfect and held Perfect in the Infinite Consciousness, through the individual consciousness. But what is it that prevents this perfect image from manifesting? This of course.<sup>D9</sup>*



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Matter and form is transformed thought. The idea being the focal point through which the intelligent energy flows to establish the form in the concrete. Modern science has proved that the secret doctrine of the ancients is correct. Science has proved that matter and form is transformed energy, and the variations of matter and form are but different rates of atomic combinations which in themselves are but energy in the fluidic *state*. This fluidic ocean of energy is waiting to give expression to the idea held in the mind. We can now see what a tremendous force is behind our thought.

*We have the actual power to transform the ether into the actual image, and produce that image in the concrete.*

*Jesus did it continuously. Feeding the thousands out of the five loaves, and the five fishes, and the three loaves, and the five fishes. It is just the same, there is no difference. He knew the law that operates, and I want to show you this law in operation.*

*But can you use it? You can only use it, when you have arrived at this point,<sup>D3</sup> where your mind is cleared from all external reactions, where you have discerned them all and know that which is false.*

The sounding of the “Aum”<sup>2</sup> is to give to the mind the truth that the Universe is one harmonious whole with its multiple variation of tones. Thus Infinite thought expressed from the Infinite Mind is transformed into infinite variety of forms through the idea held in the Infinite Mind. *In sounding the “Aum,” then, the student must know what he is doing. The student must know and feel the completeness and the wholeness of everything. And by sounding the “Aum,” he finds that all the notes and all the sounds of creation are within the one note or the one word he sounds.*

*So therefore he says: (Murdo demonstrates) ohm—m, m, m m m....ohm—m, m, m, m.....*

*He passes into a state of what we call super consciousness,<sup>3</sup> where the sound raises him out of the particular state of what we call separation into a mental state of unity, where he finds himself one with the whole Universe, and his consciousness becomes aware of the Wholeness, separation disappears.*

*The Infinite Thought expressed through the Infinite Mind is transformed into infinite variety of forms through the idea held in the Infinite Mind. This is exactly what the relative Universe is. What we see, hear and feel is relative but that which is behind it is not relative but Absolute. Yet all form*

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goes back to Infinity that is not relative but is Eternal Reality which is the cause of all creation. All forms dissolve back into the substance from which they arose. *Therefore, the Divine becomes Divine again.*

*And how does the Divine become Divine again? Through the complete recognition of the individual consciousness which recognizes its own Divinity. It rises back again into the source of its Completeness.*

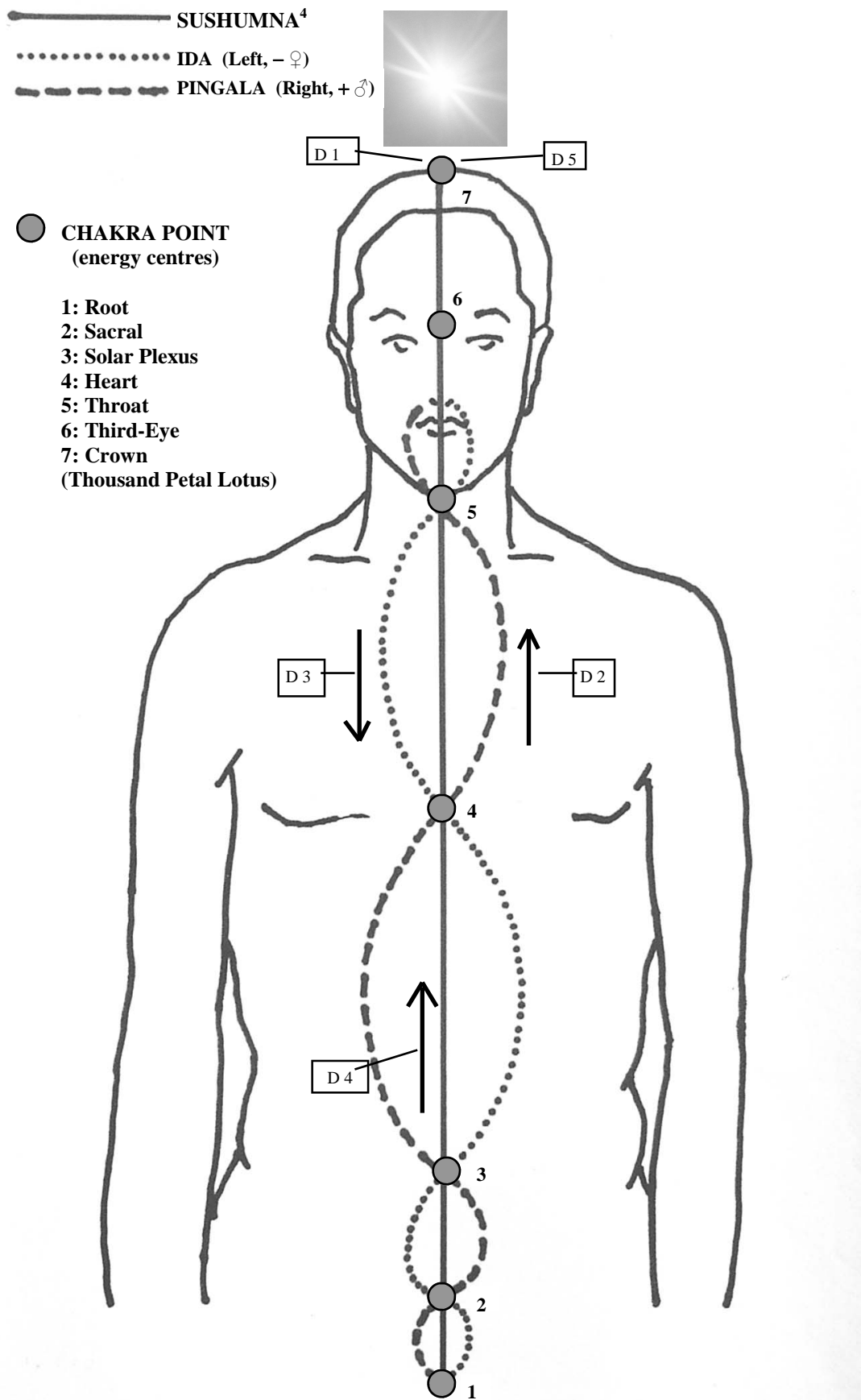
*And what happens? I am going a little before my time. But I want to make this expression now. What happens to the life in that body under those circumstances?*

*We know that the Life comes in from the body through those very centres at the top of the head.<sup>D1</sup> From the forehead, the back of the head down through the spine, the various centres, the heart centre, through the various centres until it reaches the bottom of the spine. There it remains there, in a state where it gives the physical contact and makes all physical activity through the body.*

*What happens when the individual recognizes then, his Completeness within Divinity? That Life begins to rise again through the centre of the spine, although it moves what we call downwards through each side both positive<sup>D2</sup> and negative<sup>D3</sup> sides of the spine, what we call the hot and the cold breath, moves down the left and up the right side of the spine, and so forth in continual movement. But what happens to it, when the individual begins to recognize his Divinity?—The shushumna.<sup>D4</sup> The life begins to flow-up through the centre of the spine again, till it reaches the top of the head.<sup>D5</sup> Then all Life and all Power, all Energy is under the control of the individual who recognizes that.*

*Now, the yogis practice this, what we call, breathing exercises for that purpose. But the Masters show you that the final and complete way, is not through exercises, but through understanding. Therefore, the Life of itself moves up naturally through the shushumna, until it reaches the top of the head, where all Life comes under control of the individual will, which is none other than the Infinite Power in man. Made in the image and likeness of God, man then becomes as God. Do you understand me now? I can shock you, but it is true. I should not be telling you these things, but I can't help it, I suppose.*

Therefore the one fundamental substance underlying all matter and form is Energy. This Energy is omnipresent. The medium that converts it



SHUSHUMNA & CHAKRA ENERGY CENTRES

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into form is the idea, and behind the idea is the consciousness that conceives. Therefore the consciousness in man is man's Reality as God's Consciousness is the Reality in man's consciousness. Man's consciousness is therefore the Reality behind all man's creations, thus we are made in His image and likeness. This power must be unlimited in man as it is in God. But if man does not comprehend this then he creates chaos in his mind, body and circumstances. It was this that the Master saw so clearly and made himself the greatest figure ever to tread the earth.

The science of nuclear energy has revealed to us a boundless source of energy. In the radiant energy of the Cosmic Ray lies *the* enormous possibilities which we will yet learn to understand. It will bring to us a greater realization of the power of thought for this can be none other than the Rays of Infinite thought in action.

No longer need we be discouraged and fearful about ourselves or about the world because the source of energy is inexhaustible and infinite. We are actually living in this Infinite Ocean of Energy and we are using it every day of our lives consciously and unconsciously. If we have the understanding of the use of it properly in our existence here and now, we can play a powerful part in bringing heaven into our lives and into the lives of all around us.

Our minds will become the instrument to create therein powerful and constructive ideas. We will utilize this infinite source of basic energy and transform it into useful and admirable accomplishments to be eagerly demanded by millions of our fellowmen, thus we will be honoured and esteemed by all.

*We who are students, will with this knowledge become leaders in our community, because of the power of our thought. That is not to say that you will become leaders in any political movement or any other condition that are relative, but you will become leaders in the power of thought which is Infinite in nature, and above all these relative things that exist before you, which you see in chaos. You can bring into this relative world a power of thought, that will affect conditions and bring about heaven upon earth. That is your power.*

*But if you are caught-up in the relative all the time, and your reactions are to that, how can you create harmonious conditions, if your mind is filled with inharmonious conditions? When the mind of the vehicle through*

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*which you must express your thought, it is as it were, the glass which you are beginning to express your rays through, if your glass is murky, covered with oil and dirt, will the "rays" of your thought pass through that to express itself on the other side? Of course it would not. It will be discoloured and dirty, just according to your state of mind.*

The idea is the nucleus of the thought, the idea and the thought are inseparable therefore man is what his thought is. The Universe is the source of all things, nothing can be taken out of the Universe, nor can anything be added to it because it is complete in itself. *You cannot take anything out of it, neither can you put anything into it. You cannot take one atom of substance out of it, neither can you put one substance or one atom into it. But you can transform the basic energies of everything you see and feel and touch and you will find out, how, as we go along in these lessons.*

*I would like to tell you a lot in one night, but I am afraid that would burden you too much. So we will have to take our time in giving these lessons or explaining the scientific activity behind our thought and action. We use this Infinite Energy to create and when the creation is no longer needed it returns to the source from which it came.*

The undeniable fact in regard to form and phenomena is that every form or phenomenon in the Universe is but a transformation of the one primordial substance called Universal Energy, or what the East call it, *prana*, or what we call it in the West *ether of space*.

*I think Universal Energy is a better name. It is a mental substance, which is invisible to the physical eye, because of its high rate of vibration. It is like a sheet of electricity that covers the whole earth and all around it, interpenetrates the earth and way beyond it, everywhere into the Universe. It is more solid than matter. It is nine million times denser than that piece of chalk or that table. Yet it is invisible to the physical eye.*

*The reason why you see this piece of chalk and this table, is because of its grossness. Because the light that reflects from it, must be gross and lower in vibration, so that it strikes that particular table or this piece of chalk, therefore you see it.*

*But that which is vibration is very high, is dense, and the light vibration is beyond 450 to 750 trillion vibrations per second which is what you see. Therefore, the light passes through this table, through that piece of chalk,*

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*which you do not see. But it strikes against a denser substance which vibrates at a higher rate of vibration, therefore that which rates at a higher rate of vibration is the basis of everything you see in form.*

*Because that material is reduced in vibration, from the vibration of thought, which travels at a rate of 186,000 miles per second; reduced by sound to a vibration that moves at 700 miles per hour, which is the vibration that you see and feel or hear. A time will come when this is repeated a different way, so that you will understand what is taking place.*

*It is highly scientific, and only the Masters know it, completely. Therefore, I am giving you a knowledge, of understanding of the Creative Power of Thought, that has never been given out before in the Western world. Perhaps I should not do it, still I am doing it, so there it is.*

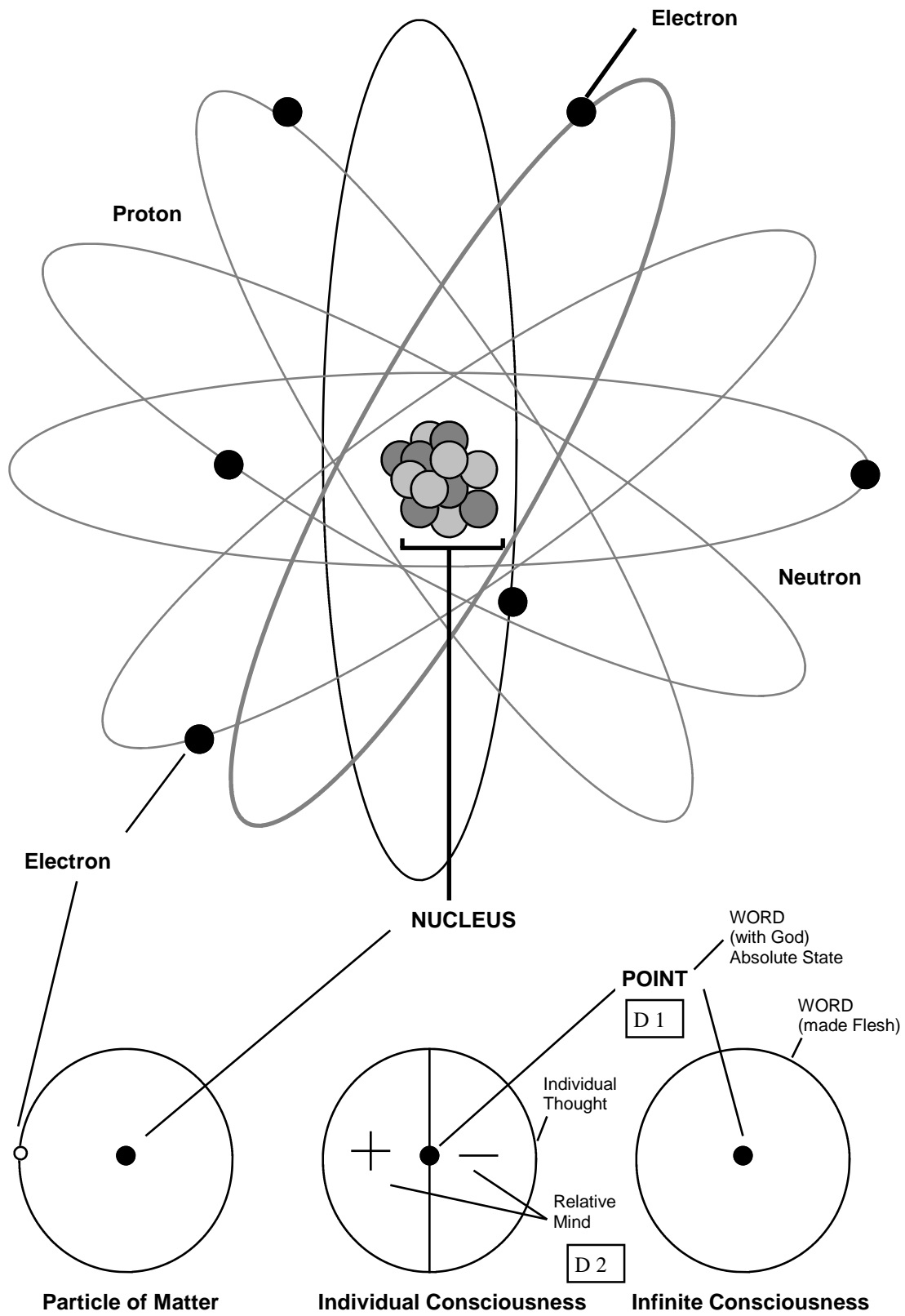
The current of thought is Life in action propelled from its centre—the consciousness of God in man. Thought has sound although we do not hear it because of its high vibration, this sound resulting from its motion or impulse. It also has speed because of its motion. It also has a wavelength according to the intensity of its expression. It is magnetically connected with its centre of origin and returns to *the* centre when it has completed its mission.

*Everything moves in a centrifugal and centripetal force. That is to say, it is propulsion and attraction.*

*Electromagnetic activity is built upon the same thing throughout the whole of the Universe. The atom, the world, the planets, and everything move in the same direction, because of this activity known as electromagnetic, or what we call attraction and repulsion. The atom itself is the same,\* the atom has a nucleus. From its nucleus particles are created which revolve around its centre. These are then propelled outwards and they are still attracted to its centre. Therefore, it creates an eddy of whirlpools of energy, which is known as an atom of force. Break up that atom of force and you have a tremendous power, as we know, when we know how to break up the atom. The Masters know how to break it up, through Consciousness, and we will see shortly, how it is done.*

*I am not going to ask you to perform these things or to attempt them, because they are dangerous, but I will give you the key to it. But you must refrain always from trying to do it until such time as you feel capable; that your mind is cleared from all thought, your mind is cleared from all reactions to things external to yourself, then there is no harm in doing so.*

\* See Diagram page 169



THE ATOM

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Thought has the idea as its nucleus, the consciousness is the force behind it. Therefore it has intelligence, power, purpose and plan like a guided missile that will return to its launching station after its mission is completed.

We now realize why thought must only be used for constructive action for it has a potential power in the way it is used. Lest we forget this great Truth let us realize that thought comes back to the sender after its *current*<sup>5</sup> is completed, therefore we are affected by our own thoughts whether we like to believe it or not. *The law cannot be changed because of our unbelief or our belief.*

*So far, therefore it is necessary for us to discern, to be aware of our thoughts continuously, and know them and understand them, how they arise, whence and where.*

*Of course the majority of minds are incapable of creating thought of any destructive or constructive action, because the one is utilized by the other. So, the ignorant man is safe, as a matter of fact, from all his stupidity. God has made him safe, poor man. But I am sorry for him, because he can never grow, nor can he ever reveal the power that is inherent within himself. As a man thinketh in his heart so is he, is not a mere saying but an exact truth to be remembered when we engage in the powerful action of thought.*

The quality, refinement and subtlety of the form created, depends upon the quality or subtlety of the mind. No two minds interpret the same thing exactly alike. There are infinite interpretations of the same idea because of the infinite variety of the quality, illumination and subtlety of *the* minds.

Let us now see the great Truth that lies behind our thinking. The individual consciousness has the unlimited power of the totality of all Consciousness behind it as its source. Thus behind the idea stands *the* infinite source of power and according to the awareness of the consciousness in which the idea is created so can it draw *from* this unlimited source for its manifestation. According to the cause so is the effect, according to the propelling power of the thought so is the effect of the thought. That is why I have said to you limp thinking is of little value and destructive thinking is dangerous.

*You all think limply, I know that perfectly well. There is one of you who does not. Because when you talk to me I know how limp your*

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*thinking is. But if I say to you this, it is not because I try to hurt you, but I try to make you understand that your limp thinking is of no value to you, and your destructive thinking is dangerous to you.*

*If I would give you the dressing down that my Master used to give me, I do not think many of you would stand it, I am sure. But those who could stand it, would be the pinnacle of strength and power. But those who could not stand it, would walk-out. So, there you are, I am not going to test you in that trial.*

*But in fact, I have stood more than you could ever think, more than you could ever imagine. But if I did not stand it, I would never be able to tell you what I am telling you now. I would never be able to have the experience, nor the knowledge, because I would be useless. I would walk away from the wisdom, and that great test the Master puts upon you. If you are strong enough, the wisdom will come. If you are weak, then it passes you by.*

*I have seen quite a number of chelas going away altogether. I saw a chela, that the Master came and he said, "drink that water". It was grimy and filthy with slime on the top of it. What did he do? He went down and drank it, it never harmed him, but it would probably harm some who would feel it was harmful to drink it. But it did not harm this chela, it gave him the strength, the understanding and power that was within him.*

*I remember another chela came to the Master, and he said, I want to be your pupil, your disciple. So he (the Master) took him down to the river, and as he put his head (the chela's) under the water, he held him there and he struggled continuously and he could not get his breath. And eventually he let him up, and he says, "what is it you wanted most when you were in the water?" He said, "my breath!" "Then when you want the truth, as much as you wanted your breath, come back to me." Would you like to have that test on you?*

*Yet, it is only through understanding. It is only through my words to you. Sometimes they are strong, I know they are strong, but they are for a purpose. They are for a purpose to enlighten your mind, not to discourage you but to enlighten your mind; to give you more hope, more understanding, more courage.*

The difference between the undeveloped mind and the developed mind is as that between the aborigine and the perfected adept. The adept

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has acquired the knowledge of the duality of the idea, the relative state and the Absolute state. The Absolute state is the subjective invisible state in the Universal Energy, with an unlimited Power and Intelligence at the command of the Consciousness that holds it.

*It holds it there.<sup>D1</sup> It has the unlimited Power of all the Mind, Mental Energy, and what we call Universal Energy and Intelligence to produce the idea.*

*There is a difference between the relative and the Absolute aspect of the idea.*

*Now, the relative is the objective or visible state, unfolding a limited expression of the Absolute state confined by the intervention or interpretation of the mind.*

*So, therefore, the mind of man may be clogged-up,<sup>D2</sup> with illusion, with opposites, with fears, with limitation and therefore the Absolute idea passing through that, is limited in its relative expression. You see that, don't you!*

To gain access to the Absolute State and to take advantage of the unlimited and boundless source of this energy and intelligence at our command, we have to clear the mind of limited ideas and beliefs in order to get beyond the mind, since the mind stands in our way, and prevents direct contact with the idea in its absolute state with its boundless possibilities.

If we surrender to the dictates of the mind filled with limitation and frustration we can never hope to give expression to the Absolute state of the idea. We must discern all that is preventing the true expression of the idea held in the Absolute state. Then only will our mind become our servant and we shall no longer be its slave. *When the mind is so cleansed and an awareness of the source of our unlimited state of consciousness we will be able to use the tremendous source of energy behind the idea.*

We will no longer be midgets in a world of plenty but will become creative geniuses with infinite possibilities.

In our next lesson we will examine the operation of thought waves and their effect and reaction upon mind and body.

“Understanding is a well-spring of Life unto him that hath it.”  
Prov. 16: 22.

## BENEDICTION

O Infinite Creator of Heaven and Earth, may Thy Consciousness be revealed to me as mine also.

Open my inner vision that I may behold Thee behind my idea and that Thy Intelligent Energy will express my idea into form.

Burst open my consciousness with Thy Presence that I may see beyond the illusion of my mind.

In Thee I dwell and Thou dwelleth in me, made in Thy likeness with true understanding, all that hinders Thy expression shall fade away into nothingness.

Let the thought waves of Thy mighty Creative Consciousness beam through my consciousness for it is Thee alone who worketh in me, O Blessed Creator of Mine.

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 15th April 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Chela*. (Buddhism) Novice qualifying for initiation; disciple; pupil.
2. *Aum* (or Om). Hinduism & Buddhism. Is a mystical or sacred syllable in the Indian religions which originated from Hinduism. Regarded as summing up all truth. In Sanskrit consisting of the three sounds (a), (u), and (m), believed to be the spoken essence of the Universe. Two examples in script below.



Devanagari Script



Tibetan Script.

3. *Super consciousness* (Yoga). Aka. Cosmic Consciousness, Christ Consciousness, Buddhic Consciousness, Higher Consciousness. Are expressions used in various spiritual traditions to denote the developed state of consciousness in which aspects of the mind, such as thought, perception and attention, are improved, refined and enhanced to higher degrees. In the great book on the subject "*Cosmic Consciousness: A Study in the Evolution of the Human Mind*" (1901) by Dr. Richard Maurice Bucke (1868-1899). Bucke rightly stated that the next stage of human development, which he named "Cosmic Consciousness," is slowly beginning to appear but will eventually spread widely throughout all of humanity.
4. *Shushumna* (alternatively known as Susumna) Nadi connects the base chakra to the crown chakra. The shushumna makes the way for the ascent of Kundalini. The important thing is not necessarily to intentionally cause your kundalini to rise, but instead to concentrate on keeping your shushumna open. The shushumna is the pathway within which the kundalini rises. If it is not kept clear, the kundalini snake cannot rise. If it is kept clear, the kundalini will rise of its own accord.
5. *Current*. In the Lecture Notes the word is 'circuit.' On the recording he changed it to 'current' which maybe similar but not concise in meaning. The full sentence in the original Lecture Notes reads: *Lest we forget this great Truth let us realize that thought comes back to the sender after its circuit is completed, therefore we are affected by our own thoughts whether we like to believe it or not.*

Lecture 2 (22nd April 1952)

**OUR CONSCIOUSNESS IS LIKE A  
RADIO BROADCASTING STATION\***

Psalms 32: 8. "I will instruct you and teach you what is the road to take; I will give you counsel, O humble soul."

In this lecture we will study the effects and reactions of thought upon the mind-body and beyond.

*It is difficult sometimes for us to realise that all we see is effects and the cause is within ourselves.*

*The difficulty of course of realising and understanding this, is because you are caught-up in these effects. And naturally when one is caught-up in these effects, the consciousness is caught-up in it also, and is reflecting continuously what it sees and feels from the relative world, therefore intensifying the conditions.*

*If the consciousness can withdraw itself from the relative, from the senses, but by the senses support no longer any vibrations whatsoever that is coming from the outside, the consciousness would be free to think and create without any conditioning which comes from the external or the internal. The consciousness would become free. Now let us see, what this consciousness would mean to you or me.*

The Consciousness like point has the totality of all force behind it. The force expressed is in exact proportion to the state of Consciousness. Therefore the thought is also according to the state of consciousness, starting its powerful circuit in ever-widening circles in mind to express itself in the remotest cell of the body and beyond.

*Here we see a power. Consciousness is a power because it is a radio broadcasting station. It radios out what is has reflected in itself. That is to say, whatever the image the mind creates before it becomes, what we call a reality in the relative, the consciousness must become aware of it and reflect it. Otherwise it is no longer even a relative thing or what we call a relative reality.*

\* See page 193

## THE WORD OF CREATION

*What I mean by a relative reality, it is an effect, but is real to the consciousness. And when the consciousness is caught-up in it, then the consciousness begins to express it continuously, and radioing out continuously these electro-magnetic waves which pass through the mind, body and beyond.*

The Consciousness is like a broadcasting radio station sending impulses of thought according to the idea in all directions firstly affecting the sender. These impulses circulate through the brain, through the nervous system and nerve plexus affecting the heart, glands, lungs, vasomotor system and other organs and systems of the body, thus registering its effects there, then rushing out into the atmosphere on its fateful and active mission.

*Thought-power is something that has got to be dealt with and understood. And it has got to be discerned. All the conditions and conditioning of yourself, means that you have conditioned your consciousness. And the consciousness begins to reflect that conditioning, means that it is continually radioing out these electro-magnetic waves through the body, the nervous system and out beyond. Therefore thought-force is a force that has got to be dealt with and understood. If it is haphazardly expressed from reactions and conditions external to the self and you are caught-up in this conditioning, then you see that the consciousness begins to reflect and radio out what it reflects because it is the Creative Principle, It is the only Power there is.*

*The consciousness in man can mean none other than the Consciousness of God. Although the consciousness of man does not realise this because it is caught-up in the relative, in the self, in separation. It is caught-up in you, it is caught-up in me, me and the mine, me and not me, the mine and the not mine. All the opposites. Is caught-up in these opposites, consequently it is in the world of confusion.*

*Now withdraw the consciousness from all the senses, from the centres of the brain, so that is no longer affected by the body or senses of hearing, seeing or touching, anything that is relative. The consciousness becomes free from all these vibrations, it is no longer conditioned, and in that un-conditioned state it reveals Love and Wisdom that is Eternal and always IS. Immediately it becomes conditioned in the relative it begins to express what the relative is and what the relative wants it to express. Therefore it is caught-up in the relative things, it is no longer free.*

*The Master is able to silence the outside world, the world of the senses, so that no relative vibration can enter into the consciousness. That is*

## OUR CONSCIOUSNESS IS LIKE A RADIO BROADCASTING STATION

*the state of the Infinite Consciousness because it is not affected by any relative thing. And it being Complete and Perfect in Itself it's foundation must be eternally Love and Wisdom.*

Man is more than is seen in the physical, he is a centre of consciousness in a sea of energy giving expression to the form from out of the sea of energy according to the idea he holds. His thought waves carry the vibration of the idea into manifestation, thus a thought wave of fear caused by ignorance and confusion of mind sweeps through the billions of cells in his body disrupting their natural rhythm. This natural rhythm is the expression of the Creator who created man as an instrument for His own self-expression.

*There is a natural rhythm within man, that is not affected by anything external to man because it is the Infinite Creation. It is this, man made in God's likeness. Also that man has been given power to create because he has been made in the likeness of God, having dominion of all things in heaven and on earth. Therefore according to his consciousness so will be his thought be. If your consciousness is caught-up in all these things external to yourselves, held in confusion, then your thoughts will be exactly the same. According to your state of consciousness so is your thought. We will see how to overcome or to dissolve this conditioning so that the consciousness can be free.*

When man accepts an outside authority he begins to fear, and confusion is the result. The mind then expresses this confusion with devastating effects causing abnormal functions which create poison and chaos in the various physical organisms.

When there is a wave of love and joy caused by the recognition of the Truth of the perfect state of the Divine Consciousness behind human consciousness there is a release of energy through that centre of consciousness in man harmonising the mind and body. This delightful effect sweeps through the cells (re-)establishing the natural rhythm. There (is) relaxation, comfort and joy throughout the whole mind and body.

*Why is that? How does that come about? How can you ever know then this joy if your mind is caught-up in sorrow and fear? But when you discern that your mind is caught-up in sorrow and fear, and you know by what means it is caught-up, then you can discern these things and they no longer exist. You see that you are the creator of them.*

## THE WORD OF CREATION

*And once you have discerned that you are the creator of your own conditioning; through your reactions to conditions external to yourself, through your beliefs, through your fears, through the things you have in your mind. Because what you have in your mind is not a Reality, it is an idea of Reality, a belief of Reality, it is not a Real thing at all, it is an image of that thing. Therefore you fear the image you create within your own mind. But when you realise that you only fear the image you have created in your own mind, there is no longer any fear. Therefore if all that is false then is dissolved away, what is left—is Reality, is Truth. Not an idea of Truth, not a belief of Truth but a Living Expression of the Truth—I AM.*

The developed man is soon aware of the effect of a wave of anger or aggressiveness for he feels it in his body immediately, thus discerning it he dissolves it. The ignorant man does not so recognise what is taking place with the result that continual waves of anger and aggressive thoughts *very soon* disrupt his organism so he falls by his own ignorance. While Love thought-waves create attraction and affection, hateful thoughts create the reverse.

Since every thought-wave creates a different motion in the atoms and cells of the body, the facial muscles reveal the expression of our thought waves. The beat of the heart and the breathing reveal a change in the functional organism. Every different thought has a different wavelength and *variation*<sup>1</sup> and is accordingly expressed, the cause and the effect being one.

*The cause and the effects are one. There is no separation between the cause and effect. How can there be when they are the one thing? You cannot have an effect without a cause! And you see, without having a cause there is no effect. But if you then recognise the effect and how it comes about, you will see that the self is the cause.*

*Therefore discern the self; know what the self is doing, what the motives of the self is, what the desires of the self is, what the fears of the self is, how the self is caught-up in this and that.*

The conscious mind is capable of interpretation of form, hence it is capable of the transformation of form\* [(matter) through the idea held in the consciousness.

Divine creation is the transformation of the Eternal Ever-existing intelligent energy in the Universe into form through the perfect idea held in the Divine Mind, and the idea must ever remain]

1. See page 193

\* A very bad break in the wire recording occurs here, resulting in loss of sound.

## OUR CONSCIOUSNESS IS LIKE A RADIO BROADCASTING STATION

\*\*as the perfect creation, the form only changing into greater splendour to reveal the perfection of the idea. Therefore vibration is the keynote of creation and the rhythmic organisation of atoms into particular patterns.

*What we are seeing now is this, that the same mode of action that exists in the Infinite, exists in man. But as the Infinite is free and Perfect, and is not affected by any external things, His Consciousness is free and not conditioned, therefore His Creations are Pure and Perfect.*

*The very ether or the substance of matter moulds according to the idea. The etherons form in the invisible, which is the basis of the form to become visible, and nature is seen before your eyes. This very form that you see now, before you, has been created in the Infinite Mind, otherwise it could not exist at all. It was created in the Infinite Mind from the very beginning because the beginning and the end are One.*

*That Creative Principle exists Eternally, it was not yesterday or tomorrow. If I do not know that I am Immortal **now**, at this very moment, I will never know Immortality tomorrow for the simple reason that tomorrow never comes. If I am not aware of my Immortality now, I shall never know my Immortality because Immortality exists now! Life exists **now**, not yesterday and tomorrow exists in the mind only as an idea of Life, a memory and a hope. But Life **now** is that Living Presence, that is Eternal. But it existed from the beginning. The beginning and the end are One and the **now** is also One, there is no separation.*

*“I was in the beginning before the earth was, I existed.”*

*If I did not I could not be Immortal but I know that I am Immortal. And I know that I am Life. And Life cannot be divided, it cannot be separated, tomorrow or yesterday. So I am the same Life that existed before the world wars. I now be the same Life that exists after the world has past away because of the fact, that Life is Eternal and Ever-Present.*

Therefore creation is the releasing of *an* Intelligent Energy (the knowing how) to combine the ether atoms with their particular combinations to form the pattern held in the Divine Mind.

This Intelligent Force (knowing how) induces magnetic attraction and cohesion which binds the ether atoms as the basis of the form to be manifested in the realm of physical atoms which produce condensation and materialization of atoms to be seen by the physical eye. *When an*

\*\* Sound recording re-starts here.



## THE WORD OF CREATION

*electro-magnetic wave exists in the ether, it exists at the rate of 186,000 miles per second, that is velocity. A thought is an invisible thing but it is an actual existing thing because it has turned, what we call, the etherons into activity. It is brought into action certain portion of the ether to form according to the idea.*

*Thought is an intelligent action that has within itself the power to create the form according to the definition of the idea. Therefore that is why I have told you before, that limp thinking is of no value to you or anyone else. But when the thought is properly defined it has an intelligent action to affect the ether in such a way it produces the image, in a higher state of form such is in ether, invisible to the physical eye. And what is it that condenses it down to the visible thing? Sound of course! Sound brings that thought into the manifestation so that you can hear it.*

*The thought that I have in my mind, if I held it completely still, your sixth sense (the Consciousness) would catch it. But it might not catch it because you were not capable of recognising or using this sixth sense to catch the vibrations that exist in the ether. But you can recognise my voice in the words I express, therefore I have reduced the thought to sound which travels at the rate of 700 miles an hour, which makes it physical so that you can hear it though your physical ears. The same mode of action is in the Universe from the beginning because, "the Word was with God and God said." God brought into operation through the condensation of His own existing Self, and produces you and me in the physical form. I will have more to say about this further on in the course.*

The powerful force we call thought is little understood and is allowed to run rampant by millions of *people* all over the world. It will therefore be seen that this force can be used as a constructive agent, *and a great servant of mankind* or it can be used to destroy man through his ignorance of its power.

It will maintain health and strength in mind and body, also having inexhaustible magnetic attraction and inherent intelligence it can be used for higher purposes for greater accomplishments that would stagger the imagination.<sup>2</sup>

*By the same Creative Power, man as he raises his consciousness into a higher realm of being, he will be able to create through his thoughts great things for humanity. He will manifest by his own thought, by his*

2. See page 193

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*creative principle, things that will help humanity, that will bring humanity out of its present state into a higher state of understanding. Not only from understanding but a higher elevation of activity, where he exists in that higher level of Consciousness, which produces greater and greater things that the mind at the present has not yet even thought of.*

*We have radio, we have wireless. We are now going to have aeroplanes that will fly across from Africa to the continent in about sixteen hours. We will be flying across from the continent to America in about eight hours. We will be doing all these things, great ships are being built now to fly across the skies. As time goes on, we will see, that eight hours becomes almost eight minutes.*

*The consciousness of man is becoming more and more like the Infinite Consciousness itself, using all the attributes of that Consciousness to create the instruments exactly that is within man himself.*

*If man knew he could by a process of breathing, for instance, lighten his body to such an extent that the gravity could no longer exist, he would travel through space at the speed of light. His thoughts travel through space at the speed of light but he would be able to do almost the same thing because there would be nothing to prevent him.*

*Here is within man the great secrets but man has not yet found them out. He is gradually expressing them on the relative side. He is gradually creating them on the outside, and there is nothing that can be created external to man that man has not within himself. And there is not a thought that can be expressed that can be limited.*

*There is no thought that can be expressed that is not possible. Now think that out and you will see how true it is. But why is it not possible? Because you are conditioned with the relative, you are conditioned with everything that you see and your experiences of the past. You think that because certain things happened in the past it cannot happen in your future. And because you think that things have not been done before, they will never be done. They have not been accomplished so confident that they will never be accomplished. But we see perfectly clear that that is a falsehood, that things are being accomplished everyday.*

*And during the next 500 years we will see a tremendous advancement of human nature. We will not see it in this physical body but we will probably witness it from another stage, watching an etheric world coming into*

## THE WORD OF CREATION

*operation. When man becomes aware of the etheric capacities that he has within his body, his body made of ether, and by using some form of breathing where his body becomes light, his mind can use that body as it would a thought. Therefore man will do the very things that he is doing now externally.*

*I am only bringing into operation the things I do know. I have seen these things by great men who understand the Laws of Nature. And they say that they are just on the brink, only on the threshold of greater and greater things to come. As Jesus said, "these things I do, greater things shall you do."*

On the one hand we see the effects of the constructive action of thought and on the other hand we see its destructive action in the whole human family.

Not only does it affect the body and the immediate surroundings of the individual, but these vibrations are inherent in the seed of man and woman hence the hereditary nature of man changes according to the thought he expresses from the ideas he holds in his mind.

If his idea is in accordance with the Divine Law of Love, love your neighbour as yourself, man's heirs will manifest a greater expression of the Divine Nature that created man by the word that was in the beginning, the Christ of God behind and within all humanity.

*As mans consciousness rises out of the conditioning in which he himself has created around him, he will recognise greater and greater impossibilities. And naturally those who follow will become greater and greater. Because of the enlightened consciousness of man himself, so he produces.*

The reaction of thought is registered as impressions upon the subconscious activity through the nervous system, affecting the generating cells and glands and all the cells of the body. Thought impulses travel in ever widening circles affecting the whole realm of mankind. It churns into motion all the atoms and cells of the body with consequent transformation of the cells and the reaction is in exact proportion to the nature of the cause of the thought. *You are continually changing the conditions of your body, changing the cells of your body, by the thoughts you engender. Supposing now that you saw all those thoughts and discerned them, and saw how false they were, that they were in your mind. That your consciousness were no longer caught-up in them, to reflect them and radio out these vibrations,*

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*they would no longer exist. And what would happen? They would fall away. And what would take place—that which is Eternal would remain. That which is Love and Wisdom would remain, and would express Itself, because It would be no longer hindered by mans consciousness.* While the change in this rate of vibration takes place in the body it reflects its activity upon the consciousness upsetting the equilibrium of the consciousness, adding further fuel to the fire already kindled through man's ignorance of his thought-actions and his true natural state.

*So, therefore what happens is this, after the conditioning has been done, and after the thought has passed through the body and transformed the cells into these particular forms which you begin to fear, then while the change of vibration takes place in the body, it reflects its activity upon the consciousness, upsetting the equilibrium of the consciousness. Adding further fuel to the fire because the consciousness is caught-up in the conditioning and further conditioning created by yourselves.*

*How are you going to get out of this conditioning? That is the point. That is the thing that interests us most. It is a very simple process. We will come to it shortly.*

Man is influenced by conditions which surround his consciousness, his consciousness reacts to these conditions when he fails to recognise himself as he really is—a creator given power to create above and below.

Thus man's consciousness permeates the whole of his body, yet having its roots in Reality or the supraconscious the totality of all unconditioned consciousness and intelligent energy.

*The supraconscious is a word I have coined for the purpose of letting you see that which is above, all above, that is not affected by anything that is below. But this that is always above is affecting that which is below. If the consciousness then which is superconscious and is emerged in, what we call, the subconscious (all that exists below) but they are one.*

*There is only mind in the whole Universe. What I am going to show now is going to make an idea in your mind. You have got to have an idea of what I am saying in your mind and you are going to carry away this idea. But this idea is not the Truth of what I am saying. If you carry away just an idea of what I am showing you and you say that is the truth, it is not the Truth at all, but an idea is not the truth. The idea of what I am showing you here is not the truth but it will reveal the Truth to you in yourselves and you begin to understand it.*

## THE WORD OF CREATION

*Now supposing then, we will say this is the Infinite Mind, this board which is a very poor illustration\* because the Infinite Mind<sup>D1</sup> is Infinite and there is nothing outside it. All is within, it fills boundless space, and there can be nothing outside it otherwise it could not be Infinite.*

*We will say the Infinite Mind has drawn a line within Itself, and it says this way.<sup>D2</sup> The Consciousness which is Supreme exists always there and is influencing everything down below.*

*The Consciousness remains Complete.<sup>D3</sup> It has then its effect upon various influences that move downwardly in its Creations.<sup>D4</sup> It begins to create in the Higher levels. First of all, it has the Principles of Love and Wisdom.<sup>D5</sup> Love and Wisdom then is the Creation of the Infinite which is still supraconscious.*

*Love and Wisdom then was in the Mind is then Creative because with every creation that is Divine Creation,<sup>D6</sup> the basis is Love and Wisdom, because it is Perfect. And the basis of every Creation existing is Love and Wisdom, even the very lowest.*

*So therefore after that, Ideas<sup>D7</sup> come into operation and these Ideas existing with Love and Wisdom have Laws created by them. Laws which are forces in operation. Infinite Laws<sup>D8</sup> that cannot be broken, and these Laws exist all the way down through the various forms existing in the Universe, in the Higher creations. This is above now, which is invisible. The supraconscious<sup>D9</sup> is always invisible to physical man. The subconscious<sup>D10</sup> is visible.*

*Now we will see here again, that here comes ether,<sup>D11</sup> these Ideas there are in ether now, and as they are created they come into the physical. This is the division now between the supraconscious and the subconscious. All existing below. You see the Consciousness carrying with it its Love and Wisdom and Laws. The Idea forming right through, what we call, the subconscious.*

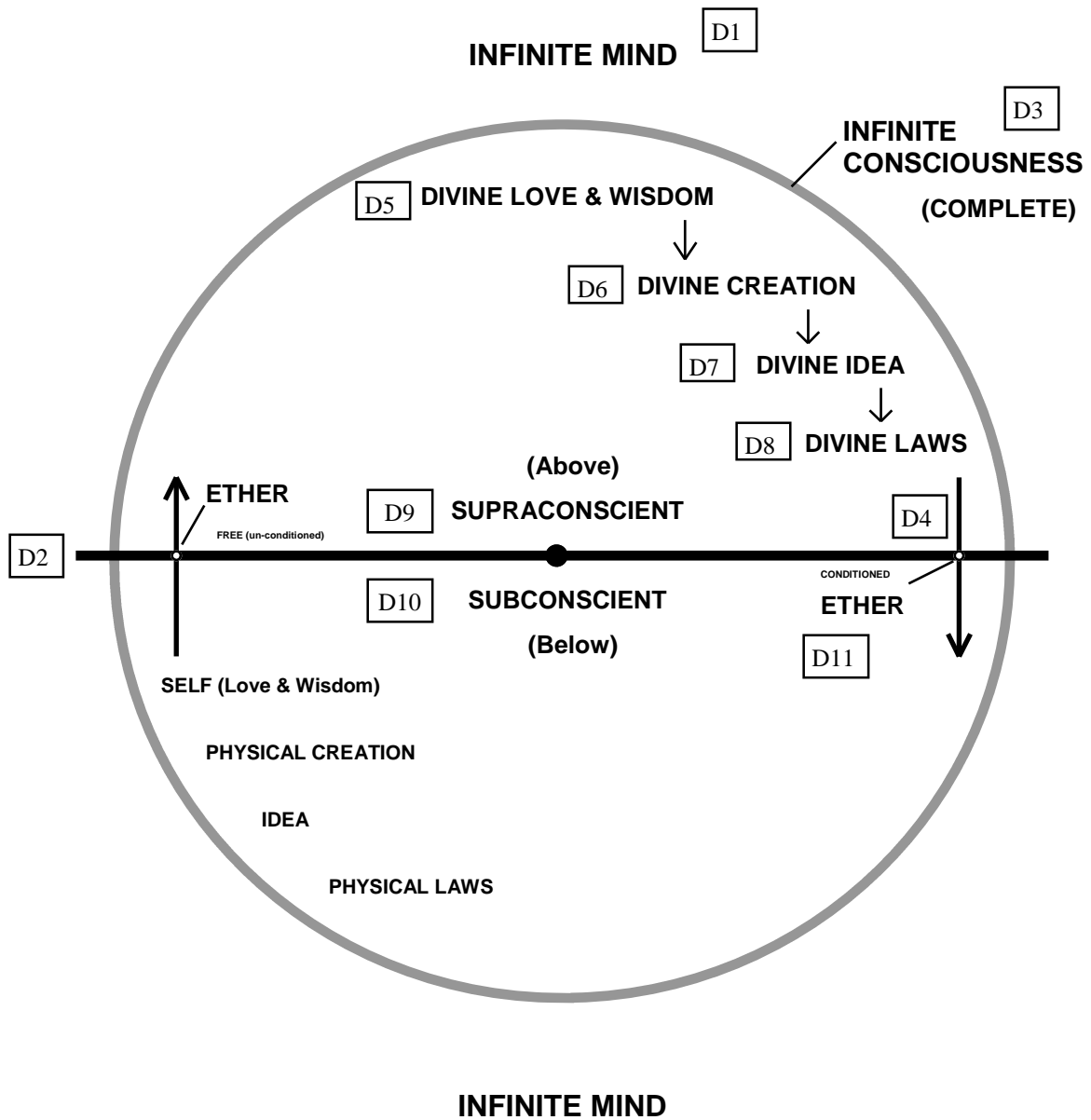
*The subconscious exist as the mineral, the vegetable, the animal, the human, which is the highest form existing in the subconscious.*

*Now I am going to show you this,\*\* that what has been there is there. But this has been conditioned<sup>D12</sup> in the supraconscious, through those various layers of activity, such as mineral, vegetable, animal, human.*

*Therefore the Consciousness<sup>D13</sup> rises through the mineral and takes it effect upon that, through the animal to that, and to the human that.*

\* See Diagram page 185 (D1-D11)

\*\* See Diagram page 187 (D12)



**SUPRACONSCIENT & SUBCONSCIENT**

## THE WORD OF CREATION

*The subconscious is everything that belongs to the Law of Evolution.<sup>D14</sup> It is this power; the Consciousness, is raising these things up. All the atoms in both these are being raised up by this Consciousness because its effect upon that, therefore it changes the vibration of the cell structure of the electro-magnetic vibrations that exist in these planes and begins to raise them up, and changing them, making them finer and finer.*

*As mans consciousness, having then, the whole of these within himself (both the mineral, vegetable and animal tissue is in your body), the Consciousness of God is in man. And the Consciousness of God reaches the very bottom of Its activities in the lowest portion of the spine,<sup>D15</sup> where it contacts with these planes of activity through the mineral, vegetable and animal planes.*

*All the mineral substance in your body, the vegetable substance in your body are worked into the animal tissue. The animal tissue is affected by the emotions in your thoughts. The whole of your body is affected because the consciousness reflects what its feels.*

*Therefore if you condition yourself with your own thoughts and feelings, you find that the consciousness is conditions also, and begins to reflect these conditions. Causing electro-magnetic waves to pass through your body, and causing the cells to form according to what you have in your sickness.*

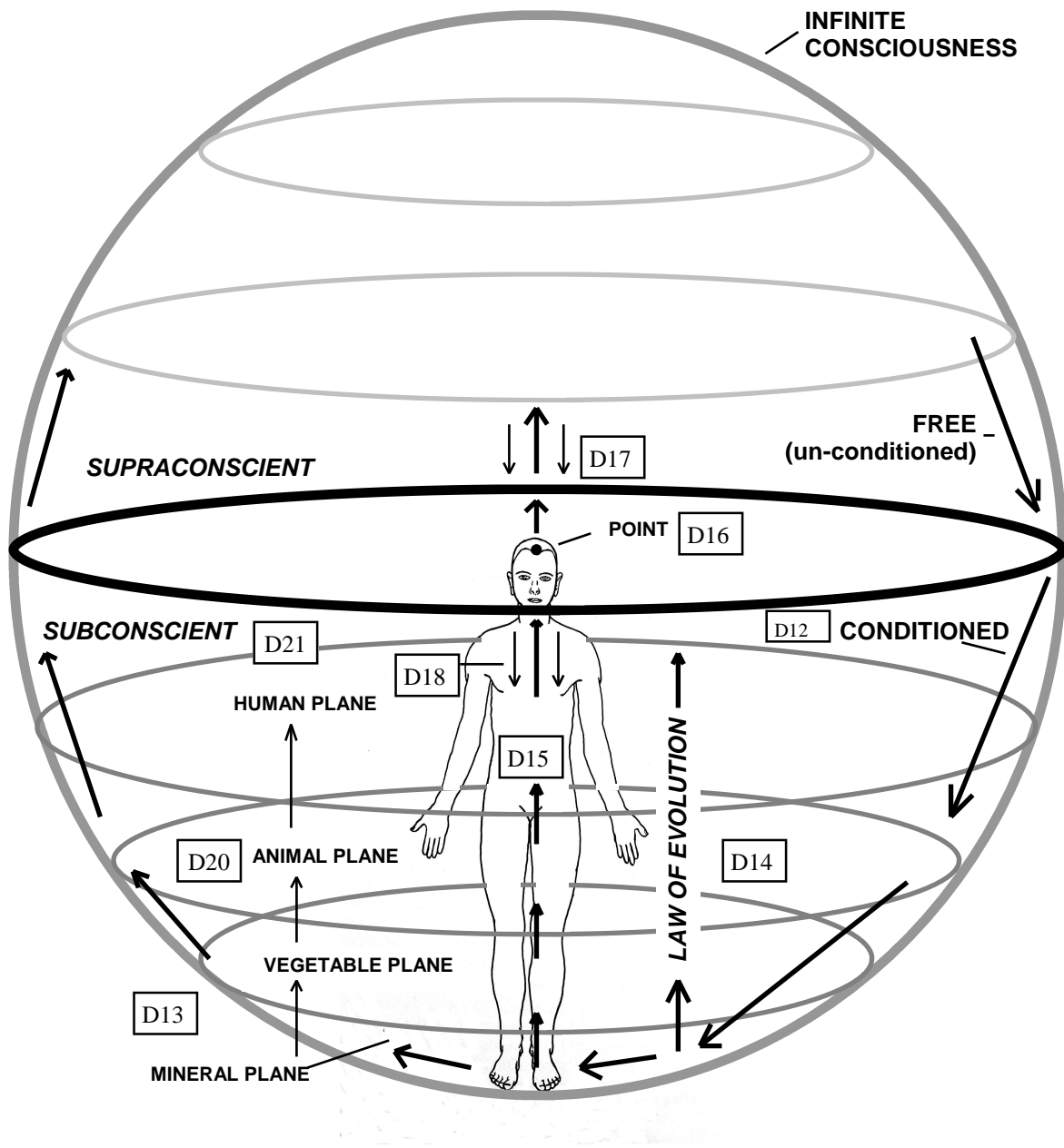
*But all these influences here are for the benefit of man. But the consciousness of man does not know that all these planes are for the benefit of man for him to raise, to absolutely recognise and become Real in himself, free from all conditioning. Therefore if he did not know he was conditioned, he would never know he was un-conditioned.*

*Therefore man begins to do two things through his experience. He begins to discern. Therefore he begins to free his consciousness from these various planes of activity. The same time giving them an incentive, and every atom and every cell in these planes become more active, more active in such a way as they become finer and finer.*

*And the time will come when the whole of the subconscious will be done away altogether. It may take millions of years but nevertheless that is the progress of man. And a time will come there will be no supraconscious at all.*

*Now you see, that there will be no subconscious at all. The supraconscious is always affecting subconscious and raising it up by its influence, and it is done by the consciousness of man and in no other way.*

D19 INFINITE MIND



ABOVE AND BELOW



## THE WORD OF CREATION

*In your body these planes of activity run horizontal. That is the known, here is the un-known the perpendicular. But as these planes exist as one whole activity in their selves, they pass through all our bodies.<sup>D15</sup> And we are affected subconsciously through our activity or consciousness. We are consciously conditioned in these conditions, therefore these planes become subconscient in us but nevertheless affect us. The same activity is taking place in me as in everyone of you. The same condition is taking place in every animal in the Universe.*

*And what is it that gives man the power over these planes? It is this perpendicular consciousness of man that exists in God! That is his power! And that is the power he has over all other things. When he recognises that fact that he has been conditioned and he knows what the conditioning is, and recognises a fact then that he has a power, creativeness of his own, above and beyond all that is horizontal. The perpendicular then of man, the consciousness of man, is supreme. In not only in the supraconscient but also in the subconscient and every plane of the subconscient. Daniel in the den of lions was nothing more than the realisation of that Truth of the power he had over everything that existed.*

*Thus mans consciousness permeates the whole of his body, yet having its roots in Reality or the subconscient, the totality of all un-conditioned Consciousness and Intelligent Energy.*

Man's consciousness remains free and unconditioned<sup>D16</sup> and exists beyond the confines of his body. Man's consciousness in the body is firstly expressed as will individualized,<sup>D17</sup> then comes the control of the body through the brain and nervous system and the first nerve plexus, rules the heart, lungs, glands etc., and all the cranial nerves which are responsible for transmission of the vibrations of light, sound and feeling that come from the outer world. Then the consciousness moves downwards into the emotional life of the individual, into the physical<sup>D18</sup> and the total activity of the animal, vegetable and mineral kingdoms through to the lower vital to the subconscient in which is the action that is behind all the mineral, vegetable and animal planes of action. Man's consciousness encounters all these from the supraconscient to the subconscient.

But man is ignorant of the subconscient action as a beneficent action enabling him to understand himself and giving him the opportunity to use all these influences for his own benefit having dominion over all things in heaven and on earth, above and below. *Above and below.*

## OUR CONSCIOUSNESS IS LIKE A RADIO BROADCASTING STATION

The lower vital belongs to that part of the body from the solar plexus downwards, which includes the animal, vegetable and mineral kingdoms which are subconscious in our being. The subconscious means not only the subconscious activity belonging to the individual but the totality of all activity in the mineral, vegetable and animal kingdoms.

In the animal and through the whole of the animal life there is one complete mental activity which belongs entirely to the animal plane, the same with the vegetable and the mineral.

In all animal tissue including that which makes up our bodies there is an intelligence *that* looks after it, this becomes individualized by man when born in this world. *Therefore he individualizes all these things because his body is made up of those things. He individualizes all these influences and they become individual to him, to you but you see there is no separation. Our thoughts and emotions affect the smooth running of this intelligent action. Which in itself being subconscious is always working for the benefit of mankind.*

*The mineral, vegetable and animal tissue has an intelligence within it that is always endeavouring to keep itself in repair. But your consciousness can interfere with it. It can send vibrations right through your cells of your body to turn them round and create a disturbance in them, by your reactions and fears.*

We have been given dominion over the whole of the subconscious but if we are not aware of it we fear all that belongs to it. We grow out of this state through understanding and love.

The principle involved in the subconscious has been building up conditions through aeons of time, we call this evolution. But these conditions were created for a specific purpose, all inside the Infinite because there can be nothing outside Him. *All inside the Infinite. I said we assume that this is the Infinite Mind,<sup>D19</sup> that fills boundless space. So there is nothing evil in the world because it is all within the Infinite. There is nothing harmful in the world because it is all within the Infinite. And man must see himself that he is harmless to everything in the subconscious. And the subconscious is harmless to him also, then he is free. Daniel in the den of lions again. Therefore Spiritual Law<sup>D8</sup> is above evolutionary law for the Spirit was in the first place the cause of the law of evolution and still remains absolute, directing the activities of the evolutionary process which we see in the*

D19 see page 187

D8 see page 185

## THE WORD OF CREATION

subconscient. The totality of all creativeness remains eternal, and in this we also have our roots.

*So Spirit is not subject to Law but Law is subject to Spirit. Because Law was created by Spirit in the first place. Therefore Spirit is not subject to Law anywhere. That is why Paul said, "man when he knows himself, he is above the Law and he is not subject to the Law."*

When we have the understanding of the law of the subconscient activity underlying our physical organisms, it obeys our command. Daniel in the den of lions understood this law and by this very law he closed the lions mouths. Animals are controlled by the subconscient layer of mental strata which controls the whole of animal life. *Therefore if you have control of all this animal<sup>D20</sup> or what we call instinctive nature that belongs to the Whole, you can control all animal life existing. But if you fear a little fly, if you fear a poor little mouse, if fear that little mosquito that buzzes around your ear, you can never have control of this animal plane.*

*Now I lived in the East for a long time. I lived in Baghdad, I lived in Persia, I lived through the East for years. I have learned a great deal in that time and people wondered how I never got malaria because I never slept under a net. I would sleep on the top of the houses, on the roofs, without any net whatsoever. And everybody else would have nets all round about them but I would have none whatsoever. The reason why? I knew that no malaria mosquito would ever bite me, therefore I could never have malaria. I was conscious of the fact that my consciousness was powerful enough to affect all the instinctive principle existing in every animal.*

*Why does the carrier pigeon find its way? Through the instinct. All animals are worked through instinct. If you understand the instinctive nature of the animal, he no longer affects you. Why do the Masters close the tiger's mouth? Why is it that no wild animal ever comes near them or try to do them harm? Because of the fact that they are harmless to them through a conscious awareness of the Truth I am trying to reveal to you.*

*By God if I could reveal some of the wonderful Truths to you, your hair would stand on end because you would hardly believe it is possible but you have the power within yourselves to do so. Man's consciousness is the ruling power here as in his own realm.*

Our emotions of fear, hate, anger, jealousy etc., rise from *the* subconscient and therefore affect the whole of our body function. Through

## OUR CONSCIOUSNESS IS LIKE A RADIO BROADCASTING STATION

our senses we learn of conflicting ideas which we cannot correlate, thus we have a confused mind. So our beliefs, *or* mental conflicts also affect our organism. Thus the whole of the subconscious within the individual becomes confused.

*All this individualised portion of the subconscious<sup>D21</sup> becomes confused with the individual. Yet in itself it is a plane of activity which is natural and perfect.*

*Why is it then it becomes disorganised when it comes through your own consciousness, that which gives you power above and below?*

Man has not yet become consciously aware of his true nature, he knows only what he receives through the senses therefore knows nothing of the Truth of his Being. When we understand what the Master says with this wisdom we allow that which is perfect in itself to manifest through all the planes of manifestation through which our consciousness flows.

*Therefore if we had recognised that it is the Consciousness of God moving through all these planes, moving through the human too, moving through these planes—the consciousness becomes free. The Real Consciousness of God is never affected by any of those planes. Because but you believe in fear you have hate. How are you going to know God? You have never seen Him. You do not know who He is, you do not what He is.*

*And some people say, “I know my relationship to God.” So I said, “what is your relationship to God.?”*

*“Well I’m his child.”*

*“Are you His child, How do you know you are His child?”*

*How are you going to know your relationship to God? You can only know your relationship through your relationship to your neighbour, isn’t that so?*

*That if you discern how you react to your neighbour and what your relationship is to your neighbour, if you discern what it is; if it is self-seeking, if it is anger, if it is greed, if it is selfishness, that is your relationship to God too. Exactly the same as your relationship to man is your relationship to God! Therefore you have got to discern these things, dissolve them away, and we see how false they are, then the true that is Real will come in.*

*It is self revealing to understand your relationship to man. Now let me tell you this which is a Truth. Your relationship to your neighbour*

## THE WORD OF CREATION

*is your relationship to God. There is no other way. Think it out and you will find how true it is. And you will see how stupid you are by acting the way you do. And when you see how stupid you are then you are on the first step of the ladder to eliminate all these things, and you will reveal yourself to yourself.*

The Spirit Consciousness of man is free and although incarnated in the flesh It is still free, otherwise there could never be any freedom. Man can find this freedom for himself through understanding and love. Therefore the subconscious is not evil in itself. What we do is to attach evil ideas to it and then begin to fear. But when we begin to understand we see that it is our own ideas we really fear and so our thought rises out of the idea and becomes active in our body and circumstances.

The subconscious is a means to an end *but* not an end in itself. It enables man through awareness and understanding to have dominion over all things. Man made in the image and likeness of his Creator has dominion over all things in heaven and on earth.

In our next lesson we will see more clearly how thought compares with the radio-waves which go out affecting everyone who tunes in to hear. So is man so constituted that the vibrations of thought are transformed by the mechanism within his mind just as radio sound-waves are transformed by the receiving set into the words spoken by the broadcaster.

Matthew 6: 26, “look at the wild birds; they sow not, they reap not,\* they gather nothing in granaries, and yet your heavenly Father feeds them. Are you not worth more than birds?”

## BENEDICTION

O Divine One, when I was a babe in swaddling clothes I was unable to walk or talk.

Yet as I grew up I “thought” in ignorance of my Divine Nature but as I found myself in Thee my fear turned to joy.

In the realization of my Divine birth I opened my eyes to see the glory of Thy Presence.

\* Recording ends abruptly here.

## OUR CONSCIOUSNESS IS LIKE A RADIO BROADCASTING STATION

Thy thought and Thy wisdom was set deep in my soul, and there in the crystal clear pool of understanding I thought of Thee and I as one.

I now know my Cosmic self and no longer fear the shadows cast by ignorant thought for I vibrate with Thy Power, O Divine One.

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 22nd April 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. In the sound recording Murdo uses the word "variation" (a mis-read). In the Lecture Notes the word "vibration" is used which has a better meaning. The sentence therefore would read: 'Every different thought has a different wavelength and *vibration* and is accordingly expressed, the cause and the effect being one.'
2. The next paragraph in the Lectures Notes is missing from the sound recording. [*Not only will this intelligent action manifest itself in the individual but rushes beyond the confines of the individual in ever widening circles to envelop the whole earth's circumference.*]

**THE SUBTLE POWER OF OUR THOUGHT  
GOES BEYOND OUR ENVIRONMENT\***

“Call unto me and I will answer thee and show thee great and mighty things which thou knowest not.” Jer. 33: 3.

*So it is so, the mind of man has to solve all phenomena. All the relative world is phenomena. It is created but it is natural phenomena.*

*We will know then that this natural phenomena is the outcome of the Infinite Consciousness, expressing Itself in thought in variety. So the variety of forms and the phenomena we see in the world which is natural, is none other than the Expression of the Infinite Mind. And All must be within the Mind because there can be nothing outside Infinite Mind because there is no outside the Infinite Mind, All is within It. So All is an expression of that One Mind.*

*And what we see in the Universe, what we see before our eyes, is but the expression of this phenomena. But man has to solve this phenomena to find out what it is. And by doing so he learns about himself. He learns about his thought, the power of his thought and his own creativeness. He sees everything that is relative before his eyes; he discerns all the relative, he becomes aware of his own actions, his thoughts, his feelings, and his emotions. He becomes aware of all these things therefore he is aware of what is taking place in his mind. And behind that awareness is the Reality. So therefore man recognises one thing, he becomes aware of everything that is relative. And in that awareness he begins to become aware of something else that is behind that awareness which is Reality Itself—Creativeness.*

*Now Creativeness does not come into being all at once, it comes into being completely when you discern your minds and all that is in your minds, from your reactions to things external to yourselves.*

\* See page 212

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*Therefore you see that all these things are relative, have no existence at all except in your own mind, that is all. Your reactions to things external to yourselves have no existence except in your own minds. Your fears, your anxieties, your beliefs, are all in the mind are all part of the mind. Unless you discern them for what they are, they will always be troubling you. When you find what they are they pass away and dissolve out of existence, they no longer trouble you.*

<sup>1</sup>Now, we have seen in our last lecture that thought, after its circuit in the mind and body goes out beyond in waves into the ether at the speed of light. Lest you do not know the speed of light, it moves at the rate of 186,000 miles per second.

Science has shown us that the wavelength of light varies from 20 to 30 millionth of an inch and the frequency of *these* wave impulses range from 400 million millions to 700 million millions cycles per second.

*These are beyond the physical eye, the eye cannot see them. You could not see a 30th millionth part of an inch could you? Yet that exists.*

Science has also shown us that electro-magnetic waves travel at the speed of light but have various wavelengths determined by the apparatus from which they are sent. This analogy I want to show is similar to thought-waves and some day in the near future science will be able to measure the wavelengths of thought.

I have already shown to you that thought is in itself a form of Intelligent energy the wavelength being according to the thought expressed, and the development of the individual sending it. *Thought must be an intelligent energy because it is an energy that is being expressed from an Intelligence itself. As we will see clearly later on, how those vibrations, we will call Cosmic Rays which come from the sun, are intelligent. They know there is a knowing how in these rays to perform the action and the activity that they are sent forward to do.*

*So is the thought of man, an intelligent energy, with a wavelength for knowing how to produce, and within the thought is carried the idea. So the thought it produces it's kind, through electro-magnetic waves which enter into the ether, and cause the ether to be magnetised to form the image according to the idea. Now as the ether is magnetised, just like the radio-wave that comes over from the radio station, we hear a sound, we listen in and we hear the word. We hear the word and we create the idea of the*

1. See page 212



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*word in our minds. We are then able to understand the meaning of the words the speaker says over the radio station. It comes into our ears, we hear it, then we create the image in our own minds of what we hear.*

*So does the same thing happen in the ether when a thought moves out into the ether carrying these same electro-magnetic waves, which also magnetise the ether. Your sixth sense is the consciousness. It has the power also of discerning or interpreting these vibrations and in that way subconsciously the movement takes place in the being. The consciousness being the sixth sense absorbs these vibrations, just as your ears absorb the vibration of the sound of the word that takes place through the atmosphere from the radio station. Therefore these electro-magnetic vibrations which are moving into the atmosphere, has an intelligence, and they are affecting the minds of people all over the world. That is why, our thoughts here can influence the world when we know how to send them forth. The ancients knew the science of thought, for Jesus was the greatest exponent of this great science, and when we understand him we will see the power behind his wonderful feats.*

The ancients knew that the sun's rays were thought-waves from Beings in the sun giving expression to the Life within themselves and waves of energy suitable for Life on this planet of ours, charging the atmosphere with the Life which we breathe.

*As we read back we will see, that the ancients, we will say the ancient Magi, the ancient Masters of Persia who understood a great many things that we do not even know even today. They were what we call, "the Sun-worshippers," but they were not worshipping the sun, they knew that their parents were in the sun because the sun is the parent of this earth. The sun is a parent of all the planets that surround the sun that is moving around it in their orbits.*

*Therefore everything on this earth has its parent in the sun, from the very mineral up to the highest creation of man. The ancient Persians knew this and mathematically understood it because they could and have, by the ancient law they used, found the exact distance of the planets from the sun which are today verified by our scientific instruments.*

*Therefore they knew that the thought-waves were from Beings in the sun which were their parents. And naturally they received from the sun enlightenment which could not be obtained in any other way.*

## THE WORD OF CREATION

Now, the sun-rays set in motion the activity of the atoms and cells of the body to combine, build and transform, for such is the function of Life. Without the sun-rays Life as we know it would be impossible on this planet.

*So we see that the sun-rays set in motion activity in the atoms and cells of the body which must have been a very intelligent ray, carrying with it the power to produce what it was sent forth to do.*

The spectrum with its variation of colours from the purple to the red is but varying wavelengths of the sun-rays which have their effect upon the mineral, vegetable and animal kingdoms.

*We have some time ago dealt with this most wonderful thing. Many of you have heard me when I gave you a few lectures on sound and colour.\* I showed you the various vibrations and the colours of those sounds. And also you are able to understand the feelings of these various vibrations that entered into the body. You found certain vibrations affected the top of the head. Certain vibrations affected the throat, the stomach, the intestines and so forth, through the sound and each sound has its own colour.*

*Therefore we see that the spectrum itself is a movement. That colour is what we call the motion of the sound or the motion of the vibration. You cannot have vibration without movement because the sound is the sound of the movement of the vibration carries with it its own colour. Music for instance, every note has its own colour and vibration. The colours of each particular sound can be noted according to the vibration set in operation.*

*So therefore, everything is what we call, thought, sound and colour, is the manifestation of the thought and sound in operation. Therefore the spectrum with its variation of colours from the purple to the red are but the varying wavelengths of the sun-rays which have their effect upon the mineral, vegetable and animal kingdoms.*

It is the rays of *the sun*<sup>2</sup> that set into motion the combination and transformation of the atoms, which result in the growth and disintegration of the substance we know as physical matter. The hardening and decomposition of rocks and the creation of the various minerals are the result of the rays of the spectrum according to the colour fulfilling its particular purpose. These colours are of various wavelengths according to *the* vibrations of intensity of the wavelength of the ray.<sup>3</sup>

\* See the article on page 323  
2-3. See page 212

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In the vegetable world the same principle is used, the sun rays or impulses create the activity for the combination and transformation of the atoms, the spectrum revealed in the array of beauty and splendour in the colour of flowers, plants and trees etc. Each vegetable we use contains within it the vital elements charged with the electro-magnetic force generated from the impact of these rays.

*Every portion of things that you eat, the vital elements that are built in the food; in the vegetables, the fruit, (if they are of any value to you) must be charged with this electro-magnetic force generated by the impact of the suns rays.*

*If those elements are not in the food, then your food is of little value. It is these elements that absorb the suns rays. They become active holders of these rays and when you take them into your body, they become active in your bodies expressing the rays of the sun, causing the whole of your atomic structure to absorb these rays so that your body can be held in its proper state.*

*In every atom there is a sun-ray. This, the collection of what we will say, pitch which we find in different parts of the world and after it has been worked upon, what we call disintegrated, what do we find after a thousand or more tons of that stuff has been worked upon to disintegrate it therefore to extract from within it a ray known as radium.<sup>4</sup> That tiny particle of radium was a collection of myriads, myriads of particles of sun-rays, which are collected together naturally because of the attraction of one substance according its vibration.*

*Therefore as we use millions of tons of rock and pitch whatever the case maybe, crush it up, pass it through a process, extracting from the process those tiny million, million millionth part of the suns rays all attracted together which form as one atom of radium, which has the terrific power that if you held it in your finger, it would burn a hole in your finger in less than no time. If you carried on your clothes it would burn a hole through your body. Therefore it has to be protected with a large lead container, so that the ray will not penetrate and cause injury.*

*In every particle of the soil, in every particle of wood, in everything you see; vegetable, ground, animal and human, there is these tiny particles of the sun-rays, which at the present time is giving you life and activity in the body.*

4. See page 212

## THE WORD OF CREATION

*These rays are intelligent and we have found that radium is the most intelligent and powerful thing we have on this earth.*

*Some day we will know more about the Cosmic Ray and its impact upon the earth surfaces and conditions which penetrate deep down into the earth. Because of the fact; that this table is porous, my body is porous, the earth is porous, these rays are so minute in their nature that they pass through the very heart of the atom, which is an invisible thing, and cause it to change and transform into something else. That is the intelligence.*

*And what is the spark of man? That which is within man himself is the Consciousness that has control of everything in heaven and on earth. He does not know it yet!*

In the animal kingdom the same operation takes place, this includes the human body. The body contains the elements of the earth, the elements of water, the elements of heat, the elements of air and the elements of ether. In these provinces the sun rays create the combinations and transformations of the atoms of *the* varying vibrations into the composite body we know as the human body.

The sun rays transform the atoms of water into vapour which is carried into the heavens. The same rays of the sun create currents of air which drive this vapour into clouds and the same rays create a vacuum causing condensation of this vapour which we know as rain.

This is known as the wheel of Life correlating all the effects we see in the four kingdoms; mineral, vegetable, animal and human.

It is the rays of this intelligent energy with the knowing how to combine and transform the etherons of ether into atoms and electrons which combine to materialize what we see and feel. Therefore, ether is the basis of matter and the framework in which matter is built. Thus the ancients said that the world was created out of the void, the invisible primordial substance which *permeates* throughout the whole Universe.

*Therefore, we know that science has shown us clearly, that ether is the basis of all matter. Ether that interpenetrates all space.*

*I am not going to go too fast ahead to show you how this ether is affected and how these etherons are brought into operation, and how the atoms are built, and then how the materialisation of the atoms takes place that you see before your eyes. That will come in time because it is necessary for us to know the operation that takes place so that phenomena is produced.*

## THE SUBTLE POWER OF OUR THOUGHT

*Unless we know that we can never understand how our own conditions come about. We are the creator of certain conditions in our own bodies because of our misunderstanding of the operations of the Infinite Mind working through us.*

Now this substance is relative to something that is not relative, something that is Absolute wherein remains the why of everything which we can never know, for if we did so it would become relative. We can understand the how but not the why. Yet within ourselves this Unknowable must *always* remain ever unknowable. We will forever get to know more and more of the relative Universe as we unfold but that which is unknowable will remain unknowable.

*But nevertheless, we can be become aware of It. And at this very moment I am using it, It is using me. I am using it and It is using me. We are part and parcel together, we are welding as One. Therefore It uses me and I use it. It uses me as an expression for Itself and I use It as an expression for myself, for It is the servant of all. "He who is greatest amongst you is the servant of all."*

*Unless we can see this clearly, we will never know ourselves to Be. Being is now, it does not have to Be. You do not create Be. It never becomes because it is Be, if it had to become it could not Be. Because it is Being, it is now, the same from the beginning for all time, never changing but the same. That is that which is in me. That is that which is beyond my awareness and what I am aware of is phenomena but I must understand this phenomena. If I do not understand the phenomena and all that is relative, then I shall never know what is behind my awareness because I will be caught up in this relative world of mine. Even if I tell you all about those relative things, remember this, that that Unknowable is behind it all, remains the same, the Creativeness behind all things.*

This Unknowable cannot be affected by anything external to Itself and the same will always remain the same within us. This is the source of all power, all action, all movement and this can be proved by the individual who will take the trouble to know himself.

There will always be that Unknowable that is not relative, that is always discerning the activity yet it is not Itself the activity. This is the great mystery in your life I want you to understand. You know that It is but not what It is.

## THE WORD OF CREATION

The ray we call Cosmic interpenetrates everything—the etherons, the atoms. (*I coined the word etherons because of the fact, that ether in itself is what we call a negative condition, something that is negative. It is a negative substance that is flayed upon by the electro-magnetic vibrations of thought, causing these smaller particles in ether, which I call etherons, to form according to the image in the mind of the idea in the mind. The thought being the power which it creates an electro-magnetic vibration. The idea being the image. The consciousness being the power that directs the force. Thought then comes into operation because the consciousness reflects the idea held in the mind. The consciousness alone has power to create. It is creativeness in itself. It is the source of your thinking, the source of your thought. Your thought goes out in electro-magnetic vibrations, it causes these etherons to become magnetised, to form according to the image which is held in the mind, the idea. Then later on as these etherons become active, they gather together particles of itself, electrical in nature, which become atoms in their nature. And the combination and the accumulation of these atoms, forming according to the image becomes the condensation and materialisation of the thought itself, and that is exactly what the Universe is! And that is what your thoughts are too, within yourselves.*) So it causes movement in everything through which it travels. Our individual consciousness is stimulated into action giving us power to create through the avenue of thought.

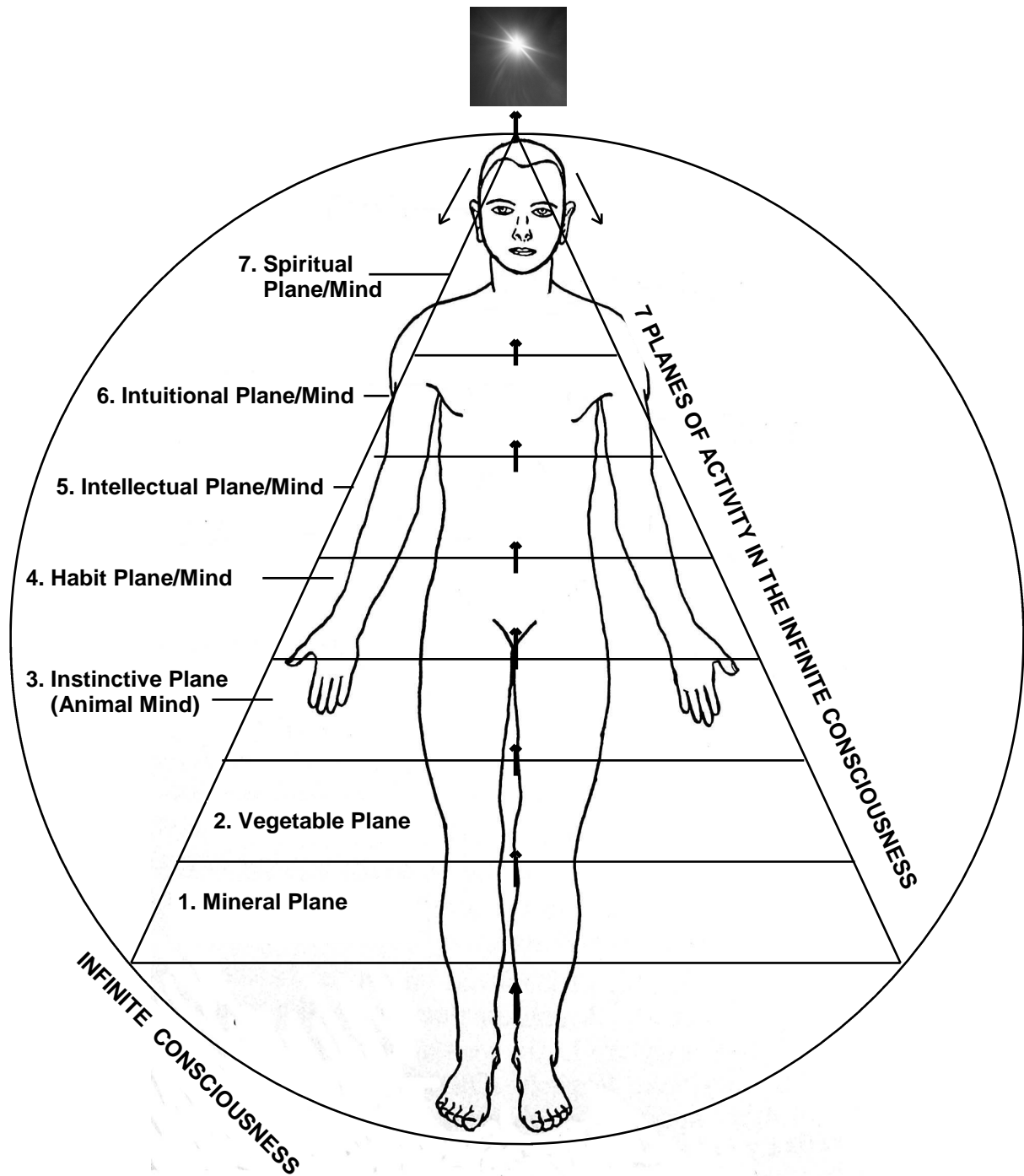
When the equilibrium of the atoms is disturbed they are set in motion, they begin to combine and transform according to the subtle purpose of the Ray, and according to the Consciousness in the various kingdoms so are the rays of sunlight assimilated.

*In the Consciousness I showed you the various planes of activity before,\* I said; mineral, vegetable, animal, so forth higher and higher. And we saw clearly that the Consciousness is a perpendicular thing that goes through all these planes of activity. Involving itself in these various formations; mineral, vegetable, animal, human.*

*According then to the Consciousness's involved in the mineral, so does it absorb the rays of the sun for the Creation of the various minerals in existence. So the Consciousness in the mineral has a capacity to absorb certain vibrations suitable for the mineral and that causes a transformation in the minerals.*

\* See Diagram on page 203

# THE SUBTLE POWER OF OUR THOUGHT



## 7 PLANES OF ACTIVITY IN THE INFINITE CONSCIOUSNESS

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The various kingdoms utilize the rays according to their capacity to receive, each kingdom in *this* scale reveals a higher intelligence in action. The human being is able through understanding to utilize the rays with the highest capacity, intelligence and power, and we find that those who have the greater capacity to love are able to utilize this power in a greater degree, such is the scheme of Nature.

*So the greater the capacity to love in the human plane, enable the rays of these Intelligent Beings in the sun, that are pouring them forth for the purpose of Creation, transforming the atoms, creating finer and finer forms. So we see that those who are capable, who are the greater capacity to love are able to utilize this power in a greater degree, such is the scheme of Nature.*

In this lesson I would like to compare the living being called man with that of a radio station with the added note that within man himself is the means and mechanism to radio and receive thought waves.

*Everything that is created in the world, no matter what it may be, is a creation of mans mind. And there is nothing that is not created, nothing can be created in the world, except it is a creation of mans mind. But the fact still remains, that every mechanical device that man creates, he has the same mechanical device within himself in a higher nature.*

*We will see as time goes on in the next series of lessons, how mans body becomes lighter and lighter. How the Masters can produce and overcome, what we call, gravity. It is an easy simple thing to do.*

*Supposing now, we find that you breathe in, you are breathing in cold air, continuously breathing in cold air, the air inside becomes hot, does it not? Therefore the hot air wants to get back to the cold air, does it not? Of course it does! That is the whole thing. If you then continually create a certain magnetism in the body which is attractive to this magnetism that is outside, and this outside is continually attracting it to it and your body becomes filled with this magnetic substance that is continually being attracted to this which is above it, it becomes lighter and lighter, until such time as gravity disappears. By the ordinary will, your only will, you can move your body from part to part from place to place without any difficulty at all.*

*That is how the Masters move their bodies, what we call, through space. Or the Lung-gompa<sup>5</sup> man which moves up through Tibet, each*

5. See page 212



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*step he takes about 30 or 40 feet and he passes you like an express train. And moves over mountains without any difficulty, hardly touching the ground.*

*Therefore it is a science that we will eventually begin to understand. At the present time I am not going into it for the simple reason that it will lead us off the track for the moment.*

*But the time will come when I will show you the exact movements that take place that cause this activity. I will also show you the exact sounds in your own bodies that can keep the whole of your atomic structure of your body—young, so that it does not disintegrate.*

*What is it now that causes you to become old and the atoms to become old also? Because it is your own selves. If you knew the sound that was within yourselves, your inner sound, that sound, that note that belongs to you. And if you could sound that note everyday, you would cause the proper equilibrium and harmonious note through the whole of your body, and you would find that your body becomes young. It does not get old at all and the time comes when you want to leave the body, you can leave it at random. You could leave it here if you wanted to and just be as conscious out of it as you are in it. That is the inheritance you have within yourselves.*

We know that the radio-wave is a radiating stream of lines of force which spread in all directions through the ether in circular motion, not only do these waves circulate the earth but go in to the stratosphere as well.

*That not only do they go round the earth but they go right up into the stratosphere as well. Wherever ether is so those vibrations and waves go. If you are miles up in an aeroplane, seven, ten, twenty miles up in the air, you would be able to hear just as easy as you hear on this earth here at this very moment. A radio broadcast would be as easy to hear up there as it is here because ether carries those waves.*

Sound travels at the slow rate of about seven hundred miles per hour. But the radio wave carries sound on its back at the rate of 186,000 miles per second through the pervading ether charging it with electro-magnetic radio waves.

*So we see, that when you speak over the radio, the sound of your voice travelling at the rate of about 700 hundred miles an hour, is boosted up by*

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*a electrical apparatus, which sends these waves out into the atmosphere at a rate of 186,000 miles per second.*

*Now these waves are beyond the physical ear. Therefore they are in the atmosphere at a wavelength that is entirely shorter. So the short wavelength is beyond the ear. Now what do you need? You need to modify these wavelengths, bring them down again through your instrument, and you hear the sound of the voice, exactly almost at the same time as the man gives it. But during that process it is raised in vibration, sent through the whole of the ether, magnetised in the ether, and it can be heard all over the world, up into the atmosphere at one and the same time. Mans thought is just the same.*

You can hear a radio broadcast at the same time at any point on the planet or high into the stratosphere which shows that the whole ether has been magnetized by radio waves, there can be a multiple number of waves in the ether at the same time and they will not interfere with each other except they be on the same wavelength.

*We will see what happens shortly.*

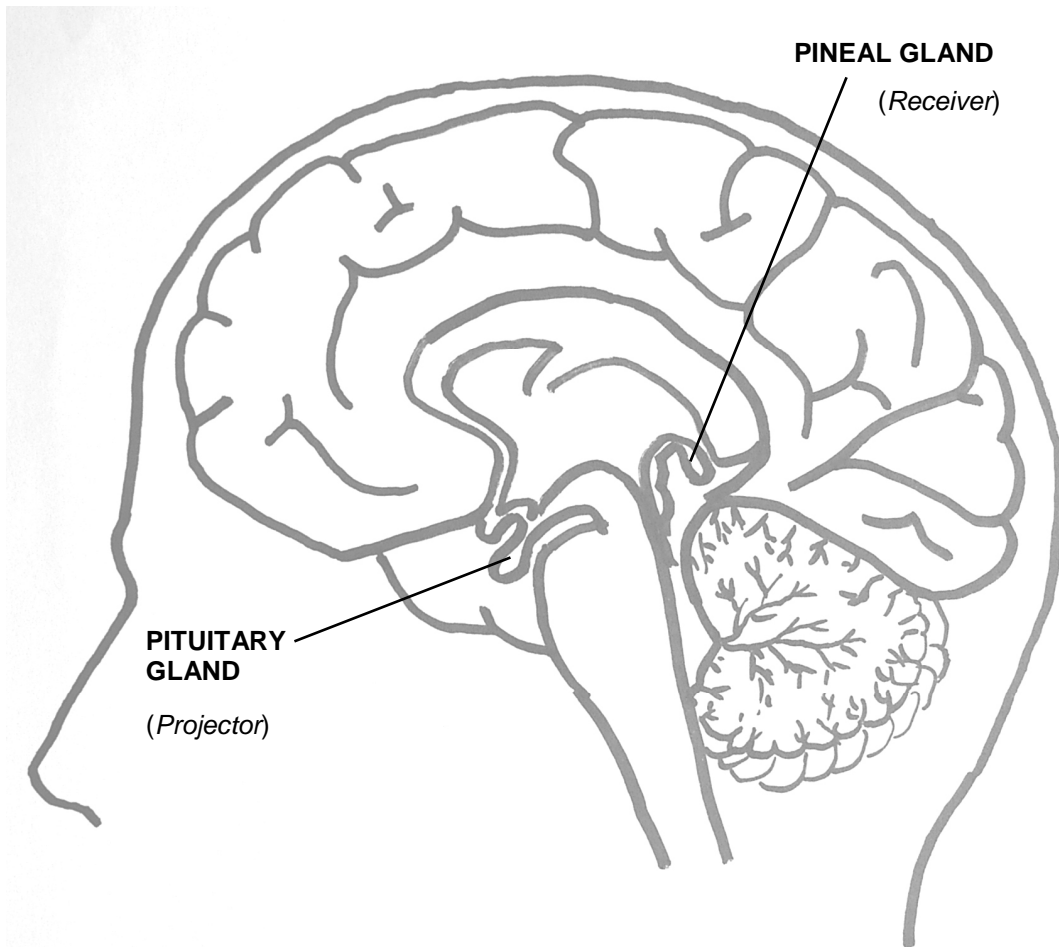
These invisible radio waves become audible only when you have an instrument to receive them, these electro-magnetic impulses are absorbed through coils, modified and transformed into sound. Man likewise has a receiving set known as the pineal gland\* which receives thoughts according to the wavelength that he is on, otherwise according to his own thoughts and emotions.

*You have a receiving set just exactly the same as you have a radio receiving set. These vibrations carry through an instrument, known as the pineal gland. The consciousness becomes aware of these vibrations and they are felt and understood.*

Love is a magnetic force which has proved to be more powerful than the strongest magnetic wave used to magnetise steel. When a piece of steel is magnetised all the particles arrange themselves into north and south poles harmonising the whole of the atoms in that piece of steel and thus a piece of steel becomes a magnet. *Because of the fact, that all the atoms are formed according to their nature, north and south. If you have a piece of steel that is a magnet it attracts another piece of steel to it. How do you then destroy the magnetisation of that piece of steel? By continually giving it a blow or hammering it until such time you disintegrate or transform the atoms in*

\* See Diagram on page 207

## THE SUBTLE POWER OF OUR THOUGHT



**Pineal Gland:** Small organ, about the size of a pea, situated in the posterior forebrain. Secretes the hormone melatonin, which regulates circadian rhythms in many animals, including humans. It is large in children and begins to shrink at puberty. Involved in gonadal development therefore may play a significant role in sexual maturation and development.

**Pituitary Gland:** A small gland, attached to the base of the brain producing hormones which regulate many important bodily functions (influence growth, metabolism, and maturation) and co-ordinate the working of other endocrine organs.

### PINEAL & PITUITARY GLANDS

## THE WORD OF CREATION

*the piece of steel. That is exactly what you do to your own selves; through your envy, your jealousies, through your fears, through your antagonisms and all these things, you are beating your magnetism out of you and you are no longer magnetic at all. You become a piece of putty. So does love magnetize the atoms of the body, turning it into a magnetic power attracting the Cosmic Rays in greater abundance. When the pure nature of Love, not a love that is entirely possessive, is full of envy and full of jealousy, but the pure Love you have the stronger is your body and your mind to attract the Cosmic Rays to it. So it becomes a powerful expression of the Cosmic Ray itself. "I have come that you may have life and even more abundant life."*

*When we hear that saying, we begin to understand more and more of the mighty power that man has within himself. But he must begin to discern and understand the phenomena of the world. Yet phenomena is the relative but we must understand the relative before we can ever know Reality.*

Thus the one who truly loves humanity becomes a truly healthy and magnetic person, with power to create.

The harmonising of the atomic energy is based on the fundamental Universal Law upon which the function of Life is based. That is the Law of electro-magnetic principle. This principle is the basic power of the creation of motion in the Universe and motion is the force for the transformation of the atoms of matter into various forms, and Nature's subtle conductor is ether.

*We see then, that Nature's subtle conductor is ether, conducting these electro-magnetic waves which begin to transform the atoms in your body. And when you have fits of depression, when you have fits of anger, fits of envy, fits of antagonisms, you are actually transforming the atoms in your body.*

*What is the true nature then that brings harmony and peace to the body? Love of course. And why does Love gives the body the energy and strength that it needs? Because he becomes a magnet for those tremendous forces of the sun, the Cosmic Rays, that permeate the whole being and create harmony and peace in mind and body.*

In the ether the blueprint of the Creation is fixed and motion is the cause of the transformation of the etherons and atoms into form, the same

## THE SUBTLE POWER OF OUR THOUGHT

ether remains as the foundation of all forms through the electro-magnetic principle. This same ether fills all space, and all space between the atoms, and conducts its magnetic field between them. This same ether holds all together in the Universe and there is no space where it is not. It is the conductor of all impulses and thought is the most powerful of all when understood, for it is by thought the Universe is built.

*I will read that again because it is most enlightening and it is necessary for you to read it carefully yourselves over and over again until such times as it becomes clearly understood.*

*In the ether the blueprint of the Creation is fixed and motion is the cause of the transformation of the etherons and atoms into form, the same ether remains as the foundation of all forms through the electro-magnetic principle. This same ether fills all space, and all space between the atoms, and conducts its magnetic field between them. This same ether holds all together in the Universe and there is no space where it is not. It is the conductor of all impulses and thought is the most powerful of all when understood, for it is by thought the Universe is built.*

The Masters say control of the prana means control of all Universal phenomena and the control of the prana means the control of all the dynamic power and energy in the Universe.

I have stated before and now this statement may carry a greater significance to you, “ether is the basis of *all* matter the framework in which matter is built, ether responds to thought and forms according to the idea in the mind.”

*You have heard me say that often enough but it has been just a platitude to you. But when you begin to see the formation, the beginning to see the how of activities; how the creation of the atoms takes place, how you see how the phenomena in the Universe takes place. Then you will understand how phenomena within yourselves takes place. By doing so you no longer be ignorant. And the sayings of Christ in Jesus will no longer be platitudes to you. They will become words of understanding which will give you a greater, a more wonderful comprehension of the phenomena in the Universe and in yourselves.*

*So is the mighty power of God that I have inherited from Him, from the very beginning and from the very highest; from His very Consciousness, from His very Intelligence, from the very Essence, from the ether, from*

## THE WORD OF CREATION

*the transformation of the atoms, and the knowing how, that is all within me and within you.*

*You will say, how does he know all these things? How is it possible the one man can understand all these things? I say, nothing at all. I am taking it from the atmosphere. I am giving you the words that are given to me from those who understand and who know that these things are true.*

*And I said the pineal gland of man is a receiver. The pituitary gland\* in a man that projects. Is it not so, that when you are thinking deeply there is a bowing of the head. There is a negative state, the pineal gland goes into operation it receives thoughts, these vibrations are transferred through the inner senses, through the preceptor sensor within. It is carried then to the mind. The mind then, the consciousness, becomes aware of it and becomes a reality. Then as the consciousness becomes aware of it, instantaneously is received in the flash of a thousandth part of a second, the consciousness becomes aware of it and gives expression to it.*

*How does it give expression to it? Because, through the whole of the organism of the brain, begins to function and causes the cells, the nerves and everything to form the words accordingly to the idea that is expressed in sounds. The vocal cords come into operation, the tongue, the teeth, the breath and everything for the formation of the word. And here that very vibration to receive is given forth to you again as freely as it was received.*

*The only difference is this, according to the receiver so is the expression. The freer the mind is of all that is relative, all that hinders you, the purer will be the thought that comes through that particular instant. And you have all the possibilities within yourselves.*

Proverbs 11: 24, 25 and 27, “one gives away, and still he grows the richer: another keeps what he should give, and is the poorer. A liberal soul will be enriched, and he who waters will himself be watered. He whose aims are good wins the goodwill of God: he whose aims are evil, evil shall befall him.”

## BENEDICTION

O Thou Unknowable One, in Thy Wisdom Thou hast planted Thy Self in me.

In my ignorance I did not know my own power was one with Thine and my thoughts caused havoc instead of harmony.

Now, O Blessed One, I have come to know myself and with Thy Eternal Love to understand I bless all.

Since then O Beloved One, I have found the wisdom of the Master's words "condemn not lest ye be condemned."

I thank Thee, O Eternal Love, that I have found Thee in time.  
Amen.

## EPILOGUE

*It maybe that some of you have not yet comprehended the completeness of what I have said. There are many things that have passed over your mind because your mind is not yet capable of receiving the whole of this truth.*

*But as you go on each night it will become clearer as further explanations are made. So therefore, do not struggle with what I have told you, allow it to remain in your mind so that it will come up of its own accord and will unite with what I have got to say to you later. Therefore do not struggle, read these lessons quietly over to yourselves. Do not try and struggle to understand them but allow it to enter into your minds. And shortly the clearer the mind becomes and what I have got to say to you later on you will link up, and what is in your mind will then be ready to sprout forth and blossom into truth.*

*Now let us be.*

*Let us enter into the Sanctuary of the Silent Healing Power.....*

*The Sanctuary of the Silent Healing Power....*

*The Sanctuary where there is Peace....*

*Where all outer things have passed away....*

## THE WORD OF CREATION

*But there in the quietness of the inner soul dwells that mighty power greater than the sun. Greater than all suns because it is the All mighty Himself....*

*This was the words of the Master, “know ye not I am the Father and the Father is in me.”.....*

*It is the Father Who ever remains within me is performing His own deeds....*

*These are not my thoughts. These are a Truth that belongs to Eternity. You will find them within yourselves. The Peace will come that is beyond understanding....*

*A Peace....*

*My Peace....*

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 29th April 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The first entire paragraph in the Lecture Notes is missing from the recording. [*Man must first find the core of his Being then all things are possible for he will then understand how to think. His thought will not return void but will accomplish what he has sent it forth to do. This reminds us that the subtle power of our thought goes beyond the confines of our environment.*]
2. In the Lecture Notes the word is “light”. Therefore the sentence would read [*It is the rays of light that set into motion the combination and transformation of the atoms, which result in the growth and disintegration of the substance we know as physical matter.*]
3. The last sentence in the Lecture Notes reads [*These colours are of various wavelengths according to their vibration or intensity of the wavelength of the ray.*] The recording Murdo says otherwise.
4. *Radium*. Rare radioactive metallic element isolated from pitchblende in 1898 by Polish born Marie (1867-1934) and her French husband Pierre Curie (1859-1906). Symbol Ra, atomic Number 88, atomic weight 226.0254. See page 335 for further Atomic Weights.
5. *Lung-gompa*. Literally “breath/air-meditation” (*Lung*—wind, *gompa*—meditation). Legendary running monks of Tibet, who by means of psychic training, renown for their ability to run non-stop across vast distances. (see chapter 6 of the book *Beyond the Himalayas* by Murdo MacDonald-Bayne).



**THE SPIRIT THAT RULES THE OCEAN CALMS  
THE STORM IN MAN AND GIVES HIM DOMINION  
OVER ALL THINGS ABOVE AND BELOW\***

“Listen to me, Oh listen, and you shall feed on good and thrill over the finest fare. Listen and you shall revive; by an eternal compact I grant you.” Isaiah 55: 2,3.

We have seen in our previous lectures that a thought-wave of energy radiates in ever widening circles through the ether at the speed of approximately 186,000 miles per second. The ether absorbing these waves cause magnetization in which these impressions remain and attracting to them other vibrations of similar wavelengths, thus thought becomes accumulative. These vibrations can remain dormant or active according to the stimulus given to them by the projecting or receiving mind.

*We must see then that you are a projecting radioing station. Your radio reads vibrations, thought. Now remember that thought itself is not a Reality, it is a relative thing but it is an active relative thing. Just the same that an atom is a relative thing but it is an active relative thing. And within the atom there is also relative activities but behind the atom there is the cause that remains invisible.*

*The same is with a thought. That cause that is behind everything is yourself. Consciousness is cause, it creates a thought-wave either by reacting to things external to itself or from an inward sensation or through understanding that consciousness is the power by (which) thought is produced and created. And by the same power these electro-magnetic waves are created, so that the ether becomes magnetised, and there you have a thought in operation. These magnetic waves magnetise the ether just as a radio wave from a radio station magnetises the ether in all directions, up and below, so that you can listen to a particular radio station in any part*

\* See page 227

## THE WORD OF CREATION

*of the world and hear the same thing at the same time. So does a thought do the same thing. If the thought is strong enough and is projected by a consciousness that is aware, then that thought can be felt by receiving sets, that is minds who are ready to receive or tune in to that particular vibration, would receive them.*

*Now a thought sent out into the ether becomes a vibration of a certain density, of a certain wavelength. If a thought of hate, anger, jealousy or thought of war or whatever the case maybe, these thoughts are in the ether, they magnetise the ether, therefore all other thoughts that are created on a similar wavelength become accumulated, and they gather together and this becomes a cloud of a accumulated thought that sometimes moves across the whole world.*

*If you are not aware and conscious aware, you may dive into that particular thought-cloud and be caught-up in it. But if you are aware that that is a relative thing and has no power over you, you can dive into this ocean, you can feel it, you can come back and therefore you are not affected by it. Just as you can enter into the ocean and have a swim and come back out of the ocean and you are still yourself, so it is with these accumulative thoughts.*

*What I want to show you in these Lessons, is the relative activity which most people are affected by when they are not aware of themselves, aware of that which is beyond mind. But how can you know that which is beyond mind, when everything else is in your mind? You create an image of truth in your mind, an idea of truth, and you say this is the truth. But that is not the truth, that is in your mind.*

*But Truth is beyond your mind, it is a Living Expression Itself. It is the only power that can give thought an impetus. It is the only power that can create anything. You create then an image in your mind by yourself and then you think that is truth but that is not Truth it is but an image of the truth. Then you hang onto this image, what can this image give you? Nothing at all.*

*But when you have cleared the mind completely and you know what the mind is filled with, that all these are images, ideas, reactions, thoughts and so forth, then you become free—then there is Love—then there is Wisdom—then there is Reality. And in that you become consciously aware of a power that can use the energy in the Universe, and that is called pranayama. When the consciousness becomes aware that it itself is the*

## THE SPIRIT THAT RULES THE OCEAN

*mover in all what we call the Universal Energy, then it is pranayama. Just the same as if to use the energy of pranayama the consciousness becomes aware and I do that, (Murdo demonstrates) you feel that don't you, just as a split second. That is pranayama. I am using the ether to convey an energy created by my consciousness, therefore you can feel that particular vibration.*

We will never understand thought until we have first learned the fundamental principles upon which it works. Ether is a substance that underlies the whole manifested Universe, it is also the conductor of all vibrations and is the subtlest form of Cosmic matter. We cannot remove it nor can any of it be withdrawn from the Universe.

It is space itself for it fills all space even the space between all atoms in matter and the holder of the same atoms within its bosom. It makes up all matter and supports all form. Through ether only can matter or form be transformed. *Therefore we see clearly, that all atoms in matter and the holder of the same atoms is held within the bosom of ether. Therefore ether makes up all matter and supports all form. And through ether only can matter or form be transformed. Therefore how is a form transformed? Through ether. And how is this formed transformed? Through electro-magnetic vibrations in the form of thought, which is carried in the ether right into the walls of the atoms, and turning these atoms into different activities, bringing a different action in the atomic structure of a form, therefore it is transformed.* It carries light, sound and thought according to the length of the wave and frequency of the rate of vibration. So do all vibrations of tone and thought remain within ether for eternity.

*It can be dormant, waiting for further impulses to give it power or waiting till a mind can steer it into activity. That is how there are Angelic Thoughts in the Universe. The Great Artificers of the Universe are Artificers that are moving and moulding the atomic structure of the earth and around it. In fact, we know from experience and from knowledge that comes our way, from forces outside the physical but forces that are also existing just as we are existing. But who have an interrelated knowledge of the activities that are taking place in the interplanetary workings that are going on all the time.*

*These Artificers have a knowledge of the active principles behind the atom and behind the formation of worlds and planets. If you can grasp*

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*this Truth you will see that there is an Intelligence always expressing itself through a Consciousness, working in a certain direction according to its capability to receive and express. You are the same according to your ability to receive and express, so are you giving forth what comes in a electro-magnetic wave into the mind of the individual.*

*And that is how most of these Lectures are given to you. Because they come through, from what we call, electro-magnetic waves, by striking what we call the receiving set in the mind. Then it is interpreted in the mind, and by doing so then the whole organism comes into operation to give expression to that particular thought, in the form of words, so you can hear them. And by hearing them it enables you to search in your own minds and souls, to find that which is behind and within.*

*My words of any value whatsoever can only be for the purpose of making you search within yourselves and find the secrets that are within you.*

Ether is the Cosmic recorder of all *these* impressions of Universal Life, therefore given the proper modifying apparatus or consciousness all past and present thoughts, events, knowledge, wisdom etc., can be reclaimed and reproduced; one day we will hear the Sermon on the Mount just as it was given.

I have in the past explained to you that the past, present-and the future are in the ever-present and the only time is the present. Therefore not only the past and present but also future events can be extracted from this Cosmic recorder. The future is eternally present waiting to unfold at the appointed time. "I am alpha and omega. I am the first and the last, the beginning and the end. I am the ever-present, past and future."

*Now, what you think today, how you act today and what is in your mind today, is very often produced tomorrow. What you think in the past and what happened in the past is in your memory. It can become present in your consciousness, at this very moment. The future can be present in your consciousness at this very moment. But you cannot produce or create in the past, it is gone. You cannot produce and create in the future because it does not exist except in your mind, and the past exists in your mind. All these things exist in your mind, the past and the future always in the present but the present is a Living Reality. And you can only create through a Living Reality and not through a memory or through a hope.*

## THE SPIRIT THAT RULES THE OCEAN

*At the present time you are alive and living and to recognise that Life as Eternal and Immortal, then that Immortality is yours. But if you are seeking immortality in the future by some means or whatsoever you think you may happen to get it, then it can never be Immortality, because if Immortality does not exist now at this very moment, it will never exist at all! Therefore in the future there is no Immortality, it is in your mind as an idea, a belief, which is not a Reality but an image.*

In the beginning the end existed and all that exists between. It could not be otherwise for what the Almighty decreed in the beginning is already finished, the end, unfolding the beginning. Thus the Christ in man is the finished product, yet the Christ existed before the world was.

The Masters understood the law of magnetization of the ether to be the great hidden mystery, and only by those who have acquired the wisdom and knowledge of this profound law can it be used with understanding and effectiveness. Yet not one of us can afford to disregard this law for by it and through it we gain all power in heaven and on earth and freedom from ignorance.

We do not yet realize the power of thought, and because we cannot see it we are apt to ignore it. The power of thought depends upon the consciousness that expresses it.

The function of the process of thought operates with mathematical precision. It acts the same as electrical impulses to create form both within and without. In the words of the Master, "what you hold fast below you hold fast above." In other words, what you create above you create below, *and* what you create in the inner you construct *in* the outer and so you establish in the inner.

This is why I said in my last lecture of the last series, "when we are aware of the origin of our thinking and the action of our thoughts we will know the result as well." *Isn't that true. That is exactly the place of the Master, he knows the result before he begins because he knows what the result will be.*

*Did Jesus wonder when he turned the water into wine? We will come to the ways of how the Masters performed these feats. And it is what we call a transformation of the atomic structure of the particular liquid whatever the case maybe, by this science of the consciousness being aware to set in motion these electro-magnetic impulses through the ether right into the*

## THE WORD OF CREATION

*very walls of the atom that make up that liquid, changing it, transforming it into something else.*

*These things are not fairy tales they are actual Truth. And you have within you the very principle and the very instruments to perform these feats but your belief in the facts that it is impossible to you, therefore it is impossible. Because what is impossible to you becomes impossible. What is possible to you becomes possible. But I will say this to you, there is not anything you think possible in this world that is not possible. Therefore, when Jesus said, “believe you have received and you shall have,” he was speaking from direct knowledge of a science he knew to be infallible.*

Therefore if we understand the fundamentals underlying our thinking, what we then think is the evidence of that which will be produced in the outer, and here is the profound Law, thought projected from the transmitting mind into the ether is in the form of electro-magnetic waves with a particular wavelength and frequency. Inherent in this wave or impulse is the form and purpose to act upon the ether in such a way that the form can be constructed, for all Creation including man is based upon electro-magnetic action.

When an intelligently formed thought with its tremendous power is let loose in the ether it must not be ignored because of its magnetizing effect upon the ether. Besides, ether having its penetrating power throughout space, it spreads *into* the narrowest confines between the atomic walls of matter.

*Not only does it go through whole space in this magnetising power that he had, through electro-magnetic waves, but it pierces right through the very walls of matter.*

*Could you feel a wave that comes from my hand, if I do this to you? (Murdo demonstrates) Could you feel a wave that comes from my hand unless it penetrated through the very walls of the atom, through which your nerves then receive these vibrations and you become sensitive to them?*

*When you have arrived at this state of consciousness when you know that you can project electro-magnetic waves by the means of thought, you can change a body. You can actually change it. You can eliminate conditions by your very powerful concentrated thought. That was Jesus' method in nearly every occasion but it was not a forced thing. He did not crunch his*

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*hand and crunch his teeth and said this and will you hear this. What did he do? With his complete understanding without the slightest effort on his part, he did just this (Murdo demonstrates). He did that...did that....that. Do you see now what I mean. Where there is no effort there is a conscious awareness of the mechanism of the activity. And the Masters are aware of these things.*

The Masters told me that man is so constituted with a projecting and receiving set which enables him, when developed, to transmit and receive thought-waves. There are two organs within the mechanism of man—the pituitary and the pineal\*—when man thinks his pituitary vibrates according to his thought and *those* waves pass into the ether accordingly. When man receives his pineal vibrates and receives according to the state of consciousness he holds—these vibrations are interpreted by the mind and man becomes aware of thoughts that magnetise the ether. Then he gives forth what he receives by word of mouth this again goes into the ether to reinforce the original thought.

You have already been told that this method is used in all these lectures now given to you. From my early life I was aware of thoughts that came from nowhere, but when I was trained in the Himalayas I became aware they did not come from nowhere, they were specially directed. These thought waves are received and given forth again by word of mouth, so you can hear them similar to your radio set.

*If you asked me a question and I do not know the answer, I am only going to set in motion my receiving set and I can give you the answer. That is the simplest and easiest way, and that is a Truth. And when your consciousness becomes aware of the fact that it is possible, then it becomes possible. The instrument is created and has been created from the very beginning.*

Therefore a thought wave transmitted from a consciousness which is aware of the fundamental laws underlying it can permeate the whole Universe and can be picked up by any number of receiving minds who can tune their apparatus to allow the wavelengths or impulses to set in motion similar vibrations within them.

*So the vibration that comes from above sets up similar vibrations within. And that is how you are sensitized to these vibrations. You sense it through your mind or through your sixth sense which enables you to*

\* See Diagram on page 207

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*acquire a knowledge of receiving vibrations because you virtually find these vibrations within yourselves, to set-up these seven vibrations within the individual and the individual interprets that.*

Telepathy has passed through the watchful eye of science, and has been proved to be an Absolute Truth. I have seen in the Himalayas chelas in practice sending thought from one valley to another. First each letter of the word would be transmitted, and the receiver in the valley beyond would write it down. As practice made perfect words were sent in a similar manner until complete messages in the form of the idea was transmitted and received. *Therefore it is training but each and every one of you have the same capabilities, the same instruments are there ready to come into operation. But you have never allowed them, you have never thought about them, you have never been even told about them, nevertheless they are there.* But we need not go so far a field to find this out, we have many instances in our own lives here.

*Now, the peculiar thing about these people is this, to the outside world they are illiterate. They know very little about the chela's over there, except the Masters know everything about the outside world because they know all about it but the students know very little about it at all. They are just young men who grow up there, they are illiterate as far as the outside world is concerned, they could never read or write nor do any of these things. But they begin their training by training their minds in this way. Therefore they are taken out, they are shown what to do and some of them are very apt. Some of them are actually at once, receivers or projectors, and they are accurate from the very beginning. They gradually move through one stage to another, from mental telepathy to other stages and so forth until such time they acquire such a knowledge of the self, of thought of movements of the mind and everything concerning the individual mind and body of man. That their knowledge is beyond a hundred times greater than your best physician you have in the west. Yet they will not be able to read or write.*

*Now, there is a tremendous fundamental Truth, showing you how this knowledge is not acquired through books, as a majority of people get it in the west, but through actual experience, which is the greatest teacher.*

I could relate many experiences I have had in the west before I had my sojourn in the Himalayas.



## THE SPIRIT THAT RULES THE OCEAN

We are all quite conversant with the wonders of Jesus. He could see at a distance beyond the confines of man's ordinary senses. He could silence a storm, walk upon the water and heal as easily as he could breathe, because he knew the fundamental laws of ether.

*I would like to go a little bit ahead but I want to show you, eventually you will see, the fundamental principle upon which levitation and walking upon the water is acquired. You will see it is so simple in its application, only it means practice.*

*But so simple is the law in operation, that man becomes as light as cotton, where the force of gravity that is holding him to the ground is reversed. And the forces within himself then are attracted to the forces above himself, therefore he reverses the polarity.*

*Supposing now, that you had heat within you and outside was cold. What does heat do all the time, does it not rise to the cold? If you have any water at all, now this is a great point we will see, that the hot water always rises to the top and the cold water is always underneath.*

*The breath that is taken in is hot breath it always wants to go to the cold which is the atmosphere above you. When you equalise the forces between the inner and the outer, you are no longer in any way affected by the polarity or what we call, gravity because you have removed the force of gravity, you have equalised it between the forces that are holding you down and the forces that are throwing you up. And by your will you can use your body in any way you want—that is levitation. It is scientific in its nature. So scientific that it is as accurate as mathematics. I am not telling you any fairy stories because I am telling you all that I have seen and done.*

So let us state some of these profound laws of the ether. A thought-impulse travels like the wave from a radio station in a circuit in ever widening circles in all directions, perpendicular and horizontal. *That is, these waves go up in the atmosphere and go in a horizontal way all over the earth. And we go right a way into the stratosphere because an aeroplane in the stratosphere can receive those vibrations of a radio station just at the same time as you are receiving them down here and are received all over the face of the earth and all through the whole of the stratosphere at one and the same time. So in ever widening circles in all directions, perpendicular and horizontal, affecting the ether causing it to be magnetized according to the wavelength or impulse of the thought.*

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*Now in the ether there are millions of different wavelengths, of different thoughts and radio wavelengths, thousands of them, all at the same time and they do not interfere with one another.*

*Have you ever looked to see the distance your radio mechanism moves to get another vibration, to get another station. You take the knob and it may move round with your finger but watch the inner mechanism and see how much it moves. It does not move more than a hundred part of an inch. Less than a hundred part of an inch does your mechanism move inside. Although you turn your knob, your knob is so made because if the knob did not turn more revolutions then you would not be able to get a station at all, you would pass them by. And if you want one, you gradually turn your knob until you hear it coming into operation. But watch the movement of that mechanism it does not move more than a hundred part of an inch and less than that.*

*A wavelength can be a terrific speed, which is invisible to the physical eye. You have got so many waves to the inch, so many impulses to the inch. If you divided an inch into a hundred thousand parts, what would you see of that inch? Would you see anything at all of that inch? Of course you would not. Have you ever seen an atom? Of course you have not, not even with your greatest microscope. Well some these wavelengths are much less than the atom. Very much less because they interpenetrate the walls of the atom.*

*I am taking you into scientific talk on wavelengths. If you read any scientific book, on the matter, you will see exactly what I am telling you is true. I am putting it in simple language for you to understand.*

The entity transmitting the thought-impulse being the living Life, creative, gives to the thought a living expression which becomes existent in the universe. This thought-impulse will attract similar impulses of the exact wavelength and frequency thus gaining power and momentum to accomplish its mission. Jesus knew that his word would not return void but would accomplish what he sent it forth to do.

*Because he was a Master of Masters and knew all these things and his applications of them was as accurate as mathematics, two and two are four, and as simple.*

The Universal ether is so constituted that the thought-impulse will create motion and consequent activity, combination and transformation in

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the atoms of matter, ether being the basis of matter and the framework in which it is built.

According to the state of consciousness so is the concentrated thought that is responsible for the intensity of the activity and *the* transformation of the atoms, and accordingly so will be the distance reached and the effect of *the* transformation.

*I witnessed one occasion when I was in Tibet, when a man was torn to pieces because he had fallen down the rock side. His shoulder was torn and his back was torn and his leg was torn. He was brought up to the surface as if dead. Geshi Rimpoche, which was my teacher then at that time, was there. We were going along quietly between two particular portions of Tibet, from one place to another which we had to go, and this man was brought in. They knew of course, the magic of Geshi Rimpoche because he was known all over Tibet. He looked at the man, stood over him for a little while, and his bones began to heal. And in less than half an hour, there was not a scratch or anything left on his body. Transformation of the atoms of his body was transformed by the power of this man, who set into operation that tremendous force of electro-magnetic vibrations, causing the very atoms to form and re-form according to the Divine Image in which it was created. That was a clear picture of what could be done, without effort, without strain, without difficulty. And when I was amazed at this performance, he turned to me and he said, "within yourself, my son, is the power to do this."*

*So, it is within each and everyone of us a power that is latent but has not been recognised.*

Therefore a mind that is clear of all limitation and hindrance is essential for creative concentrated thought. That is why I have in the past tried to make you understand that it is imperative that you discern your thoughts. For a conglomeration of thoughts which contradict each other is of no value. You only create a distortion in the ether without result.

Therefore the combination and transformation will be dictated by the inherent Intelligence and quality of the thought; the transformation will be accordingly. Consequently a thought-impulse will induce similar vibrations in other minds, which happen to be in the same-wavelength of the original thought.

*Therefore if your wavelength is in the same or similar, just as the woman who touched the garment of Jesus, the wavelength of her thought*

## THE WORD OF CREATION

*was this, if I could only touch his garment I shall be healed. She pushed her way through the crowd. All the time she was endeavouring to get near to him and when she did, she bent down and lifted his gown into her hand, at that very moment she was healed. He turned round to the crowd and he said, "who touched me?" The disciples said, "they are all around you, everybody touched." But he said, "someone has touched me, touched me this particular way because I feel virtue has gone out of me." The very vibration of her vibration was the exact vibration of his. So therefore, he felt the out rush of this terrific force into somewhere that brought complete transformation of the atomic structure of her body, and the woman was healed. And he turned round to her and he said to her, "thy faith has made thee whole."*

Here again is the power of the Master who has mastered all impulses that rise from the subconscious through understanding and love. Therefore to condemn is to be condemned, for we attract like thoughts to the state of our own minds.

*So if anyone condemns another they are already condemned. And they attract to themselves the vibrations of condemnation all around them. Little do people know that it is necessary for the elevation of the power of Love and Wisdom to be always in the mind of the individual. To feel and recognise those two pillars of Creation as the fundamental and basic Principles of a Perfect Existence.*

*If then, you will violate these particular Laws, of Love and Wisdom, you then bring destruction upon your own body and mind. It is very simple to Love. It is very simple to ask for Wisdom. It is easy for one to hate. It is easy for one to envy. It is easy for one to get into a rage. But when one sees what one is doing, and sees that this is the self caught-up in craving, self-aggrandisement and fear and vanity, and all these things which are detrimental to man. When man sees how he is caught-up in these things, then he drops them they pass away. And when these things pass away from his mind and environment, that which exists Eternally takes its place—Love and Wisdom.*

*So simple is the expression of this, that It Itself does the work. You do not create Love, you do not create Wisdom, they exist Eternally. But you do create envy, you do create hate, you do create anger according to your reactions to things external to yourselves, and you do create fear. These things you create yourselves you must discern clearly and understand*

## THE SPIRIT THAT RULES THE OCEAN

*them that they are self-created, they belong to the self, therefore the self alone is responsible. And the self alone must remove them because the self brought them into existence and the self must remove them, by discerning that they have no power of their own and do not exist in Reality.*

This state of mind can be sometimes spontaneous when the mind is caught up in reaction to the high levels or the low levels, or it can become trained through awareness and understanding to function mathematically, and sometimes it can happen accidentally when a flash of truth is revealed, thus you can find out for yourselves through practice.

This is why the masses still in ignorance can only associate with minds of similar thought, while the higher you go in the science of the mind the fewer are capable of coming together. So minds are attracted to each other in the same manner as atoms are brought into close contact by the impulse or force of the thought wave.

*The masses crowd together because you will see they have got similar thoughts. But as you grow higher and higher and become aware of the great Truths, you find less and less minds are capable of associating with one another.*

Between the grosser and the finer there is a deep cleavage, dependent upon the vibration of the minds which are able to receive and those which are incapable of receiving. That is why Jesus spoke in parables to the multitude while he spoke in secret *to* his disciples.

The attraction will be effective both in the conscious realm and in the subconscious realm according to the attunement. Thus some can be healed by the word others by water, and others by mud. Jesus knew the level each of his subjects was on.

We are now beginning to realize the great power at the disposal of man. This profound knowledge of the fundamental laws of thought could revolutionize the whole world when understood.

With one powerful concentrated and intelligent thought we can contact any point in the Universe. Thus prayer, when properly understood, is the most powerful weapon we have. We can enter into the mind of another, we can create convulsions in the atoms of matter, *we can make and combine* according to our will.

*Some time ago when I told you, that there was a great stress and strain in the world, that war was very near. Then by instructions which I had*

## THE WORD OF CREATION

*received, at that time and many of you know of it, we went into a silent state and by doing so, we gave off certain ectoplasmic forces. Not only ectoplasmic but vibrations into the atmosphere. But this ectoplasmic substance was carried in such a way, transported through the ether, whereby it was easier for these Spiritual Forces to get complete contact with the minds to influence people who were at the head of affairs. And by this way a war was prevented where we were right on the very brink.*

*Since then things have altered and changed. So, we are at the present time in state of semi-peace. But you can never have peace with two armed camps in opposition to each other. You can only have peace when people begin to understand each other, and also understand the causes of war.*

*When we begin to see the causes of war and how wars and antagonisms are brought about, then we will eliminate them from the mind of man.*

*The present time we were just in a state of stillness. For these two armed camps, two ideologies which are fighting one another. And as long as we keep the balance we can keep peace. But how are we to maintain this continuously, unless everyone begins to recognise the causes of war.*

We can use the law of Magnetizing the ether to our greatest advantage for we can penetrate into the atoms that dominate matter. Dematerialization and materialization of matter are performed in this way, where inanimate objects can be transported through space, levitation and other phenomena are obtained in the same manner.

We can reshuffle at will the arrangements of the atoms and change their rate of vibration thus transmuting one element into another. In this way Jesus turned the water into wine and by the same means we can produce and create phenomena as we please.

Creation is nothing more than the deliberate releasing of a conscious intelligence in the form of thought into the passive ocean of ether to whip the etherons into motion to create activity and transformation. By the same mode of action when we have gained *this* state of consciousness of the Christ we can conquer the storms and the tides and subdue the ocean. Therefore knowledge alone is the basis of faith, “which is the substance of things hoped for and the evidence of things not seen.”

Can you now ignore this great power at your disposal? Then think deeply! Do you use it ignorantly or knowingly? Millions of people know nothing about this great power invested in man.

## THE WORD OF CREATION

This teaching should be the first consideration in the religious education of any man, woman or child. This is the answer to the riddle, “man made in God’s likeness.”

“If thou be wise, thou shalt be wise for thyself” Prov. 9: 12.

## BENEDICTION

O Mighty One, Thou hast created me like unto Thyself. In my ignorance I did not understand, but now I have found the key to Thy treasure.

O Blessed One, how can I thank Thee except by doing Thy Will.

Thou hast clothed me in matter and I was lost in the darkness of my mind.

Now the Light that *shines* from the beginning showed me the way to conquer all things as Thou halt decreed.

O Mighty One, I bow before Thee. In Thy Wisdom Thou hast made me like unto Thee and through the Love of Thy Son I found myself united in all, Beloved of Mine.

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 6th May 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 5 (13th May 1952)

**MY WORD IS LIFE, SEE TO IT  
THAT YOURS IS LIFE ALSO\***

“Walk ye in all the ways that I have commanded you that it may be well unto you.” Jer. 7: 23.

In our last four lectures we have seen the terrific power at the disposal of man. The profound knowledge and constructive application of the subtle and profound law of thought is absolutely necessary for mankind to understand, for his own benefit.

*Man does not understand the power of thought and the action of thought and reaction, then he is bringing trouble upon himself. The difficulty is that we are caught-up in our thought and our reaction. We react to one thing and another. And immediately we are caught-up in our reactions, then we begin to think, our thoughts become active and we set in motion a train of causes and effects, where we do not know where they shall end.*

*But if we know how our thought acts and how we do create those causes and effects, then we will discern our thinking, and by doing so we will understand what we are doing.*

*Self-knowledge is the only thing that releases people from the difficulties which they create themselves. Therefore we see, that in our relationship to one another is self-revealing. Unless this relationship is self-revealing, then we will not know ourselves; how are we related to each other, what do we think when we speak to each other, what is our thoughts, our mind, are we poker faces or how do we go about it? Do we love or do we try and overcome certain conditions or are we greedy or are we using our friends and relations for our own benefit, what is our relationship?*

*If we cannot discern what we are doing, you do not know what you are doing, then we will not be revealing ourselves. But if we do reveal*

\* See page 243



## THE WORD OF CREATION

*ourselves through our relationship, we will become aware of ourselves and the conditions in which we are creating interest. Unless you understand the conditions in which you are creating and how you are conditioning yourselves, you will never free yourselves.*

*Freedom comes from self-revealing, that is the only way freedom comes, without it there is no such thing as freedom. Because you are caught-up; in your own cravings, your own beliefs, your desires, your hopes—past and the future.*

*The present is not understood because the shadow of the past is on the present. The future is also preventing the present from being what it should be because of your hope. You are always living in the future when you can never create in the future—you can only create now.*

*Therefore we must see this great Truth. I want to show you clearly, that the only process of freedom is the self-revealing process which we enable to see ourselves completely and see the self; what the self is doing, how are you reacting, how are you creating your thoughts, what are your thoughts and how do they arise, do they arise from things external to yourselves, do they arise from internal feelings of craving and so forth desired. Or are they thoughts created from that particular Spirit that is in Itself, the only Power existing and Its freedom. If then you have freedom—your thoughts will be free also.*

We see clearly now that we can use the law of magnetising the ether to our great advantage. We also see that the same law will act against us through our ignorance of this law. We also see that we can whip up the etherons into motion and induce activity throughout the whole world and beyond.

It was by this method and with this knowledge that the Master silenced the storm and did many wonderful things which are discredited by the ignorant today. *Because they do not understand the mechanism of how thought is produced and how thought acts. If you are not aware of these things, then you are caught-up in your own desires, your cravings and your ignorance. Yet by their own ignorance they have used the same law unconsciously against themselves.*

*The very law that Jesus used to silence the storm, the very law that he used to do these great miracles, man disbelieving these things by his own ignorance, he uses the same law unconsciously against himself.*

## MY WORD IS LIFE, SEE TO IT THAT YOURS IS LIFE ALSO

Throughout history we have seen this taking effect and in our own times. We have witnessed demagogues who have arisen in our midst, and with their carefully planned oratory they have raised indignation and anger in the multitude who are caught up in the vicious circle in which they are destroyed along with their demagogues.

How true are the words, if you use force to overcome force, force will remain, the only way to overcome force is by love so that love will remain.

*So we have seen throughout history this great Truth. Ignorant demagogues, ignorant of the law of thought, if they knew the great Truth, that thought is like a missile projected from a platform, and after it does a complete circuit it returns to the platform from which it was created.*

*And it is always the same way, it is nature. Drop a pebble in the pool, ripples of the water will flow out to the edge of the pool, then gradually they come back again and be silenced at the very point where the pebble was dropped.*

*It is the same with thought, it moves in ever widening circles to the end of the confines of which it can reach because of the power by which it has been projected, and returns to the point from which it was created.*

*So a destructive thought comes back to roost on the one who creates it. That is why Jesus knew the law very carefully when he said, "love your neighbour as yourself." He was giving you a protection against your own ignorance. It was no use of him explaining the law of thought and how thought operated. But he gave the fundamental principles so that man would not destroy himself.*

The method generally used by ignorant demagogues is to hold thoughts of anger and resentment. These cause the ether to be magnetized with the result that their words add fuel to the fire, the fire already kindled in the ether waves which speed like lightning *amongst* their hearers. No individual can escape the havoc of the magnetic circuit set in motion which has prepared the ground for the reception of his words; each mind being in the receptive state, falls prey to the vicious *circle*<sup>1</sup> that surrounds it.

*Each mind being in that particular state of this activity, is a target for the thoughts and emotions of a demagogue, little knowing that this force that had been set in motion, is really the destruction of the individual who receives it as well as the demagogue who creates it.*

## THE WORD OF CREATION

So each individual becomes a medium repeating the thoughts and words of the speaker. This vicious whirlpool gathers speed until the whole nation is whipped into action. Destruction is the result which must eventually recoil upon them and their demagogism.

*So it has been the law from time immemorial but man has never taken cognition of it. He has been caught-up in his belief, caught-up in his anger, caught-up in his desire, caught-up in his craving, caught-up in his separation. Therefore by doing so you can see clearly how destruction comes upon the people and upon the demagogues and those who create those anger thoughts, resentments and so forth.*

*It is entirely and completely the law that existed from the time immemorial. And if you look back through history, you will see how it acted through the whole of the countries, through the whole of the nations, through the whole of the empires that have come down as far as we can read, as far as memory goes.*

*How can it be otherwise then, how can we escape then, this terrific power of the magnetising of the ether by ignorant demagogues, by ignorant people? By understanding the mechanism by which it works! By understanding yourselves. To discern your own thoughts and emotions and the motives behind them. A self-revealing process so that the self can eliminate all those conditions, and extricate the self from these reactions.*

*If you are conditioning the self, you must know how you are conditioning yourself. And unless you know how you are conditioning yourself, you are still conditioned. But if you can recognise how you are conditioning yourselves, then you can free yourselves.*

*These Lectures are for the purpose of revealing the mechanism, revealing the methods on which thought travels. These Lectures are scientific, they belong to what we call, the ancient atomic philosophers,<sup>2</sup> that knew more about the atomic theory than even our scientists know today.*

*So each individual becomes a medium repeating the thoughts and words of the speaker. This vicious whirlpool gathers speed until the whole nation is whipped into action. Destruction is the result which must eventually recoil upon them and their demagogism.*

Each individual, unaware of what is happening, thinks that his thoughts are his own, not realising that they are the false emotion and reaction to the speaker's thoughts and words.

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Yet if one man in the audience understood the law of magnetising the ether he could destroy the effect of this disturbance and cause an internal peace by his own internal peace. A thought so projected could offset much strife which we witness in our midst. Think of the slaughter, pain and misery that could be averted by minds who know the law of magnetising the ether. Think how much beauty and harmony there could be produced in this way.

*When you come into this hall, in the beginning I do not have to speak to you and lull you into a state of semi-trance, so that you can get quiet and peaceful in your soul. I do not have to talk to you with bonny words that you can think into your mind, so that these bonny so called words can create some feeling within yourselves. That is not the peace I want to give you, that is a mental state, you have not a real peace. A Real peace is an internal peace. It does not belong to the mind because the mind has no peace. It never had any peace and never will have any peace because in the mind there is always the opposites, in confusion and in conflict. And if you search into your mind you will see how your mind is in conflict.*

*But when you come into this room, when I say, "we will have a few moments silence, peace." It is not a word that is said. Unless I know this internal peace, you will never know. It is through your sixth sense you obtain it. A sixth sense which is the Consciousness within yourselves. And as this internal peace is felt so does every consciousness feel my internal peace. Because it is the One Consciousness which is permeating you all.*

*My consciousness is God's Consciousness. God's Consciousness is your consciousness. We seem apparently separate but there is no separation.*

*The very substance that makes up your body is the ether that penetrates everywhere. You cannot divide ether. You cannot separate ether anywhere. It supports all matter. It passes through all forms. It passes through the very walls of the atoms. It carries the magnetic vibration into those walls of the atoms. Through ether the atoms can be transformed and so the form.*

*So here we see the law of thought, which is electro-magnetic in its nature, carried through the ether into the very consciousness that is within yourselves. Therefore these are vibrations that we recognise through our sixth sense and we have a peace. Unless that peace is within you you can never*

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*create that peace outside yourself. You can never externalise that peace if it is not within you because the outer is the result of the inner. What is in the inner the outer shall be. That is why Jesus knew perfectly well, that if he condemned anyone he would be condemned himself. And if any of you condemn any person, you are already condemned.*

*What is in your consciousness is what you will produce in yourselves. What your consciousness thinks and creates, so do you create within your own mind and body. And these pass through the very cells of your body causing a transformation to take place. Therefore if you are caught-up in condemnation, you will find that your body and your mind will be affected by that condemnation, you cannot escape it. It is an utter impossibility. For every thought you think must pass through your own body, through your nervous system and every cell of your body must give voice to that thought. And then it passes out into the ether to be caught-up in other minds who are similarly situated, thinking in similar ways, so you are adding misery to others as well as to yourselves. Jesus said, "love you neighbour as yourself, do good unto those who injure you." What a knowledge of this tremendous power of thought.*

*I can remember not very long ago, when there were hundreds of people who saw this demonstration, and that was down in Capetown. It was when I was here about fifteen years ago. I gave a Lecture in the 'Kaffa House' a Coffee House, in Capetown. Now as you know, anybody who knows this Coffee House in Capetown, when there is a wind blowing you cannot hear yourself speaking because the windows rattle and everything rattles all over the place. There was a strong wind blowing in Capetown. I could not give my Lecture it was an utter impossibility, that was certain until I did something.*

*But I recognised this Truth even at that time, that even the winds and the other conditions could be silenced and the storm could at least be silenced around us, within the confines of these walls. And the words I said, "be still!"*

*When I said those words, "be still," there was no sound whatsoever, the windows ceased to rattle. The reaction upon the crowd was mystifying because some people said, "he thinks he's God." Other people said, "the sound has disappeared," "has the wind dropped outside," "what has happened." I took no notice of their thoughts and their words. I went on*

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*with the Lecture and at the end of the Lecture I said, “now you can rattle as much as you like.” And they started to rattle again just the same as they did before. You can go down to Capetown and ask people who were there and they will tell you, how true that demonstration was.*

*But I knew this, that there was a force interpenetrating every wall there, there was ether, would carry the vibrations of that thought and would affect the building in such a way, that would close the atoms and seal the atoms from these vibrations that were brought about by the storm.*

*The inner was greater than the outer and that is how Jesus knew that he could also silence the storm, walk on the sea, and do the many things that he did do. These things that he did, ignorant people think that they are myths.*

*Only those who understand the law underlying these things can understand how they were done, and know that they were not myths but the actual demonstration of the Consciousness of God inherited and established in man.*

The question I want to ask you is, have you discerned your own thoughts to see if you are adding to the misery of the world through your ignorance of this Law?

Through ignorance each civilization has destroyed itself by this very law. Jesus knowing this law laid down certain precepts which he knew would save mankind; “love your neighbour as yourself,” “do unto others as you would have them do unto you,” etc., etc. As we read his words in the New Testament we realise now the importance of them in our *own* lives at this present moment.

*There was never a time in the history of man, that man was in greatest danger than he is at this very time. All over the world, everywhere; there is antagonism between groups, between societies, between religions, between ideologies, and man against man, father against son.*

*Here we see it coming as humanity has yet not understood the cause because the cause is within himself. He thinks the cause is outside himself.*

*There was never such a stupid time as now. Through this ignorance, I believe that man will regain his heritage by discerning his own ways that are false. And leaving behind all the teachings that are false also and begin to think for himself. And find for himself, within himself,*

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*is that peace. That understanding that will enable him to do as the Master said, "love your neighbour as yourself."*

It is these important questions I want you to answer satisfactorily to yourselves in such a way that they challenge you to the very utmost. How powerful is the invisible magnetic wave of a thought that pervades the ether to magnetise it? How can this magnetization be combated? Is there a practical and scientific basis upon which we can work to eliminate the effects of thought-waves that destroy man in his ignorance of this great science?

I have told you in my previous lectures to you that a thought-wave is equal to the power of the mind that projects it. My previous lectures have been given to make you aware, not only of your reactions to the external world but also to become aware of your own Reality, the source of your Being. Without this preliminary training you would be all at sea, and *at* the mercy of the storms that surround you.

*Is it not that you must be aware all the time? Jesus said, "watch and pray." Just means exactly what I say, become aware of your own thoughts, your emotions, your desires, always continuously in the present. Never mind the past or the future.*

*Past is a memory, it is a thought probably buried in your consciousness or in your mind, somewhere in the memory cells. But if these memories of the past are influencing or overshadowing the present, you can never be aware but if you can be aware now, these memories will come to the surface and will be discerned and completely eliminated. Because that which is in the mind and has not been discerned and understood will crop up again and again until such time that it is understood. That is why you have dream after dream of the same thing, it is because there is something in your mind you have not understood, you have not discerned.*

*If you could eliminate all thoughts from your mind, all memories. And know what they are; memories, effects and things, it cannot affect in anyway the Reality of the Spirit. No matter what you did and what you did not do, you must see them clearly before you so impersonally that they can have no effect upon you, therefore your mind will be cleansed and freed.*

*Guilt and self-guilt and all these things which harbour upon the mind of the individual destroying his presence. Destroying the very*

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*presence of his presence now. Because he feels that he has done something, this and that, that has destroyed him or has brought him to the brink of despair, and he runs for somewhere to ask for forgiveness. Why? The very forgiveness is within himself because God dwells within every soul. He holds nothing against anyone. In the recognition of this Truth there is freedom.*

*Why, the Catholic religion recognised this long ago and saw that how a person could be freed from all their guilt, by coming to the priest and asking for forgiveness. Forgiven and they have gone free, their mind was free, the burden was taken off them.*

*What a power then that the priests have upon the people. The greatest power on earth. But if man could think for himself he would know that he could free himself. Because the very God that was within him is the only freedom he ever has and ever will have.*

*So if you seek outside for yourself, you seek an authority, therefore you destroy yourselves.*

A thought projected into the ether may start from one mind and thus create similar impulses in other minds, with the result that the repeated impulses of the original wave impulse are increased a million times.

The elimination of a thought wave can only be accomplished by a thought-wave that superimposes the destructive one transmuting it. There is no other way in which a destructive thought-wave can be combated. There is no other force that can stand in the way of a thought-wave with the velocity of light, vibrating at the tremendous speed of millions of times per second, whirling through the ether sweeping the ether's passive etherons into motion and activity.

*Therefore we know, that there is only one way of doing it—peace, internal peace.*

*If I withdraw my consciousness, which is one consciousness, from any thought that I have created, it will fall into nothingness. If the Infinite Consciousness withdraws Its Consciousness from all the Creations of the Universe, which we call a Day of Brahma,<sup>3</sup> (which takes billions and billions of years to come into operation) if the Infinite Consciousness withdraws Itself then from the phenomena that we see throughout the Universe, that phenomena would disappear into the Substance from which it*

3. See page 243



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*rose, into the Essence from which it rose. And that Essence would become quiescent and quiet and peaceful, until the beginning of another Day of Brahma, when the Consciousness of God becomes more active into the Universe and creating another Universe in form, for man to solve again in a greater and greater way.*

*Here is the Consciousness of God in man. Little does man know that this power has been inherited within himself. Little does he know that the Consciousness of God is working in through the consciousness of man, for the purpose of this great Cosmic Scheme of bringing about a Perfect state of humanity.*

These passive etherons waiting silently are struck with tremendous force by these electro-magnetic impulses, changing them into a gigantic force of a devastating tornado which creates whirlpools of great magnitude affecting the minds of the people.

Can you stand in the crowd and resist the effect of martial music played with gusto? Can you resist the thought-waves of a nation whipped up by propaganda? Can you resist the emotion of a fanatical crowd singing a national anthem? Can you resist the power of an experienced orator? Can you resist being carried away by a religious revival? Or any of these things good or bad? Can you stand alone and hold that internal Eternal peace that passes all understanding in the midst of all this and more?

Answer these question calmly and honestly to yourself, this is being “aware”!

*That is being aware! Not being caught-up in any of these things, which are good or bad or indifferent but having that internal peace that belongs to the Almighty and you and me. That is the silencing of the storm.*

*“Unless you have peace in your own soul how can you have peace beyond it.” Unless you have peace within your own soul how can you silence the storm. Unless you have Love in your heart how can you heal your brother. You think you can heal him by your mind, never, there no such thing.*

It has been proved that a thin thread of wire almost invisible to the sight of the eye, travelling at a high speed and vibrating at a high rate of vibration, can cut through the trunk of the largest tree that stands in its way.

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*A small thin wire as thin as that is taking place in that machine (pointing to the Webster Wire Recorder recording the Lecture).*

Such is the fate of any material thing that stands in the way of the invisible inaudible onslaught of a thought-wave generated from a concentrated mind. The active intelligent powerful invisible magnetic impulse passes into the core *and pores of the* atoms, annihilating them.

Scientific experiments in the electrical laboratories have shown that a thin fragile piece of straw or a feather charged with high electrical impulses can twist a steel shaft. *Can twist it and turn it in any way it pleases.*

*A mere little feather, a thread. Why? Because everything is electrical.*

*Why is it so, that the sound.....*

(a bad break in the recording occurs here)

*....that tone will split the atoms, destroy that form, smash it into nothing. That is the knowledge that vibratory science is bringing to us at this very moment. And some day one is going to strike upon that particular note, and if it comes woe betide humanity.*

The ether is full of a conglomerate mass of thought-waves that are continually annihilating each other. From the thought of *a primitive native* to the adept, thought-waves are being dissolved and resolved into a network of a conglomeration of thoughts. Yet one concentrated thought from a concentrated mind that knows the source of thought and the law pertaining to electro-magnetic impulses can pierce the conglomeration and transmute it into an active force to create or disintegrate.

This was the power the Master had and still has. Yet man through his ignorance and non-acceptance of the Truth the Master spoke, will have to learn his lesson through his ignorance.

Intelligent comprehension of this great problem is not enough, there must be a knowing beyond mind of an Infinite Power behind all mankind. There must be a conscious awareness of a Creative Force that stands above and beyond man's creations. It is not a belief, for a belief is of the mind itself. I cannot give you the answer to this, yet everyone who searches deep enough will find the answer, and one day when the mind of man is turned in the right direction man will produce a new age, some call it the millennium.

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*You may search in your mind for this abstract thing that is behind all Creation but you shall not find it. All you will have in your mind is but an idea of it, an image of it, a belief that it exists but that is not it.*

*How then can you reach this particular state of awareness of something that is beyond the mind? Only by discerning everything that is in the mind and everything that is relative, and then you will find that there is something there that is not relative.*

*It stands alone and Complete in Itself after everything else has been discerned. It stands alone and yet becomes a pinnacle in Itself Complete behind all Creation. It is a knowing beyond mind. It is something that only comes to you when you search everything in your mind that is relative. Knowing everything that is false, then there is a Truth comes, a freedom is brought to you, and you know that you and God are One. There is no separation at all, been a myth, been an illusion. Then in that peace, there comes a Peace, that knows no opposition, that knows nothing that is contrary to It. Knows no opposing force, knows no conflict, knows no opposites, aware of Itself completely. In that Peace you will find freedom.*

*How can you find freedom if your mind is in turmoil? Is it not necessary to discern why it is in turmoil and what the turmoil is.*

Jesus said as the serpent was raised up in the wilderness so must the son of man be lifted up. I have in the past explained this symbolism to you. The son of man must become aware that he is the Son of God, not born of the flesh or of the will of man but of the Spirit of God.

*If you give flesh power, if you give the will of man power, then I tell you, you will know nothing of the Spirit of God.*

Then the thoughts of man will be transformed by the Sons of God, the law being that nothing is lost in the Universe but only transformed and changed. So the old will pass away and there will be no more gnashing of teeth and our tears will be dried up, and there will be no more death for the former things will have passed away, they will be transformed and changed.

*Transformation is the only thing that takes place. The only thing that is permanent in the Universe is change, transformation, continuously going on all the time. Yet that which causing the transformation remains unchanged, as it was from the very beginning. "I change not, yet I am the cause of all change." That within me is changeless but that within me is*

## MY WORD IS LIFE, SEE TO IT THAT YOURS IS LIFE ALSO

*causing continuous change. Then the only permanent thing in me is change. But that which causes change remains unchanged, Eternally and Ever-present.*

*Oh, could I give you this to become aware of. But what use would it be, if I added your sum up and gave you the answer, would you know the sum? If I gave you the answer to the sum what good would that do you? Unless you totted up for yourselves and there find the answer within yourselves, that is the only way because then you would know the Truth, your Truth not my Truth. You will know your song not my song, you will know your note not my note.*

So we see the law now clearly that by our intelligent thinking with knowing and understanding, these thought-waves that man created to destroy himself, if not fed, become weak and are arrested in their own etheric domicile. Their magnetising influence declines and with the fire extinguished they become dormant within their own nucleus.

Many thoughts never generate sufficient power to materialize in the physical plane, they weave into incomplete forms, failing to receive nourishment from generating minds, they lose their cohesion and grip on the atoms which they had originally whipped into motion and the half-finished etherons disintegrate. Scroll after scroll weighs down our weary shelves, the only point of ignorance is centred in ourselves.

*So we see limp thinking is of no good. If you want to create a thought, send a thought into the atmosphere, it must be a thought that is sent from a concentrated consciousness, a consciousness that is aware. It then takes hold of the etherons in the ether and begins to whip them into motion according to the form, spreads throughout the ether and magnetises every portion of the ether of its power of the magnetic-wave sent in motion. And you can feel it in the North Pole and the South Pole and away up in the heavens, there is nowhere you cannot feel it. Just as you can hear a radio-wave, up seven-ten miles in the air, you can feel it right across the whole of the world and beyond. So does the magnetisation of our electro-magnetic wave of thought do the same thing.*

*But the most potent thought of your own is very often destructive. Because it is caught-up in the emotion because you are caught-up in the emotion. And as you think in your emotion so you create the destructive vibration which cause further kindling of the fire which has already been produced.*

## THE WORD OF CREATION

*So the ignorance of man is caught-up in his own emotions and further destroys himself because of his ignorance.*

*When you are in a state of emotion, thoughts move up into the consciousness that you are unaware of, fear for instance, and any other thoughts that are caught-up in your emotions become stimulated with this emotion. And the intensification of this thought is so powerful, that it always manifests through your body at once, it sets in motion the atomic structure of your body. Wave after wave of these thoughts moving through the very walls of the atom, transforming them into the thought which you hold in the state of your emotion.*

*Little do you know the trouble you create within yourselves. If you know this law then of creation, the atoms of your body shall be retained in their original state instead of becoming old, run down by the feelings you have in your body. You're reacting to your body feelings, then in your mind that causes further reactions, setting in motion further electro-magnetic waves which cause further destruction.*

*Oh, could I make you know the power that is centred in yourselves, with this so understood a new world would appear overnight for man would free himself from the prison of his own making. The last and greatest war will be the battle of minds, the most dangerous of all weapons, the outcome is assured on the side of Christ.*

*Weapons of war, guns and all these things, cannot withstand the power of the mind. The greatest weapon that man has and he does not know it—is the weapon of his own mind. This will eventually come into operation and we will begin to know and recognise that the power is beyond anything, is the power that is within his mind, then there will be a battle of minds.*

*But who will win? The Christ of course! The only begotten Son of God. The Word that was with God, the Word that was God, and the Word what was made flesh remains Immortal. That is the only power that will retain Itself because It is Love.*

*“Love your neighbour as yourself.” “Do unto others as you would have them do unto you.” “Bless them that curse you.” Do good unto those that injure.” These are the precepts given by our Master that knew the great forces that were inherent within man himself, either to destroy him or to make him.*

## MY WORD IS LIFE, SEE TO IT THAT YOURS IS LIFE ALSO

“Then the Almighty will be a joy to thee and thou shalt lift up thy face to God.” (Job 22: 26.)

## BENEDICTION

O Mighty Perfect One, Thou hast created me in Thy bosom with the same Life which is Thine Eternal.

Little did I know that Thy power of creation was centred within me. Through my ignorance I set in motion forces that imprisoned me.

When I awoke from my natal slumber as a child awakens to know its mother, so did I know Thee as my Father-Mother-God.

Since then, O Mighty Perfect One, I have allowed Thy thought *only* to flow in and out of my consciousness creating within Thee as Thou hast decreed, for we are One.

Now I understand what Jesus said, “I and the Father are one,” O Perfect One.

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 13th May 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. In the Lecture Notes the word is “*current*.” Murdo either changed it or mis-read it. The sentence would then read: “*No individual can escape the havoc of the magnetic circuit set in motion which has prepared the ground for the reception of his words; each mind being in the receptive state, falls prey to the vicious current that surrounds it.*”
2. The word *atom* comes from the Greek word *atomos*, which means “indivisible.” Atomism, the theory that all matter consists of minute indivisible particles, originated in the 5th century BC., with the Greek philosopher Leucippus of Miletus and his student Democritus of Abdera (‘the laughing philosopher’).
3. *Brahma*. (Hinduism) Supreme God, the Divine Reality, of which the entire Universe is only a manifestation. “*Day of Brahma*” or The Kalpa. The out-breathing (Creation) is equal to 4,320,000,000 earthly years, is a basic unit in Hindu chronology. A Night of Brahma, the in-breathing (Dissolution) of Brahma is of equal length. According to Hindu cosmology the flow of time is Eternal. There is no beginning in the past and there is no end to the future. Creation is a manifestation in concrete terms of the Absolute. Dissolution is when all the created Universe merges in the Absolute, and that is when the period of non-manifestation begins. The periods of Creation and non-manifestation alternate, these are the days and nights of Brahma. Brahma Himself is a manifestation of the Absolute. The Life of Brahma or of the solar system consists of 100 Divine years in His time (311 trillion and 40 billion earth years). According to Hindu religion and cosmology the current Life of Brahma is about half completed.

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“A new commandment I give unto you that you love one another; as I have loved you that you also love one another.”  
John 13: 34.

We have become aware of the invincible invisible power of man's conscious concentrated thought-waves, how they can be hurled with terrific force into the ether to magnetize it and how this creative power can deeply affect people and things. Now we come to the effect of man's unconscious thought, how it affects himself and others.

*When we are always consciously aware, of our reactions and our thoughts to things, to people and conditions. We know then what we are thinking about, we are not unconsciously reacting to conditions, emotionally or otherwise. When we do, we create what is known as an unconscious expression of the aura, a magnetic flow, that flows from the individual outwardly.*

*Every individual is a combination of their thoughts, feelings, emotions and so forth in and their reactions to conditions and also their awareness to that, which is in itself, complete. According then, to the mixture of all these things, so is the aura of the individual. The aura of an individual stretches, in some cases, for miles from the individual, other individuals only a few feet, or a few yards.*

*When you come in contact with an aura that is extended to a great distance, outwards, you actually feel the influence of that individual before you even see them, or feel them.*

*A city has an aura because it is a combination of all the people's thoughts. A house has also an aura because it is a combination of the people's thoughts that live there.*

\* See page 260

## THE WORD OF CREATION

*Everything, no matter what it is, gives expression to the influence that is bearing upon it. As glass for instance.*

*Matter is not what you think it is. Matter is a combination of atoms. And the easiest material to influence by the aura is water. Water can be magnetized so easily, that immediately you drink it, it has an effect upon you.*

*If a person holds an article, for some considerable time, in their hands and concentrates upon it, they can absolutely imbue that article with their influence. And when another person touches it, unconsciously, that influence affects the individual because it is an absorption of what, we call particles, electric or magnetic vibrations, that come from every article in existence.*

*You are influenced by every individual you come in contact, one way or another. But if you are aware of how you are influenced, and what your thoughts and reactions are, then you will know, you will understand.*

*When there is love, then there is a feeling of harmony and peace. There is an attraction that gives you a sort of feeling of ease and comfort. When there is in-harmony, there is a feeling of repulsion—you do not want to know this person. Therefore, the quality in personality is a most important thing in individuals, when they understand. And is perhaps one of the most important things in life, is quality in personality.*

*Now, the same laws applies,—according to the state of consciousness so is the effect of man's thoughts, the ignorant think unconsciously while the wise think consciously. Again I must remind you that unconscious and conscious reaction to people, things and conditions and the tone of your thinking make up your magnetic aura which has great influence on those with whom you come in contact. This we will call the unconscious radiation of our thought influence.*

*I told you in previous lectures, that your thoughts are electro-magnetic, they have the effect of sweeping through the whole of your organism, your body, through your nervous system and then outward into your atmosphere and beyond. Your thoughts, in fact, colour the ether that surrounds your body. If your thoughts are strong enough, they will enter the atmosphere and magnetize the ether. Just as you can hear a radio station in any part of the world at the same time, because the ether is magnetized with these electro-magnetic waves, and the whole of the ether*



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*being magnetized at the same time, you can hear in any part of the world, the same voice at the same time.*

*But as you know, that sound travels at seven hundred miles an hour, and these other vibrations travel at 186,000 miles per second. Therefore, the sound of the voice is carried in through an instrument, and then it is boosted-up in vibrations. These vibrations then become at the rate of 186,000 miles per second. Therefore the sound is carried on the back of this electro-magnetic wave, in what we call the ultrasonic-sound area, in which there is no sound at all, because the vibration of that sound is raised so high in the ether, that you cannot hear it by your ear. Then through your instrument, this ultrasonic-sound which is travelling at 186,000 miles per second, is modified through your radio, and you hear the voice at the same time almost as it is given off.*

*All these things are done almost instantaneously, but so much is performed in this particular small portion of time, it is incredible to think that at the same moment all these things are taking place.*

There is a complex combination of thought currents which produce the unconscious transmission of the magnetic influence. While one person will attract and create harmony, another may create the reverse. While, one will unconsciously express healing and comfort, the other may unconsciously do the opposite. The question is how is one to protect oneself against the negative influence of a negative mind. The answer is, become aware of our reaction to people and things. This simple statement carries with it great significance.

*There is nothing more important than your awareness of your own thoughts, your own feelings, your emotions and so forth, and your reactions to conditions and things. Immediately you become aware of that you are safe, but if you are caught-up in your emotions, you're caught-up in your thinking, you're caught-up in your thought, then unconscious thinking creates this condition, which is very often negative—fear, apprehension, jealousy, egotism, anger, hate. All these things are brought into play, because of your unconscious reaction to conditions, people and things, jealousy and so forth, is an unconscious reaction.*

*If this unconscious reaction is continued over a long period of time, you can see how it affects the body. These electro-magnetic waves being negative in character, have the effect of travelling through the ether which*

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*interpenetrates every wall of every atom in the body. And as these electro-magnetic waves pass through the body they cause a change, a transformation in the body, and therefore you find yourself with all sorts of conditions.*

*But there is one great emotion of love that sweeps through the whole body, and by doing so it changes every atom, transforms every atom into a live, living, vibrating perfect thing. And the combination of billions and billions of these atoms, vibrating at this harmony, produces peace.*

*It is a wonderful thing if you can realise what love really means, even in the personal sense. In the personal sense, of course, it carries with it, a lot of troubles. That is to say, we get attached to people and there is a slight tinge of jealousy and so forth, and these things cause little bits of miseries, by the vortices of energy, which vibrate at the wrong direction. But never the less, even if the personal person feels that flow of love that passes through them and as they feel that flow of love, you will know that it changes every atom in your body. And before you really know complete love, we have to know it through the personal sense first. Then we gradually grow into something greater and finer.*

The atmosphere of a city is impregnated with the quality of the thoughts of the people who live in it. The unwary are caught up in it, therefore a knowledge of the law of electromagnetic thought-waves is very essential wherever you live.

*If you live in a particular part of the country that is influenced by a certain individual or certain feelings, you will find yourself caught-up in them. But by a power of your own thought, you can change all that vibration. Even one individual who understands the power of electro-magnetic waves, can in a meeting, change the whole atmosphere of that meeting without saying a single word. Those electric-magnetic waves are so powerful, that they permeate the minds of every individual but that individual must understand the power that is necessary to produce those electric-magnetic waves that permeate the minds of every individual in that meeting.*

*Therefore, a whole meeting can change from one of, an unruly one to one of peace and harmony, because of the fact that those electric-magnetic waves are the most powerful things in operation. And no matter how the individual thinks, and feels, he is powerless against these electro-magnetic*

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*waves that are projected by a most powerful consciousness that understands the process, and how it takes place.*

A hospital can become one of the danger spots, if one is not careful. A sick person can become affected by the thought-waves permeating the hospital to such a degree that recovery is impossible, therefore purity of thought is essential. A ward can be brightened up by one mind who knows, while another can depress it through constant thoughts of sickness.

*I have known people being put into a ward, where there has been one or two people very very sick, and have passed out of the body, and that person has remained in the ward for a specific time and has been affected by the influences of their own thought and feelings.*

*I can remember long ago, early in 1915, when we went up to the Hohenzollern-Redoubt.<sup>1</sup> I was in the Cameron Highlanders at that time, and we were going in to relieve another regiment, (that had) fought seven days before. So, we went in to relieve them about 5 o'clock in the morning. And we got up there during the night and in the early morning, the light was coming over into the dawn. And I was standing with my foot on something, just like this, resting just as though nothing was happening. Of course, you could hear the bullets and everything flying all around about you but of course you get accustomed to these things. And therefore when the light came a little bit more, I looked down and what I had my foot on, was the soldiers who had been brought out through the trenches who had been killed that night or the day before, and they were on the bodies line to go down to the burial ground. And I had had my foot on this thing, I did not know it was that, but when I saw it was this sort of thing, it gave me a bit of a shock to begin with. And the first thing that entered into my mind I said, "I wonder if I will be one of these fellows tonight." That was the first reaction I had. Now, the influence of that was slightly difficult to overcome for an hour or so, and I kept thinking of it, for the simple reason that it got a hold of me. But immediately I began to discern what I was thinking, and the emotion behind it, it disappeared. And I felt within myself, "well, the bullet is not created yet, that is going to kill me," so I went away, whistling on my way.*

*But it gives you how a thought, an influence, can depress one. And that, in early 1915, was the first time we went into the trenches and it was a bit of a shock because that was the first thing that met you there, the*

1. See page 260

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*first time you entered the trench. After a few days in the trenches you don't give a hang, you get so callous and nothing bothers you.*

*Your reactions to conditions in life has got to be discerned and by doing so, you are not affected by that unconscious reaction that you have all the time which brings fear into your heart, and also produces in your body according to your thoughts and emotions.*

But the intellect of man will yet be forced into avenues towards the cause of things and will no longer be caught up in the effects of things. Just as electricity and magnetism have been harnessed for the benefit of mankind so will the scientific laws of mind and the creative power of thought and sound be harnessed. They have an eternal existence because they are the basic principles upon which *this* Universe is built and are still the basic principles on which life exists. The Word that was in the beginning carries the essentials of Creation.

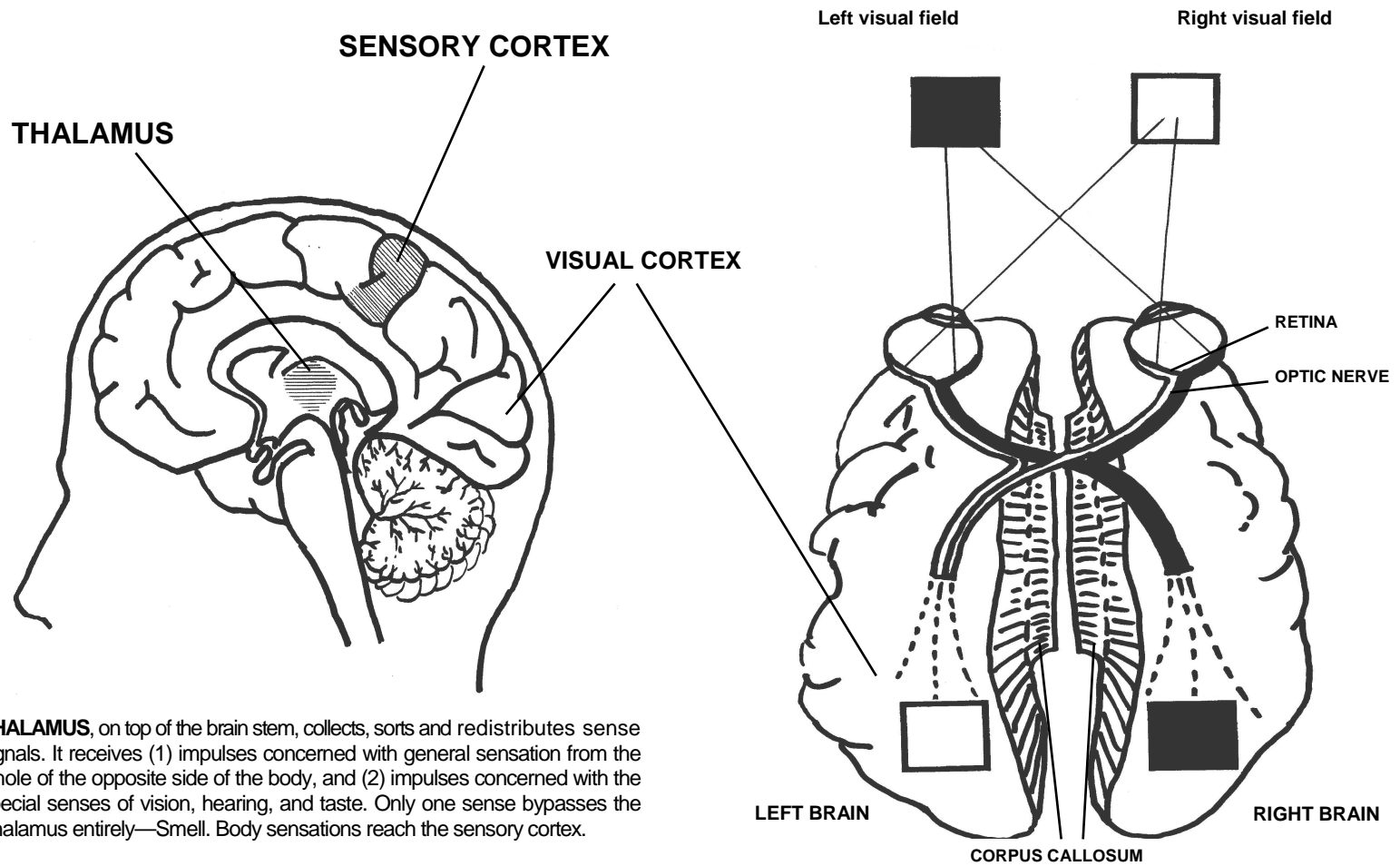
*And the Word means this: the idea must exist before the word can be spoken. The consciousness becomes aware of the idea and gives reflection to the idea in form and sound, therefore a Creation is created.*

*My words to you, come forth in sound, they enter into your mind and by doing so, you also pick-up those vibrations through your ear. They are carried through to your brain, to the various receiving centres in your brain, vibrations. There, they are interpreted, then the conscious mind takes hold of all these various vibrations, and forms them into an image, and the consciousness becomes aware of it at once.*

*A tremendous amount of work is done from the time my voice you hear, from the time you accept it and understand what I am saying. There is a multiple number of mental activities taking place in your brain before you can actually know what I am saying. The ear only receives vibrations, it does not discern or interpret what you hear, it only carries vibrations to the various centres in your brain, from there it is interpreted.*

*Just for instance, when you are looking at something with your eye, what you see of that image is a reflection of the image in miniature. Because if you look into your iris when you are looking at anything, you will find there an inverted image of that thing, very small. And these rays are then carried through the optic-nerve,\* in a form of electro-magnetic waves, through the optic-thalamus into the optic centre\* at the back of the head. There it is interpreted and is passed through other various centres in*

\* See page 251



**THALAMUS**, on top of the brain stem, collects, sorts and redistributes sense signals. It receives (1) impulses concerned with general sensation from the whole of the opposite side of the body, and (2) impulses concerned with the special senses of vision, hearing, and taste. Only one sense bypasses the Thalamus entirely—Smell. Body sensations reach the sensory cortex.

## THALAMUS AND OPTIC NERVES

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*your brain, giving it colour and dimension and so forth. Then the consciousness becomes aware of the image that is presented in the mind and gives it a relative reality.*

*A relative reality then, is a relative reality, not a Reality in itself, but it gives it, what we call a relative reality.*

*Therefore your eyes do not see and your ears do not hear, nor do your fingers feel, nor does your nose smell. These things are only reporters that carry vibrations to these various centres in your brain, through which these vibrations are interpreted. And through the mechanism of your memory cells, a picture is created of what you see and feel and hear. And is produced to the consciousness, and the consciousness becomes aware of it. That is exactly what takes place in everything; through your ear, through your eyes and through your nose and through your fingers. Therefore, everything is mental, a mental-phenomena.*

As science progresses and each new discovery of atomic energy is followed up, including all that is found in the relative world, the cause will be found within man himself. This is a profound statement *and* nevertheless true, for science is pointing this way. Science will prove that the inner and the outer are one and that there is no effect without cause. The study of the Cosmic Ray will unfold the great Law of the creative power of thought.

When science comes to acknowledge the existence of an invisible Universe it will extend its investigation into the world of cause and the study of the powerful properties of mental energies and thought-power. Again I have to remind you that the Master Jesus was the greatest scientist the world has ever known. Yet his discoveries have never been followed up in a scientific way, although his sayings have been made the basis of the greatest religion of our modern age.

*And why was Jesus the greatest scientist of the modern age? Because he had every instrument that science could ever-create; for the purpose of looking into the most minutest particle of matter, for looking to the greatest distance on the earth, by understanding the process of the atomic structure of his own body and beyond, by knowing the constituents of electricity and magnetism, understanding the essence that is behind every form, understanding also the consciousness that is created, and having a balanced view of both the relative and that which is*

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*not relative, but Real. Having that balanced state of understanding the difference between the two, and joining them together in one complete Whole, recognizing himself as the Creative Principle behind all things.*

*By this great mighty understanding, he was able to penetrate deep into the structure of matter; to understand the confines of the very atoms. To be able to use his own telescope which is within himself, and see the greatest distance of where he wanted to see, and that is why, he saw Philip under the tree. And he could also use all his instruments, and he had within himself, a mental library of all the things that could ever be published, and will ever be published in the world, because that was open to him.*

*All things then are now open to the Master who can penetrate the confines of matter; of ether; of distance of space, both the infinitely small and the infinitely great. That is the power of the Master that is behind all Creative Forces, understanding them, and recognising them as part of himself. "I and the Father are One."*

Yet no religion or philosophy can ever endure unless its claims are based upon a firm scientific basis of truth in the most practical way. The results will no doubt be painful to many adherents and will shatter their coveted delusions, nevertheless unless this is accomplished such a religion or philosophy is doomed. The time is coming fast for this to be done, Truth-Science and religion must walk hand in hand.

*Otherwise religion will pass into oblivion, at least the religion that we know of today.*

Therefore all philosophy or religion must follow the true path of concentrating on the study of mankind and not merely be caught up in ethics, for ethics will never reveal that which is fundamental in man but only creates duality of mind, and Reality can never be found in duality.

Only through the world of cause can effects be understood, and only that which is within man himself can guide him to the world of cause. Then he will find that the electro-magnetic wave is the secondary cause behind all Creation which uses the boundless ocean of ether as the basis of all phenomena which respond to the powerful generator of thought. We will then have a glimpse of the reason why, although the real why will always be locked up in the unknowable who is the first Cause of all things, yet is all things.

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*So we see that these electro-magnetic waves are secondary causes, which are projected by a consciousness that is aware. If the consciousness is aware, then its power of projection of the electro-magnetic waves becomes accurate and devastating, both in creation or disintegration. It is a powerful generator of our thought, and according to your awareness, not only of that which is relative to you, but awareness of that which is Real within yourselves. Then in that state, there is a Consciousness that has the power of a generating station, just as you recognize a regenerating station that is terrifically powerful that magnetizes the ether all over the world, while a generating station that is very weak it can only magnetize the ether a short distance.*

The only ethics man will then know to be true is “Love” and “Wisdom,” then man will be true to himself, consequently he cannot be false to any man, for knowledge will show him the true path to freedom. When thought, the greatest of all forces, is revealed the only effective means for security will be love and wisdom, otherwise the misuse of this great power would destroy man himself.

*That is why that it is essential, that those who are ignorant of this truth who have not built-up an understanding within themselves. If they use this tremendous force without that security of Love and Wisdom, they could destroy ourselves. So powerful is the consciousness of man, when it becomes aware.*

*A black magician is just the same as a white magician. A black magician is one who concentrates in his mind thoughts of ill-will and destruction upon another. But little does he know, that eventually all these return upon himself and destroy him.*

*While the white magician is one who uses Love and Wisdom and healing. And by doing so, these vibrations rebound back upon himself, and he becomes rejuvenated and strong and youthful, even in old age. He becomes then, a centre through which those vibrations of Love and Wisdom which are youthful in nature and have a rejuvenating power upon the individual, constantly expressing these thoughts brings health and strength back to them.*

*Therefore if one is engaged in destructive thinking, unconsciously, or you feel that you want to have revenge upon some person, you always find that coming back upon yourself. Jesus said clearly and distinctly as a*



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*means of security for yourselves, "bless them that curse you, do good unto those who injure you." Therefore for your own security, you have to express those things, Love and Wisdom.*

The scientists of today are perturbed, unless a proper control of atomic energy is devised, man might destroy himself. So were the ancient scientists, who were well acquainted with the science of thought which is behind the atom, careful lest the uninitiated would gain (the) secret to this vast power.

Therefore Love and Wisdom will be the fundamental ethics upon which humanity has any hope of survival, and not merely words without meaning. *But words without meaning are useless. You will sit and you will listen perhaps, to words read in a different language which you do not understand, there is nothing to appeal to your consciousness at all, except the rhythm perhaps but beyond that it has no effect upon you whatsoever because you cannot think.*

*And unless you think for yourselves, you are caught-up; in conformity, in tradition, in vicious circles, and naturally you are swept along with these particular things that injure and destroy the people. If you then, can stand in the midst of a crowd and listen; not be affected by say any martial music, not be affected by any political talk, not be affected by a national anthem or patriotic thing, if you can stand there without being moved by any of those things, then that is being aware. If you can stand in the midst of all these things and without having any movement whatsoever but keeping your perfect balance through being aware of what is taking place around you. Then you are aware and not affected. Although you are swept aside or swept in the whirlpool of the thought that mingles with the crowd.*

*The crowd will create a thought, that becomes a electric-magnetic wave of that crowd and everybody is swept along with it, they can no longer think. Only a person who is aware and can withstand all these influences. That is what you must learn to do, under all circumstances, you must learn to do, to become aware, and not be affected by anything external to yourselves. Only those who have seen behind the scenes can lead man to freedom and ultimate good.*

All you who are now students of this University course on Universal Science, studying these lessons, assume a tremendous responsibility. When you acquire a clear logical and scientific understanding of the power of

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thought it reveals to you the great secrets of *Creation*.<sup>2</sup> Jesus, knowing this science, never condemned anyone but forgave even those who crucified him. He was aware of the power of his thought which he demonstrated on the fig tree that did not bear fruit. By his word he withdrew the Life from the tree. To use this law indiscriminately would do untold harm.

This knowledge transmitted to you thrusts upon you a great responsibility and you cannot afford to disregard these words of mine. No individual can ever escape from the consequences of his own creation. As you have already seen in our previous lessons, as you measure out to others so will it be measured out to you again.

*That is security and there is no other security. The greatest Master of all times, gave this security to mankind, yet mankind passed it by. And what do we see today! The Christian religion we see today is not the teachings of the Christ. And not until the Christian religion has died, can the teachings of the Christ be made manifest. Only then will the teachings of Christ be revealed, and it is the security of mankind.*

*But is the Christian religion today a security for mankind when the Christian religion themselves are battling against one another? Within the Christian religion there are battles going on between one dogma and another:*

*Any time you can go to Glasgow and during these particular periods of time, when these particular organizations have their day out, such as St Patrick's day and so forth and Protestant day. You will see one band coming down one side of the street, the Protestant band and the other side the Orangeman's band. And immediately they get near enough to each other, they take their instruments and bash each other's head, and it takes the police to separate them. And here is the Christian religion which is supposed to be the teaching of the Christ.*

*Well, you see, the whole thing is preposterous and ridiculous, for the simple reason, that they have got no truth at all. They have a dogma of course, but a dogma is not Truth, an idea of truth is not Truth, the word truth is not Truth. Christian religion is not Truth, Mohammedism is not Truth, Hinduism is not Truth. All these things are beliefs, ideas and images in the mind, and have no existence in Truth at all. That is why people fight about them. But they never fight about the Truth, they cannot because they do not know what it is, therefore they cannot fight about something they do not know what it is.*

2. See page 260

## LOVE AND WISDOM ARE THE FOUNDATION OF OUR SECURITY

*And only those who know that it is, do not argue with ignorance, that is a fool's paradise.*

*This knowledge transmitted to you then, thrusts upon you, a great responsibility.*

It is extremely difficult to break the habit of past thinking formed by years of ignorant unconscious re-actions. Yes, truly we are born in the ignorance of past generations. But if you will discern your thoughts and your reactions to things and people as I have taught you in the past, it will not be difficult for you to check these thoughts which cause havoc in yourself and around you. Jesus gave us the key to our safety, "love your neighbour as yourself." "As the Father hath loved me so have I loved you: continue ye in my love." John 15: 9.

Also read again the Sermon on the Mount and there you will find the security of man, and the only security man has.

Man ignorantly weaves the path of his life here by mixed thoughts. Yet man knowingly can check accidents and calamities by the mighty power of his conscious concentrated thought. His thought will stand in the way and dam up the destructive avalanche of a thought world overwhelming mankind, so strong is the power of a concentrated thought-wave projected into the ether.

*We have seen that, recently here and in Johannesburg, when each of us was quiet and in a state of passivity. A thought was created and generated into the ether with tremendous force, carrying with it the ectoplasm which you give off, making it such a mighty thing, that it was physically felt by people in different parts of the world. At a time, not very long ago, one spark would have set off, the power-keg of the world.*

*And by this tremendous force, this power that we have as students of this great wonderful Truth, we have helped mankind. And perhaps we will see the day when we will perhaps disperse all this stupidity, where we see two armed camps facing each other, who are ready to spring upon each other, at the slightest provocation.*

Man's greatest protection is his own thought. It is his greatest friend and his greatest enemy according to his own choice. So is man's speech a blessing or a curse to him, thought and speech are united in their action and create attraction and repulsion. The wise are wise unto themselves, to attract good and repulse all that is undesirable.

## THE WORD OF CREATION

In our next lesson I will deal with the power of the word and the tone of the voice.

When you have gained the art of discerning your thoughts you can select the thought you want to express. Care and attention to what I have said is most essential if you would become a world builder not only for your own good but for the good of all humanity.

Everything can be accomplished in the way I have shown you, mere words loosely spoken are trash. Wisdom is choosing your thoughts and words and is the key to a successful life, which will be dealt with in our next lesson.

*These few words are most enlightening and it is necessary for students to take heed of them, to protect themselves.*

*Man's greatest protection is his own thought. It is his greatest friend and his greatest enemy according to his own choice. So is man's speech a blessing or a curse to him, thought and speech are united in their action and create attraction and repulsion. The wise are wise unto themselves, to attract good and repulse all that is undesirable.*

*So think deeply over those words. Because unless you discern their true meaning, you will be caught-up in your thoughts, in your speech, in your actions.*

*The power of the Master is always one of awareness, where he feels and finds himself unattached to everything, even the awful powers which he uses. Just as you can go into the sea and have a bathe and come out of it, you are unattached to it. So is the Master unattached to all of the relative world; he can enter into it, and use it, and change it. Yet he can extricate and distract his consciousness or retract his consciousness completely from the relative and there remain within the Consciousness itself—free, with all its Creative Power uninfluenced from anything external to the Consciousness itself. Therefore the Consciousness becomes Creative, without being influenced in any way by the relative world.*

*This is truly the Master, through un-attachment in every way; to people, things in the relative world. Yet he can enter into that relative world and enjoy the effects of that relative world. He can work in it and yet not be of it. "I am not of this world."*

*Here, is then the Consciousness of a Master, completely detached, yet using everything at his hand. He used mud to bring the sight to the*

## LOVE AND WISDOM ARE THE FOUNDATION OF OUR SECURITY

*man's eyes. He used water to make the lame walk. He used loaves and fishes to feed the multitudes. He walked upon the water because it suited him. He stilled the waves because it helped his disciples.*

*If he was in the wave, he could not do it. If he was in the sea, he could not do it. If he was in the relative world, he could not do it.*

*This non-attachment to the relative world is the secret of Mastership. "I AM in the world, but not of it."*

*"Peace I leave with you; my own peace I give you; not as the world gives, I give to you. Let not your heart be troubled, and do not be afraid."*  
John 14: 27.

## BENEDICTION

O Thou of Wisdom and Love, Thy nature Thou hast given unto me that I may walk in Thy ways.

Even though I was born in ignorance Thou hast shown me the way to Thy glory.

It was through Thy Son Jesus I saw the Light. Thank Thee, O Blessed One, for sending him into the world to be *the* light unto men.

Grant me the understanding to guide others *unto* the ways of Truth and Freedom through Wisdom and Love, O Mighty One.

## EPILOGUE

*Let us enter now into the Sanctuary of the Silent Healing Power. In this quiet peace.....*

*(short silence)*

*.....In this quiet peace and in the knowledge that there is protection, even through imperfection. That which seems imperfect will*

## THE WORD OF CREATION

*dissolve away, because it has no existence of its own. No permanent existence exists in the error in the mind of man. Only the continued expression of the Divine Nature, that expression that is Eternal and Ever-present. And the fundamental understanding of that, is found in these words, “I and the Father are One.”*

*My peace now I leave with you, my blessing remains with you also.*

- \* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 20th May 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The *Hohenzollern Redoubt*, near to Auchy-Les-Mines in France, was a German fortification on the Western Front in World War I. The British first attacked the Redoubt on the first day of the Battle of Loos (September 25—October 13, 1915), was one of the major British offensives, but was a gallant failure, with the loss of over 20,000 officers and men.
  2. In the recording Murdo had changed the text from “existence” to *Creation*. The Lecture Note sentence reads: [When you acquire a clear logical and scientific understanding of the power of thought it reveals to you the great secrets of *existence*.]

Lecture 7 (27th May 1952)

**“THE SPIRIT ALONE IS VOICE”\***

“The godless draw the sword, and bend their bows for murder; the sword runs into their own heart, and their bows shall be broken!” Psalms 37: 14-15.

*(That is exactly what takes place in the world today.*

*“Who lives by the sword shall die by the sword.”)*

“The words of good men will make many wise, by a fool’s lack of sense is death to himself.” Proverbs 11: 21.

*These two paragraphs are very important on what we have to say this evening in this lecture.*

Speech is one of the great marvels of God’s creation. The combination of thoughts and words express what is in the mind of man. Have you ever thought of the deep mystery of how thought becomes speech, how the brain, vocal organs, throat, mouth, teeth and tongue come into play to express a thought in the form of sound-words?

*We speak, we utter a sound. Do we realise what happens when we utter a sound? How the whole body, even the chest, the lungs, the brain, the nerves, the mouth, the tongue, the teeth, everything moves in absolute precision, to produce the word. The thought becomes the word in form. The thought that is travelling at a high rate of 186 thousand miles per second, is reduced to sound, a rate of 700 miles per hour, so that you can hear the thought in the word. That is what is happening now, the Spirit alone has Voice. The Spirit alone creates the Word. Nothing else can create a word, except the spirit. There is no other form, no other power that can create the word, or the voice, but the Spirit, and the Spirit alone has Voice. That is the Creative Power of the Spirit—the thought and sound.*

Eloquence is the skill of selecting words giving them harmony and rhythm through a voice-tone that is vibrant. Think of the power of words specially selected and expounded through a voice personality that can sway millions. Words that sink deep into the soul to stir the human heart into a response that nothing else can.

\* See page 276

## THE WORD OF CREATION

*Here we see then, a Voice of the Spirit. And it is according to the enlightenment of the individual that enables that person to speak with eloquence or with ignorance.*

*Wisdom is a gift of God. And he who wants Wisdom can get it, he only has to ask and he shall receive. But those who ask amiss, shall not receive the Wisdom that gives true expression to the Word of the Spirit because the Spirit Itself—is Wisdom.*

*Where do you see Wisdom in the world today? Are there many words of Wisdom spoken in the world today? The secret lies in the fact, that they do not know the mechanism that God created for the purpose of expressing Himself. But man has taken hold of the Tree of Knowledge of Good and Evil and is beginning to expound that Tree to the detriment of the whole of humanity.*

*No one has yet seen the great Truth of the One Tree of Life, that has its roots in God. And very few have clung to this which is the salvation of the world.*

*But people are always found in this duplicity of good and evil. The tree that you are told, “that you are not to eat the fruit thereof, unless you die in your ignorance,” that tree that grows out of man’s mind. And by doing so, man has led himself into the trouble he is in today.*

*But the miracle will take place. Mark you this, the Spirit alone that has Voice shall speak and the Eternal shall be heard once more. In the hearts of man, the Eternal speaks. That great saying is a Truth that shall manifest in the minds of people, when they have found out, they have been carried away with the Tree of Knowledge of Good and Evil.*

*Great achievements and progress are bound up in the thought-word expressions. The mighty power of a word can change a nation from a mediocre nation into a champion of a great cause. Jesus was master of thought-word expression, he also turned a few fishermen into the greatest word power machines the world has ever known.*

*And in fact, each and every one of you can become one of these word power machines for the expression of the Truth of Life Itself, to discern all the things that are false.*

*When I tell you, it is necessary for you to discern the error. Do not worry about the Truth, the Truth exists Eternally, you cannot create a Truth, do not worry about it, it exists now. All you have got to worry about, is the errors, and then discern them and dissolve them. And when you do*



## “THE SPIRIT ALONE HAS VOICE”

*that, you will let go of that Tree of knowledge of Good and Evil and you will find the Tree of Life.*

*Do not worry about the Truth, I say. Do not worry about it, the Truth Is. You cannot spoil it, you cannot destroy it. No one can destroy the Truth. No one can argue about the Truth, it is beyond the mind, therefore, how can you argue about something that is beyond your mind. You can only argue about something that is in your mind and what is in your mind is error; it is a belief, an idea, an image of the truth which is not the Truth.*

*Therefore I say to you, forget the truth and discern your errors. And when you have discerned these things that are causing you all the misery, you will know what they are and the misery will pass because you no longer perpetuate the error.*

*It is necessary that you have had these words, to know and understand the meaning. And do not listen to anybody that can tell you the Truth because they do not know about it, he is leading you up the garden path.*

St. John says, “in the beginning was the Word and the Word was with God and the Word was God.” *In another translation, in Moffatt’s it says, “the beginning was the Word and the Word was with God and God was that Word.”* With this great occult Truth the profound secret of Creation is revealed. God spoke the Word of Creation and Creation came into being. Here we see the magical power of thought and sound in the form of the Word. This combination nothing can withstand for it is the essential instrument of Universal Creation and expression.

*If the Consciousness withdraws itself from all Creation, no Creation or relative creation could exist because the Consciousness alone holds Creation within Itself.*

*Consciousness is the boundary of the invisible, unlimited boundary, in which there is no outside. Consciousness envelops the Whole of the Universe and everything is within the Consciousness of God. And the Consciousness of God is within everything.*

*There is the paradox, that we have to understand in relation to the relative world in which we see and understand. It is the relative world that we see, the relative world that we studying. We see everything that is relative, even your thoughts are relative. When you think of God you make God a relative God, do you not? Something outside yourself, an image in your*

## THE WORD OF CREATION

*mind. Do you not pray to this imagery God? You pray to an image, is not that idolatry!*

*Most of your prayers mean nothing. How would you truly pray? Jesus said, "God is Spirit." You pray to God in Spirit in Reality. God is Spirit, the only Creative existing Power in the Universe because nothing can come into Being except through Spirit. And Spirit is the Word and the Spirit alone has Voice. And that is why, "in the beginning was the Word and the Word was with God, and God was that Word." That is Creativeness.*

*Here we see the magical power of thought and sound in the form of the Word. This combination nothing can withstand for it is the essential instrument of the Universal Creation and expression.*

The Masters are aware of the potency of sound and cultivate a tone of voice that creates harmony and creative action, they know the power of a word spoken with the understanding of the Truth behind it.

*If you look into your own minds and think of the words you speak, are there any Truth behind the words you speak? Do you speak from your own emotional habit patterns, which were created and established within yourselves, that you have not discerned? Therefore you speak from ignorance. You do not know whether you speak from Truth or not, so therefore you are confused.*

Most people use words, with no knowledge of what they are doing. But when the knowledge comes into your hands you are careful to choose *your* words with discretion for the very reason that the power of thought and speech are allied and are expressed as one.

*A woman came to me the other day, and said to me, "Doctor, I know that you are annoyed at me for asking you those various questions!"*

*I said, "no, I'm not annoyed. I was never annoyed with anybody. Why do you think that I was annoyed with you?"*

*She said, "because you didn't answer me."*

*"Well," I said, "if I answered you, I wouldn't have given you the Truth, I'd given you an idea, something you wanted to know. And I didn't please you, you'd reject it, if it did please you, you'd accept it. So, I say, why should I answer your question? Did I not say, go and think it out for yourself and any answer you really truly arrived at, after you've discerned everything regarding it will be the Truth to you, not what I give to you."*

*She said, "I see Doctor, I see now."*

*I said, "are you sure you see now?"*

## “THE SPIRIT ALONE HAS VOICE”

Now that we have realized the power of thought we must also realize the power of the spoken word, which gives thought the added power of Creation.

Let us think how the ether is magnetized by the power of a thought. The electrons are swept into gigantic action as if struck with terrific force like lightning. Take sound now which amplifies the thought-energy-impulse causing displacement in the air, *as well as in the ether*, creating currents of sound which affect the minds and bodies of all within hearing.

*Sound, that is within the ultrasonic range, above the ordinary sound range, the vibrations of this sound which is created is not heard with the physical ear at all. But that sound is a form of vibration which penetrate the very walls of your atoms. It interpenetrates the tissue, the structure of the body. It passes through you, just as light would pass through you also that is vibrating at a higher rate of vibration than 750 vibrations per second.*

*There are lights that are flowing right through you. The Cosmic Ray flows right through the very atoms, right through the very centre of the atom, even right through the electrons. And even you know what an electron is and the atom is, it is invisible to the physical eye, yet these rays pass through them and cause a change to take place in the atoms. A change for creating and building, and also the change for disintegrating the same atoms. So you have a building process and a disintegrating process, all going on, controlled and directed by a Cosmic Ray, a force of Intelligence that passes through every cell of your body.*

*Supposing that you could control these Cosmic Rays, what would you do with them? You would be the most powerful individual upon the earth, would you not! Yet you have the capacity to do so but you do not know it.*

*Time will reveal that man has all power given unto him, in heaven and on earth, above and below. Most people use words with no knowledge of what they are doing.*

*Let us think how the ether is magnetized by a power of a thought. The electrons are swept into a gigantic action as if struck by a terrific force of white lightning. Take sound now which amplifies the thought-energy-impulse causing displacement in the air, creating currents of sound which affect the minds and bodies of all within hearing.*

When the word is spoken the thought has the added force behind it, for it sets up vibrations in the atmosphere similar to thought-waves in the ether.

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*And they are joined together for the purpose of bringing the thought that is travelling at 186,000 miles per second, and they both mould together into a vibration that is travelling at 700 miles per hour. Therefore that high velocity is now condensed into the atomic structure which you see with the physical eye because sound is nothing more than vibration, and vibration is everything. Creation is vibration, thought is vibration. Thought and sound are the two things that mingle together, to bring down the vibration of the atoms, those electrons, those etherons, bring them down so that they are mingled together and brought into and condensed into a form, that becomes a physical thing, known to you as physical or material. But material things are nothing more than this ether, itself modified and condensed, visible to you also to the touch. All is vibration.*

When Jesus uttered the words, “be still” the storm abated; not only did the winds drop but also the waves which revealed the greater expression of the word, “be still.” The stillness was complete, yet when understood there is no miracle about it but that a scientific law was revealed of which he was aware.

*He was aware of all the elements that existed. He controlled the ether vibration. He controlled the air vibration. He controlled the fire or expansion vibration. He controlled the water or condensing vibration. He controlled the earth, the contraction vibration. He controlled all these elements which are the five elements, which the Masters use in the purpose of reducing ether in vibration, to a phenomena which you see as the physical thing. Jesus was aware of all these things because he was a Master of Nature.*

*And what I have seen and I have been taught by the Masters myself. I have given to you, just the knowledge that I know to be true. And these things are not a fantasy, but an expression of the Spirit. The Spirit alone has Voice. Jesus knew that the Spirit alone had Voice and the Spirit alone was Creative. It created all things in the beginning. It was the Creative Principle that existed in man. Therefore by his voice, “be still,” not only did the winds abate but the waves also which prove the stillness of his own mind.*

In choosing one’s words in speech there must be an intelligent understanding of the underlying principles involved. The thought must be bound up in the words expressed, the thought is then carried in the sound, characterised by the tone of the voice with rhythm, harmony and

## “THE SPIRIT ALONE HAS VOICE”

meaning. This produces an intelligent electric impulse carrying the thought or idea as its nucleus.

*Think into your own minds and see if your words are expressed in this way.*

Now think what a wonderful and gigantic power is placed in the hand of man. *The Masters say*, that this knowledge *should* only be given out to those who have developed Spiritually. For if used by those who have acquired this knowledge without Spiritual understanding untold havoc can be done.

*It has been done in the past. And havoc has been done among people in the past and havoc will be done among people in the future. A person without Spiritual understanding has grasped this knowledge, by the power of his words he has brought millions of people under his spell, and led them to destruction and himself as well.*

*The same things are happening today before your eyes. Right through the whole world this is taking place, and what is the cause of it? Confusion in the mind of the people. Your minds are confused, I know they are confused. You read your papers, morning, noon and night, you hear one side and another, you do not know what is truth and what is not true. Therefore, you have lost your own self confidence because you have put your confidence in someone else. You believe that they know more than you do, therefore you are too lazy to think for yourselves. Consequently you follow a leader that leads you to destruction. But if you have sound common sense, you will know that you are in confusion. And if you know that your mind is confused, then the first thing to do, is to get out of that confusion and think for yourselves. Confusion comes about through lack of self confidence. You have no confidence in yourselves because you are swayed by the words of another.*

*Where does the Truth lie—in yourselves. And how will you know that which is beneficial to mankind? Well, the greatest Master in the world gave it long ago. He said, “love thy neighbour as thyself” There is no longer any confusion, your confusion disappears.*

*But how do you know your neighbour? You have got no neighbours. Why have you not got any neighbours? Because you treat your neighbours as a piece of furniture, for your own benefits. As your relationship to your neighbour so is your relationship to God. Then you call yourselves*

## THE WORD OF CREATION

*Children of God. "I am a child of God" Oh yes, you are a child of God, but you act like a heathen. That is Truth. Unless I tell you those Truths, you would never look into your minds to see where you are going.*

Let us examine what takes place when thought is formed into words and sounds. The thought creates impulses in the brain cells connecting with nerves reaching the lungs, the vocal cords, the tongue, the lips, the mouth, the palate, the jaws and teeth, the nose, *the* head, chest and diaphragm etc., all these come into play to give voice to the thought and to give-thought-sound. It has gained an actual existence in the relative world—the world of effects.

The voice discloses the character and quality of the person giving expression to the thought. The voice is the audible representation of the quality of the mind, that is why voice personality is so important in all walks of life. It is this combination that gives life to the thought in sound-words.

*Where is your voice?\** *Your head is the dome of the sounding box through which the sound flows outwardly in all directions. I speak my voice, my voice sounds there and there and everywhere, down to the end and right away back as well because here is the sounding dome—the head. So, the vibrations flow out in all directions. With it the thought and sound are mingled together, and when you hear my voice, you know my thought because they are both together, mingled as one.*

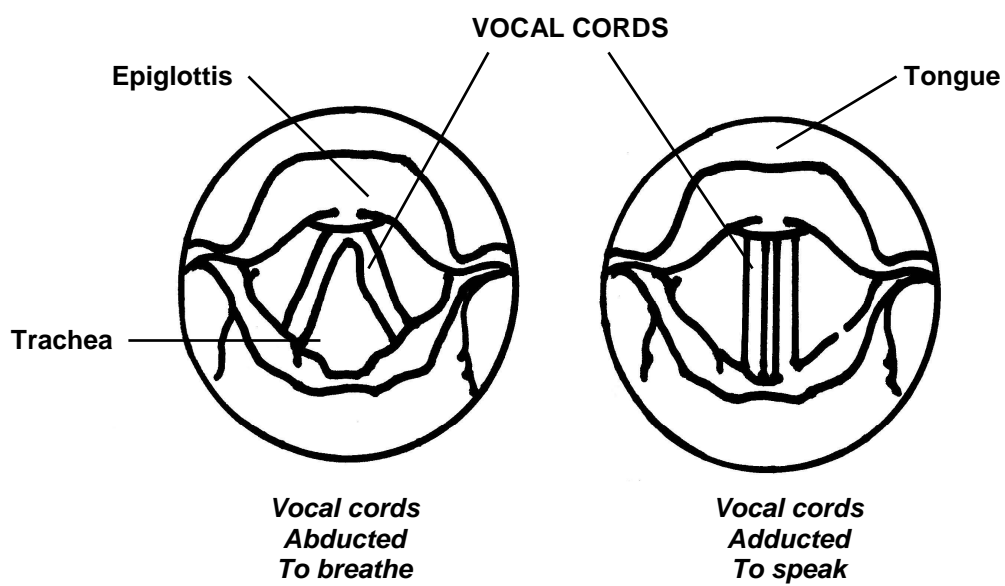
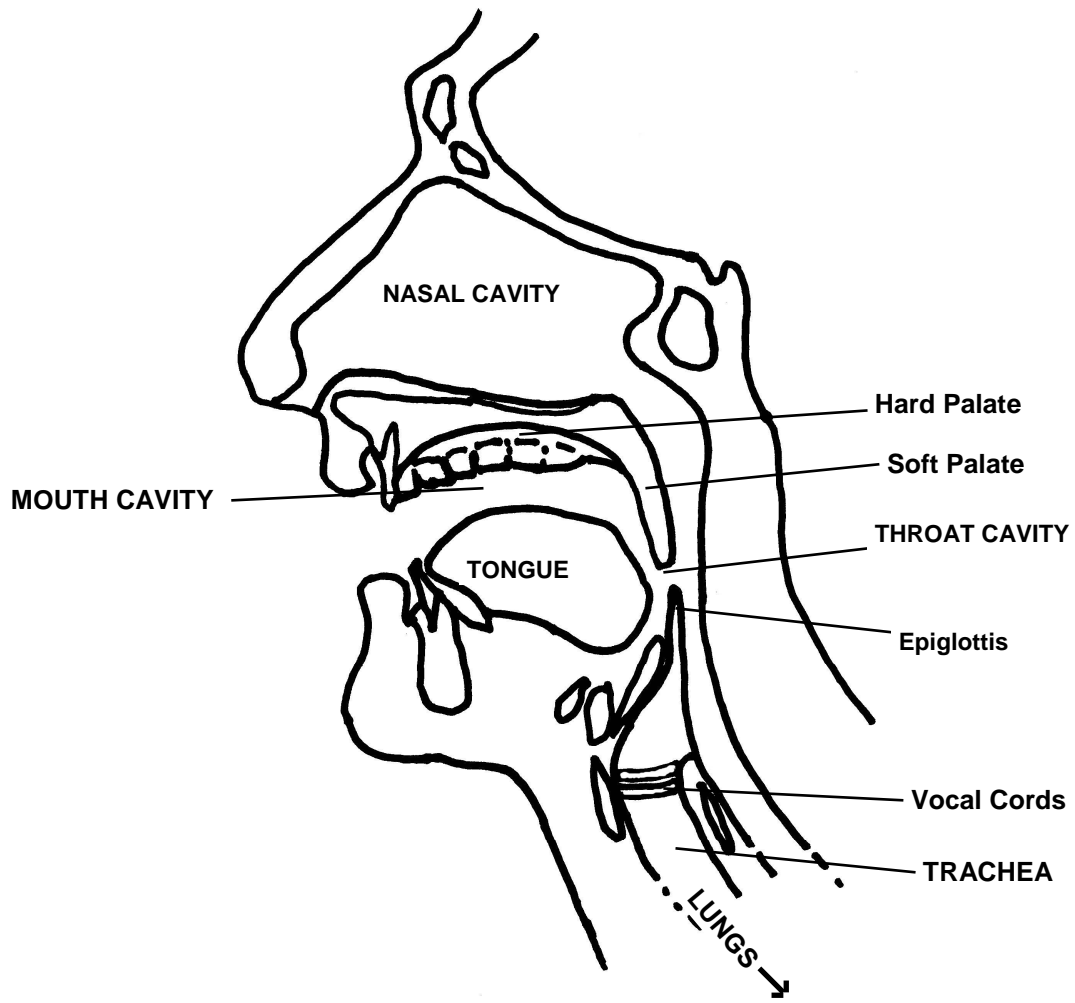
Thought is a living entity expressed from Life Itself. The word is also a living entity expressed from Life, for there is nothing else that can express voice in its original form. Thought is an electro-magnetic force that magnetizes the ether. Sound is also an electric impulse that magnetizes the atmosphere. Thought is an ether-wave and sound is an air-wave combined for the purpose of creation. The Word that was in the beginning was the Word of God the Creator of all things in heaven and on earth, The inner and the outer become one by thought-word-sound. Therefore thought and word have the same creative force when combined by the *Living*<sup>1</sup> Force expressing it.

*"I Am alive and Living, I Am Life. I alone have Voice." That Spirit that is alive alone has Voice. That is the power of the spoken word—LIFE.*

*Are you beginning to understand the power of the word that was spoken by the Master, when he silenced the storm. Have you now confidence in your own words or are you still in the kindergarten stage.*

\* See diagram on page 269

1. See page 276



### THE SOUNDING BOX

## THE WORD OF CREATION

Thought travels at the speed of light, 186,000 miles per second, sound travels at the rate of 700 miles per hour. The transformation of ether into material is in the exact proportion to the thought which is caught up in the ether and condensed into the slower vibration represented by sound. Here lies the power of the Master's words. Ether is materialized by the combination of thought and sound, the word transformed the thought into form, "arise and walk."

*There is no division anywhere. There is only wholeness and completeness. Division exists only in your mind. It is an illusion, it is a belief. It is through the senses that you receive these feelings or sense of separation.*

*Your senses are lying to you all the time. They can only give you vibrations of light and sound and touch. And you create those vibrations in your own mind which in themselves, are only electro-magnetic.*

*The eye catches vibrations of light. The image of that vibration is in the pupil of the eye. It is transferred into electro-magnetic vibrations which pass through the optic-thalamus into the optic centre at the back of the head. There it is dissected into various things and through the various centres of conception in the brain, so you have then; colour, size, objection and so forth.*

*So the mind builds a picture of what is seen through these vibrations, all in the fraction of a second. Therefore everything is mental because all your senses, all your images, are mental. So everything is mental. If you know that everything is mental, then you change it, can you not?*

*The Masters knowledge of the fact, is that everything was mind, was mental, was his power over everything that was physical because physical was a modification of that which was mental.*

*I am telling you knowledge now, perhaps that I should not be giving out but I know perfectly well, that the majority will never use it. Anyhow you are sufficiently Spiritualized to understand you will not use it to the disadvantage of yourself and others.*

Ether-waves and air-waves equal thought and sound, both are united in all that is material in nature. The ether wave is in the material as well as the sound-wave is in the material. Both are carried in the material. The sound of the ocean can be heard in the sea-shell. The vibration of the sound of the sea is caught up in the atoms of the shell, each individual molecule of the shell resounds the harmonious song of the sea.



## “THE SPIRIT ALONE HAS VOICE”

*Even those walls receive the sound of my voice. And if you had an instrument, a magnetic-instrument, you could extract this sound as it is extracted from the wire in that instrument there (Webster Wire Recorder). My voice is put onto that wire there, magnetized, and that voice can be extracted again from the wire. So can it be extracted from the walls, so it can be extracted from the ether. So can my thoughts also be extracted from the ether because there is nothing lost.*

*Oh, could I make you understand the most wonderful thing in the Universe is—you. Nothing outside you is so great and is so magnificent as yourselves. But unfortunately, book after book weigh down our weary shelves, the only point of ignorance is centred in ourselves.*

Everything in Nature reveals its own sound if we can hear it. Electrical instruments have been created which reveal these sounds. Everything in Nature is electrical, carrying its own vibration both in the ether that interpenetrates the object as well as the molecules that make up the object. When we begin to understand this then we begin to see Nature herself in all her beauty and glory.

*So in every object there is ether which interpenetrates the very atoms and cells of that particular object. Yet that object made, itself has come from ether and ether is its foundation. It is held together by the Consciousness. Consciousness alone holds the image to make it a relative reality in the relative world. Now, can you understand what phenomena is.*

*You are creating phenomena every day, unfortunately to your detriment. Through your emotions and your fears, and ideas flare-up in your mind, your consciousness takes hold of them and therefore you fear them. You have produced a phenomena, do you know that? Because a change took place in atomic structure of your body.*

*That is why Jesus made it so plain to all his disciples, “fear not, there is nothing to fear.” He put a tremendous stress upon “to fear not,” to eliminate fear from the mind of man.*

The Masters explained Nature to me by the sound of the “OM” which I will deal with later. The pulsation of the heart is the rhythm of Life—inaudible, being expressed in sound—audible.

*The “OM” then becomes the most powerful word expression that man can give. Because what does OM mean? OM means the Completeness of everything. Omniscient, Omnipresent, Omnipotent, (OMniscient, are then,*

## THE WORD OF CREATION

*OMnipotent and OMnipresent.) The three OM's are the great and wonderful thing that the Master sounds. And he knows what he is doing when he sounds it because he knows what is behind it.*

*When you sound the OM you may think it is a funny thing to sound the OM and you listen to the sound OM and you do not know what you are doing.*

*But the Master knows what he says when he says, AUM..... AUM....AUM.....*

*Then he sounds the "OM"—silently. The silent OM becomes then the thought, the power. And here is the silent OM the Master expressed.....*

*The last OM was the most powerful because it was Omnipresence, present everywhere, it went all through everywhere. First it was Omniscient—all knowledge, all wisdom, then become Omnipotent—all power. And then it became Omnipresent—everywhere.*

*Then you think, that what I am telling you sometimes is the product of your imagination or mine. Let me tell you this, that what I am telling you now is the most glorious Truth that man can find within himself. And if he dare to use it against his fellows, then it returns unto himself. Has it not been since time immemorial, that if anyone tries to dominate another, even individual, group or nations or whatever the case maybe. That group, individual or nation is building the structure for its own destruction.*

*Look back down through the various empires; the Greek, the Roman, come into our present time just recently Hitler and Mussolini, they carried with them thousands to be destroyed with themselves. You are seeing it at this very moment. Little do the people know what is happening around them. That those very vibrations that are flowing around them are returning to bury them in the very vibrations they created.*

*That is why the Master says, "always bless them that curse you. Do good unto them that injure you. Do all these things, so that you may be Children of your Father that is in heaven."*

*In the growth of the trees, flowers, corn etc., there is motion and there cannot be motion without sound, these sounds are above the range heard by the human ear, nevertheless there is sound in what is called the ultrasonic realm, this is the realm of the "Deva."<sup>2</sup> The "Deva" is a word given to reveal the occult or inner activity of an Intelligence working on a level beyond the range of the range of sound heard by man.*

2. See page 276

## “THE SPIRIT ALONE HAS VOICE”

*I am not going into these occult things of the Deva because it is not our purpose. But many of you have heard of these things but have not understood them.*

Within man there is a mechanism that can sense the vibrations of sound and when man has developed sufficiently he can catch this vibratory motion, and by the power of his thought and word can change the entire motion, this is known as transformation of substance, by this method the Master can hasten the growth of a flower or plant or tree from its seed to its fully grown state in a few hours. This developed sense reveals the existence of immense forces awaiting the “sons of God” to work upon the secret process of actually growing a tree out of a seed within an hour lies hidden the knowledge of ultrasonic vibrations which combine the elements hydrogen, nitrogen, carbon, phosphorus etc., etc. There are five natural elements behind all elements, these are ether, air, heat, water, earth. Each of these elements have Spirits or Devas which control them.

*But man has been given all power in heaven and on earth and these Devas obey you. The Devas of fire, the Devas of the ether, the Devas of the heat, the Devas of the expansion, the Devas of the contraction and the Devas of cohesion.*

*Little do you know about the great source of power and knowledge that the Masters know. Do you know that in the mind there is the greatest microscope, greater than any electronic microscope could ever reveal to you. There is also the greatest telescope, greater than any telescope that could ever be invented by man. There is all the instruments that man could ever create for seeing into the relative world. These are hidden within man’s mind himself.*

*There is no book written or can ever be written that cannot be fathomed in that mental library of man himself. There lies the secret of all things, and yet it is an open book for man to find, only it is necessary for him to clear his mind. To discern all the things that are hindering the expression of these wonderful gifts that God has given to man, made in His own image and likeness. The Father has Life in Himself, and He grants the Son to have the same Life in himself.*

*I am not saying that these great gifts are easy to obtain, by no means, but I know that they are there. And I know they will come into operation as soon as you cleanse your minds; clear your mind of all antagonisms, all greed, all confusion, all conflict, all ignorance.*

## THE WORD OF CREATION

I am not going into the ways of acting on these Spirits or Devas for the simple reason that such information cannot be given out in detail till you have advanced sufficiently to understand the principles. Yet if any of you have grasped what I have said you have already found the secret.

In the natural way the seed germination, growth and bearing of fruit take years to bring *into* fruition the finished product. Each flower or tree has its own sound so this slow patient mood is accelerated by identical powerful vibrations through chanting the thought-word-sound *of that particular growth; tree, plant or whatever the case may be.*

*Everything has a note of its own of itself and you have your own note also, you can find it within yourselves. I cannot find it for you. But when you strike it, you will feel as a vibration from the top of your head moves right the way down to your feet, your whole body begins to vibrate and you will know you have found your note.*

*So it is with every creation, there is a note in everything. That flower has a note. Everything in creation has a different note. The Masters can listen and hear, by their own very sensitive ear, that is within themselves, the sound of every creation.*

Sound has a terrific effect upon the material world. Caruso<sup>3</sup> could smash a glass with the tone of his voice. A violin will cause iron filings to group themselves and dance according to the notes played. A bridge can be destroyed by sound waves caused by repeated uniform impulses of marching men.

The continuous playing of the same note on a violin under a bridge can make it collapse. The story of the walls of Jericho is no fable but an actual experience.

*Sound has a terrific power. That is why the invisible OM is so powerful. The secret of youth is to know and understand how to produce that particular word in silence.*

*The ultrasonic vibration caught-up in the thought which gives expression to that which IS, not something that which you can create but something that which IS. So in the silent expression of the "OM" it is the expression of that which IS comes into its own, to give expression to Itself.*

Sound waves have been experimented with by many scientists who have been startled with the results and the voice is one of the most fascinating examples in this field. *Because the Spirit alone has Voice.*

3. See page 276

## “THE SPIRIT ALONE HAS VOICE”

We have seen in our previous lessons how electro-magnetic-waves magnetize the ether and affect people and things. How these waves enter into the very confines of the atomic walls transforming them. So sound-air-waves of a particular wavelength and with sufficient impulses sustained on that level can create convulsions among the atoms so as to burst asunder their cohesion, their grip on one another forcing them into different combinations.

*That is how Jesus turned the water into wine, a knowledge of these things. I have seen these things done by the Masters. And when in the Himalayas I was trained do them. But I was forbidden to do them away outside the particular confines of where they were performed. The fact that it is not conducive to do these things. I can do it through healing people and helping people and bringing about different things for their aid and for their benefit. But these are the fundamentals, what I am telling you, and you can see how clearly and distinctly these things come about.*

In this is the hidden secret of thought-sound-words or ether-air-waves or impulses which are constructive or destructive in the human mind or body in the atmosphere or in matter, as they pass through them. Thus it is with extreme care that the Masters have guarded this esoteric knowledge of the electro-magnetic-sound vibration.

A word is not a powerful thing on its own but when expressed with the knowledge of thought-ether-sound-waves it has a tremendous force.

*Because those who use it, bring into operation the five Devas controlling the five great fundamental elements that are the foundation of all relative construction in the Universe.*

The five vowels, the five senses, the five basic elements—with the manipulation of these the advanced adept can produce any phenomena.

The one who is in possession of the secret of ether-air-waves or thought-sound formulas can control the waves, the winds, can move mountains, can bring rain or sunshine and can do many more astounding feats.

Matter is mind, materialized. Thought-words stir the mind into action. The adept is trained to understand this so his mind is fortified; disciplined and trained by the power of thought-sound-words having a definite meaning and knowledge contained within them to carry out what they are sent forth to do.<sup>4</sup>

4. See page 276

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*“My word shall not return unto me void but shall accomplish that which it is sent forth to do.”*

Most people make their affirmations with the idea of overcoming something else with the result that this something else is stimulated and the affirmation does more harm than good.

Some experiments in detail *in* this most exciting, beneficial and benign wisdom and knowledge will be given in our next lesson.

Leviticus 19: 4, “heed not unreal gods, never make yourselves metal gods; I am the Eternal your God.”

## BENEDICTION

O Eternal One, Thou art alone. There is none other but Thee. Within Thy mind Thou hast created all through Thy thought and word.

Now that I know myself I find also that I Create within my mind with thought and word.

I now know the power of Thy Thought and Word, O Eternal One, for I have seen the power within myself.

Thou art the word and I am Thy word. How else could it be?

O Blessed One, I thank Thee for revealing this Truth to me that we are one Eternally, O Eternal One.

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 27th May 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. In the Lecture Notes the word is “*Life*.” Murdo either changed it or mis-read it. The sentence would then read: “*Therefore thought and word have the same creative force when combined by the Life Force expressing it.*”
2. *Deva*. (in Hinduism and Buddhism) a divine being or God. In the Vedic religion of India, one of the many divine powers, roughly divided into sky, air, and earth divinities. According to Theosophical teachings Devas constitute the ranks or orders of spirits who compose the hierarchy that rules the Universe under the deity. Their numbers are vast and their functions are not all known to mankind, though generally these functions may be said to be connected with the evolution of systems and of life.
3. Enrico Caruso (1873-1921). Famous Italian operatic tenor.
4. The next paragraph in the Lecture Notes is missing from the sound recording. [*This is the only way an affirmation can be made, a wave-energy is released and the same repetition of thought-sound-wave causes a change to take place.*]

## THE WORD OF CREATION\*

“GOD SAID.....” 1st Chapter (Genesis)

*The first chapter of Genesis, you will see in nearly every a small paragraph, God said! God said! We will get a clearer understanding of the meaning of that when we get into the lecture. But you will see that it was the Word that was in the beginning, and the Word was with God and the Word was God and God was that Word and the Word was made flesh.*

Memory is made up of past impressions which take hold of the mind, memory holds our experiences, pleasant and unpleasant. These are valuable possessions indeed, but are apt to hinder rather than increase our worth. The things that are dominant are the things that affect us most, therefore there is little use in making suggestions to ourselves unless we understand the self.

*So therefore memories, experiences are held in the mind as impressions. The impressions that are dominant in the mind is the things that affect us the most. Therefore very often these memories are of little value to us, in fact they may be a hindrance unless we understand the self. Now how do we understand the self? The self, is that which is; caught up in the relative, caught-up in desire, caught-up in craving, caught-up in tradition, caught-up in belief. Therefore the self is conditioned by our beliefs, our ideas, our images, our memories, our experiences. And we generally think according to our conditioning.*

*If we think then according to our conditioning, there is no use in trying to suggest to ourselves anything at all because we would only create confusion. But when you begin to understand the self and the conditioning of the self, we will dissolve away this conditioning and our thoughts will be purified, they will be purer.*

*You think and you speak according to your conditioning. How you are conditioned yourself, with; your beliefs, your ideas, your traditions.*

\* See page 292

## THE WORD OF CREATION

*Think in your mind now, how you think. Do you think because of a certain group, a certain nation, a certain religion? Are you speaking and thinking according to how you are conditioned yourselves or do you think through your traditions?*

*You carry your beliefs with you. Your beliefs are conditioning you and they are conditioning your thinking. Your impressions are conditioning your thinking. Your impressions which you have received in your infancy. If you belonged to a certain religion it has been pushed into your mind continuously from your infancy, you are conditioned by that belief. How can you throw that belief off? Only by discerning what it is. Only by discerning how false it is and discerning that it is not your idea but some other person's idea. And you are conforming to these ideas and naturally what happens is that you are conditioned, and you are thinking according to your conditioning. Therefore your thinking is not clear, you are in confusion.*

*Before you can in any way use the power that is within you, your mind must be cleared of all that is hindering the use of that power.*

You do not want to go through life on trial and error, the path of pain and suffering or mere joy and gladness for no purpose, knowledge alone will free us from this state of affairs. We must become aware of the past, present and future in the now, then there will be freedom from the past and the future for the now alone is creative. Memory is not creative, hope is not creative, creation is always in the now. So we have to discern what is in the mind that is hindering our Creativeness in the now.

*When you think naturally you create, you create unconsciously because you think. But your thinking is based upon a falsehood, therefore you are creating false conditions. If you fear, you are creating what you fear. And fear is generally utmost in the mind of man because of the fact that he does not understand.*

*Understanding only comes when you have a self revealing process to reveal the self and all the ways of the self; its ideas, its images, beliefs, its traditions, and you have got to see how you are thinking. You have got to examine your mind to see how you are thinking. You have got to become aware every day, every moment, of your thoughts and your emotion.*

*If anything is said to you that interferes with your pet theory, you are up in arms, you become emotional, you reject it. If anybody says anything*



## THE WORD OF CREATION

*about any person you love you are doing the same thing. If anybody says anything about your belief or your tradition or your nation or group, you do the same thing. What are you thinking from? Are you not thinking from the group? You are thinking from the nation. You are thinking from your tradition. You are in a sense of protectiveness, you are trying to protect yourself. It cannot be done.*

*It shows that you are full of experiences, impressions, beliefs in tradition, in nationalism, in ideas or beliefs or religion or whatever the case may be, therefore you are totally conditioned and your thinking is conditioned!*

*Unless you discern these facts you will always be arguing with ignorance. And I told you before, so often, that to argue with ignorance is a fool's paradise.*

Unless we are aware of our mental make-up, that which is memory will make us act unconsciously. It is all very well for us to try and influence our minds with great qualities, successful motives, virtues and such like through repeated affirmation of thought-word-waves. But if there are antagonistic forces opposing them we will have only confusion.

*I do not ask you to accept anything I say and I do not care one rap if you accept it or not, it does not worry me one way or another. Neither would I argue with you whether you did or not. All I am trying to do is to enable you to think for yourselves. And only when you think for yourselves can you free yourselves from your inhibitions, from your limitations.*

Therefore in the first place we have to establish a peaceful rhythm and soothing harmony within, firstly by relaxation then by outcropping what is in the mind, at the same time discerning these things as if we were watching a series of pictures impersonally.

A good way to do this is to listen to gentle inspiring music so that the extraneous mental energies are caught up allowing an easy flow of the memory-thought-pictures.

*When you listen to rhythmic music, it floats over you, your mind begins to run-out. There is one portion of your mind that seems to hang onto the rhythm of the music that you are hearing and another portion of your mind seems to run-out of all the ideas, and there is nothing to prevent those ideas from rising up to consciousness. And as they raise up to the consciousness, you are beginning to view them in front of*

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*you impersonally. The music is caught-up in one portion of your mind, so that it holds these extraneous energies which very often hold and grip a thought as it moves out and creates a fear of emotion according to the thought or the influence of thought when it was created. So therefore you will find that by doing this out-cropping it is easy. The mind must be cleared, you must know what is in the mind.*

*If you do not know what is in your mind then you will never be able to think clearly because you will be thinking according (to) what is in your mind. Your mind is influencing you, your mind is preventing you from really thinking clearly. Therefore as I say again, you are limited and your thinking is limited and conditioned by your own conditioning.*

*If I can in any way show you how to clear your minds of all confusion then you will be able to do the things that I will tell you of later.*

So this lessens the disturbance of the surface of the mind created by stirring turbulent waves of thoughts that may arise, pleasing sound has a soothing effect on the mind. There must be permanent peace established in the mental domain through discernment.

*But is your mind at peace? I think not. You have a long way to go yet but nevertheless you are on the way.*

Everyone is seeking an escape from something and when there is frustration we seek an outlet. As long as we want to be something we are inviting frustration. Being frustrated is painful, therefore we seek an escape from it, therefore we cling to something *or* busy ourselves with it, whether it be religion, politics, love of country, or we may take to drinking as an outlet, they have the same deadening effect.

*When people really know what they are doing and how their action comes about then they will see what is causing their action.*

*People are frustrated. If you were brought up a child that is spoilt. They get everything, as it were, in your infancy and as you grow up you get everything too until such time as you go out into the world. And you have got to face the world on your own. Now you find that you do not get anything at all, that everybody is taking things from you instead of giving them to you, therefore you are frustrated. And you get fearful, you wonder what is going to happen to you, and you turn around and do all sorts of things because you are frustrated. You maybe steal, you may drink or you make take to religion, you may take any of these things because you are frustrated.*

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*If you know why you are frustrated then you will know the self, you will know why the self is doing these things. The same thing is in everything in your life, a desire that is not fulfilled means frustration.*

*If you know what the desire is and what the self is, there shall be no frustration. But there is no escape, although you may try to escape, there can be no escape whatsoever. You have to face the problem and dissolve it yourselves.*

*But if you continue to try and escape, you will see that no matter which way you try to escape, it is the same thing. Whether it is drinking, religion, politics or anything else you will find it is the same thing.*

Are we not all a bundle of memories, a chain of memories in reaction to the present? We want to perpetuate ourselves through family, through name, through ideas etc. So the “me” is just an idea which is giving sensation to that to which the mind clings. The “me” gives itself an importance that is entirely false, therefore there must be pain, so we try to escape through innumerable ways and the means of escape are similar. All this must be seen clearly as the mind gives up its cherished desires which have been frustrated. For as long as there are opposing forces in the mind there can be no peace.

*And why do you desire something? Because you do not know that you have got everything.*

*Frustration comes through lack, that is, a sense of lack. If you were brought up with a silver spoon in your mouth and you go on, into the world, and you find that the silver spoon is taken from you, there is frustration.*

*Why are so many of those noodles,\* that we know in the world today, such as sons of Earls and Baronets and all the rest of it become noodles and useless individuals in the world? Because they entered the world with a silver spoon in their mouth and they find that they have no silver spoon, and they are frustrated. And what do they turn to? The first thing they turn to is to drink or to something else. If they were trained to know the self and understood the cravings of the self and what the self was doing, then there would be freedom.*

*Freedom can only come when you discern the hindrances of the self, the desires of the self, the cravings of the self. How the self is following a particular belief, whether it is following in tradition, whether it is following a*

\* Simpletons.

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*particular religion, whether it is following a political group or whatever the case may be it is all the same, you are frustrated and confused.*

*And if you are confused you are frustrated, and if you are frustrated you are confused. So therefore you have no self confidence and then you look for others to help you because you have no confidence in yourself. So you believe in others and you get further confused because of your belief in others. You have lost your self-confidence because you are confused. And your confusion comes from lack of understanding the self.*

Only with harmony in *the* mind and soul can we see the Real Self in all and the all in the Real Self. We see the one in all and the all in one. *And in the Bhagavad Gita*<sup>1</sup> *it says this, “verily, I say unto thee that he that see that me in all and all in me him will I never forsake nor will I suffer him to forsake me, forever shall I bind him to me with the golden fetters of Love. Yea, even say I that he who realizeth me in my unity, and who loveth me so, him shall I cause to live forever within my Being even though he appeareth to live separately in his own mode of Life even in this world.”*

This is the state of consciousness that one finds when the mind is cleared of all that hinders this true expression. In this state the creative power of sound becomes a glorious experience.

*Now you see what I am leading up to. I sounded the AUM for you the other night. I told you about the AUM the other night But can you experience the sound of the AUM in yourselves? You can only experience it when you are not conditioned. If you are conditioned, even in your mind, in that subconscious realm, but in your mind, in that memory cells where you have your experiences, your beliefs. These are the things that you are continually expressing and when you sound the AUM, what do you do? You only increase the intensity of these things that are in your inner mind, you do not express reality.*

*You must see clearly that you have to cleanse the vehicle through which you are expressing the AUM. If you are looking through a glass that is smeared with smoke or grease or dirt, what do you see? You see through that glass according to how it is smeared, do you not? That is exactly what you do with your mind. You are expressing through your mind which is smeared and you get a smear on the other side, that is how you produce the AUM. You think that now when I tell you that you can make the same vibration as I made to you the other night.*

1. See page 292

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*Some of you in the front here almost felt that you were lifted off the seat—that is the power of pranayama. But can you produce pranayama with a mind so filled with beliefs and ideas of traditions, of nationality, of political beliefs, of this and that. Don't you see that these things do not matter at all that the mind must be cleansed from all these hindrances, otherwise you are conditioned. And when you try to express the AUM you express the AUM in your conditioned mind. I hope I am making myself plain enough, that is what I am trying to do anyhow.*

This is the secret of secrets, the sounding of the glorious word OM or AUM, with its overwhelming magical potency. This magical mystic syllable has a source of power when repeated with understanding.

*AUM is a most sacred name of the Eternal Spirit and is composed of the three sounds, A-U-M, AUM.....*

*It means the opening and the closing. In fact it is sounded in some methods, it is sounded by opening at the lower portion of the spine and as it flows up, is closed at the head. Such as AUM.....*

*And the vibration does that but if I go into the details of what happens is so complicated. But I will give you some idea quickly. There is two nerves which flow down each side of the spine, the Pingala and the Ida.\* One is the outgoing and the other is the in going. These two work together through motor or sensory nerves which join them in the spine.*

*At the bottom of the spine there is a small hole in the spine itself, called the Sushumna,\* right up to the top of the head. Forces come down from the top of the head here. Magnetic forces which enter into what we call the thousand petal lotus at the top of the head. They come down through and pass through the various centres. First the centre which becomes the individual centre. The next centre which becomes the fusing centre of mind and matter. The next centre becomes the first great vital centre of the body. And as it flows down it spreads through those various nerve centres right down throughout the whole body until it reaches the bottom of the spine. That force coming down on the outside, it then tends to flow out from the body, through the aura and right away out through into the atmosphere.*

*When a person thinks and clears his mind, what happens is this, that there is this channel in the spine which opens called the Sushumna. And there is the two forces that come down each side of the spine joined*

\* See Diagram page 165

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*together at the bottom and begin to go up as one force up through the centre of the spine. The positive and the negative have joined together and when they reach the top of the head then the Consciousness has power over everything. Because the Consciousness has power over the energies that flow from the Spiritual sense into the first centre which is the Spiritual sense. The next centre is individual sense. The next centre is the mind and matter which controls all mind and matter, which are one. And down right through all the planes which man has, right down to the mineral, the vegetable, the animal, the habit and so forth and these planes are all under his control.\**

*This is the secret of when the mind is cleansed. If the mind is not cleansed there is the influences of these particular planes such as his habits, his beliefs, his mental ideas and so forth hindering the whole process of the clearness of the control of the prana. That is the energies in the Universe. And therefore it is necessary for man to control his own thoughts first. To direct them, to discern them and also to see his own emotions. He therefore understands his emotions. He understands everything and therefore he controls every plane of existence through the whole of his body. And by doing so he controls every plane in existence in the whole Universe.*

*“Man know thyself first then all power is given unto thee in heaven and on earth.”*

*I am not going to discuss any more of it because it is going to lead us away from our lecture.*

*If you were with me for a year under intensive training with the Masters in Tibet, you would have to work day and night. There is no let up. There is no moment where you can say, “I’m tired. I cannot do this or I cannot do that.” For every moment of the day is scheduled so that you have your particular work to do and your particular understanding and the teachings that you have to go through. And by doing so you master all these things in a natural way. Not through, as it were, struggle because if you have a struggle at the beginning the end will be struggle.*

*Therefore controlling the mind and subjecting the mind is not freedom. Subjecting or suppressing an emotion or suppressing a thought is not freedom. Freedom comes through the discerning of a thought in freedom and understanding it, therefore there is no longer any struggle. If you*

\* See Diagram on page 187

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*struggle at the beginning the end will be struggle and you are just as far away from your success as you were from the beginning.*

*I want you to see clearly and distinctly that the method I am showing you is one of ease and comfort, without fear, without struggle.*

So AUM is the most sacred word of the Eternal Spirit and is composed of three sounds A-U-M which gives to the devotee the best concise meaning of this mystical magical word. When chanted properly with true reverence and understanding it can calm the storms “and give life to the dying, it can do wondrous things” for it is the word of immortality, being the un-perishable word, the matrix of all sounds.

*The word is glorified and chanted by all devotees in their meditation. It means, I am the taste in the waters, I am the light in the sun, I am the sound in the ether as well as the consciousness in man, the word of the Lord of the Universe, the all-pervading Universal Spirit, and the Consciousness feels itself one with all and all with One.*

*So the AUM is produced. These sounds being the matrix of all sounds in the Universe, is the basis of all creation. That same sound is heard in everything. But the pitch of the tone determines the vibration of that particular object or subject or individual.*

Constant repetition with concentrated meditation, with the mind clean of all obstacles, the soul is liberated from time and space and enters into the All-ness of everything. “All power is given unto me in heaven and earth.”

You will not yet grasp this great Truth, but one day it will dawn upon you.

*Now the things I said to you, probably months ago, are just beginning to dawn upon you now. And so it will be so. The things I say to you tonight you will not perhaps understand wholly. But probably in a week or two's time or a month's time it will all come to you. That is the Truth that Jesus said, “the Comforter will come to you and will show you. All I have said to you will then be made plain to you.” So it is with you, as well.*

AUM is the sound of creation and the thought goes forth in the sound to create or disintegrate. The ether-wave and the airwave mingle together, and all is possible because the unconsciousness has become aware of itself as the Creative Force sending forth into the ether and the air waves that cause the etherons to form and the sound reduces them into

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form to be seen and heard and felt in the material world, thus matter is mind materialized. In this way Jesus fed the multitude. How little do we understand the grand mysterious power of the Masters!

Those who chant rituals know little of what they are doing neither do those who use words lightly. *You can go to church, you can hear people singing, their chanting. You do not know what you are doing, you are just singing. But if every word of what you are saying becomes a formed image in the mind it goes forth into the ether with the sound you have created.* The therapeutic properties of sound and their harmonising vibration exercise an influence upon the atomic structure of the mind and body. They affect the ethereal, astral and physical sheaths that clothe the real self. It is the sound of the AUM that comes from within that harmonizes all the cells of the body. When this is realized a great civilization will appear. The only power will be seen as that which comes from the Spirit within.

The Creative Power of Sound as well as the knowledge and realization of the Spirit's Creative Power creates a pleasing harmonious balance when the AUM is sounded with the correct tone and understanding. It has the power of rejuvenating the mind and body.

*Why has it the power of rejuvenating the mind and body? When you sound your own note, the creative AUM that is within yourself, the Word that was in the beginning, the Word that was with God and the Word that was God—the Word of Creation. When you see through God said. So it was the **Word** not Creation.*

*Knowing that sound passes down completely through the whole Universe, from its ultrasonic range down into the hearing range and below the hearing range. Because you can only hear from 30 to 32 thousand vibrations per second. Above and below, you do not hear those vibrations.*

*There are vibrations of sound that you do not hear at all which are below the scale of your own hearing. There are vibrations of sound above your scale of hearing, into infinity that you have never heard before. But these sounds are in operation because of the motion of the atoms and etherons that are in activity. Wherever you have motion, you have sound.*

*If the ethereal sounds were heard in your ears just now, it would deafen you. Because your ears are not composed of the vibratory substance that would hear those sounds. Therefore if you did hear them, they would be at a terrific rate of vibration, it would almost lift you off your feet.*



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*Have you ever stood in a railway station where there was a shrill whistle of the engine in a high, high pitch. And then you listen to that and all the time you feel that you are being lifted off your feet. That is sound almost above the vibration of what you should hear. If that sound went more shrill, it would get into the ultrasonic-range, and you would not hear the vibration at all. Same with ethereal vibrations if you heard them at this moment.*

This grand science of ether and air waves when thoroughly understood will dissolve discordant thoughts that cause fear, weakness and disease and leaves peace, confidence, courage in their place. This method is the simplest and most efficacious means of purging mass hysteria *or* dissolving undesirable influences and injurious magnetic vibrations that *maybe* intertwined themselves in the elaborate ethereal network of the individual aura.

The human magnetic aura and ethereal network are thickest over the main nerve plexus and are connected with the whole of man's nervous system, and has much material effect upon his thinking and emotional life thereby affecting his general health, as well as man's environment and those *who* come in contact with *him*.

*It is a very important lecture this one and I would like you to read it carefully in your own homes. And if you study it carefully and think it over, you will find the true meaning in regard to it.*

Through man's ethereal and magnetic aura pass magnetic lines of force from the great ocean of Life in which he lives. These lines of force feed the body of man to keep him alive in this plane of action. *Jesus said, "I do not live by bread alone." Neither do you.* If you could cover your body with an insulating substance, in one hour you would expire.

The entire body is covered with a delicate network of lymph vessels which absorb all foreign substance that penetrates the shield we call the skin and enters the body in microscopic particles, thus the interior of the body is kept clean.<sup>2</sup>

*Under the skin and through the whole of the tissue is this lymph. And it protects the body from all extraneous and microscopic substances that enter through the skin. People have said that the skin does not absorb anything but that is stupid nonsense. The skin absorbs a lot of things, vibrations are passing through the skin all the time, through your magnetic aura which spreads out beyond the skin, and at a distance beyond you.*

2. See page 292

## THE WORD OF CREATION

*There are influences around you that are always pushing in through your magnetic aura into your nervous system. And through that nervous system they get into your consciousness and you become consciously aware of some subconscious activity which you are unaware of altogether.*

*How are you going to prevent these things happening? We will see shortly in a lecture next session how all this comes about. We will see how mass psychology is affected. How mass domination is affected. We will see how man's mind is affected. We will see how ideas, take effect in the mind. We will see then your complete protection against all these things. Anyway in the meantime, I am drawing your attention to this most important portion of your body, the lymph vessels.*

The body has an ethereal counterpart that supports the physical and this body is kept clean and clear of all inharmonious magnetic forces by bathing the ethereal body in harmonious sound of the AUM, completed<sup>3</sup> with the consciousness of power from within.

*So the ethereal body that supports the physical and this body is kept clean and clear of all inharmonious magnetic forces by bathing the ethereal body in harmonious sound of the AUM. So it goes out from the body and cleanses the body. So when the AUM is produced AUM....., thought and the sound goes out together and the vibration is still going, they are moving outwardly. Out to the very end of the aura. I can feel it still going further and further out beyond me. I am still aware that my aura is moving, is far out. If I stand in your midst I come near enough to you at this moment, you would feel the aura. If I came and stood here at this moment those who are near me would be in my aura. Do you feel the aura? I go back out of it, it gets less.*

*Some people's aura only move round their body, just about a few feet from their body, that is a weak aura. That is an aura of an individual who is caught-up in all these things with a confused mind.*

*But the mind that is clear the consciousness becomes aware. Therefore is setting off vibrations of a higher-rate of vibration, through the aura and none of these negative vibrations can enter in.*

The ethereal atmosphere is charged with vibrations of hate, anger, jealousy, sickness as well as personally directed antagonistic thoughts. All these vibrations can be expelled and dissolved by pure thought and the sound of the powerful harmonious note of the AUM the primary

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## THE WORD OF CREATION

vibration of Life Itself. When this is understood you will see the grand *magical* power of the sound wave as well as the ethereal wave upon the mind and body.

The magic sound of the AUM sweeps the atoms of the mental, ethereal and physical bodies into harmony bringing them in tune with the Universal Song of Life. *The Universal Song of Life going through the whole of Life itself. The various notes in harmony with one another. There is no discordant note of any kind because the AUM is the foundation and the matrix of all sounds.*

*The pitch of the note determines the vibration of that particular subject or object. Therefore you have a harmonious tone right through the whole of the Universe. And here I will show you of what I mean by a harmonious tone of all the pitches. Listen to my voice, you will hear in this tone of the AUM, from the lowest pitch to the highest. Listen to it. AUM.....*

*.....There is harmony, all the notes, every pitch is in that one sound. Yet itself is the sound, the Word that was in the beginning. And you can listen, you can hear it in the waves of the sea, you can hear it in the rocks, you can hear it in the trees, in the flowers. You can hear it in the animals and in man. If you have that Word, the animals will bow down before you, they are under your control. You can do anything with any wild animal, without any danger whatsoever. That is the power of the AUM, the controlling sound of all Creation. This is the most scientific method ever devised for man, known only to the Masters, and has been handed down by word of mouth to those who have advanced sufficiently to understand. To those who are ignorant of these things there is danger from their own folly and many who are truly ignorant of the higher things of Life will disregard them because of their ignorance, "a wise man is wise unto himself."*

Those who are prejudiced should make investigation into the properties of sound waves and there is plenty of literature on the market on the subject, which would dispel their ignorance and prejudice overnight.

The AUM is the combination of all sounds heard from Nature, therefore the fundamental manifesting vibration of the Universe. In the beginning was the Word and the Word was with God and God was that Word "AUM," in other interpretation the Christ of God. *Consciousness and Intelligence.*

## THE WORD OF CREATION

*Consciousness is the directing force. Consciousness is the thought, the silence. The activity is the Intelligence. Consciousness, Intelligence and Substance are the three great things in the Universe. Consciousness—"A," Intelligence—"U," and Substance—"M." AUM....., these three are one and they are never separated from one and another.*

*Consciousness is the Silence, the silent Completeness. In that Consciousness then man is all power. The Intelligence responds to the Consciousness and acts as an Intelligence that Knows what to do. It is the "Knowing how" brings into operation what the Consciousness directs in the Substance which is the foundation of all form you see or feel. AUM, Omnipresent, Omniscient, Omnipotent.*

When your mind has been cleansed, put your fingers *in* both ears to keep out the noises from without, then listen within *and* hear the booming monotonous sound of the AUM of all Creation. You can only hear the sound when you have established Absolute Silence by silencing the sound of your thoughts and emotions as well as the sound of your breathing from your nostrils. It is then you will hear the "Nada"<sup>4</sup> the mysterious sound of the AUM.

*As the Master calls it, "the Nada." Have you heard the Nada yet? Every day, "have you heard the Nada yet?" And you say, "yes you have." They know blime'n well you have not.*

There is the perfect way to hear the AUM without putting your fingers in your ears. Listen to Nature, listen to the sea, listen to the trees. In the desert you will hear it. It is within you it is around you, everywhere, make yourself part of the Song of Life, for you are the Song of Life Itself. You will soon discern the mysterious hum of Nature in the Song of Creation, the Divine harmony the "AUM."

You will then realise the power of the vowel in speech; without the vowel you could, not utter a word, there would be no means of communication. In all the tribes the language is mostly made up *of* vowels because they are next to Nature even if it is in the raw sometimes.

The sounds of the AUM are pure basic unaffected sounds, and are uttered without the help of the tongue, *the* palate or teeth and therefore represents the foundation of sound production.<sup>5</sup>

*AUM....., the tongue does not come in, the teeth does not come in, it is the actual sound.*

4-5. See page 292

## THE WORD OF CREATION

*Therefore animals respond to the sound of the AUM. And why does the Master control the lion, the tiger, the serpent? Because he knows the sound of the vibration and he has no fear because he knows he controls the Principle which permeates the animal life.*

*If you control the Principle of the animal life you can do anything you like with that animal or any animal. Because you know the Principle. But how do you know the Principle? You have to become One with the Principle. Therefore the Master becomes One with the animal Principle. Although not of It, he becomes One with it, for the time being. He is not separate from it but he controls It and directs it. He does the same with a seed in the ground. He does the same with the minerals. It is the same with any inanimate object. It is the same with a human being.*

*Read again in the light that I have told you, the words that Jesus said and you will have a tremendous awakening.*

Animals all respond to the sound of AUM and you can quell the wildest beast of all Creation by the sound of the AUM, produced with the understanding and power of the Spirit within.

The Science of cosmogony which is being investigated has revealed some startling phenomena in this direction. When other investigations and experiments are contemplated this will guide the world into realms of beauty and power beyond our wildest dreams. We will find out the active part sound play in the Principles of Creation.

I will have more to say on this subject in our next lesson.

“Let us make man in our own likeness, to resemble us, with mastery over the fish in the sea, the birds of the air, the animals *and* every wild beast of the earth, and every reptile that crawls on earth. *And* God formed man in his own likeness, in the likeness of God he formed him, male and female he formed both.” Genesis 1: 26-27.

## BENEDICTION

O Mighty One, I was ignorant of my birth, then from within I heard Thy Voice of Creation, I realized I was within Thy Mighty Self.

## THE WORD OF CREATION

Since then, O Mighty One, I am forever bound with Thee in Thy Love for me. The golden fetters of Thy Love supported me even in the darkness of *my* ignorance.

The sound of Thy Creation is forever with me and I am now forever in Thy Presence, O Mighty One.

- \* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 3rd June 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. *Bhagavad Gita*. (Sanskrit; "Song of Love") A portion of the sacred books of Hinduism from the larger work the *Mahabharata*. It contains a discussion between the deity Krishna and the Indian hero Arjuna on human nature and human purpose.
  2. The next paragraph in the Lecture Notes is missing from the sound recording of this lecture. [*If the pores of the body become clogged with the salts discharged through perspiration and other dust substance from outside physical health cannot be maintained, that is why I have said to you that any skin brushing is of great importance in maintaining health in the body.*]
  3. In the Lecture Notes the word is "coupled." Therefore the paragraph would read: "*The body has an ethereal counterpart that supports the physical and this body is kept clean and clear of all inharmonious magnetic forces by bathing the ethereal body in harmonious sound of the AUM, coupled with the consciousness of power from within.*"
  4. *Nada*. A Sanskrit term used in Hindu musical theory to denote the mystical essence of sound heard by yogis in meditation and is related to the chakra's (psychic centres) in the human body.
  5. The next sentence and end of the paragraph in the Lecture Notes is missing from the recording. [*The AUM is called the matrix of all sounds and the source of all power.*]

## THOUGHT-WORD-SOUND\*

“Happy is the man who listens to me.” Prov. 8: 34.

“Take care how you listen for he who has to him shall more be given.” Luke 8: 18.

In these lessons we are revealing action and only by action can we understand. We can never understand by belief, by mere meditation, by mere suggestions. Nor in the future nor in the past can be found the Truth. The Truth is not in the past, what is in the past is memory, Truth is not in the future for the future is hope and apprehension.

Then how do we arrive at the Truth? Not by mere analysis for this is only digging up the past. *For* we can see that the process of mere analysis is a false process we will discard it, it will drop from us.

What is in your mind is dead it is not a living thing. **But Truth is that which is living from moment to moment. It must be discovered not merely believed in, not to be quoted nor to be formulated.** To be alive that is Truth. *The significance of these words are tremendous. For what is in your mind is already dead. It is past, it is a memory. What you have in your mind for the future is a hope, tinged with fear, apprehension. But that is not Truth. Truth is a living thing not a dead thing. Not something that exists in the past or something that exists in the future.*

*Truth is a Living Presence now, you are that Living Presence. You have the power to think, the power to create. Only a Living Presence has that power to create and to think. In your mind then the things of the past are dead things and not living things. I am a living thing but I live moment to moment. You are a living thing and you live from moment to moment. You cannot exist in the past nor can you exist in the future. You can only exist now, now as a Living Reality, with a power to think. And Creativeness is within that power, that is living now, not in the past nor the future.*

\* See page 306

## THE WORD OF CREATION

*Therefore analysis is delving into the past, therefore it is not Truth, it is a false process. A Living Process is discerning moment by moment every thought, every emotion, every idea; seeing for what it is, discerning it clearly so that you will understand that it is not Truth. You will see that it is a creation of your own. It is something that has nothing to do with Truth. But if I am alive now then I know that I am Living. In that Living then is the power in heaven and on earth. To know that you are Life and living every moment of It, that is Truth. These words are pregnant with Wisdom. Perhaps your minds will not take in the completeness of what I am saying.*

*But the time will come and the Spirit is within you that will reveal those words to you and reveal the meaning of them, clearly to you as time arises in yourselves. That is to say there is the unfoldment of the individual where the Spirit becomes more and more aware of Itself; aware of Its own relationship to one another, aware of Its relationship to the Infinite Life itself, aware of Its own Creativeness also aware of that which Itself creates, aware of everything that is external to Itself. Therefore it becomes consciously aware of Itself not knowing what it is but knowing that It Is. To know this your mind and heart must be extremely alert and free from all that is false.*

*Is it not so that most do not want to be alive, alert, they want to be put to sleep? They want to escape from the conditions which themselves have created.*

*If you have desire you will have frustration because you will not be able, as it were, to fulfil your desire therefore you are frustrated in your desire. And in this frustration you are desiring escape because you find that there is misery, there is trouble, there is trials, there is tribulations. You are faced with so many things because your desires are not fulfilled and you try and force your desire to be fulfilled, therefore being not fulfilled there is frustration. The first thing you do is to try and escape from this frustration because it hurts you therefore you want to be put to sleep. To sleep from it as an escape from it.*

*You do not want to be awake to face everything that comes your way, knowing that everything that comes your way is your own creations, no matter how they are. The boomerang always returns to the foot of the thrower.*



## THOUGHT-WORD-SOUND

*If you understand everything then you will be free. But if you are caught-up in your desires, caught-up in your frustrations, caught-up in your desire for escape then are you free? But if you can discern that you are trying to escape and the means by which you are trying to escape you can free yourself. But if you are not aware the means whereby you are trying to escape, you will be caught-up and you are creating more misery, is that not so? But these things are your own creations are they not? When hurt, like children, they want their mother's apron strings where they can shelter from the storm. Is not the storm the result of our relationship to others? If we can discern this relationship by understanding ourselves then only can there be freedom and not mere false protection.*

*What is your relationship to one another? Are you using each other as a means to an end? As a piece of furniture for your own benefit? If that is your relationship to one another there can be no relationship at all. There is no communion between one and another. How can there be any communion between each other when you use each other as a piece of furniture for your own ends, for your own means? There can be no relationship. But if you mark my words your relationship to your brother, your sister, to your neighbour—is your relationship to God. Because you have never seen God but God is manifested in your neighbour, and that is your relationship to God. Then you will say you are a Child of God but don't you see that is but only an idea. You take into your own prison and is of no value to you.*

Is it not so that we despise one and cherish another and then we claim to know *the* Truth? Is this not the height of contradiction? If we can discern the falseness of our claim then we will discover the Truth. But if our action is in contradiction to the Truth how can we claim to know the Truth.

If we are influenced by what is in our minds, if we are influenced by our experiences then we will hate one and cherish another according to our experiences and reactions.

*What is in your mind is dead, is the result of your experiences, is the result of your reaction to things and people. Is then your continual reactions in the future or in the present based upon these experiences and reactions of the past? If it is you are living in a world of illusion. And you are only creating more misery because you do not understand yourselves.*

## THE WORD OF CREATION

*But if you understand yourselves you will understand your actions, you will understand your reactions and you will know what your mind is built from. And then you will know what is false and what is true. It takes Wisdom to know that which is false and that which true. But Wisdom is given unto you.*

If our experience is the foundation of our actions then the Truth is not in us.

*Because your actions is according to your experience, according to the past. But if I am a Living Reality, I know I am Life. I know that I am conscious. I know that this Consciousness is the power behind the Intelligence that is always active. I know that there is a Substance that is also perfect in Itself. Here I see the Trinity of the Infinite. Consciousness, Intelligence and Substance, the Trinity which is Perfect in Itself out of which everything is created.*

*I know then if I am aware of this Wisdom and allow this Wisdom to manifest through my consciousness. Then the Intelligence will perform the Perfection according to what my consciousness is aware of in the perfect Substance that is the basis of all form, yet not form Itself.*

*If I am aware of these things completely then, I can see clearly that I am free am I not? Form does not hold me because form is a limitation. If form holds you and your body holds you you are limited according to your idea of the body. If your mind holds you then you are limited according to what is in your mind. If you are conscious of freedom, conscious of a Reality that is free in Itself, that is Creativeness that has by itside an Intelligence that will act according to what the Consciousness is aware of in a Substance that is Perfect in Itself, then you will know that you are free and the form has no longer any power over you.*

*One day you will realise these words. Perhaps at the Present, you have not yet comprehended the fullness, the greatness of. Even those words of mine are relative they are only directing you to something that is within yourself. That you must find, I cannot give it to you but it is there. It is the pearl of great price. It is beyond all possessions that man could ever have. It is the Creativeness behind all Creation. And when man has that and is humbled then all things are possible unto him. And there is nothing impossible to him who knoweth this Truth.*

## THOUGHT-WORD-SOUND

If the Truth you know is built upon what you have read and heard, then it will be superficial, *it will be on the surface, will be a belief. But a belief is not the Truth. A sensation is not the Truth. The word truth is not the Truth. The Truth is a Living-ness that exists moment to moment. And only is it in that moment and that moment is Eternity. And every moment is Eternity. Only now is Eternity. Past and the future is in your mind, how can that be Eternity? If you could only realise that that is dead material. A Living material is now. What I am saying at this moment and when I have said it, it is past. In your mind it is dead. In your self it is Living because it will bring into operation that Livingness that is your Self.*

*The truth you know is built upon what you have read and heard, then it will be superficial.* In discovering the Truth we must each search our minds to see what is false.

We must not merely enjoy what another is playing, we must not fill our minds and hearts with the song of another for that is not your song. You just become another gramophone changing the records according to your moods. We must become musicians each one of us, not merely listening to another.

Therefore, we must understand the creations of the mind in reaction to others, to things, to the external. *The creations you have created in your own mind which you think are true, which you think are eternal but they are entirely false. These are your creations to things external to yourselves according to your own experiences, according to your reactions, so you create in your mind. And each and everyone of you creates something different.*

*There is one living thing that is the same in you and me and that is Life Itself and that is the only Reality because Its alive and Living.*

*You react to conditions and people according to your experiences of the past, your hopes of the future. In your mind you create a pattern which you want to follow. Therefore your reactions are according to the pattern you feel exists in your mind.* We must see the falseness of these creations, then we will not fill our hearts and minds with these creations, for if we do we will be filled with ashes and not Truth. Truth is eternal and ever-present. We must empty the heart of all that is false. Then there is the song, the song that cannot be destroyed or perverted be-

## THE WORD OF CREATION

cause it is not put together by the mind, it is beyond mind, and when the mind is quiet you will hear that song, the song of all Creation, AUM.....

*.....It is not an idea. It is not a word. It is something that you hear beyond your mind. It is the Creativeness within yourself. It is the Word that was in the beginning, the Word was with God and that Word was God and the Word became flesh. It is this great knowledge of wisdom handed down by word of mouth, so that those Masters teaching to those Masters to come, the knowledge and wisdom behind all Creation. And the secret eventually revolves itself into one thing—Love. Here was the Perfect thing behind all things. And Jesus said, “love your neighbour as yourself.*

What I am doing tonight before going into the hidden secret of the AUM is to get the mind clear of all that hinders the true expression of the Word of Creation. Without a clear mind there can be no true expression. That is why I say that we must become each one of us musicians and not merely gramophones repeating the song of another or merely repeating the word AUM and listening to our words. It is the Word of Creation that we must hear in our own hearts.

*Not listening to a word we ourselves create but listening to that Word of Creation when the mind is quiet, when the mind is no longer perturbed by opposites. Where the mind is no longer perturbed by memories, where the mind is no longer perturbed by fears or hopes, where there is a complete understanding of the Living Presence that is Eternal and Ever-present. And that Power being above all other powers situated, is the consciousness of man. And what the Consciousness is aware of so does the Intelligence fulfil in the Perfect Substance which is the Mind of God. You cannot think outside God, you can only think inside It because there is no outside It.*

*Therefore when the mind is clear of all opposites, of all fears, of all doubts. Then that quiet AUM.....*

*.....Now I hear the sound without leaving it in the depth I hear it, that's the Nada. Have you heard the Nada yet? Where your mind is peaceful and quiet, there the Nada will sound. The AUM sings through your consciousness. Then you are caught-up in the AUM, the Creativeness of all things and behind all things, it is the sound of sounds. It is the matrix of all sounds. The matrix of all Creation, as thought and sound make up all form.*

## THOUGHT-WORD-SOUND

It is not merely changing our character that we want for the Word of Creation can never be caught-up in the net of time like character. Character can be changed but the Word of Creation never. For instance, if you are born in a certain country you have certain influences, certain moulds of character which are shaping the mind. But in other countries the same is going on shaping the mind *in* a different way.

Thus character can be changed, modified, enlarged etc., but character is not the Word of Creation therefore to understand the sound of the Word of Creation fully, character conditioning must cease through discerning this conditioning and understanding it. *You were brought up a certain way you are conditioned that way. You go to a certain church you are conditioned that way. If you belong to a particular political or religious sect you are conditioned that way. That is your conditioning.*

*But are you aware of your conditioning? No, you believe in what you have heard and has been told and how you have been conditioned. You are always reflecting your conditioning. You are not reflecting Truth, you think you are but you are a liar all the time. Because the whole of your basis is based upon lies and not Truth. Where there is confusion of ideas there can be no Truth. Where there is confusion of religion there can be no Truth. These are things that you quarrel about.*

*You cannot quarrel about Truth because you do not know it. You only quarrel about an idea in your mind that is dead that is not the Truth. Because Truth is not an idea, Truth is not a religion. Truth is not a philosophy. Truth is none of these things. Truth is a Livingness **now** at this very moment, from moment to moment, I am the Truth, I am the Life.*

*Therefore to understand the sound of the Word of Creation fully, character conditioning must cease through discerning this conditioning and understanding it, thereby becoming capable of making immediate adjustments, this is virtue. Virtue is not the denial of a vice, it is a state of "Being" and "Being" is not an idea, therefore the one who cultivates virtue is not virtuous.*

*Because there is good and evil. Can you be virtuous with evil in your mind and you are searching for good? Can you be virtuous if you are confused with opposites.*

*I am the Living Presence and no one can deny that. That is virtuous, that is being.*

## THE WORD OF CREATION

To experience that which is not an idea the process of ideas must cease. *If you want to experience that which is not an idea the process of ideas in your mind must cease, you must not try and make it an idea.*

*Have I not told you before that meditation is not the subjection of the mind to a particular idea or the holding of the mind in subjection with the idea that you can find Truth. Meditation is none other than discerning all that is false in the mind, so that it will dissolve away. And when these opposites, contradictions in the mind cease, when the process of ideas cease, then Truth is found. It Itself is free and in that freedom alone can it be experienced, and in no other way. The Word of Creation is not an idea It is a Reality beyond the process of ideas. Yet this Word is within each one of us and is not affected by ideas but can only be known when the process of ideas ceases.*

*Therefore the Word of Creation must not be an idea in your mind. The word AUM cannot be an idea only in your mind. I am taking you beyond my mental state into what the Masters know and understand, and what they know of Creation. And immediately you become One with the Word of Creation, all power is been given unto to you in heaven and on earth because you become that Word, you become the Christ of God. The Word that was with God and the Word that was God and the Word that was made flesh remains immortal.*

*It is the most difficult to explain in relative terms, yet only in these relative terms can I bring you to know what is beyond the relative.*

*I cannot explain Truth to you. Anyone who says he tells you the Truth is a liar. Do not believe him because he does not know. And those who tell you that they do know, you will know that they do not know.*

*But through these relative words of mine, in pointing out all that is false and relative, you will come to the Truth—yourselves. And you will find that great pearl, great price that is greater than all the possessions than man could ever have, even in heaven or upon earth.*

The trinity of Creation we see in operation everywhere is combination, preservation and transformation. What is termed disintegration is but transformation. In trying to find the ultimate sound formula behind all Creation we must learn from Nature herself where the process is continuous beyond time.

*The word AUM exists eternally beyond time. What you call time is a relative thing.*

## THOUGHT-WORD-SOUND

When we have awakened to the illuminating soundless sound of “AUM” (*What a wonderful thing. I wish I could bring you into it. Only the time will come and you will find it yourselves. But it is the most exhilarating, the most thrilling feeling you could ever have is to listen to the soundless sound of the AUM, beyond the ultrasonic range.*) When we have awakened to the illuminating soundless sound of the “AUM,” vibrating in the ultrasonic planes and still higher planes, and realize this Infinite Creative Power<sup>1</sup> we have discovered one of the greatest secrets in heaven and on earth. Remember there can be no sound without thought and there can be no thought without consciousness and there can be no consciousness without Life. Therefore Life alone is creative. AUM represents the trinity of sound in all Creation.

*From the very high to the very low it is the same sound vibrating throughout the whole Universe. It is the Word of God that becomes sound. The invisible becomes visible in exact proportion as the sound vibrates. The vibration of the invisible thought.*

*Thoughts that pass into my mind from some remote, control thoughts that move into my mind and giving expression through my mind. And are formulated in your mind through the medium of sound. The thought invisible from this remote, control the medium as it were through which these great thoughts come. And through the instrument of the brain, the nervous system, the mouth, the tongue and the lungs in the chest. The formation of the word then is formed according to the thought that strikes the consciousness, and it comes forth in the sound of the word to be formulated in your own mind.*

*Sometimes people wonder, how is it possible for him to know all these things? But I always say, “of myself I am nothing, it is the Spirit of the Father within me that knoweth all things.”*

*And it is true, this remote control, this remote direction through a Consciousness that becomes conscious **now**—in tune. As Paul says, “put on your armour.” And that is what you put on—an armour. One day you will find yourselves, how to put on this armour, how to become in tune with the great Spiritual Forces. How to become a medium through which the great thoughts will flow just as your mind then receives them, the consciousness receives them internally just like a wireless set. So are they modified completely through the instrument and given forth again*

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## THE WORD OF CREATION

*in sound so they can be heard with all people within range. How wonderful we are made. Yet how simple is the process of this receiving and projecting. How simple is the Truth, "I and the Father are One." But how mighty is that Truth?*

*And when I think always in my time, when I think of the things that I see, the words that I write and people speak to me about them. In my own mind, quietly I say to myself, "of my own self I am nothing, It is the Spirit of the Father within me that doeth these things." Then I lose all this stupidity, this sort of self-aggrandisement, this foolishness, this desire for approbation because I know it leads me away from that which is really true.*

*The majority of people are always expressing their own personalities. But I say, allow that which is supreme in Itself to manifest Itself through the instrument that It created for Its own expression, then there is freedom of thought, the words flow freely without interruption, without difficulty, without thought. I do not think what I am going to say before I speak to you. As a matter of fact, I do not know what one word should come after another. I am convinced of the fact, that at that moment the word will be given.*

All sounds are built from these three basic notes which constitute all sounds. The method in expression of these sounds will be given by word of mouth because they cannot be written. Thus all Masters handed down this secret to their chelas by repetition.

*And it is the repetition of this Truth the mind must see, so that it clears the mind completely of all the things that are false. And as the Word is sounded within the self then within the consciousness the sound is spared and then you reproduce it in exact accordance with the sound you receive.*

*AUM.....AUM.....*

*.....The whole body becomes filled, vibrating with the sound. Every atom of the body is vibrating. It will keep on vibrating like this because I have touched the Nada, the sound of Creation. Now you will feel this form of vibration within yourself. You will still go on, on, on. I could remain in this Consciousness for a long long time. Still you would feel the vibration, the sound of the Nada, the invisible sound of the Nada.*

*Has it stopped yet has it? It keeps going and going and going is it not? All the time you are feeling it, sounds of the invisible in the ultrasonic range the sound is going still, the body is filled with it.*



## THOUGHT-WORD-SOUND

*The Magnetic aura is expressing it. Nothing now can come near the magnetic body, it cannot enter it. There is no thought of any kind can enter into this magnetic body surrounding me at the present time. It is only when I give way to any conditioning or condition myself according to what is external to myself, then these things float through the magnetic body in and influence the mind. Invisible thoughts and form.*

*But Immediately I take the consciousness away from the sound of the Creative Word, the vibration ceases. That I have done for seven days on end without stopping day or night. That is meditation but it only comes when the mind is clarified and cleared of all that is false; all beliefs, all ideas, all things that are hindering the expression of that perfect Word that was in the beginning. I do not create that Word—that Word created me. It exists in me Eternally. I am that Word. I am the Living Expression of that Word.*

The repeating the AUM when the mind is clear of hindrances has a tremendous power. It is not repeated as from an idea but is given expression from within when the process of ideas has ceased. The word is chanted as from within the soul and expressed outwardly affecting every atom and cell in the body and beyond. It protects the magnetic body from other influences that may come from without, as I have already explained.

The enjoyment obtained from the repeating of the magical formula “Om Mani Padme Hum” with its fortifying effects has to be experienced to be realized.

*In the monasteries throughout Tibet, the Lamas repeat this word, “Om Mani Padme Hum” hundreds of times but they are only repeating it. The Lamas are not yet conversant with the complete Truth that I have told you. Only the Masters are conversant with it.*

*And I am giving you some very secret information that has a tremendous power. But perhaps you will need it some day in the not far distant future, then the Spirit will lead you. The Spirit which is the Comforter will come to you and will make known to you all the I have already said.*

When we begin to understand that matter is but a combination of atoms combined by the force of certain notes, sounds or vibrations, speech provides the avenue to hurl atoms of energy into activity in the production of form. It also has its destructive role in the disintegration of the atoms of form which we call transformation, for nothing can be destroyed only

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transformation takes place, from one form into another. This is the fundamental secret in the Creative Power of the word of man.

When this is known there is extreme care exercised in the utterance. For like lightening we send forth and like lightening it returns again according to the potency of the word. So does it draw to itself with immense impact the concrete image of its original purpose.

*“My word shall return unto me void but will accomplish that which it has been sent forth to do.”*

*Some of you image, some of you wonder how these so called miracles take place in your midst. There is no such thing as a miracle. When we understand the law inherent behind that particular so called miracle is understood, the miracle disappears, understanding takes its place.*

Thus we see the tremendous risk taken by those people who ignorantly violate this sacred law. Fortunately for the ignorant there is very little power in their words. In Matthew 12: 37, Jesus says, “by your words you will be acquitted and by your words you will be condemned.” Therefore through the magic potency of the thought-word-sound and the magnetic power of the voice we have in our hands the greatest secret of the Timeless, the Ever-present Life.

*And only is the Ever-present Life capable of giving expression to voice and sound. That is why I say, “I am the Truth, I am the Living Truth and I voice.” My voice is the expression of the Living Truth because there can be no other means. And my voice can only be heard from moment to moment. And each moment is the expression of the Livingness, the Ever-present Truth, the Ever-present Life. “I am that Life.”*

Is it not necessary then that we select carefully our thoughts and words built not upon memory or experience but with the understanding of the Ever-present Life which alone gives power to thought and words.

Try to inspire those you meet with words of Truth. Be optimistic at all times no matter in what company you may be, discerning the conditioning that has taken place. *(Never argue with ignorance it is a fools paradise. When you know the Truth you will never argue because only ignorance argues with ignorance. Truth cannot argue with Truth, neither can Truth argue with ignorance. “The Light in the world the darkness comprehendeth it not.” But the Light is the light of man but*

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*the darkness does not overcome the Light but where there is Light darkness disappears.)* Learn to relax and speak in eloquent tones with words composed from a healthy state of mind. Learn the skill of using convincing words to attract attention towards that which is constructive.

You will discover that words are priceless jewels and must never be wasted in idle talk. Feel the power and effectiveness of your word, wherever you are remembering the Source, from moment to moment making your words Divine. *From moment to moment making your words Divine.*

From the heart of Truth the sacred hidden treasure will pour out, radiating beams to dispel the darkness and ignorance wherever it may be.

Little do the masses realize the damage to humanity caused through the perversion of the Truth through the press, radio, stage and screen. These subtle instruments creating trends of thought which later become the creative power of speech are doing untold damage to millions of people who are led to destruction, yet how ignorant are they of the fact that the rebounding process of these words spoken and written affect those who express them. Remember I am not propagating a Truth, I am not giving you an idea, what I am doing is to help you to see what is preventing you from directly expressing Truth. The word "truth" is not Truth. If *you* are merely speaking the word "truth" *you* have done nothing.

If you do not know that you are **now**, you will never be tomorrow. If you are not brotherly now, tomorrow will not make you, for it is also the now. If you have your mind full and your heart empty, Truth will not reveal Itself. Only when the mind is still and the heart full does it reveal Its great Creative Power and this Creative Power is Love.

*I will say again, **LOVE**. So deep in your heart must this be full, overflowing. For the mind must be empty of ideas and images and beliefs, they are the contradiction of Love. Love knows no ideas. Love never contradicts Itself. Love is a Living Force an idea is a dead one. Love is the expression of that which is Eternal and Ever-present moment by moment. "I am Life."*

Translated from Isaiah, "Honour not the Truth with your lips while your hearts are far remote. Your religion is a mockery a mere tradition learned by rote."

## BENEDICTION

O Blessed Truth, Thou art Ever-present and Eternal. Thou alone art my Guide, my Friend, my Staff that comforts me.

When I heard Thy Voice in all Creation I knelt before Thee. As I did so, I heard Thy Voice also within me.

My mind was silenced, my memories dissolved for I knew Thee alone.

And forever afterwards I knew what was false. This knowing kept me close to Thee forever, O Blessed Eternal Truth.

- \* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 17th June 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. In the Lecture Notes the word is "*Force*." The sentence would then read: [*When we have awakened to the illuminating soundless sound of "AUM," vibrating in the ultrasonic planes and still higher planes, and realize this Infinite Creative Force we have discovered one of the greatest secrets in heaven and on earth.*]

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*When you read those words you will think, well surely that's not true. But when you look into the matter you will see how true it is.*

*In Luke 8: 16, it says, "No one lights a lamp and hides it under a vessel or puts it below the bed: he puts it on a stand, so that those who come in can see the light."*

Do you live in hope or do you live in despair? When you see that these two impostors are the same you will drop them. Is it not a fact that we live in hope for the future and at the same time we despair the future, *because of the past*? In this state we are not really living at all because we make the future much more important than the present.

*I have often tried to show you the importance of the Presence. And that the past and future are very often a hindrance to the expression of the Presence in the present. You can only express in the present you cannot express in the past or the future. These are in the mind. And really what is in the mind is dead. What is alive is the Presence at this very moment from moment to moment. That is the only Living thing and the only Living Creative thing is the Presence that is always present.*

*Then if you look into your mind you will see, that the past is in your mind, the future is in your mind but they have no creativeness whatsoever. Both are very often a hindrance to the expression of the Presence in this very present moment. The Living Presence is the only Creative Force. Therefore the past and the future are not more important than the present. And if you recognise this Truth you will see, the past is but a memory the future is but a hope, both in the mind they are not creative in anyway whatsoever and very often a hindrance to the expression of the Presence **now**.*

\* See page 320

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Is it not a fact that to most people the future is so extraordinarily important *that* they are willing to sacrifice the present for the future? That is what all the ideologists, all the people who build Utopias are doing. They are sacrificing the present, that is they are willing to liquidate you and me for the future. So all political parties, all ideologists, dangle a hope in front of us and when we pursue this hope we are destroyed.

Unless we can see the whole process of the desire for this security that is driving us to destruction we will never know the Truth of the living Present. *Unless we see this desire, unless we understand it, you are caught-up in the hope, caught-up in the belief, caught-up in that which is dangled in front of you, thinking that this security is security when it is no security at all. The only security exists in the present devoid of all past and future, a Living Presence that is only created and in that Presence; there is Love, there is Wisdom and there is Power.* When we begin to see that there can be no security from the external, in the present or in the future, we will discover what *Reality is*. But this cannot be realized by those who seek an end for there is no end but only a renewal from moment to moment. *What do you do? Don't you seek an end, a security with an end or an end with security? But there can be none of these because there is no end. When you look for an end you are living in an illusion. There is no security if you are looking for an end. But there is only security when you recognise that there is continual renewal moment to moment—that is **Living**.* When we have come to this realization in continuity moment to moment we live, the past and the future are but *memories and dreams* of some fanciful state.

Is the world not torn at present between systems, the left and the right? The world is broken up by beliefs, by ideas, by formulas. How can there be security in any of these fleeting and changeable things? Yet we are promised security by them. We quarrel over the systems which we think will give us more security and so cultivate war, destruction and misery. Do you call that security?

*What I am doing in this last Lecture of this series, is to make you wise towards all these so-called securities; all those so-called utopians, all those so-called groups who promise and dangle hope in front of you, which lead you to destruction. You are students now of the great Universal Science, the College of Universal Science, a Science that is beyond the ordinary form of education.*

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*It is an education on its own leading the mind into higher spheres of activity, so it will grasp that which is false and thereby understand that which true.*

If you depend on a system for security there must be insecurity. Those who believe in Utopias are only concerned with ideas and not with people, this breeds separation and destruction, which is actually taking place now. As long as we look for security through an ideal, through political or economic means, there must be separation and contention which brings about further insecurity.

*And if you look back now during the last 25 years or more, you will see what has been happening. There is less security. We have more political parties. We have more ideas of new economic means of security. We see that we have more and more separation between the peoples of the world and groups, in different countries and in the same country. And which has brought about more separation and contention, which brings about further insecurity.*

*If you look then to what has happened, you can think now that the past and the future no matter how you think about it, you are going to build your future on the past. And because you build your future on the past you are building it upon an illusion and upon sand. You can only build now upon the present existing Life which is security and is God, and is Love, and is Wisdom, and is Truth, and is Unity.*

*We can never have security until there is unity between the peoples of the world. You can never have security in our own country unless there is unity between the different groups in that particular country. We will never have security of any kind throughout the world until such time as this unity is understood by our leaders. So that our leaders will give to those people who are less informed, the truth about separation and how it comes about. But those who are leading us today are more ignorant about the conditions and the causes of our troubles, than the majority of people in the groups are themselves. With the result that they do not think because they are lazy, they do not want to think, so they allow other people to do their thinking for them. That breeds trouble and insecurity.*

The world is now torn up into different nationalities, different beliefs, different ideologies each promising security. Now there can never be unity through beliefs or ideas, this cannot bring people together. It has already

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been proven throughout the world and those who advocate these methods are immature in their understanding and should have no say in communal affairs.

If we can see the futility of ideas which create division, the idea of being a Christian, a Hindu, a Mohammedan, a Nationalist, a Communist, a Socialist, a capitalist, a worker, an Afrikaner, a Britisher, an American, a Chinaman, a Russian and God knows what else. *These are all ideas in the mind of man. And each then perpetuate his own idea with the result that he becomes antagonistic to the other. Naturally you have then division. And when you have division you have misery and destruction.*

*As long as we do not see the fallacy of these divisions we will continue in our ignorance and continue in our destruction. It is alright to say, "I'm a Christian" and you pray to God. And you say to yourself, you are a Child of God. I am a Child of God. Yes, but you are in prison are you not? Because you have separated yourself from your brother. You must be in prison if there is separation. Therefore what do you do when you say, "are you a Child of God?" It is just an idea. Somebody else put the idea in your mind and you say, "yes I believe it, I am a Child of God, I must be," and so forth, and you take the idea into your mind. And you take into your prison, it becomes an idea and nothing more. Why? Because you do not act as a Child of God you act as a damn fool. So the whole thing is clearly and distinctly, that unless we see these divisions, these conditions, and how we have conditioned ourselves, we will never get rid of our misery. Never! It is these things that are separating us and they are nothing but beliefs, ideas, and as long as we cling to beliefs there will be separation, ill-will and chaos.*

So we cling to our beliefs and defend them with all our might against another belief which we think is not in accordance with our own. How can there be any solution to any human problem under these circumstances when each group is at war with the other! *The means of war is not the means of peace. The means of political aggrandisement and separation is not the means of unity. You can never have unity in any way whatsoever when you have separation or an idea between one person or another being separated because of their nationality. It cannot exist and it never will work in a human community. The fundamental principles underlying the human must be understood. And that is the One Life that is common to*



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*us all.* If we could see the self and its ways we would see how false these things are. Then we would discover that “something” from moment to moment which is not a belief but an actual livingness which we have in common with everyone else.

*So we have not in the past nor in the future but Living in the Presence of that very present that is now. In the understanding of this, then we will know that we have a livingness which is in common with every other living being, no matter what nationality or what group he belongs to.*

*That is the fundamental principle upon which humanity stands and upon which the whole of humanity is moved along towards security. And the only security we have is that fundamental principle where the Whole is secure, where the individual then is secure in the Wholeness of that Wholeness. So that we find ourselves not separated but one with that which is fundamental and which is the underlying principle, the Livingness that is in common with every being that lives upon the earth.*

Is it not that we perpetuate the memories of the past to blind us to the ever-present Life? So *that* we struggle with each other and for what end? An end in chaos! This state of affairs will continue until man sees the falseness of his ways. When we wake up to the ways of the self with its memories, its beliefs, its antagonisms, its fears, hope and all the appalling distortions of the self, we become horrified, and not until we become horrified at the ways of the self will there ever be freedom and security.

*Unless you become horrified at the ways of the self, the cravings of the self, the desires of the self, there can never be freedom. And the more horrified you are of the ways of your own self, the sooner will that freedom come.*

*You always blame the other individual, someone outside ourselves. We never see that it is within ourselves the trouble lies.*

If we allow the past to influence the present then our future must be the past so we will perpetuate our illusion to the destruction of ourselves. *What are we doing now? We are trying to patch up the world upon the experiences and the deadwood of the past. How can a new world be born out of the dead bones of a past? Not until we see this new Life, this Life that is Eternal, that will give security to the world at large. That our leaders will come to the realization of this Truth. So that those who are*

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*ignorant of this Truth shall be led into Truth. Once we see the false, the true will appear to us. Then let us live from moment to moment, living each moment in the present, otherwise we will flounder in dogma, creeds and even a philosophy. We do not have to be created, we are one with the Creator for we cannot be separated, for Life is not divided.*

Is it not a fact that we live in the illusion of the senses? What we see, touch and feel we think is real yet it has no power of its own. How can anything having no power of its own have any reality in itself? All we see is the manifestation of the phenomena of thought-sound-waves. The cause is not seen, only the effect.

*So we take the effect to be a Reality and consequently we live in the illusion of the effect. We think then what we see and feel around us is Real. Not understanding the cause we are caught-up in the illusion of the effect.*

*So the world is the same. All the time we are trying to adjust our economic status throughout the world. Every few months or few weeks we have a crisis. This crisis comes then it passes but sure enough there is another crisis around the corner. Are we going to carry on like this continuously, with a crisis coming on every other month or so? There is no end to these crisis. And one day it will blow up in our faces like a delayed action bomb.*

*The time is coming soon for the wisdom of great Statesmen with an underlying knowledge of the principle of mankind. And upon which only a human family can be built in security. Not in division, not in separation.*

*All your propaganda, all your great men today are talking a lot of silly nonsense. Whatever they express in word of mouth it is put through the whole of the press throughout the world, thinking it is a masterpiece, when it is lot of damn foolery.*

*When we realise the Truth about what I am telling you. Strong words are needed so that it will get into your mind, so you as students of the greatest and most important thing in existence is **Life**. The Students of Life will understand the fundamental principle upon which the human family is built.*

*It is from you then and from about you, your kind, will come the time when the world is in chaos for people to lead the world. And is it not so, it is said, "yes, and a babe shall lead them." That means one who is not known as a great man, "but a babe shall lead them."*

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When this is realized we will see that the power is within ourselves, for where true realization and recognition exist there also exists the cause. Truth is never created, it always was and is ever-present. Substance-ether is the foundation of all forms, visible and invisible, substance has no power of its own neither do we create substance. Yet Consciousness-Intelligence-Substance is the trinity in form. *That is the trinity in form, behind all form and within form is the Formless. The Formless is the Power; the form is the effect. Therefore let me point this out to you most clearly. Consciousness, Intelligence and Substance is the trinity in the form. That is the Formless. And it is out of the Formless all form is created. Yet form is the effect and the Formless is the cause.*

*Consciousness is the directing Power. It is the Power existing behind everything. The Intelligence is a "Knowing How," it is allied with Consciousness, just like Father-Mother God. Consciousness is a Father the Mother is the Intelligence. The Substance then, is that perfect Formless Substance out of which everything is created. These three are the perfect trinity, Consciousness-Intelligence-Substance, out of which all form is built. The Formless is the Power. The effect has no power whatsoever.*

*That is why Jesus said, "unless you are born again this time of Spirit (which means Father-Mother God and water; which to him was the name he gave to the Substance, which was pliable out of which every form was created). Unless you are born again of Spirit and water you shall not enter the Kingdom of Heaven." You shall not enter the Kingdom of Creativeness and security and understanding. Because if you live in the world of effects, thinking that the effects are real. You will loose the Power of that Formless cause that is behind all Creation. Yet Consciousness-Intelligence-Substance is the trinity in form. We create form and phenomena through our thought-sound-waves. Therefore when we believe in the false we create chaos. When we believe in ideas we create separation, only when we know that we live *from* moment to moment eternally do we awaken to our stupidity of living in the past and in the future.*

*In the presence then and in the present we live in the Formless cause, Consciousness-Intelligence and Substance out of which everything has been created, therefore we know the Creativeness that is within us. Without this understanding you shall never be Masters because you have the potentiality of a Master within yourselves, and this wisdom, this understanding enables you to bring that Mastership into operation.*

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Consciousness, Intelligence and Substance are perfect in themselves, when we are caught-up in the false we produce that which is false and which must ultimately destroy itself, for only the true can live, because it is eternal and ever-present, never in enmity or in separation to another.

We quarrel over our beliefs, our ideas have murdered each other because of them and we do not know whether they are true or not. We must discern these things that bind us, that make us murderers. *No matter whether you really murder or not, if you condone this murder you are just as much a murderer as the fellow who does the murdering. You must seek these things and search them in your minds, to see how clear and concise this Truth is.* Those illusions, ideas, concepts are created by dogmatists, by politicians in whom people believe without thinking, they follow and are destroyed through their own ignorance.

We must free the mind from fixed ideas and concepts, the mind must be empty of these things before we can understand the true. *It is a matter of emptying our minds of all the things that are false.* We do not need to worry about getting *there* by this route or by that route, by this creed or that dogma, for we are already there but do not know it. We do not create Truth we only create *a concept of Truth which is not Truth.* When we dissolve those away Truth is there to take its place. It is Eternal and Ever-present and we live in that ever-present Eternal Truth and this Truth is everywhere and Its motive is Love.

*How we could go on talking about the motive of Truth, otherwise the Universe could not exist or stand complete without the motive of **Love**. Therefore the motion of God, that motion which is Eternal which is functioning through the Intelligence which is working through the whole of the Universe, the motion is harmonious, a harmonious vibration known as **Love**.*

*Jesus said, "love thy neighbour as thyself." That was the key to all security throughout the whole world, to love your neighbour as yourself.*

*But let us look into our minds and see, do we love our neighbour? Do we criticize him? Do we hate him? Do we say despicable things about him? Do we say that he is a rogue, he is a vagabond, he is a cheat, he is all these sort of things? And never looking into our own minds to see what is hidden in our own souls. That we ourselves although we do not perhaps perform these things we are just as diabolically bad as our neighbour.*

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*And we are trying to excuse ourselves and to escape our own searchlight within ourselves by expressing what we think our neighbour is. But the Master said clearly and distinctly, and it is a very true one, “ take the plank out of your own eye, you hypocrite, and you will see how to take the splinter out of your brothers eye.”*

*I am saying these things clearly and distinctly for the simple reason, that it is the basis of your security. To love your neighbour is not a virtue, it is virtually a law of protection.*

By our reactions to the external and our lack of understanding we flounder in phenomena and cause our own misery through our ignorance of the power that is within us. Yet Truth is waiting to manifest Itself in all Its glory and perfectness, this is our security.

*Truth is waiting to express Itself—this is our security. How wonderful is the Truth. Pay no attention to what you shall say, heed not what you shall say in other words, at that moment it shall be given unto you.*

*When I came into this room tonight, I had not looked at this Lecture since the 3/4/52. And I was sitting in there and I said I have not looked at my Lecture tonight at all but all will be given unto me just what to say when the time comes. I do not mind, but as I sat down and began to think what I would say about this Lecture, I would be creating in my own mind some idea about what I should say.*

*But the words that come from my mouth are not my own, the Spirit alone has Voice. And I am convinced of this fact. I have seen it in my last forty years working on people. I have at that very moment, the very beginning spoken to people just the same as I am speaking to you without any experience in talking. But just I believed clearly and distinctly, that the Spirit alone had Voice and the Word of the Spirit shall be given forth in the Voice.*

*If you then know within yourselves that this Spirit is Father-Mother God (Consciousness and Intelligence). Intelligence in “Knowing How,” Consciousness the directing Power behind all things. The Intelligence then is the Active Principle in your body, makes all the cells work that brings together the atoms, forms your brain, your eyes, your senses and the most delicate mechanism of your whole being. Here is an Intelligence that is working through you continuously. This Intelligence knows how, it is still working in your body and Knowing How, and will continue to do so.*

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*Your consciousness then is the directing power. If you are consciously aware of an Intelligence that “Knows How” —that is faith. But faith and fear in the ordinary way, (the ignorance person has a faith and in that faith there is fear,) there is no knowing or understanding. Understanding faith is the Realisation of the Truth, of an Intelligence that Knows How and a Consciousness that is aware of that Knowing.*

*When you are consciously aware of that Knowing How then I say, you have the power of a Master, that is the Masters Power.*

*Nature responds because the Consciousness is the directing Power. The Consciousness of God must be in man otherwise God could not be Infinite. If mans consciousness was separated from God then he could not be Infinite because there would be another consciousness entirely different to his own, therefore he could not be Infinite in Nature.*

*If the Intelligence—The Mother (that Father-Mother God) the Knowing How, the Wisdom in Creation, if that was not working in man then the Infinite could not be Infinite. Because there would another Intelligence apart and distinct from the Infinite God and that would be impossible. If that was so then God could not be Infinite. But as God’s Consciousness is One and the Mother which is the Infinite Expression of that Knowing How, active in every human being. The fundamental principles under humanity is the Spirit. And the Spirit of God dwelleth in man and this is a Temple of the Holy Spirit. “And when you have seen me you have seen the Father.”*

*You have seen the Father-Mother God in action because the Spirit alone has Voice. And the Spirit is speaking **now**. If you can actually see behind your own phenomenon into that Formless state of the Spirit then you will know what is behind the Voice and behind this form that you see before your eyes. The Knowing How, the Intelligence of God in action.*

*As the consciousness becomes freed from the false, thought becomes purified, therefore thought-sound-waves can create harmony and peace in and out of the body. Thought-sound-waves can also create havoc through ignorance.*

*Life is and is perfect, like electricity it flows into the form created by Itself manifesting Its eternal Presence. So Life, Consciousness-Intelligence-Substance, without form, is perfect Life, Life is God and God is Life, therefore cannot be divided, for there is nothing to divide*

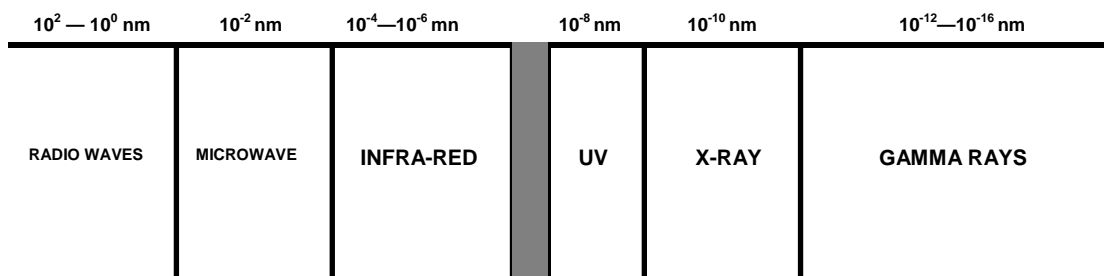
## BELIEVING AND DISBELIEVING IS A PROCESS OF IGNORANCE

It with. Life cannot be destroyed, there is nothing that can destroy Life, just as there is nothing that can destroy electricity.

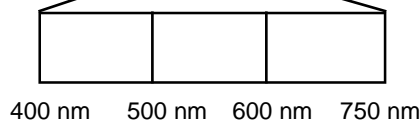
Science has proved to us that matter as we know it, is porous and not solid, that Light-Sound and Colour pass through it, we only see these vibrations are caught up in matter which is but a fraction of the scale of vibration that exists, thus the atoms that make up matter are affected by the vibrations that passes into them as we have already come to understand.

*What the physical eye sees is but a very portion of the vibration of Light and Sound. What the physical sees is but, in Light, from 450 trillion vibrations to 750 trillion vibrations per second. All above and below these vibrations exists but it is not visible to the physical eye. The physical ear hears a very small range of sound from 30 to 32 thousand vibrations per inch.*

*So you see, we have right through the area Light which permeates the whole of the Universe from the very highest invisible sources to the very gross state underneath. Man's visible and conception of that Light is about that much of the totality of all the Light that flows through the Universe. And his sound would be in a similar nature.*



The human ear can detect sounds that are in the range of frequency 16 Hertz to 16384 Hertz.



Dogs can hear sounds ranging from 67 Hertz to 45000 Hertz.

Bats can hear up to 110000 Hertz that helps it in echolocation, this helps it fly in pitch black caves and nights.

### VISIBLE SPECTRUM

The visible spectrum is the portion of the electromagnetic spectrum that is visible to, and can be detected by, the human eye. Electromagnetic radiation in this range of wavelengths is called visible light. The human eye will respond to wavelengths from 390 to 750 nanometers (nm) ( $\lambda$ ).

Colour	Wavelength
Violet	380-450 nm
Blue	450-475 nm
Cyan	476-495 nm
Green	495-570 nm
Yellow	570-590 nm
Orange	590-620 nm
Red	620-750 nm

Nm = nanometer  
(One billionth ( $10^{-9}$ ) of a meter)

Bees and many other insects can see frequencies outside the human visible spectrum, ie. Ultraviolet (300-400 nm), which helps them find nectar in flowers.  
Birds too can see into the ultraviolet range.

## THE WORD OF CREATION

*But above and below these vibrations go into Infinity. Down into the deepest stratas of what we call the ultra-red and the ultra-violet and pure white we do not see. Yet these vibrations are working through us continuously. They are passing through our bodies. Some of those lights which are a very high vibration do not even touch the atoms they pass through the atoms, so high are the vibrations of these lights. Yet it is motion, light is motion. And the atom is motion. And the atom having a nucleus of its own with electrons revolving round its centre. It is a whirlpool or eddy in this ether. And if these particular atoms that are flowing round its centre which becomes the outer, becomes the periphery of the atom which makes a whirlpool or eddy in the invisible ether. The space between these electrons and the periphery of the atom are in exact accordance, relatively speaking, as the planets and the sun.*

*Therefore light of a higher vibration interpenetrates right through the atoms not even touching the electrons, not even interfering with the movement of the electron. It is only when we get a vibration of light that is of a similar vibration as that atom, does it strike and cause certain of these electrons to spring up and make further formations with other atoms in other directions, therefore causing transformation in the atomic structure of the body or in the form. And because your body is created in accordance with your own consciousness in the body so does your consciousness create electromagnetic waves in exact accordance with the vibrations of your own structure. Therefore causing electrons to flow from certain atoms into others causing transformation to take place and therefore you have a constructive or a destruction action in your body according to your thought.*

*Next series we will be going more definitely into the most important scientific activities of how these things take place.*

*As you well know that this knowledge was known to the great, what we call, the atomic philosophers of ancient times. Their knowledge of the atom and the electron and even more advanced than our scientists are today. And I can assure you this, what I will tell you in a very short time during next period you will find that the scientists will eventually reveal the same thing in years to come through their own experiments.*

*These instructions were given to me by the Masters themselves. And I am sure I could not give you this information if it was not necessary for you at this time.*



## BELIEVING AND DISBELIEVING IS A PROCESS OF IGNORANCE

*So we see, science has proved to us that matter as we know it, is porous and not solid, that Light-Sound and Colour pass through it, we only see these vibrations are caught up in matter which is but a fraction of the scale of vibration that exists, thus the atoms that make up matter are affected by the vibrations that passes into the atoms as we have already come to understand*

Therefore our security lies in the great truth that the Master showed, that Love is the true Creative Power in the Universe, a Love beyond the physical, a Love beyond the family circle, a Love that is beyond beliefs, ideas. *This Love is deep and simple and nothing can change it. For God is Love. When we become Love Itself, that is our security and nothing else can give us security.*

*Love is beauty, it manifests when we dissolve all the false things that are hiding It.*

“Heaven is my throne, says the Eternal, my footstool is the earth. Where would you build a house for me, where would you rear me a home?

“Such buildings I have made myself already, they are my own, says the Eternal.” Isaiah 66: 1-2 (Moffatt translation)

*That is you and me. These are the buildings that He has made. These are His own buildings in which He Lives.*

*This not only applies to you and me but applies to every living being upon the earth. Then can you not see, that the fundamental underlying the human only, is our security. No ideas, no means of atomic change, no means of economic change, no means of these political changes and ideas, no means whereby nations group themselves together jockeying for positions so that they could be in a better position in event of war.*

*You think that we can have peace when we have two armed-camps facing each other, neither knowing the underlying principles of human nature, only having a belief in an ideology or a system. And which ever system they think is best is going to bring them the most security, they shall fight to the death and destroy others in the doing so. And where is the security? There is none. Look back and see from time immemorial to the last few years in fact, has there been any security during the war that was promised security? This is the final war that would give the world security. Has there have been any security one war after another? Is there not more insecurity? And will not more insecurity follow?*

## BENEDICTION

O Eternal Love, the Sweetness of Thy Perfume in the human heart is the Perfume of Perfumes.

How can I seek anything less than the greatest when It is silently waiting to express Itself without struggle.

Yes, when *my* struggle and craving ceased, in my soul I found that which I *had* craved for.

O Ever-enduring Love, may Thy Perfume awaken the hearts of all to perceive the beauty of Thy Presence everywhere, O Eternal Love.

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 24th June 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

*ADDITIONAL MATERIAL*

#### PUBLISHERS NOTE

No date has been given for the production of this particular article but it is believed to have been written in 1947. Also there is no information as to it ever been given as a Lecture, but if it was given as a lecture in either Pretoria or Johannesburg, it would have been in 1947.

## **THE PRACTICAL APPLICATION OF—THE HEALING POWER OF LIGHT, SOUND AND COLOUR ON MIND AND BODY**

There is but one God unlimited and eternal—Triune in Nature: Consciousness, Intelligence, Substance—Father, Mother, Child—Spirit, Soul and Body—Father, Son and Holy Ghost. One in all, all in one. If we do not know this truth then we are lost in the world of action and reaction. Colours are but the reflection of light vibrating at different rates of vibration in this world of action and reaction.

The vast field to explore along the lines of Light, Sound and Colour is so intriguing, yet I can only deal briefly with this subject in an article like this; therefore I will confine myself to that which would be of most use to the reader in a practical way.

Light, Sound and Colour have a powerful effect in harmonising the mind and body; they have also great healing values when used harmoniously and in accordance with their natural correspondences, but they can also have a negative effect on mind and body when used disharmoniously. Harmony is the keynote of the Universe and is the foundation of our well-being, therefore the harmonious use of Light, Sound and Colour greatly helps us to regain that harmony so much needed today in mind and body, when we are continually reacting to an external world in chaos.

The following Chart will reveal a harmonious Universe in which we live and move in Light, Sound and Colour. From this we can learn the Mighty Secret of our Divine origin—“I am the light of the world.”

## THE WORD OF CREATION

1	-A-	GOD	-	“I AM” the Creator of all there is and there is none other beside me.
9	-G-	LIGHT	-	The reflection of God, “I am the Light of the World.” (Christ-Consciousness)
8	-F-	WHITE	-Do	- The manifestation of the perfect light wherein all colours are held. When sounding this note you can feel it above the head—in the “Christ Centre” from which all other centres emerge and return. This is the source of our life energy manifesting in the body
7	-E-	VIOLET	-Te	- This higher series of colour and sound affects the mind and nervous system, and find their correlates in these higher centres (1) Dome of the Head; (2) Forehead; (3) Base of Skull. When the corresponding notes are sounded you can feel them in their corresponding centres—these colours and sound effect and modify mental and nervous disorders.
6	-D-	INDIGO	-La	
5	-C-	BLUE	-So	
4	-B-	GREEN	-Fa	- <i>Magnetism or Magnetic Body</i> - This represents the intermediate or transitional or passive. Affects the emotional body and heart centre. Green soothes the emotions; the heart is responsive to green; it gives one a feeling of peace. It is through the magnetic body that our thoughts are transformed into effects in the physical.
3	-A-	YELLOW	-Me	- This Lower Series of Colours and Sounds affect the physical body—the Body of Manifestation or body of Effects—the centres here are: ME”—Solar plexus, “RAY”—small of back, “DO”—Base of spine. Their respective notes can be felt in these centres even when sounded outside oneself. Note that “DO” (White Light) reaches its lowest manifestation in the lowest centre “DO”—red—in the base of the spine in man and must return to whence it came. These colours and sounds definitely affect the physical body.
2	-G-	ORANGE	-Ray	
1	-F-	RED	-Do	

Music that has charm produces a perfect blending of Colours unseen by the physical, yet we are affected just as if these Colours were played upon us. As you proceed through this article you will see how colours can be used with great effect in regaining the natural harmony of your mental, emotional and physical bodies.

# THE HEALING POWER OF LIGHT, SOUND AND COLOUR

## The Colours of the Spectrum

Positive:	Passive:	Negative:
<u>Violet</u> <u>Indigo</u> <u>Blue</u>	<u>Green</u>	<u>Yellow</u> <u>Orange</u> <u>Red</u>
7          6          5	4	3          2          1
	<i>Wave Length in Ten millionths of an inch</i>	<i>Number of undulations per inch</i>
		<i>Number of undulations per second in trillions</i>
1. Red . . . . .	266	37.640
2. Orange . . . .	240	41.610
3. Yellow . . . .	227	44.000
4. Green . . . . .	211	47.460
5. Blue . . . . .	196	51.110
6. Indigo . . . .	185	54.070
7. Violet . . . .	167	59.750

We see from 34 to 64 waves to the inch. From the ultra Red to the ultra Violet—this is the range of colour or light vibrations visible to the physical eye. Above and below these points vibrations exist, yet although we do not see them that is not to say we are not affected by them. For in fact we are, much more than we realise, but this is matter for another article on Cosmic Radiations and would lead us away from our present subject of Colour and Sound which we see and hear.

### COMPLEMENTARY PARTS AND DIVISIONS OF LIGHT REPRESENTED IN COLOUR

	<u>POSITIVE</u>	<u>NEGATIVE</u>
Higher Series	White (Violet (Indigo (Blue	Black Yellow-Green Orange-Yellow Orange-Red
Intermediate or Transitional )	Green  Yellow Orange Red	Reddish-Violet  Indigo-Blue Azure-Blue Bluish-Green

## THE WORD OF CREATION

We need a variety of colour in many of Nature's manifestations to keep us fit and well in mind and body. Nature has seen to it that we have this variety; it is up to us to take advantage of it. There are enormous forces stored up in light, reflected in the various shades of colour or **vibration**. We have a magnetic body and this body is the link between mind and matter. It is through this medium that vibrations are transformed into effects in the body.

This magnetic body forms a magnetic field like that of a magnet. It is like matter but invisible. In this field there are radiations in colour—each side being different, one being positive, the other negative. On the left side our body radiates yellow and red, while on the right it radiates blue verging on green. This continues all our life, and the intensity of the radiation depends upon our health. Our head vibrates the colour of violet and blue—violet in the higher regions and blue in the lower. Our whole system radiates in various colours according to our own vibrations. We are surrounded by a magnetic field which picks up and discharges radiations. These are transformed and absorbed into our system through our nervous system and blood by a process of chemical action. According to the strength of our mind and health, so do these radiations vary in colour and intensity.

When we are strong in mind through awareness of our Divine Power, this sets in motion that Divine Atom, which in turn sets in motion the magnetic field and radiates through our body, the magnetic body being the link that transfers our spiritual power into physical action and our body responds. Thus we impart fresh impulses of Divine Life and primary force when we are “aware”.

We are also benefited in a secondary way by colour radiation through our magnetic body, and this is the formula of the action of colour—the complementary colour is attracted by its opposite, but will repel its like. That is to say, if the left side of the body radiates red and yellow, this will attract blue and blue-green rays but will repel rays of yellow and red; yet the right side radiating blue will absorb yellow and red. So by applying blue to the left and yellow and red to the right, we increase the vitality of our body because we absorb vibrations through the magnetic field which are transformed into action in our body.



## THE HEALING POWER OF LIGHT, SOUND AND COLOUR

I will state here just plain, practical facts regarding colour therapy for I know this is of more value to the majority of my readers than the theory.

The medium or glass used for Colour Therapy must produce the proper colour; the colour must be isolated, and not a mixture of the spectrum as is seen in the ordinary glass. The Ernest Ray Co. of America as well as the Sollux Co. of England, have experimented extensively along these lines and have produced suitable filters for this work.

Blue Rays transmitted through a glass filter made of ammonium sulphate and copper oxide will stop haemorrhage of the lungs and bowels, reduce blood pressure, allay fever, relieve a sore throat, help hearing and many other things.

I have experimented with both the Sollux Lamp and the Ernest Cromo Ray, and when I used a blue filter I got reduction of inflammation in the part of the body where the light was directed; a form of local anaemia was obtained. This means a local anaesthesia had been created. Should any of you suffer from sleeplessness try the blue light over the bed and see the result. I found that blue had the effect of reducing blood pressure, inflammation of the nerves and tissues, especially in neuralgia and rheumatism in the face and head.

**BLUE**—The tone of the element air is blue. Blue is cold in nature, therefore we note that sky-blue dress will make one feel cool. Go into a theatre where there is a blue sky canopy and feel the cool feeling you get when you look into it. Blue is positive in action, it increases the magnetism in the system. In the open air when we breathe deeply we increase the magnetism in our body and improve our health. When blue colour is used in conjunction with thermal or heat rays—red—it will create intense heat. Thus when we use a blue light we impart to our system heat rays as well as electro-magnetic energy when we use thermal or heat rays—“Red”—with it.

Indigo-blue light will induce sleep. If you place a blue light over your bed you will find sleep will come easily. It has the effect of slowing down and harmonising the brain centres; it also slows down the synaptic process. Blue strengthens the nerves and makes one calm.

**GREEN**—The colour green brings peace to us through our senses. How the green fields and meadows bring that peace to a worried brain. How the yellow harvest field calms our nerves and stimulates our mind.

## THE WORD OF CREATION

So we see the most beneficial colours of nature are blue, green and yellow. Green has the power of neutralising our thoughts, thereby influencing our higher brain centres, and calming our emotions. It also regulates the heart action. By using blue, green and yellow I get a delightful effect upon the mind, nerves and body. Green itself being a combination of yellow and blue, has a strong vitalising effect. Green increases the blood circulation and makes the brain active with clearness and alertness, yet the emotions are under control, so effective is the Green Ray.

**YELLOW**—strengthens our nerves, increases the action of the liver and stomach and helps indigestion. To the mind it adds power to our thoughts, stimulates the brain cells, makes us happy, and gives us control of our emotions. The liver responds instantly to the yellow colour vibration, which makes it work normally, and at the same time acts as a tonic on the mind.

**RED**—Red colour also increases the blood circulation and acts upon the mind as a stimulant. Green stimulates the mind and body with harmony and balance, while red has an irritating effect on its stimulation. Red is beneficial to those suffering from depression and melancholia as it arouses such people from their depth of despair. But as red excites the nerve centres it is detrimental to those suffering from nerves. In such cases blue or green should be used also.

In my “Master’s Course” you will see that Red is the colour of the lowest centre and stimulates the energy arising from this centre, while green is the centre of the heart; it controls the emotions and unifies the Soul and Body. Red is a good physical stimulant and revives one from physical and mental exhaustion. But violet light or ultra-violet rays should be used afterwards to stabilise and increase the effects of red light rays.

It has been definitely proved that the combination of the various colours such as blue and yellow, green and red, and yellow and green are stimulating, and give health and strength to mind and body

**VIOLET**—The colour Violet affects our mind. Look again at the colour of the centres in the chart—Page (325). When working with these centres the colour represented should be held in mind.

Some colours have different healing effects, whilst others have none. Violet has little effect upon our body. It elevates the mind and keeps our

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thoughts high; that is why it is used in altars, churches, and stained glass windows, mostly unknowingly. It is also good for meditation and deep contemplation. Violet light vibrates at 750 trillion vibrations per second, and affects only our mind and nerves. It has a soothing effect on lunatics and the mentally deranged. In fact, violet is one of the colours that will be used to uplift humanity. When a large group of people are subjected to the rays of a violet light they become more spiritual and peaceful. When subjected to red, the opposite is the case. That is why Communists are always fighting the wrong way for Social Security. We find red vibrates at the lowest rate, something like 394 trillion vibrations, while violet is the highest, 750. So when we raise our vibrations we become more spiritual, and when we lower them we become more brutal. When we experiment more with light and colour with the awareness of our being and a knowledge of the active Universe in harmony and colour, we will enter a realm of action not yet tapped by science.

From my own experience in Colour Therapy, I found the best curative colours are—Blue, green, yellow and red. I found that the blue ray softens and neutralises and has a very strong effect upon the mind, while green is more vital, and generates more circulation. (NOTE: The heart centre is green.) Yet it calms our emotions. Blue rays will stop mental storms and delirium in a very short time. A deep violet or mauve also influences our brain and nerves and calms our mind and the whole of our nervous system; therefore it is the best colour to use in fits and brain storms.

**Red light** and red colour I found stimulating: they excited the nerve centres, but were irritating in some cases because of their stimulating effect. Red also stimulates the circulation, and is good for chronic inflammatory conditions when used with blue; but red irritates an acute state of inflammation yet is good for rheumatic cases of long standing because it stirs up old condition. Red purifies the blood, relieves melancholia, but intensifies disharmonious thoughts. Red also increases blood circulation, especially in the body and limbs.

**Yellow light** and yellow colour help to harmonise our thoughts. Yellow creates cheerfulness, also stimulates the brain centres, and has a strong effect upon the liver, stomach and solar plexus; stimulates into action the involuntary processes of our thoracic and abdominal regions including our Sympathetic Nervous System.

## THE WORD OF CREATION

**Green light** and all shades of green act like a tonic on the mind and body. Green light rays are vitalising life rays. They harmonise soul and body; influencing the higher brain centres. Green stands between the cold and sedative effect of blue and the exciting effect of red. Thus green has the neutralising effect on both blue and red and can be used with each according to the condition of the trouble or patient.

**Blue light** is cold and silencing; these rays affect our mind, calm our thoughts and nerves, bring on sleep, relieve neuralgia and rheumatism, especially in the head, allay hysteria and reduce blood pressure, and reduce inflammation and should be used in all cases of acute inflammation.

**Violet light** and colour gives us the calm spiritual control so needed today, helps us to meditate and concentrate, raises our thoughts from the material to the spiritual, and cures most mental cases. Epilepsy has been cured by a patient sleeping under a violet light.

**Orange light** and colour increases the action of our glands and helps to balance our body, releasing tensions and giving mental as well as physical stimulus; its influence is like a combination of yellow and red where each is modified.

**Brown light** and colours help us to call up our latent powers into action, makes our minds alert, helping us to decide and act with judgment; it is more of a material colour and is good for business. Board rooms panelled in brown are of great aid in helping directors to come to decisions; brown also aids the blood formation in the body, but is weak in nature, so red and yellow should be used to strengthen its action.

Three of the most vulnerable points to apply light and colour are through the temples, the top and back of the head, and at the solar plexus. These three great radiating points of the body are the pineal and the pituitary glands, situated in the head, and the solar plexus in the body.

Pure white light is beneficial in all cases and has great curative powers. This is the light of the Christ, and when we let this light shine through our being it is well seen what happens. We are flooded with the Divine Healing Rays of the white light. Apply this in your daily life and benefit by this mighty intelligent healing power.

Dr. William Luftig<sup>1</sup> of London, the eminent eye specialist, has used colour extensively in his work of relieving all kinds of eye troubles. The following is what he found from practical experience:

1. See page 334

## THE HEALING POWER OF LIGHT, SOUND AND COLOUR

“**Blue light**—While red is a warm and stimulating colour, blue light is cold and has a sedative effect, which is its main feature. It produces good results on the blood and nerves. The patient will derive great benefit from blue radiation (a) in inflammations; (b) in nervous symptoms of the eye; (c) in attacks of pain.

“(a) Blue light causes anaemia or lack of blood and is, for this reason, of high value, if one wants to counteract inflammation of the eye. The good influence manifests itself in a decline of the inflammatory redness and the acute morbid process. Blue light stops the rush of blood to the head and eyes. If, for instance, the eyelids are swollen, the astringent effects of the blue light rays will help to reduce the heat and swelling of the tissue. The same is the case in any part of the body, where an unnatural state of redness, heat, swelling and pain exists. It is the cooling and soothing influence of blue light which is of special use when body tissues are inflamed and irritated.

“(b) When nervous conditions prevail, blue light is the colour of choice. It is a nerve tonic and acts very favourably on the nervous system by calming and steadying the nerves. It remedies the nervous disorders and reduces hyper-sensitivity, tension and nervousness. It quiets excitable persons who are highly strung, restless and easily agitated, and gives a welcome relief and rest to weak and strained nerves. That is the reason why blue irradiation is of great help in insomnia or sleeplessness.

“(c) Blue has marked pain-relieving properties. Persons suffering from neuralgic pains in the head and around the eyes will experience a lessening of the trouble, particularly when blue light therapy is combined with homeopathic medicines and other measures advocated. Blue mitigates painful sensations; when pain is present in acute glaucoma, blue, especially in connection with concentrated white light, makes it less severe, because it is possible by these measures to alleviate the eye pressure which irritates the nerves. I often advise patients to use blue and green light as a home treatment before going to bed. The glaucoma patient may take advantage of the balancing influence of these light rays on the circulation. Blue light is an effective agent in equalising the blood stream within the eyeball and removing congestion in its channels. Besides, it will enable nervous patients to relax and calm the nerves and to fall asleep.

## THE WORD OF CREATION

“**Green light**—In contrast to the pronounced exciting effect of red light and the strongly marked soothing character of blue light, green light rays have less decided characteristics and are more neutral. They stand between these two extremes; their nature is less active and positive than red and less passive and negative than blue.

“Green light has a valuable influence on the blood stream of the eye. It secures and maintains the equilibrium in the globe by keeping its circulation steady. Its practical worth is, therefore, often very obvious, particularly in glaucoma. Green is the colour that is never contra-indicated in eye diseases. It presents two distinguishing features:-

“(a) It imparts a mild stimulation which can be made use of in any state of the eyes. When they are in need of assistance, green light is of service, no matter whether the disease is of an inflammatory nature or not.

“(b) Another distinctive quality is the regulative action on the blood circulation. These two characteristics make green light an important therapeutic agent in eye diseases. Green has a pleasant reaction on the patient, and its effect is equally good in acute as well as in chronic conditions of the eyeball. Moreover, green light rays have antiseptic properties. They have the power to prevent the decay of eye tissues and the growth of disease germs. One will be surprised how beneficial the effect is, for instance, in those cases of iris inflammation where the disease process has given rise to the formation of pus in the anterior eye chamber.

“**Yellow light**—Yellow is a very warm light. It has a stimulating influence on the nerves, and it is due to this circumstance that yellow light-rays are effective in a case of paralysis of the eye muscles. As a result of the application of yellow light, the loss of muscular action incurred by the paralytic state may be curtailed and counterbalanced, and the muscle which is powerless to move can be freed from its inactivity and lack of force.

“Yellow light rays kindle and enliven the specific activity of the paralysed muscle and quicken its functional recovery. If neuralgic pains manifest themselves in and around the eyes, yellow is contra-indicated, because it does not calm down the nervous system, but animates it. Where we want to rouse and intensify the movement and distribution of the blood and lymph current in the eye, the administration of yellow

## THE HEALING POWER OF LIGHT, SOUND AND COLOUR

light is useful. As far as glaucoma, cataract, and detachment of the retina are concerned, yellow can, therefore, be utilised with advantage as a stimulus to increase the fluid stream in the eyeball.

“The enlivening effect of yellow light-rays is of special value in chronic eye diseases. Yellow puts life into inert and sluggish sections of the eyeball. It rouses them out of their lethargy, enhances their active forces, and transforms the passive and unresponsive state into a more reactive condition. In its effect yellow light is similar to that of red light rays. For this reason it has approximately the same indications and contra-indications.

“**Red light**—The main characteristic of red light is its stimulating influence on the blood and nerves.

“(a) It has the distinctive quality of exciting and urging the circulation to a vigorous motion. Red causes hyperaemia, or an excess of blood. It is, therefore, contra-indicated in a case of fresh inflammation, such as acute retinitis or iritis. The stimulus of red light is a valuable factor in cataract and detachment of the retina, where it rouses the blood and lymph current to increased activity. Under no circumstances must red light be employed in acute inflammatory conditions which call for the cooling and anti-inflammatory therapeutic action of blue.

“(b) The patient may derive benefit from red if he suffers from a paralysis of an external eye muscle, because red is a stimulant which may spur on its working power and augment its efficiency. It is this stimulating action which, besides the animation of the blood and lymph current, irritates the nerves and produces temporary restlessness, when the nervous system of the patient is out of balance and requires the application of soothing blue light.

“Where the vitality is low, red light is a helpful measure of stimulation. It calls forth a functional reaction by rousing the activity and vital energy of the patient. In this connection I should like to mention that red is not the right colour for wall papers, carpets, draperies, etc., if the patient is nervous. Red affects weak nerves most unfavourably and is likely to cause irritability. Red stimulates not only the nerves of the eye, but also the life processes and metabolic functions of its cells and tissues.”

My one reason for quoting Dr. Luftig and these valuable extracts from his diary is to prove that through his extensive practical experience he has confirmed as well as added valuable data to what I have already said.

## THE WORD OF CREATION

There has been a mass of material written on Colour, with the result that it is difficult for the lay reader to extract any practical knowledge, so I have confined myself to the simple and most effective practical application of this vast and interesting subject. At the same time, I have retained the true foundations of our being, for this is most essential, otherwise we get lost in a maze of phenomena that leads us into utter confusion.

The Universe in which we live and have our being is harmonious, but with our reactions we create in ourselves and about us inharmonious vibrations and upset the balance. The Science of Colour is a method whereby we can to some extent regain this harmony in mind and body; yet above all we must realise that when we know the truth, the truth will set us free. This means to be aware of the Divine perfect action in and through us; the Divine atom then is automatically set in motion and completes the Harmony without effort, flooding our mind and body with its perfect white light wherein all the colours are. A perfect Harmony fulfilling the Perfect Divine Law in us. For the Infinite has individualised himself and we are that individualisation—"I and the Father are One."

M. MACDONALD-BAYNE.

1. Dr. Wilhem (William) Luftig M.D. (1888-?). Was originally Austrian, and obtained the degree of M.D. of Berlin University in 1913. He became a British subject by naturalisation in 1938 and practised in London and Northampton and from 1944 in Brighton, where he specialised in ophthalmology. He was once taken to court for inappropriate use of the title M.D. in England. He wrote several books on eye diseases, including "The Natural Treatment of Eye Diseases in Simple, Advanced and So-called Incurable Cases" (1947), in which he claimed to have considerable success treating the condition using crystal reflectors. However it should be noted, that his book contained no case studies or peer reviewed research. His claims were not accepted by the mainstream medical profession and was regarded as something of a maverick. In brief, he claimed that directing visible light (ie. non ultraviolet or infrared) onto closed eyes has a therapeutic affect on the eye and could cure a number of eye conditions including floaters, non surgically.



## ATOMIC WEIGHTS OF THE ELEMENTS

ATOMIC NUMBER	SYMBOL	NAME	ATOMIC WEIGHT	DISCOVERY (YEAR)
1	H	Hydrogen	1.0079	1776
2	He	Helium	4.0026	1895
3	Li	Lithium	6.941	1817
4	Be	Beryllium	9.0122	1797
5	B	Boron	10.811	1808
6	C	Carbon	12.0107	Ancient
7	N	Nitrogen	14.0067	1772
8	O	Oxygen	15.9994	1774
9	F	Fluorine	18.9984	1886
10	Ne	Neon	20.1797	1898
11	Na	Sodium	22.9897	1807
12	Mg	Magnesium	24.3050	1755
13	Al	Aluminium	26.9815	1825
14	Si	Silicon	28.0855	1824
15	P	Phosphorus	30.9738	1669
16	S	Sulphur	32.065	Ancient
17	Cl	Chlorine	35.453	1774
18	Ar	Argon	39.948	1894
19	K	Potassium	39.0983	1807
20	Ca	Calcium	40.078	1808
21	Sc	Scandium	44.9559	1879
22	Ti	Titanium	47.867	1791
23	V	Vanadium	50.9415	1830
24	Cr	Chromium	51.9961	1797
25	Mn	Manganese	54.938	1774
26	Fe	Iron	55.845	Ancient
27	Co	Cobalt	58.9332	1735
28	Ni	Nickel	58.6934	1751
29	Cu	Copper	63.546	Ancient
30	Zn	Zinc	65.39	Ancient
31	Ga	Gallium	69.723	1875
32	Ge	Germanium	72.64	1886
33	As	Arsenic	74.9216	Ancient
34	Se	Selenium	78.96	1817
35	Br	Bromine	79.904	1826

ATOMIC NUMBER	SYMBOL	NAME	ATOMIC WEIGHT	DISCOVERY (YEAR)
36	Kr	Krypton	83.798	1898
37	Rb	Rubidium	85.4678	1861
38	Sr	Strontium	87.62	1790
39	Y	Yttrium	88.9059	1794
40	Zr	Zirconium	91.224	1789
41	Nb	Niobium	92.9064	1801
42	Mo	Molybdenum	95.94	1781
43	Te	Technetium	98	1937
44	Ru	Ruthenium	101.07	1844
45	Rh	Rhodium	102.9055	1803
46	Pd	Palladium	106.42	1803
47	Ag	Silver	107.8682	Ancient
48	Cd	Cadmium	112.411	1817
49	In	Indium	114.818	1863
50	Sn	Tin	118.710	Ancient
51	Sb	Antimony	121.760	Ancient
52	Te	Tellurium	127.60	1783
53	I	Iodine	126.9045	1811
54	Xe	Xenon	131.293	1898
55	Cs	Caesium	132.9055	1860
56	Ba	Barium	137.327	1808
57	La	Lanthanum	138.9055	1839
58	Ce	Cerium	140.116	1803
59	Pr	Praseodymium	140.9077	1885
60	Nd	Neodymium	144.24	1885
61	Pm	Promethium	145	1945
62	Sm	Samarium	150.36	1879
63	Eu	Europium	151.964	1901
64	Gd	Gadolinium	157.25	1880
65	Tb	Terbium	158.9253	1843
66	Dy	Dysprosium	162.50	1886
67	Ho	Holmium	164.9303	1867
68	Er	Erbium	167.259	1842
69	Tm	Thulium	168.9342	1879
70	Yb	Ytterbium	173.04	1878
71	Lu	Lutetium	174.9667	1907
72	Hf	Hafnium	178.49	1923
73	Ta	Tantalum	180.9479	1802
74	W	Tungsten	183.84	1783

ATOMIC NUMBER	SYMBOL	NAME	ATOMIC WEIGHT	DISCOVERY (YEAR)
75	Re	Rhenium	186.207	1925
76	Os	Osmium	190.23	1803
77	Ir	Iridium	192.217	1803
78	Pt	Platinum	195.078	1735
79	Au	Gold	196.9665	Ancient
80	Hg	Mercury	200.59	Ancient
81	Tl	Thallium	204.3833	1861
82	Pb	Lead	207.2	Ancient
83	Bi	Bismuth	208.9804	Ancient
84	Po	Polonium	209	1898
85	At	Astatine	210	1940
86	Rn	Radon	222	1900
87	Fr	Francium	223	1939
* 88	<b>Ra</b>	<b>Radium</b>	<b>226</b>	<b>1898</b>
89	Ac	Actinium	227	1899
90	Th	Thorium	232.0381	1829
91	Pa	Protactinium	231.0359	1913
92	U	Uranium	238.0289	1789
93	Np	Neptunium	237	1940
94	Pu	Plutonium	244	1940
95	Am	Americium	243	1944
96	Cm	Curium	247	1944
97	Bk	Berkelium	247	1949
98	Cf	Californium	251	1950
99	Es	Einsteinium	252	1952
100	Fm	Fermium	257	1952
101	Md	Mendelevium	258	1955
102	No	Nobelium	259	1958
103	Lr	Lawrencium	262	1961
104	Rf	Rutherfordium	265	1964
105	Db	Dubnium	268	1967
106	Sg	Seaborgium	271	1974
107	Bh	Bohrium	272	1981
108	Hs	Hassium	270	1984
109	Mt	Meitnerium	276	1982