

Lecture 1 (13th April 1954)

## **DEATH CANNOT DESTROY LIFE**

“The God of Peace will soon crush Satan under your feet.”  
Romans 16: 20

If I say to you God is Love, God is Wisdom, you will accept this without question because you believe it to be true. Yet no great truth can be of any value to you by the mere acceptance of it, a mere belief, for a belief is not thinking.

You must learn to think clearly and this can only be done when you are free from attachment, free from beliefs, for no one can do your real thinking for you. If you accept what others say, you conform to their thinking and you can no longer think freely, thus you imitate and you think in terms of what you have accepted from others.

With right thought-feeling there can be no reaction to beliefs, ideas, prejudices and the like. Most people try to escape from thinking correctly by succumbing to conformity and tradition, this is truly ignorance.

Therefore if I say that God is Love and Wisdom and I still retain my prejudices, I do not understand what I am really saying. I can only find the truth of this within myself. If I have no love for my fellowman and still say that God is Love, I make God relative and myself a hypocrite. But when I find that I am Love, free from all prejudices and separation in race and creed, then only will God who is Love be a “Reality” to me and I will be His son.

We are all human beings in whom the Presence of God is the only Reality. Now this Presence is never in opposition to Itself in any other human being. Then where does opposition arise? Opposition arises from our beliefs, from our own tradition, from our separation in creed and race. Surely it is not difficult to see that this is all in the mind of man caught up in limitation.

When the mind is limited in this way it is impossible to grasp the truth of our Being. Only right thinking leads to this and freedom, and with freedom comes “Creativeness,” “Wholeness.” Therefore all limitation is born of ignorance in the mind of man and unless he frees himself from this illusion he will die in his ignorance. It was to free man from this colossal ignorance

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that the Master came and when I read his words I can see clearly what he meant when he said, “do you not see how nothing outside a man can defile him by entering him? It does not enter his heart but his belly and passes into the drain (Thus he pronounced all food clean.)” “No,” he said, “it is what comes from a man, that is what defiles him. From within, from the heart of man the, designs of evil come.” Mark 7: 17-21.

Therefore it is to discern what is in the heart that counts. God can only be a Reality to you when you have love in your heart. This can only happen when you “Love your neighbour as yourself.” But you will not understand this till first you have thrown off all limitation, all that hinders the true expression of the Spirit from within.

When we see that the world condition is but the outward expression of our own inward thought-feeling, systems, conferences, etc., will not bring about order and goodwill. The thing to do is to change within, then the outer will change also, for our inward conflicts express themselves in outward disasters. Only a radical change of the human mind and heart will bring about a change in the individual and in the world, for we are the world.

A man said to me the other day, “I will be glad when I am out of this world with all its misery and strife.” I said: “The present is the Eternal, the now is ever existent. How can you escape into the future when the now is Ever-present. If you do not understand the present now, will you understand the future? What you are now you will perpetuate, if the present is not understood; understanding only comes through the present. Postponing the issue does not bring comprehension.”

If we look to time as a means of freedom it will never come. It is but a useless conflict leading to illusion. In death we seek immortality. We are caught up in birth and death and we crave for the timeless. Death does not lead to immortality. In Life, without death, is there immortality. Believing in death we cling to Life so we struggle creating opposites, this is not understanding.

To hope and believe in immortality is not expressing immortality. Belief and hope must cease then immortality can be realized. When the mind is quiet, free from opposites, there is creative stillness, in this Silence you will know that which is birthless and deathless.

John 8: 43-46, “why do you not understand my speech? Because you are unable to listen to what I am saying; you belong to your father the devil,

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and you want to do what your father desires; he was a slayer of men from the very beginning, and he has no place in the truth because there is no truth in him; when he tells a lie, he is expressing his own nature, for he is a liar and the father of lies. It is because I tell the truth, that you do not believe me.”

The Devil was the father of death, so whatever God is the Devil is not and since God alone **“Is”** the Devil is not. Since God is Being, the Devil is not Being. Since God is Life, the Devil is not Life. Death does not exist in Life, therefore the Devil is the liar. It is here where we see the great Truth the Master showed us. So it is precisely the non-existence of the Devil that makes up the Devil. The refusal to accept the Christ as the only begotten Son of God makes up the Devil and Death. Separation makes up the Devil, dogma makes up the Devil, anything where there is separation there the Devil is for it is not Truth.

But in Reality there can be no separation therefore only unity exists. It is not until we understand that the Devil is separation, do we realize the Truth that sets us free.

John 8: 58, “truly, truly I tell you,” said Jesus, ‘I have existed before Abraham was born?’”

Here also the great truth “I am” represents Absolute Eternity, a timeless existence. “I am” stands for the name of God. It was this that his hearers could not understand. Jesus was speaking from Eternal Life the Timeless state of mankind.

Life is, and Death is not. Here was the message of the Master to those who believed in Death, their father was the Devil the Father of lies. But anyone who was able to recognise the Spiritual Principle of Life which the Master was showing, had Eternal Life. “They had already passed from death to Life.”

“My Father,” Jesus made the Universal Living Intelligence personal, an individual expression of himself and by this means made a conscious personal intercourse with God not in the relative sense as we are speaking but as a living Reality. Now the denial of this Universal Living Intelligence in Jesus was the root of Death to those who did not “believe in me and in Him who sent me.”

There are those who are capable and those who are not capable of realizing the Ever-present Life Principle, for those who affirm there is a Devil in reality deny the Absolute God, and to deny the Absolute God is to affirm a

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principle the opposite of the Spirit of Life, the Devil, and in this sense in relation to the human plane the Devil is said to have the power of death.

Anything that separates God from man or man from man must be utterly false, therefore we have to discern these things in the light of the Master's teachings and in the light of our own awareness of the Truth of the Eternal Now.

We limit in our minds the operation of Spirit Life by 'before' and 'after,' by past and future. When we deny the Life in the body we limit the Ever-presence of the One Life and it can be none other than the "One" Eternal Now, and this is what Jesus was showing, and those who could "see," understand, became Sons of God and not sons of the Devil (Perdition). "For unless you believe who 'I am' you will die in your sin (your ignorance)." John 8: 24.

If you believe in separation you must die in your ignorance. Anything that separates one from another is an illusion. If anyone lives in separation, that one cannot think correctly. I have realized this immortality, this Ever-present Life in and out, before and after; past and future are all one in the Ever-present Eternal Life, NOW.

If you can see all that hinders you, with all the subtle varieties that prevent you from living in the present, you will begin to realize the Eternal.

If you look into your mind you will see that past, future, good, evil are but images, mental ideas which are relative and can never be part of the Ever-present Reality.

'Resist not evil,' in other words do not fight or struggle with these hindrances nor pacifically endure them but become conscious that they are false. They are hindrances to the clarity of thought which alone leads you to freedom.

You can become free only by examining these hindrances with your mind utterly free from all attachment, free from prejudices, free from ideas or beliefs; comparisons do not bring understanding. If you are suffocated by demands of loyalty with the fulfilment of certain duties which demand conformity you will be incapable of true understanding. It is only when you are unattached can there be true discernment of what is in the mind.

The Presence requires no effort to express Itself, neither has It to discipline Itself into action. It is true action and in this there is freedom for the individual who realizes It. This is the Christ that Jesus showed to us and it is the most important thing in your life and in mine.

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“He who has sent me is true so I tell the world what I have learned from Him.” John 8: 26.

## BENEDICTION

I slumbered in the arms of Thy “Infinity” while the feeling in my craving heart prevented me knowing Thy Eternal Presence.

I awoke and waited in the Silence of Thy Being and there burst forth the soul melodies of joy.

I then removed all sacred rituals that separated Thee and me, which lay so long locked in my memory, and now I know that within my Soul is Thy Throne of Eternal Peace, O Beloved ‘Infinity.’

**THOUGHT IS THE EXPRESSION OF  
THE CONDITION OF CONSCIOUSNESS**

“Let not mercy and truth forsake thee: bind them about thy neck;  
write them upon the table of thine heart: . . .” Prov. 3: 3.

We are so often bound by paralysing suggestions that come from our crude thinking, suggestions that are accepted and acted upon without question. We are subject every moment of our lives to these paralysing suggestions, the product of our race thought, while we ourselves are often caught up in the process because we accept without question and act upon these suggestions, the result of which we are well aware of.

Mind is a substance that can be changed by the thoughts that are sown in it and matter is mind substance in form. Therefore mind is a Spiritual substance that can be changed by the power of thought.

Impressions of fear, worry, sickness are given to us daily, while emotion is often the main cause of those spontaneous suggestions that enter the mind. Like seeds they fall while the individual is unaware that they are being sown.

Our opinions have a strong suggestive influence upon us. Our race feeling and antagonisms leave a deep impression on our minds. Our minds, like the earth, are fertilized by fear to receive the seed.

This substance, mind, accepts truth and error and is governed by truth and error, the fruit shows which of the two governs.

If mind is directed by the Wisdom of God no bad results can follow, but if it is directed by error and ignorance it shows forth the error.

Wisdom works by law like the law of mathematics, but error has no law. Therefore the destruction of the error comes by the introduction of truth. Matter is not destroyed but the error is dissolved because it has no life or intelligence in it. It is man's own creation.

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Now let us see the action ideas have upon us. An idea accepted by the mind causes certain cells in the brain to become active. Acceptance is the first process, and transformation is the second, so we see what is produced.

The mind controls the brain, the brain is mind in a negative form which responds. It is the instrument through which physical expression takes place.

The cells of the brain have a definite action upon their corresponding parts of the body. For instance, when we think of an arm or a leg or an eye there is a definite reflex action takes place between the two, causing action according to the intensity of the idea or thought in the mind.

The mind interpenetrates the brain and by the process of ideas, impulses are created in the brain cells, energy is released in a particular area of the body revealing a change in the tissue structure through chemicalization.

When Wisdom and Truth are in the mind, healthy impulses are created. When error is dominant so is the same process in action. Wisdom dissolves error because Wisdom is Etemal and true, while error is just an idea, a belief that has no Wisdom or Law in it.

Life is the Active Principle, not the brain or body for they have no power of their own, they only transmit what you feel and think. Therefore I say that “the Truth” is your salvation.

The prophet spoke of the two Trees in the Garden of Eden—the Garden of the Soul—the Tree of Life and the Tree of Knowledge of Good and Evil. You are told to forsake the one and cling to the other so that you would be saved. Forsake the one in which good and evil grow together and cling to the Wisdom that is Life.

The word “fire” does not mean the substance to be consumed but the process of consuming it, the fire is subject to our direction.

The power that governs mind is Spirit, Consciousness. Spirit is Wisdom that knows the Truth and applies it.

A thought may be sown in the mind while we are in ignorance of the Truth and it comes forth. A peculiar sensation is produced in the chest, the consciousness enquires and the answer is “bronchitis,” so the Spirit in man is disturbed and tries to get rid of the enemy. This disturbance is the effect called disease. Now if no name had been given to it or fear existed the idea or tree would have died of itself. But immediately you recognise it you give it power in your ignorance, though it has no power but the power you give it.

## THOUGHT IS THE EXPRESSION OF THE CONDITION . . .

When we recognise a thing that exists, even if it be an error and we try to fight it so we battle with it. Now why not use Wisdom and Truth and see what happens. The error would die of itself, because it was not watered by ignorance and recognition.

We take an opinion for the Truth, an opinion is often made up of mind directed by error. Truth is the destruction of this error.

Most people assume that mind is one thing and disease is another. The theory that mind is one thing and disease another has left the people in darkness and has caused more misery than all other evils put together.

To put a person in full possession of his faculties is to remove the burden that binds him, these burdens are the effects of error having control of the mind. The error is made of mind, and matter is mind modified, therefore belief in the error produces its kind.

The Intelligence Itself contains no opinion, for It Itself is Eternal and Ever-present, when we discern the error and recognise the cause, the error will disappear. In the Intelligence is the perfect idea. It is the beginning and the end of all things. Disease is but the offspring of man's mind in ignorance of the Truth. Disease has no Intelligence in it,

When disease comes to us it is the result of a chemical change, the understanding of this should lead us towards the scientific law that will put us in possession of a knowledge of ourselves and will eventually put an end to the evil which man through his ignorance, thought he was subject to.

You may ask who was the founder of this Science? The founder of this Science was Jesus, The Man of Galilee.

Now because Jesus healed the sick, this of itself is no proof that it is a science. But because it was done there must have been a scientific law behind it, for there is no such thing as an accident with God, and as the Christ was God the knowledge and Science was also there.

When he was accused of curing disease by Beelzebub or ignorance, he replied, "if I cast out ignorance and disease, through ignorance, my Kingdom or Law will not stand. But if I cast out ignorance and disease through the Science of the Law of the Christ of God, then my kingdom will stand for it is not of this world."

When others cast out disease cured by ignorance there is no Science in these cures and although the cure existed, yet not knowing the cause, the world was none the wiser for their cures.



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The Christ is known to be the Son of God. Jesus who knew himself to be the Christ must have known the Science, and his science was “The Kingdom of God,” therefore it was not of the world of ignorance but of the Truth of Eternal Life **NOW**.

To enter into the Christ Kingdom was to enter into the knowledge of the Law of Life. This is the Light that shines in the darkness and the darkness comprehended it not.

The new era is about to dawn when man will begin to see something of the true meaning of Life which is the “Christ” and is in you and me. Within Life Itself lies the secret of all things great and small. In Life is the Science, the Wisdom of God, that is perfect now. When this is understood the thought created in ignorance or error will destroy itself.

Our growth cannot be measured by the present standards of man’s thoughts. If we could but see a glimpse of the tremendous power of Life that is inherent in us all, the world would change overnight. Yet man clings to his ignorance even though he reads the Master’s words, and the words of the prophets. His ignorance blinds him to the great inherent glory waiting to blossom forth of its own free will when man understands the unlimited state of the Christ Consciousness inherent within himself.

Thought is a wonderful thing but thought does not originate by itself. Consciousness is the moving factor in every thought, and the consciousness in man is the means through which every thought, every action is produced.

When the Consciousness begins to realize Itself and understand the Science of thought in action, It sees the Science of the Law of the Christ, the only begotten Son of God, who does what He sees the Father do. It is the Spirit of my Father in Heaven that does the work.

The natural Laws are but the expression of God’s Will in man. These natural laws are perfect in themselves. Harmony is the foundation of our being and perfect relaxation of mind and body enables this condition to manifest.

The Divine image held in the Consciousness of God is out-pictured through the consciousness of man, by the Intelligence of God. This is the Science of Life in action and a protection and a guide for us through Life if we will but know the Truth as the Master showed us.

“He that has ears to hear let him hear.”

## BENEDICTION

O Perfect One, Thou art the Essence of my Being, made in the image of Thy Perfection.

The errors I made have dissolved away, for it was in my ignorance that I allowed the seed of weakness to grow.

But now Thou art just behind my eyes with which I see.

Thou art just behind my ears with which I hear.

Thou art just behind my touch with which I heal.

Thy Eternal Sweetness is just behind my prayer.

Thou art behind my love revealing Thy Self in my caresses.

Thou art just behind my kiss, O Beloved Perfect One.

## Lecture 3 (27th April 1954)

### **YOU LIVE IN THE ILLUSION OF THE SELF FAILING TO REALIZE THE DIVINE POWER WITHIN**

“Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.” Prov. 4: 7.

God is Creative Spirit ever Present and Present everywhere and Eternally now. This must first be comprehended before the mind can become a channel for the unlimited Creative Power to manifest through the individual.

In Him Who is Infinite must exist all Life, Consciousness and Intelligence. Truth is a name given to the Science of the expression of Life, Consciousness and Intelligence.

Therefore God knows no want, neither is He subject to time, space or circumstances. When this is understood by the individual mind, the individual mind conceives the unlimited state of man. God being Infinite, man must be the expression of the Infinite God, in man the Divine Spirit manifests. Therefore man must share the resources of the Divine Spirit. Man must also live and move and have his being in the Infinite and must therefore share the Creative Power and potentialities of the Infinite who created him.

Thus there can be only “one” Father of All, Who is in all and through all and is All. “Call no one your father on earth for one is your Father who is in Heaven.” These words now have a true significance for us all.

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Now, our true position in the Universe is that of a son or daughter of God, made in His image and likeness. To this each and everyone of us must cling, to make that complete harmony so that individually God can express His Creative Power through us. Separation is the great illusion that hinders this true expression.

As His children therefore we are in Reality pure Spirit, not subject to ills which the mind of man thinks he is subject to. If the soul of man or woman is disturbed it is because fear has entered the mind and the real Truth is for the moment not realized. Yet in pure Spirit we live and move and have our Being. “Be ye perfect as your Father in heaven is perfect,” is the saying of the Master who knew the Life of God in mankind.

Now let us ask ourselves this question: What is breath? Breath is Life, the soul continues to breathe whether in the physical or out of it. The soul never ceases to breathe because the Spirit is the Life that animates it. The food we eat is also Spirit substance because there can be nothing else, God being Infinite in nature, of this the consciousness must become aware, and aware of Itself.

My consciousness is the Consciousness of the Infinite Spirit expressing Itself through me, the Consciousness or Creativeness of God must express Itself through the Consciousness—the Creativeness in man. When we are aware of this, that this is so, our whole Being is subject unto this Law of thought and action.

The prophet says, “the Spirit of the Lord is upon me,” meaning that he was aware that the Spirit of God was actually working through him. His words may have been tinged by his own beliefs, thus inspiration is always according to his capability to receive, free from limited ideas or beliefs, free from opposites, free from prejudices, antagonisms and separation.

Therefore our differing beliefs are a hindrance to the Spirit’s true expression. It is our belief in the evils we think we are subject to that is the cause of sickness, worry and fear. Understanding the Truth is the key to freedom. Ideas create their opposites, we must be free from opposites. When I say “health” the opposite, “ill-health,” rises up to combat it because the mind is full of opposites, When the consciousness is not aware of its source even hope, peace, love etc., create opposites in a mind that lives in separateness. Now the Science that eliminates opposites from the mind is understanding of the Divine Truth as Jesus taught it.

## YOU LIVE IN THE ILLUSION OF THE SELF . . . .

When I claim all that God has I make my claim, knowing that by doing so I am expressing His Will in me. Thus His Creative Mind is in action through me. But this is not so easy as it looks, because the mortal sense-mind is concerned with the things of this world and not with the things of the Spirit.

We must discern the things of the outer with the deeper sense of our Spiritual relation to Him, our Father in Heaven, otherwise we can never be free. The question is how can one be free from a problem that is disturbing.

To understand and solve a problem we must give our undivided attention to it. Both the outer and the inner mind must take part in the solving of it. But most of us try to solve it superficially with no knowledge of the inner Reality that is capable of creative action in regard to it.

Most of us are educated in the nationalistic spirit, we are brought up to love our country in opposition to another. Therefore we regard ourselves superior to others and so on. This is implanted in our minds from infancy. We are proud of our inheritance or we may develop a feeling of inferiority in regard to it. This is the outer layer of the mind and we will see how stupid it is when we begin to realize the great significance of the inner Reality, the Real world in which we all live and have our being.

Now this nationalistic spirit feeds on vanity, the assertion that we are of this or that race feeds on our puffed-up egos. Then we are ready to kill to defend what we think is our race or tradition.

By identifying ourselves with our self importance we hope to become greater, but we only become poorer.

Remember, the nationalistic Spirit is used for economic purposes, for fear and hatred, to unite one section of people against another. When we become aware of this problem and its implications we perceive its effects—war, misery, starvation, destruction, confusion, controls and limitations.

The denial of human unity breeds endless wars and brutalities; economic and social division and tyranny, sickness and misery. If we understand this with the thin layer of our outer consciousness only we will still be caught up in tradition, opinion, fear or conquest.

Not until the deeper layer of consciousness is brought into action can we free ourselves from this unwanted destruction. Neither can we free ourselves from disease and want until we begin to realize the inner reality that is Universal, all powerful, free, unlimited and Eternal.

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Therefore what we have to do is to watch every response, every stimulation of nationalism or of any other hindrances. Each response must be thought out widely and deeply with our inner knowledge dissolving away that which is a hindrance to our health, happiness and perfect abundance in unity with all peoples upon earth.

When all these hindrances, conflict and sorrow are deeply and wholly understood they are dissolved away because they are not of the perfect Life that the Master spoke of and which we are trying to understand. This is the hidden law awaiting true expression in mankind.

What I have in mind to do is to reveal the teaching of the Master as a true guidance for us in this twentieth century. The new testament contains all the teachings of the Master which consists of twenty-seven separate books which include the four gospels Matthew, Mark, Luke and John.

The first three gospels cover much of the same ground but the fourth, with quite a different feeling, stands out by itself.

It is said that Matthew wrote his gospel for the Jews in the Hebrew language. St. Mark was the companion and secretary to St. Peter and had composed his gospel from the oral teaching of St. Peter.

It is said that St. Mark's work is moulded upon the teachings of St. Peter which shows the salvation of all nations through the teaching of the Master Jesus.

The gospel of St. John, the fourth gospel, was written in Ephesus and is universally accepted as the work of the disciple whom Jesus loved. Therefore the gospel of St. John gives a clearer picture of the Master's words and works while on earth.

Much criticism has been hurled at the actual text of the work done in these four gospels, but even so those who have a knowledge of the mind of the Master can readily see what he meant.

There is also controversy over the original authorship composition, date and the historical character of the several writings, this we are not concerned with. What we are concerned with is the Truth as it applies to ourselves and the world today.

I could labour through all these textual criticisms but it would avail nothing. What I want to show is the inspiration in these gospels.

In every inspired work there are two elements, the human and the Divine. The difference in the inspiration depends upon the prominence of one or the other of these elements.

## YOU LIVE IN THE ILLUSION OF THE SELF . . . .

The words of the Master when understood reveal a higher state of inspiration than any of the other prophets.

Jesus took up the work where Moses left off and expanded Moses' initial conception of a people founded upon the recognition of the unity of God into a conception of a people founded upon the recognition of the unity of man as an expression of the unity of God. This is the nucleus of the Fatherhood of God and the Brotherhood of man.

Moses no doubt had in his mind the true conception of the unity of man as the true expression of the Father-God. So he spoke about the prophet to come that would be like unto himself. For he knew that as the human race unfolded it should be led along the path towards its goal.

As all great seers of all ages Moses foresaw what would happen as he looked down the ages, for God had made all things plain to him. Therefore he knew that a great prophet like unto himself would come forth to lead the people of the world into the Truth that would set them free.

Jesus must have known Moses and Elijah for he would not have recognised them on the Mount when he took three of his disciples with him to converse with them. He must have also been told before about his mission, for Moses and Elijah were his Spiritual guides. This is nothing new to us who know about Spiritual communication. I myself have had such guidance although many may not believe me, neither would they have believed Jesus if he had told the people of his time. In fact they were much less informed than we are today about Spirit communication.

This is why I am sure that Jesus knew that he was the prophet Moses spoke of and when we begin to understand Moses we will begin to really understand the words and works of Jesus. In Luke 4: 24, Jesus said, "verily, I say unto you no prophet is accepted in his own country," meaning, "I am like the other prophets for I am rejected in my own country and am obliged to give my blessings to strangers."

What Jesus conveyed in his own words is just what scientists have explained today. The physical scientists explanation of ether corresponds to the substance which the Master called water.

The movement of the Divine Will within will enable man to reach a height not yet even contemplated today.

John 13: 34-36, "I give you a new command, to love one another—as I have loved you, you are to love one another; by this everyone will recognise that you are my disciples, if you have love for one another."

## BENEDICTION

O Divine One, Thy Wisdom is searching the ether for hearts attuned to Thee.

The Kingdom of man's mind has been clogged with illusion and has not yet heard Thy call.

Yet the downpour of Thy Love will wash away the embitterment of race, colour and class prejudices.

And in Thy Everlasting Pool of Wisdom and Understanding we will bathe and there wash our ignorance and cruelty away.

And over the dark paths we have trod, carpet them with Thy Love's roses so that those who follow will inhale Thy fragrance as they tread, pointing the way to Thy Palace of Peace and Freedom, O Divine One.



## Lecture 4 (4th May 1954)

### **THE SPRING OF LIVING WATER IS WITHIN\***

“Where can I go from Thy Spirit? Where can I flee from Thy face?”  
Psalm 139: 7.

When we fear an idea we cause it to condense so that it might be seen with the physical eye, then we identify ourselves with the result and believe it to be a reality with all its horrible characteristics we produced in our minds.

*An idea in the mind becomes active. When you create an idea about any particular part of the body, whatever it may be, we cause an activity in the cell structure of the brain associated with that part of the body, and impulses are sent through the nervous system to that area reproducing the idea. That is when we fear an idea we cause it to condense so that it might be seen with the physical eye. Job said, “what I feared came upon me.”*

*There is a power within us that is creative. And if we hold the ideas that are false then we will find them being reproduced. But you will see that these things are false. They have no existence in Reality, they do not exist in God, they do not exist in Life. But we create the idea, then we fear the idea and produce the idea because we fear it. Why do we fear it? Because we concentrate upon it. We become consciously aware of the idea in the mind and it begins to reproduce itself.*

*It is quite easy to understand that. For instance, in experiments that I used to carry out quite some time ago, upon these things, about thought and the activities of thought. And a person was put into a suggestive state. Now here was a cold piece of steel. And you said, “here is a red-hot iron.” You put on the hand, the cold piece of steel and ‘feel the pain’ with the great idea that it was burning them. Take the cold steel away and there is a burn on the hand. How does that blister come on the hand? It comes on the hand because of the idea in the mind. Transformed to the brain through the brain cells. The active principle in the brain cells have the nerve active right on that particular piece of skin and reproduces there a blister from a cold piece of steel. It was the idea that was condensed through the process I have shown you.*

*Matter and mind are the same. If we want to retrace matter back to the source, you will see that it comes from a substance that is invisible. Matter that we know of is nothing more than atoms. Little whirlpools of energy. These little whirlpools of energy are brought into form, to create and build the idea,*

\* See Notes page 182

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*that is the Divine Idea. The Divine Idea is always the Perfect Idea. But man interferes with the Divine Idea and therefore creates for himself the false. But if he knew that the Divine Idea was Perfect in Itself, he would leave it alone, but he does not.*

*Now, matter we know of then can be dissolved back to that substance which we know as atomic substance. It can go further still. It can go back to that, what we call, Intelligence because energy can not exist without direction. An energy is Intelligence in action.*

*Take it back further and you will see that it is Mind-Substance. A Substance in itself that is Perfect. There is no flaw in It. You can call it the Mind of God if you like. And it must be so because God being Infinite in nature there can be no other Substance but His. Being Infinite in nature there can be no other Consciousness but His. Being Infinite in nature there can be no other Livingness but His.*

*This Substance being Perfect in Itself without a flaw because It Is. It's a Substance out of which everything has been created, even the bodies. Consciousness and Life is the Creative Principle. The Idea is created by the Creativeness of the Infinite. Infinite Creativeness that comes into operation. Then it becomes active in this Perfect Substance and as the Substance comes into form, the etherons which are interpenetrating the atoms, form up in the atoms then become form, further later and reduced and condensed, and the Idea becomes condensed in, what we call matter, and it is reproduced as the Divine Idea Perfect.*

*The Substance is Perfect in Itself. The Intelligence that created It out of that Substance existed before the body was formed and will exist after the body has dissolved away into the Substance out which it was created.*

*So you see, that Life existed first before the body was created, It created the body out of the Substance. And after the form becomes Perfect in Itself and after it has been used according to the Divine Plan, then it dissolves back into the Substance of which it was created but Life remains the same. Life existed before, Life will exist after. That is why Jesus said, "before Abraham I am."*

*Abraham was the form, the name, the form but "I am" was before Abraham. "I am" was the Light. So the Light existed before Abraham and the Life in you and me existed before Abraham because there can be no division in Life. There can be no division in Substance.*

*I want to draw this to you now so that you will understand what I am going to say later on.*

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We must discern what we are doing, see how we are formulating in our minds the things that destroy our health and happiness. Then we will see that the only power these formulations have is the power we give to them.

Matter does not create, for matter is the expression of mind in action. By our ignorance we have closed our eyes to the Creative Power of the Living Spirit—the Christ within—and in which lies the Creative Force of the visible natural world including mankind. *And by Him everything came into being and nothing came into being except by Him. Showing clearly that the One Spirit is not divided. That the Spirit alone, One Spirit, the Word that was in the beginning was with God and that Word was God. And naturally then that Perfect Form is now existing in man.*

*Some will ask then, "how is a child born in such and such conditions?" Because the parents before has the cause of it. They existed in the flesh, the malformation in the seed, was that material that was built up and through that the child was born. The Life Itself within the Child, no matter whether the form was wrong, the Life is Perfect in Itself. And as the form dissolves away, the physical structure dissolves back into the substance, that all that is form is dissolved away and Life then is Perfect. Because Consciousness alone is Life.*

*Now you think that your happiness comes from external to yourselves, you are wrong. Happiness comes from the realization of the Truth that you are not separated in anyway from Infinite Life. Happiness comes from within.*

*Now a lot of people will blame other people outside themselves for their conditions. They are conditioned, naturally they are conditioned, everybody's conditioned. But if you want freedom you cannot blame anyone outside yourselves otherwise you can never be free. Freedom comes from within. Its your thought-feeling-reaction that causes yourself to be bound up. What is your thought-feeling-reaction? You will notice clearly and distinctly if you then are caught-up or conditioned in anyway, your thought-feeling-reaction will be according to your conditioning because you will be expressing your conditioning. But if you recognize your thought-feeling-reaction in the moment it will fall away, you will not be caught-up in it.*

*Now think what your thought-feeling-reaction is, think of it, somebody says something to you, something about you. You get wild, go into a temper and so-forth. Why do you go into a temper? Because somebody said something about you. But supposing they did, what does it matter, if you were free you would not react. It is because you are not free you react. Now you blame*

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*the other person for your troubles, don't you? You blame the other person because you got into a rage and you fell down you had a stroke and you do all these things and you go to hospital and the rest of it, and you blame the person outside for this, but it is not so. It is your thought-feeling-reaction that caused all the difficulties.*

*Jesus, when he was on the Cross, he knew perfectly clearly in his own mind that he could not in anyway condemn any person. Neither could he be annoyed at what they were doing to him. Because he said, "forgive them for they know not what they do." He was not conditioned by that thing. Now, think how you are conditioned when anybody says something about you. Why? Because you are trying to protect your conditioning, that's all. So therefore, we have got to see that our freedom comes from within and not from without. So if any person says anything to you and you react, you must discern your thought-feeling-reaction and then you will understand your conditioning, and it will drop away from you. Then you will not have strokes, you will not have this and you will not have that.*

*For instance, a very great friend of mine died on Sunday. He became very sick, I went up to see him. He was lying in bed, the doctor said, he couldn't live. Well I treated him there and then and he got better. It was his heart. He went for a holiday right away down to Durban and he came back and was completely well. When he came back the doctor saw him and said his heart was perfect. Now he played the bag-pipes. So he lent his pipes to someone and you know what a Scotsman is with his pipes, so he did something to his pipes. Anyway he went into a violent temper and he fell down on the floor. A few minutes later he was paralyzed down one side. He was taken away to the hospital and he died. Now he didn't die of heart failure. He died because of that temper. He committed suicide, absolutely committed suicide, that's all he did. He killed himself with his temper. I am going to his funeral tomorrow and I'm going to be one the pallbearers, not that I could care about going to a funeral, a funeral means nothing to me. But they expect me to go and therefore I go but the matter of fact, I always think the dead bury the dead.*

*But nevertheless, I want to show you this most important thing, how you can be caught-up, how you can commit suicide. Therefore by understanding our thought-feeling-reaction we realize that we have our happiness or misery in our own hands. If this is understood now, we have immediate release and much of the suffering of the world that is happening in the world today.<sup>1</sup>*

1. See Notes on page 182

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*In the general conception among most people and even with those who should know better, the cause of disease lies in the body. That is what most people think. But Jesus shows this to be wrong. We have set up standards of our own in regard to causes of ill-health, unhappiness, our rights and wrongs, and the condition of the world in general. We look upon these conditions as being external to ourselves. But as soon as we see that the cause is within ourselves our attitude changes. Only then can we be freed from these things.<sup>2</sup>*

*Everybody says in the world today, "look at the world, the world is in a mess." Yes, the worlds in a mess but so you are in a mess because the world is you and me. What we see external to ourselves is what is happening within ourselves. The outer always becomes what the inner is. The inner becomes the outer.*

*And if you look into your own hearts and minds you will see the cause of this strife in the world is in ourselves. There is a struggle going on; there is hate, there is envy, there is separations, there is different religions, different political groups, different nationalities, all battling with one another. This is what is happening everywhere; economics, nationalism, religion, groups, all these things are separation. And therefore separation is the cause of all the misery in the world today.*

By our belief that these things have a power outside ourselves we ignorantly sustain them, because we fail to understand ourselves. We must realize that happiness *does not depend* on the external world, but lies within ourselves. It is only when we see that the effects which bring about unhappiness are from ignorant directions given to the mind and which we embrace, do we begin to understand the cause of our misery.

*Now think of the ignorant directions that are given to the mind everyday. You go to one particular society, one particular group. One is talking about the other then it comes to individuals, it's the same. You go to church on Sunday, somebody will have a new hat, that will be the topic all week. You have then different nationalities, different groups and you begin to talk about one another, and then antagonisms, hates begin. This is the ignorant directions given to the mind. A politician will get up and he will give you ignorant directions to your mind which causes separation and distrust and antagonisms between man and man.*

*You will go to church on Sunday and you will hear a person talking about another religion. People who attend one church and another will pass each*

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*other on each side of the street. They will not even speak to each other; I know that. In Scotland you can see it just as bad as there is in any part of the world.*

*One man was excommunicated from the church because he drove his sheep on Sunday. Well he did not need the church anyhow. But the church needed him. So you see, the boot is always on the other foot.*

*You can see then how we are ignorantly directed. Our minds are ignorantly directed and we can see then how our miseries are created. That is because you cannot think for yourselves.*

We formulate opinions, beliefs which can be changed and are changed as new knowledge is revealed. But that which is changeable is not Reality. The Eternal cannot be changed for He is Ever-present with us, *now*. Yet we cannot realize this till we have discerned that the changeable is not the Real.

*So you have an idea in your mind of God, your idea changes. The Christian religion interpretation has changed so often that not is not the same religion at all. The teachings of Christ is the only thing that has remained stable because it's the Truth.*

*But no one understands the Truth because they all have ideas about it and ideas are changing continuously therefore you see it is not the Truth. Because if an idea changes its not the Truth because the Truth is unchangeable and the Truth is not an idea.*

It is an established fact that we improve by changing our fixed ideas of sickness and death to those of health and Life. But even this is of the mind. *One will say, think of health and you will be healthy. But if you think of health there is always the opposite, there is always the ill-health. Why do you think of health? Because you are ill-healthy that's why you think of health. You would not think of health if you wasn't ill-health. If you did not have ill-health you would not think of health would you? Because you would be free. There is always the opposite in the mind, that's why you think of the opposites. Now you try to put the positive in the place of the negative so you think of health but ill-health is there all the time. So you got two ideas in conflict with one another and the battle is going on in the mind. When you know what is in the mind is not true, its false. What you know is not Real, its your own creation, therefore it falls away. There is then the realization of that which is beyond the mind when you know what the mind is made up of. Not until we understand what ideas are, can we rise above them and thus be freed from them. These are figments of the mind. Reality does not know good*

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or evil, sickness or death; man alone creates these beliefs which bind him in sorrow and conflict.

When we experience Truth-Reality through understanding ourselves we have no opinions about It, *but what is an opinion about anything, its just an opinion about it but it is not it. You create a formulation and the formulation of your mind is not a thing, is not the thing itself. So therefore you have no opinion because you know. When you experience that which is beyond the mind, then you know. Although you do know what your body is made up of, you will know that the form is there for a specific purpose. But you will know the Life is you, the Consciousness that is you, that is beyond the form, beyond the mind, existed before the form, before Abraham, I am.*

*Life existed before the body was created and will exist after the body is dissolved into the substance out of which it was created, and that will be you, the Real you. And that is what you find. You find after all the images, the ideas, the beliefs, the things that you create in your mind is discerned clearly and seen for what they are. Then you reach that which is beyond the mind, which IS NOW, now and always existing because It is Life, It is God. That is the Reality. But the majority of people are afraid because they have an idea of death. They create an idea and they believe the idea.*

*When we fear an idea we cause it to condense so that it might be seen with the physical eye. Then we identify ourselves with the result and believe it to be a reality with all its horrible characteristics we produce in our minds. If we do not understand ourselves how can we understand anything else, for the root of understanding lies within us.<sup>3</sup>*

To understand myself I must understand my relationship with others, my reactions, my fears, my antagonisms, my beliefs etc., and how all these come about. When I understand myself I will see why I act the way I do. I will see how I have been conditioned. I will see that I am reacting to protect my conditioning or expressing my conditioning—my beliefs, my opinions, my fears, which all have their roots in my own mind.

*Look into your mind and see how you act. What do you say, you get annoyed, why do you get annoyed? It is because you are conditioned that's all because of your belief. You fight because you have a belief and you fight for that belief. You will even kill for that belief. But what is it, what is a belief? How do these come about? Everybody's got different beliefs therefore it cannot be true. Because Truth is not divided and Truth is not a belief. Truth*

3. See Notes on page 182

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*is the Livingness in you and me. That's the only thing we have in common with one another and that's the only Reality there is.*

If my mind is controlled by my fixed ideas, my beliefs etc., I am already dead. *There is no life in me. That's why Jesus said, "let the dead bury the dead."* But if my mind is flexible and free I will surely enter the stream of Life that carries us on to full maturity. In this way I will understand my relationship with others, with the world, for in me as in everyone else is the Whole. I am the result of the Whole—Infinity.

*I am the result of Infinity. There is nothing outside Infinity. Infinity must be everywhere, there is nowhere where Infinity cannot be. In the smallest particle of substance Infinity must be because there is nothing outside Infinity. And Infinity must be everywhere in the smallest particle, in the very atom itself, in the very nucleus of the atom, in the very etheron, so Infinity must be there too. There is nowhere where Infinity is not. All is Infinity. I am in Infinity, Infinity is in me. Jesus said, I am in the Father and the Father is in me."*

This is the Reality we have no opinion about, no doubts about, this understanding alone will bring about the necessary and vital change in the individual first and then in the world, for the world is what we are. If you look deeply into this you will see that we make the world what it is, as we sow so do we reap.

*And if the body is destroyed and passed away dissolved into substance out of which it was created, the inner structure remains. There is an inner body we call the soul. The soul is the inner structure of the body. The soul is built first, the body is built after him. The soul remains after the body has dissolved away because the soul leaves the body. Consciousness leaves the body and with it it takes its 'clothing.' The soul is the 'clothing' of the Consciousness and can move in space too with great activity much easier than you can when are in a body. The body is condensed into a lower vibration. You move about now with greater speed than you did a long time ago. You move through space at probably very soon a thousand miles an hour. But the soul can move at the rate of light, a 186,000 miles per second and even greater speeds than that we will travel when we understand the electro-magnetic principle which is behind all creation.*

Look deeply into your minds and you will see that it is your thought-feelings that make society what it is. *Your thought-feelings that makes society what it is.* Society is the projection of ourselves and so is the world.



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*Go to some of those meetings, those social meetings, and you will hear people talking about one another. They will say nasty things but to the people's face it's, "how do you do dear," "how are you dear, most very pleased to see you, you are looking lovely you know." And the minute they turn their back it's, "who do they think they are..." So it is, is that not truth? So it is.*

When we are brutal, antagonistic, perverse, greedy, envious, we create in body and circumstances just what we are.

To study oneself requires undeniable honesty and patience and this is by no means easy, for it requires alertness and keen observation of every thought-feeling, especially our motives and feelings towards others. *That is when the echoing of our conditioning is seen in our thought-feelings to others. If you are then aware of them then the echoing of your conditioning is there. You can hear it, you can see it, then you can understand it. And you would see then what a giddiest thing the self is. Why? Because you are living in separation.* Otherwise there can be no true relationship, only through true relationship can we gain our freedom and happiness.

*True relationship is truly a Love relationship. Where no one allows anybody else to say anything about any person that is derogatory in anyway. To feel then in that way, especially in that way, because that person is yourself.*

Our hidden self has taken years to build, *yes from infancy*, and most of our motives are hidden *beneath* a series of misconceptions, which we believe to be real and which is our conditioning. There is a whirl of activity and inward confusion, resentment and prejudice, and we are torn by conflicting desires. We praise, we assert, we deny, we accept, we condemn, *reject*, all because of this conditioning *of* which we believe to be true. Not until we have seen how false it is and how it has come about can we be free from it.

*I always take my cue from the Man of Galilee, although I might not follow in his footsteps always, but I know that he is my cue. And when I read what he says I can see what is behind it. I could see when he said, "I am before Abraham." I could see what he meant there too. I could see that the Eternal Life, I in the Father and the Father in me. Therefore Father being the Eternal Life, the Eternal Being Eternally, it must be Infinity. Because you cannot separate one particle of matter from the Universe. You cannot take one particle outside the Universe. You cannot separate anything from the Universe, from the Whole, its impossible. And he saw that too. He could not separate even not a single consciousness from the totality of all*

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*Consciousness. Because you could not even separate a particle of matter from the totality of all matter. He was clear in his thinking because he was free, and clear thinking comes through freedom.*

*You cannot think clearly if you are caught-up in your conditioning because your thinking will be merely your conditioning. But if your conditioning is dissolved away and understood then your thoughts would become pure, and pure thinking comes through freedom.*

When we find ourselves caught up in our conditioning we must slow down our thought-feeling-reaction, like a slow motion picture, to see what is happening on the surface. Then only can we study the movements of our minds; as we study the movements of our minds we will see what *the mind* is made up of.

*We will see what these movements are and how they come about. I am giving you this great secret, yes, the pearl of great price too. It is something more than idea in the mind because an idea in the mind is not It. Everything I say to you is to eliminate from your mind all your ideas, your beliefs, your things that are hindering the expression of Reality.*

When you believe a certain way you must discern why you believe in that way. If you are antagonistic you must *discover* why. If you disbelieve you must deal with your beliefs in the same way.<sup>4</sup>

*Belief and disbelief must be dealt with exactly the same because they are both the same. A fellow came to me the other day for treatment. Somebody sent him along. I think he came along against his will anyway. He came to me and he said, "you know I'm an atheist."*

*I said, "you have another belief too, I suppose?"*

*And he opened his mouth wide, "eh!"*

*I said, "you have another belief. Yes, atheism is just a belief like any other belief."*

*He said, "You don't believe?"*

*"Well believing and don't believing is just the same, its in the mind isn't it? You will never know what's beyond the mind when you live in your beliefs and your disbeliefs."*

*He said, "but I haven't any faith."*

*I said, "neither have I, not the faith that you've got, you're talking about. Your faith is fear!"*

*"What!" he said.*

*I said, "yes, your faith is fear. You're afraid, that's why you are an*

4. See Notes on page 182

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*atheist, you're afraid. Look at you, you are suffering with your stomach, you are suffering with all your nerves, look at you. You're jumpy, you are all upset. That is what is wrong with you, you're conditioned. Who has done it? Yourself, you're caught-up in yourself. Do you think you could have any faith in a mind like yours? Never. It does not come out of a mind like yours."*

*He began to think and he began to get well. And that's the only way you do with some people, is to tear them to bits. Tear their minds into scrap to show them exactly how they are conditioned. When he went away I thought he would not come back but he came back alright. "All right?"*

*"Much better." He wanted to know something more.*

*"All right, we'll learn more. More about what you know so that you will be able to know what you know does not mean a thing."*

*He said, "I read too many books."*

*I said, "Yes, but I need to read books after book but that does not make any difference. And the books you read reaffirms your conditioning, doesn't?" He looked at me again. "Yes according to your conditioning. According to your disbelief, so you read all the books, to what? To confirm your conditioning that's what you are doing. You only want to confirm your conditioning. To make it more real to you but all the time it's a damn lie, the whole thing."*

*And you will see the same too. You will see exactly that same way. Your mind will become clear and you will realize what it is, you will see clearly. Never mind about the body you would give me that. He (Jesus) told you not to bother about the body, that Life was the best and greater than anything. So he said, that is the whole thing. Most people are caught-up in their bodies. Most people are caught-up in their minds, they are caught-up in their conditioning. "He who seeks to save his life will lose it but he gives up his life will retain it."*

*There is no escape! Knowing the self is the way to freedom, to Reality. There is no escape, there is no other way.*

*To merely control our thought-feeling, to apply a brake to it, to merely say that this is wrong and that is right is a waste of precious time and effort. If we are merely engaged in controlling our thought-feeling there can be no understanding of it. It is the understanding of it that frees us.*

*Not controlling your thought-feeling. You will say to yourself, "now I mustn't say that, oh I mustn't be angry. No, I must express love now. Oh yes I must express it with you." You hypocrite! That's all it is.*

*Why, you don't mean to express love? You have got no meaning, you have got no hope of expressing love, why? Because you are caught-up in your*

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*antagonisms. How many people have told me that, "that you must express love." All the time they are quarrelling inside, hating, criticising, condemning.*

*Unless you see what you are doing. Unless you understand why you are condemning. Unless you understand why you are prejudiced, unless you understand why you are antagonistic, it's because of your conditioning.*

*The merely engaged in controlling our thought-feeling there can be no understanding of it. It is the understanding of it that frees us.*

*If you desire to concentrate you have already found out that your mind wanders. One thought is never finished before another jumps in. No thought-feeling is ever finished or understood in this way.<sup>5</sup>*

*Trying to control or resist this wandering instead of examining or understanding it only makes you more thoughtless, narrow and petty in an effort to protect your own conditioning. You only struggle to protect your ignorance. You don't struggle to protect the truth, you only struggle to protect your ignorance. You only struggle to protect your beliefs. You only struggle to protect your conditioning. The Truth requires no protection and you know it. When Truth is known the struggle ceases.*

*You must look into your mind and see what is there. Then it slows down by itself. But if you use or analyze, you only create opposites. But if you discern every thought-feeling without restraint, without comparison, without judgment of right and wrong, seeing completely what the mind is made up of, you will become aware of that which is unchanging because you will have discerned all that is changing. That which is is always there, it is Eternal and Ever-present. You do not create unity, it exists now. You do not create Life, it exists now. You do not create Wisdom, it exists now. Then how will these things come into being in you? By eliminating all that is hindering the expression of that which Is. And that is by discerning your conditioning, the things that are hindering the expression of Reality. You will become aware of that which is really significant, that which is Real.*

*Then follow this up with awareness of the Real Self not as a separate self but as the whole. This will lead to freedom, free from mental confusion, beliefs, opinions and separation. You begin to "Know." Then you will give expression to Reality and not to your conditioning which is stupid, petty and narrow.*

*This is being religious in the fundamental sense of the word, not dependent on any particular organised religion for this will make you irreligious which leads to separation and strife through your beliefs.*

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If you look into your mind you will see that you are responsible for separation which is the cause of dissension, economic disaster, wars, starvation and oppression.

Do not label yourselves with names, for are you not followers of the “One Life” that is in all. *We have names all over the place. This society, that society, everything else society, this group, that group. And are we not all antagonistic to one another? When you understand this you will understand him who showed mercy and compassion to all, who refused to be limited by any nation, church or society.*

True religion is above all nationalities, above all creeds, *it is the way to the realization of the One in All and All in One—the way to peace and happiness and world prosperity and so for the individual.*

When we all become truly religious in the true sense of the word there will be peace in the soul and peace in the world as the result.

We must have that inward peace, that Wisdom and Love of the Christ Spirit that is awakened in all souls that are freed from separation.

*And is never awakened in a soul that is not freed. It is only awakened in the soul that is free. If you are bound, the Christ Consciousness cannot be awakened because you are still living in separation. There will not be the “Ones,” the Love, the Wisdom because you are caught-up in something external to yourselves.*

These words of the Master sum up the ways of those who preach separation and creed. “Yes! It was about you, you hypocrites indeed, that Isaiah prophesies—as it is written. This people honour me with their lips but their hearts *are* far away from me. Vain is their worship of me, for the doctrines they teach are but human precepts.”

Here Jesus was showing the unreality of tradition and creed, which means so much to most people. People worship pomp, ceremony and tradition. It is all merely lip-service, where love and affection are sadly lacking while antagonisms, strife and separation are in evidence.

Right thinking goes beyond religion, creeds, tradition and nationalities. Right thinking is freedom while conditioned thinking is oppression. We see this daily, but few comprehend the danger in it, most people are bound by nationalities, by religion, by politics, which they follow blindly so, like sheep, they are led to the slaughter.

Only through self-awareness do we discover our conditioned thought, do we discover that we are merely copying another, that we have acquired

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a habit of thinking which is erroneous and disastrous to ourselves and others.

Only when we are free do we see all *these* things in their true perspective. Then there is no confusion in the mind that has truly discerned what the mind is made up of. Only then that which is Eternal and Ever-present is given free expression.

“He who has sent me is at my side. He has not left me alone for I always do what pleases Him.” John 8: 29

## BENEDICTION

“I am that I am.”

On the many branches of My Tree of Life I have sung *My Song* in the hearts of men.

As My song was echoed in the green leaves—the souls who heard Me realized their Oneness with my Life. Then My Life alone was food to them.

Yet through the centuries of time My Timeless state remains; that is why sleeping souls in the world of time can still awaken unto me.

The rhythm of My Song stirs the hearts awaiting to hear My Voice calling, “come into My Cosmic Freedom.”

‘So I arose and went.’

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

\* 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 4th May 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The full paragraph in the Lecture Notes reads: [*Matter does not create, for matter is the expression of mind in action. By our own ignorance we have closed our eyes to the Creative Power of the Living Spirit—the Christ within—and in which lies the Creative Force of the visible natural world including mankind. Therefore we have to realize now that by understanding our thought-feeling-reaction we have our happiness or misery in our own hands. If this is understood now, we have immediate release and much of the suffering of the world will be done away with.*]
2. The full paragraph in the Lecture Notes reads: [*It is the general conception among most people and even with those who should know better, that the cause of disease lies in the body. But Jesus shows this to be wrong. We have set up standards of our own in regard to causes of ill-health, and unhappiness, of rights and wrongs, and the condition of the world in general. We look upon these conditions as being external to ourselves. But as soon as we see that the cause remains within ourselves our attitude changes. Only then can we be freed from these things.*]
3. The full paragraph in the Lecture Notes reads: [*When we experience Truth-Reality through understanding ourselves we have no opinions about It, “We know.” If we do not understand ourselves how can we understand anything else, for the root of understanding lies within us.*]
4. The full paragraph in the Lecture Notes reads: [*When you believe a certain way you must discern why you believe in that way. If you are antagonistic you must also discern why. If you disbelieve you must deal with your beliefs in the same way. If you are prejudiced you must also understand why.*]
5. The full paragraph in the Lecture Notes reads: [*In your desire to concentrate you have already found out that your mind wanders. One thought is never finished before another jumps up. No thought-feeling is ever finished or understood in this way.*]

## Lecture 5 (11th May 1954)

### **PURE THINKING IS CREATIVE\***

“Behold, is not Life much more [important] than food and [the] body than clothing?” (Aramaic version) Matt. 6: 25.

*Jesus was showing his disciples something very important and that was, that there was something beyond food, something beyond body, something beyond mind. And that is what we have to find also. Fact, we reach that State of Consciousness where we become Creative.*

*Consciousness will always remain after you have discerned every thought, every emotion, every reaction. And you will find Consciousness remains after the mind is emptied of all these things, there still remains the Unknowable. But what is beyond the mind is Unknowable yet is the only Reality, the only Creativeness.*

*It is the Uncreated that is Creative, the created is not Creative. But when we realize this we will see that we have within ourselves the same Power, that same Consciousness that is behind all Creation because there can only be One there cannot be two.*

\* See Notes page 198

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*If there was another Consciousness besides Infinite Consciousness then the Infinite could not be Infinite. Therefore when we empty our minds of all the things, all our thoughts, all what we have gathered, our memories, emotions, experiences, to discern them all and we can see that they are not the Reality, that they are not the thing that is created. Because an idea, a belief, a thought is not Creative.*

*Where did your thinking arise from anyhow? Your thinking arises from your memories, from your experiences. And it's your memories that bring good, and indifferent, bad and good whatever the case may be. Your memories are the things that cause antagonisms, faiths, joys so you see they are all mixed up in your mind. Therefore you have got to see the duality of the mind before you can free yourself from opposites and duality. And this duality is the most important thing in your lives as far as you are concerned because it causes all the conflicts.*

It is the rigid mind with fixed ideas that is ignorant. This is the type of mind that cannot understand because it can only reflect its own conditioning.

*If a mind is conditioned then a particular way and cannot see anything else because it is a rigid mind. You have certain ideas and beyond those ideas you cannot think. If your ideas are rigid then you cannot explain beyond them, you cannot think beyond them. In fact you are afraid to, for the simple reason, you are afraid to lose your conditioning. You want to fight so you maintain your conditioning. That's what happens therefore you maintain your conditioning.*

When you begin to understand you will realize that most minds are filled with the ideas of others and are incapable of thinking for themselves. Most so-called intellectuals have their minds stuffed with the ideas of others and it is difficult for them to do any original thinking. They may be well read but what of it, they are conditioned by it and are merely expressing their conditioning.

*There are millions of this type of people in the world. No doubt you will come up against quite a number of them. They have read all sorts of books and have got all sorts of ideas in their minds about this and about that, and they think that it is real. And they all quote this and quote that but what use is it of it, they are only quoting their own conditioning, they are conditioned by it. Now, if anything new comes up they are reluctant to accept it because of the fact, that they are still conditioned and they are lazy. They do not want to cast aside that which they already have over their minds because*



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*of the fact that they are conditioned. That type of individual you can read easy. They are stuffed up with so many ideas of others and become a sole copy in their own feelings of superiority, when all the time they are really foolish.*

An understanding mind is one that is pliable, *while* without pliability of mind there can be no understanding. When one has an understanding mind freed from fixations it is easy to detect the mind that is fixed and rigid, for there can be no truth in a rigid mind.

*Because Truth is beyond mind. If you maintain a certain idea about Truth, about God whatever the case maybe, and you hold on to that rigid idea and nothing can move, you know that you have not got the Truth because its an idea. And because its rigid in your mind you maintain the idea and you can never get beyond it because you think that is truth when it is not Truth. An idea is not Truth because Truth is not Truth, while water is not water. It is not until such time as you begin to see that that you begin to break up these rigid ideas so that your mind becomes pliable and free.*

Truth is always unfolding the mind that is aware of its own conditioning. *A mind that is aware of its own conditioning Truth will unfold because the mind becomes pliable.*

*The Intelligence that built the brain and the body, the nervous system, is an Intelligence that knows how otherwise the body could not exist. Who could build an eye? Who could build the ear to hear? Who could build all the mechanism to give the voice? Spirit built the body. Life is Spirit and Spirit built the body. But Spirit is Intelligence. And that Intelligence is working through the body continuously. Under these circumstances then we see that Life that built the body is an Intelligent action. Because It is behind the whole of the Universe. And because It is behind all Creation It must be behind also the creation of man. But man can think, he can become conscious, he is no longer just a puppet, he becomes conscious of or aware of his own consciousness. That awareness comes only when the mind is cleansed of all its thoughts, the mind is cleansed of all that is made up because Truth is not made up. What you make up about Truth in your mind is not the Truth. Truth is freedom. But if you have a rigid mind there is no Truth. Truth, that is the moving power in the Universe, must also be the same in man, for there can be no separation in the Life that is animating the Universe and is acting in mankind.*

As man frees himself from his conditioned thought, Life unfolds man's Divine Nature. *What is it causes then, your troubles, your anger, your hates,*

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*your envies, your antagonisms? Is it not your memories or your experiences? Is it not the self with all its greed, its desires, its cravings? These are the things that are unspiritual. And if you belong to any particular spiritual organization and you still maintain your antagonism, you cannot be Spiritual. If you think then by conforming to some rule of any particular spiritual organization and that by conforming to this rule that you will obtain your place in heaven, you are then only building an illusion for yourselves because it cannot be. Heaven is a State of Consciousness where It is freed from all these things. When the consciousness is free from rigidity, when the consciousness is freed from anger, hates and memories then there is heaven. Because there is no longer antagonisms, there is no longer hates, there is no longer these things that create envy and struggle in man. Christ that is Eternal and Ever-present and knows nothing of death, sickness or health, success or failure.<sup>1</sup>*

*Because these are opposites. Jesus said clearly, “unless your eye be single.” Unless you do not see double, unless you do not hold opposites, if you understand opposites then they will drop from you.*

Only the consciousness that is freed from conditioning is “aware of **Being**.” “Being” is now! Being can never be realized through becoming for becoming is always in the future and the future only exists in the mind. *Where does the future exist? Think of it now, the future, only in the mind. You can easily see it when you search your mind. Where is the past? Only in your mind. Where is the future? Only in your mind. But the now, the Ever-present now is NOW. It’s a Livingness is It not? NOW, at this very moment, NOW is your Livingness. But if then you try to stand in your mind you experience that particular moment of Livingness, but it is past, it’s a memory, future has not come, its in the mind. Still that Livingness is Eternal and Ever-present—Now. And in that Livingness is the Christ, the Eternal Christ, which does not live in opposites nor is It caught-up in hates or envies, in these sort of things. Because It does not in any way remember. Because of the fact that memory is the cause of hates, jealousies and lives in opposites. You have joy in one time and sorrow in another. You have success you have got health and ill-health. You have all these various things because they live in the mind, they come real to you of course, they are very real to the mind. But after all they are not really real.*

*You know why they are not real? When we trace things from their source we get a better understanding. Science has given us the key as far as*

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*matter is concerned, showing that there is no division in matter anywhere. The divisions of matter into the Substance postulated as ether; the ether of space. Which interpenetrates everything and out of that Substance everything is created. Everything's electrical because the atoms itself is energy which is then made electrical a small whirlpool of energy which has a positive and negative force. It has its nucleus which becomes active, throws off part of itself in small electrons which revolve around in space and create a whirlpool in this ether. In the ether mind you. It's a whirlpool in ether, so minute that you cannot see or feel, yet in that is the most dynamic energy, in the minutest particle.*

*And the story is that energy encased in its smallest piece becomes a tremendous force. Now this Substance is everywhere, there is nowhere where it is not. Now there is no flaw in that Substance. It is Universal. You can call it Universal Mind if you like as a name but a name means nothing. Yet out of that Substance all form is created, you, me, everything. The body is created out of this Substance. But in that Substance there is something else, there is a Directing Power. A Directing Power that is working, creating an Intelligence, becomes energy in movement. So right within the very ether the form is created. The etherons then come into operation. Gathered together the atoms surround the etheron until such time as reduced in vibration so becomes a physical fact. So you and me are produced out of this Substance and will remain in this Substance and this Substance still retains and holds us. But Life then, there existed this Intelligence, existed before it created the body out of the one Substance. That Life will always exist because It is Consciousness.*

*Now you see clearly, this is the great fact, that the Substance Itself is Universal. The Intelligence is also Universal. The Consciousness is also Universal. It is Infinite in nature and there is nowhere where it is not. These three make up the trinity of Infinity and out of these three everything has been created.*

*If there is no flaw in the fundamental Substance how is it that there is flaws then after the form was created? These flaws come about through man himself. The self does this. The mind of man does this because the mind of man creates thought according to his conditioning. And when he is conditioned, he thinks and is caught-up in his conditioning, and consequently his conditioning is expressed and he can only think according to his conditioning.*

*Therefore you see that you create in your own bodies exactly what you feel, your thought-feeling-reaction. Therefore is it not necessary that you must continuously in the Ever-present discern your thought-feeling-reaction, so*

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*that you will not be caught-up in it? And if you are caught-up in it you create those conditions. If your thoughts then are the result of your conditioning you will be expressing that conditioning and therefore the body responds. Is not your body the sounding board of your thoughts and emotions?*

*You see then that the body is mind materialized. And you have the power to create disturbances. You have the power to create, yes, in your own children up to the third and fourth generation because of your thoughts. But as man becomes more freed from his condition, he becomes more Spiritual in his nature. More loving in his nature and becomes more Christ like. And as he becomes more Christ like his thoughts will be that of that nature. He will be giving expression to the Real thing. His thinking will be really Creative. And as this Christ Consciousness becomes more evident in human family, the soul will be built up finer and wonderful generations of people. Our civilization in a thousand years after this will be entirely different to what we are today. Because we will be going along towards the development of the Christ Consciousness which already is in man.*

*But what is hiding the Christ Consciousness? Is it not your conditioning? Is it not your intellect? It's your intellect then that is causing the hindrance of all the expression of this Christ Consciousness in man. When you begin to discern your thought-feeling-reaction and you see how stupid you are, it passes away from you. If you do not see how stupid you are you will be still caught-up in your conditioning. "Being" is now! Being can never be realized through becoming for becoming is always in the future and the future only exists in the mind. Becoming is not a reality, it is but a belief. "Being" is now and is realized only when one is freed from past and future, freed from conditioned thought, through understanding what conditioned thought is and how it comes about.*

*So "Being" is not fact, a belief. Being is not a belief, you will see this, a belief is something that you have created in your mind but Being you cannot. Being is something that is beyond the mind. But you reach it and in that feeling it is tremendous. But you must reach it only one way, as Jesus says, "you cannot enter any other way except through that Gate," the Gate of the Christ Consciousness into the Father.*

When you are "aware of Being" you will still see an outside world. You can be aware of your physical body and when you close your eyes you will hear all the sounds of Life, but you will only be "aware of Being," when you know all that is relative.

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*And even all the sounds of Life is relative because that was created. Don't think now because that after you can feel the sounds of Life that you are clairvoyant or clairaudient or whatever the case may be that that is the Truth, it is nothing of the sort. That is senses. That is senses that you already have that are hidden, which have not come into operation because of the density of your own brain and thinking. The density of man's thought prevents him from using those senses that he already has, so that she calls clairvoyant is clear sight and clairaudient is clear hearing.*

There is a vast difference between one that is "aware of Being" and one that is merely becoming. The one that is becoming is caught up in time, but the one that is "aware of Being" is no longer caught up in time for he knows that time can never reveal the Timeless. That which is now can only be revealed when all that is relative is understood. In freedom alone is the Ever-present revealed.

*In freedom alone. Now why are we not free, that is the point? Because you are caught-up in your mind, in your thoughts, in your beliefs, what you have read, what you think is true. If you follow that, you cannot be free.*

The Yogi practice is one of concentration on the inner senses where he becomes unconscious of the outer world, but even this can never reveal "awareness of Being." *Even the greatest Yogi, no matter how far he goes, as far as the expression is concerned he will not be aware of "Being."* Because he is caught-up yet in the senses, in the inner senses, which he has developed naturally. *And he can tell you many things. He can probably look back into your life and tell you when you were born, your infancy. He would look ahead and probably see predestination, he would tell you that too. He would tell you all these things but that is not Reality, that is still relative.* Consciousness permeates all states and goes beyond mind and can free Itself from conditioned thought. This state the Yogi calls *the Samadhi. He frees it from conditioned thought. The highest attainment is called Samadhi, a state where there is a state of bliss. Where Creativeness begins, it has not become active. He lives in Samadhi, in a state of suspension, between the Creativeness that really Is and the relative world. He is suspended between the two. Now, those who go beyond then unite those two, become Creative also and know the difference between the relative and that which is Real. And the Creativeness becomes so powerful because It is Consciousness, he becomes aware. That is truly the Master. That was Jesus. That was Masters too in Tibet. These who realized the tremendous*

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*force that is hidden up in mankind. And you will see the highest attainment of the Yogi but this is still not an awareness of Being. Because the known can never reveal the Unknown, the created can never reveal the Un-created—that which alone is Creative. Only through awareness of Being does the Creative become truly creative. An awareness of Being. So wonderful is this awareness of Being beyond mind. I cannot tell you what It is. I can only know that when the mind is freed from all these opposites, from all beliefs, from all antagonisms, from memories and experiences. You go even beyond that, you leave these all behind because you know what they are. And in that awareness of Being becomes the tremendous force because It is Life Itself freed. You have now broken down the bars and doors of your own prison that you created yourselves, then you are free, free. Then I and the Father are one in Reality, not merely an idea in a conditioned mind, but actually creative now, one with the Creator of All.*

*This is pure thought that is not conditioned by past or future, health or sickness, success or failure, good or evil, God and the Devil, for those are seen as products of the mind that is caught-up in opposites and is thereby conditioned. So when you think, when you say, “God and the devil,” you create it in your mind, isn’t that so? Its only in the mind you have got that. You don’t know what God is and you don’t know what the Devil is. Because it is in your mind, you created an idea of God. You create an idea of the Devil. But God is Infinite in nature, where can the Devil be? But God is Infinite in nature and there is nowhere where He is not. There cannot be anywhere outside Him where the Devil can exist because God is Infinite in nature, there is nothing outside Him. Then the Devil must be in the mind of man. But the Devil is very real, yes, he is very real, the Devil is the self. The self in man that’s the Devil and hell is the mess the Devil makes. The hell is the mess the self makes. And hell is the mess we are all making just now in the world today because of the self.*

*Do you think our conferences will come to anything? No, I say to you our conferences will end in nought, in nothing because of the fact that everyone goes there with their conditions and go there with the idea to protect their conditioning. They will not see the cause of the misery of their conditioning. How it could be removed instantly so that mankind could be freed from all the misery in the world today. But that will not happen because our leaders are immature. They are not mature, even the highest of them are not mature, they may be intellectual but what of it. They maybe well read but what of it.*

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*They maybe political giants but what of it. All these things are in the mind. But Spiritual Truth is not in the mind. Spiritual Truth comes only into operation when the mind is understood and all in the mind is understood. The cause of antagonisms, the cause of wars, the cause of miseries, when these things are understood then only does the Spiritual Man come forth in all his glory. The Christ is freed from all this and is one with the Father in Reality, in Spirit, now and for ever.*

*Because of the fact, I knew perfectly well how Jesus thought, I know perfectly well how Jesus acted. I know exactly how he thought, I know exactly how he acted. He was entirely action, there was no reaction with him. If we continually react we always react. When you are continually reacting you are always in trouble. You are always worried, you are always upset because you are reacting all the time to conditions. What is it that frees you from reaction? Action of course. When action is truly born in you It is Spiritual in nature. It is an action that comes into operation unconsciously, in which you do not at all, it is something else that's doing it.*

*Transformation takes place within you. Transformation is action but it is Spiritual action. You do not transform yourself from yourself inside out upside down. But as you are now seeing what is false there is already transformation taking place within you. That transformation is brought about by the Spirit. It's the Spirit and Jesus knew it and that was how he was transformed from a son of man to the Son of God. And so what he did all can do, he said, "what I do greater things shall you do."*

*So it is true. If we could only see clearly the tremendous force that is waiting to come into operation—in action. But what are we doing? Always reacting and preventing the action, the true action of the Spirit. True as you are sitting here now there is coming about a transformation. You are changed but you do not know how you are changed. You didn't change yourself. You cannot change yourselves at all, the self cannot change the self, the self is the self all the time. But as the self is understood there is transformation. And the Christ alone can transform man. Thought cannot transform man. Belief cannot transform man. Ideas cannot transform man, only the Christ can transform man. And the Christ comes into operation as soon as we understand ourselves.*

There is an Intelligence active in the body that we are not aware of, but which is the action of the Creativeness within. We digest our food without knowing it, inhale Prana, oxygen and hydrogen and other elements. The

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heart is unconsciously pumping our blood to the remotest part of the body carrying all the elements in it to replenish the cells and take back the waste given up so that the cells are kept in perfect action. The impurities are eliminated from the body through the lungs, the skin, the kidneys, the bowels while the body is maintained at an even temperature, even in winter and summer, by this internal adjustment.

It is the Intelligence that *is maintaining* all this activity so that we can express ourselves in the body.

This Intelligence is the Active Principle of Life *and* performs what the Consciousness is aware of. Consciousness, Intelligence and Ultimate Substance are the Trinity of Spirit, *the Trinity of Infinity*. It is when the Creator and His Creation become one do we realize our oneness in which there is no separation. The created is always relative to the Creative, yet must exist in the One. *The cause of the Substance.*

*Again we see clearly, the Life that created the body existed before the body was created. And will exist after the body is dissolved into the Substance out which it was created after the Life has expressed Itself according to the plan, Divine Plan which is Nature's plan. The why of it is locked up in the Infinite and no one can know what the Father Is. Yet we know that we are.*

The Father has Life in Himself so He granted *His* son to have the same Life in himself. As *Jesus said*, "what I see the Father do I do likewise." *His* words were the words of a Master who was "aware of Being."<sup>2</sup>

*And I know that these words are true. The word itself means nothing. It is only when you arrive at that State of Consciousness you know he was true and you know what the Master means at that time.*

To most people these words merely create an idea in their conditioned mind, so they attribute to the Master a power that they do not possess themselves. The Master said, "these things I do greater things will you do if you will but believe (understand.)"

There is no machine created that can match the human body and there is no power outside the body doing all these amazing things, thus you must admit that it is all done from within.

*It works from within outwardly.*

The most intricate machine created by man is created from within man himself. Thus we realize that the created can never match its Creator. While the created is in a continual flux, the Uncreated remains stable,

2. See Notes on Page 198



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*unchangeable. While the created is relative the creative remains Eternal. That is why, the Life that created the body existed before it created the body and will exist Eternally even after the body has dissolved away. Consciousness and Life are synonymous. Therefore consciousness in man is that Eternal Reality that remains forever, while his body dissolves away into the Substance out of which it was created. When any malformation in the body is dissolved into the Substance there is no malformation. It has gone forever because it cannot exist in that Divine Substance, that Universal Substance which is the basis of all form. Only through the "Awareness of Being" is this understood.*

When we become "aware" we will realize that there is but one Consciousness and that the Subconscious is merely the hidden part of our consciousness. Thus we are in constant touch with a source of Inspiration, Genius, Intuition and a limitless source of Love, Wisdom and Power, for "the Father and I are one."

*We are continually in contact with this tremendous limitless source of Love, Wisdom and Power because of the fact, that I and the Father are one. The very fact that I can speak, that Spirit alone has Voice. Spirit alone can create Voice. Life alone can express Voice. Life created the mechanism through which the voice could be created.*

*When I am standing before you here now I do not think what I will say, it would be stupid for me to think what I would say to you. If I tried to memorize something that I would say to you it would not be true it would be no inspiration. You would feel how flat it would be and I would feel flat too because I was trying to memorize my words and what would it mean? Merely words without anything behind it.*

*Its the Truth, I and the Father are one. The Father within me, He speaketh. That is a Truth when you know that Spirit alone has Voice. You don't speak from memory. You don't speak from conditioning. You don't speak from anything else except that you know God is making His expression through you, that Life is speaking. Life is expressing Itself. As Jesus said, "I and my Father are one." "Know ye not that I am in the Father and the Father is in me." "Its the Father whoever remaineth within me. It is He performing His own deeds." What a wonderful, wonderful thing. Is not it grand to be able to know that someone knew this and gained that before showing the way that we can also gain it through understanding.*

Now you will readily see that if you are caught up in ideas, images, beliefs, tradition, you are bound by them and there is no longer the freedom

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through which you become “aware,” because you will think and act in accordance to your beliefs, your ideas, your traditions, your limitations.

*I spoke to some people today and I spoke to them and they answered me in their limitations. It is useless trying to make any explanation. Not until such time as they themselves really realize what their conditions were and how they were conditioned.*

Therefore that which is binding in the mind is the prison in which we live. If we merely change our ideas, *one idea for another, one belief for another*, we only substitute one prison for another.

Some change from one religion to another, some find orthodoxy rather restrictive so they take on some new cult, this is not understanding and will never lead to freedom. The new prison may be a little more comfortable but it is still a prison, in which there is limitation, in which there is no understanding of what the mind is made up of.

*Now I am not giving you a new religion or a new way of living. What I am trying to do is to take everything away from you that is preventing the expression of Reality. If I give you a new pattern to follow then it would be of no use because you would follow the pattern and you would be expressing then my conditioning which would become your conditioning.*

*So I have no intention of giving you a new religion or a new cult or anything of the kind. And I don't want you to accept what I say, by no means, I want you to challenge what I have said otherwise it would be of no value to you. If you don't think about what I tell you it will be of no value to you. If you just accept what I say to you because it pleases you according to your conditioning, well, its of no value to you. If you reject what I say because of your conditioning then it is of no value to you either. But if you think about what I say to you and begin to discern what is in your mind then it is of value to you and that is the way of transformation. Transformation that you do not create. It is transformation of the Spirit Itself. Transforming and changing these things that are false, dissolving away into nothingness where they belong because they are merely an illusion.*

To free *oneself* there must be true discernment and understanding of what is in the mind, we must know what ideas are, what a belief is and why we believe as we do, then we will see how our beliefs come about.

We must understand what rituals are, then we will see that they are mental and not spiritual. *You repeat a ritual yet it is mental is it not? You*

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*memorize it and you talk it, you speak it off, is that not so? It is mental, there is no spirituality in a ritual. You may repeat your ritual ten thousand times but it will not give you the understanding that leads to freedom, in fact you get further bound up in your beliefs, that which is binding.*

We must know what tradition is, we must see that it is a drag that we must discard before we can be free.

*We must see that we are living in the past. And we are always giving expression to the past now, at this very moment. And we can never know the Living Present when we are giving expression to the past at this very moment, we are giving expression to our conditioning. And I hope you can see it. Its most important that you do.*

We must see and understand nationalities and how they separate us, we must see all that tends to separate man from man. Then we will see that these things, even our treasured beliefs, have nothing to do with Truth-Freedom, but only limit us causing friction, wars and misery. Even an idea of Reality is not Reality. If we are not aware of our own conditioning we can never be free nor can we express our true nature which is the Christ-Spirit that is one in All.

Most people are not aware of "Being," the proof lies in the multitudes that float in the sea of ignorance, tossed by every whim, idea or emotion and are drowned in the effects. *We see a revival in ignorance, fifty, sixty thousand people, but they are just as ignorant as they were five minutes before. And what happened before when these revivals came, the churches were full for a little while but then in a very short time they were more empty than they ever were before. Because people still maintain their conditioning. They did not understand they were swept up by the emotion. These things do more harm than good. The only good that can come to man is through his understanding. Understanding himself, his own emotions, why he flares up that way, why for a few moments that he prays and next few moments he is at his brothers throat. One time then he will pray and the next time he is the devil. Is there any hope for civilization under these circumstances? I don't think so.*

*If each one of you students becomes an individual who can explain this conditioning to those around you, you have done more good than all the revivals in the world because the end is nought. Just the same as all our conferences will end in nought. Don't think through some organized religion that you are going to gain heaven through some form of virtue by your prayers,*

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*still while you contain your separateness, your divisions. Because how can you enter into Wholeness if you are divided? How can you enter into Infinity if you are divided? So they rush here and there to find health and happiness, they try to change their environment in the effort to free themselves. They try to demonstrate health, wealth, etc., but still they have not the key that opens the door to freedom, so they flounder in their own conditioning which is increased through their efforts in the wrong direction. In their ignorance they rush to those who claim that they can teach them, but all they do is to put them in a rudderless boat and leave them still subject to the storms and waves in the sea of ignorance.*

*Jesus said to his disciples, “ye shall not be called Rabbi.” That means to say that ‘you will not be called a Rabbi, a teacher.’ And he was telling his disciples because of the fact that he had already chastised the Pharisees for posing as teachers of men when they did not know the Truth.*

*So it is that once we realize the inner value, the true value, of the Christ. The true value of the Christ, not merely an emotion or affected of an idea of Christ but the true value of the Christ within. Then you will have discerned all that is preventing the true Christ from manifesting. Then when you understand true values you can help your brother and not before. Don't give him an idea that will be of no value to him while he still maintains his separateness, his antagonisms and the things preventing the Christ from manifesting.*

If you listen to most people you will hear them speak of their God as separate. Their God is a relative God who can do nothing because their God is afar off, separate and outside themselves.

When the individual Consciousness says I am sick, I am well, I am a failure, I am a success, it is caught up in opposites that are in the mind, this is the error—unaware of “Being”—so to the individual Consciousness, sin, suffering and death are real. But in “Being” there is no sense of error, nor error of sense. Therefore there is no destructive element, because in Being there are no opposites, nothing to overcome, nothing to conquer, therefore no fear, no doubt, no sin, no good, no evil. These things only exist in the mind that is conditioned by them.

*So in Reality there is none of these things. You have seen them, you know them what they are but they have passed away. They dissolve into nothingness, nothing to conquer, nothing to overcome.*

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*If you then try to conquer something, you will conquer and conquer again and you have never overcome it. How can you overcome something? You do not overcome it because you overcome it and overcome again and conquer it and conquer it again. But once you understand it, it falls away from you. There is no such thing as spirit that's conquering anything. There is freedom. There is Creativeness. Oh, if you could only come to this point. This thing that I know is so mighty and so wonderful.*

Now, if Truth and error commingle they produce health and sickness, good and evil, life and death. Then who can say whether Truth or error is the greater? Only through true discernment of the false does the false fall away for it has no existence except in the conditioned mind. Truth is beyond mind.

The power to see and hear does not originate in matter. It must originate in mind otherwise there could be no cognition of what you see and hear. If we are unaware of Being then the mind is caught up in the error that the body is subject to, all manner of conditions. Then we believe that the mind has no say in the matter, *but* the mind has all the say in the matter and the flesh has no say.

*Because the mind and disease are one and the body is the thing that shows it.*

We call the body physical matter but science has proved that the body is mind in formation and the directing power behind this formation is Life and Life alone has consciousness.

The ignorant mind makes all things start from the lowest instead of from the highest. *Supposing* now that we reverse the process and see the formation from the source of all things—the Divine Consciousness in which there *is no separations*, no opposites. So in tracing all things we constantly ascend in “Infinite Being” where there can be no separation, no error, no opposites. Then the physical consciousness, the illusion—the cause of error—dissolves away and the consciousness of Reality takes its place *because it is there all the time*. The body has no life apart from the one Life that is Eternal and Ever-present. So if we cling to the body we lose sight of the Real Life that is free even while in the body. “I am the Life,” *Jesus said*. He who sees me sees the Father. “I am the Lord thy God,” **now and forever**.

## BENEDICTION

*O Mighty One*, Thou didst not yoke me to the demands of the flesh but to understand them.

Now that I do understand this I no longer whine with complaint.

With Thee I have everything and no longer crave as I did in my ignorance of our oneness.

I shall not disagree with any man who has not found himself, for everyone must find the way unaided.

Thou didst water the yielding crops that grew without man's aid. All that man did was to plant the seed and Thou then moulded the earth and sprinkled it with sun and rain.

Now I am *confident* that all is mine because we are one. For Thy seed is mine and mine is Thine, O Infinite 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 11th May 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The full paragraph in the Lecture Notes reads: [*As man frees himself from his conditioned thought, Life unfolds man's Divine Nature—the Christ that is Eternal and Ever-present and knows nothing of death, sickness or health, success or failure.*]
2. The full paragraph in the Lecture Notes reads: [*The Father has Life in Himself so He has granted the son to have the same Life in himself. "What I see the Father do I do likewise."* Those words were the words of the Master who was "aware of Being."

## HOW DO WE APPROACH REALITY?

“Get Wisdom, get understanding: forget it not; neither decline from the words of my mouth.” Prov. 4: 5.

The fact is that most people are approaching Reality-God while antagonistic to one another. How can the one God, Who is Divine, be approached while separation and hate is in the heart?

The cause is not difficult to see. It is because my God, your God, my ceremonies, your ceremonies are superior, I am a Christian, you are a Jew, I am a Hindu, you are a Mohammedan.

Here we see the irreligious so-called Spiritual man is causing more separation and strife in the world than one who has no religion. The so-called Spiritual man is more dangerous because he is pursuing his ideals, which divide man against man. In fact, ideals divide man more than things divide man.

Is it not a fact that those who have leanings to the Left and those who have leanings to the Right are merely pursuing ideas? It is because one thinks his ideas are more important than the ideas of the other that makes both live in separation, which leads to conflict and hatred. Reconciliation is only possible when we see what ideas are and how they divide us. When we give up the delusion of our ideas we will find that there is but one God who lives in everyone of us, then man will appear in God's likeness, loving his neighbour as himself. This Eternal man will include all the attributes of that likeness, having dominion over all things as a natural result and not supernatural, as we are asked to believe.

## THE SPRING OF LIVING WATER IS WITHIN

Jesus never claimed any supernatural powers, all his powers were natural as they are natural in us, when we realize the Truth of our Being as he did. The natural only appears supernatural to the one who lives in separation.

When we realize the Truth of our Being we are freed from the bondage of a material existence in which we struggle. It is only when we realize our Spiritual birth that the Divine Principle of our Creativeness dawns upon us, we will then have that Immortal state of 'I and the Father are One' in Reality, not merely an idea or a belief in the mind.

We can only realize this fully when we understand what ideas and beliefs are and how we are separated by them. We will then truly see that not a blade of grass nor a flower, nor a tree grows, nor a bud blooms of its own volition. We will see that there is nothing on earth that has not its source in the Infinite "One."

We will no longer ask what our trouble is. Is it my lungs, is it my heart, is it my liver etc.? We will understand that we are Immortal Spirit, the body the instrument in which we experience our life on earth, the flesh having no say in the matter. We will no longer be mute before ignorance, neither will we mingle with error, but will correct it through the Truth of our **Being**.

We will understand our psychological cravings, our demands, our conflicts, our fears. We will no longer determine to possess much or little, we will intelligently deal with these demands because we will know that the 'Father and I are One,' our creativeness being the natural expression of our Being—His Being.

We will no longer seek to possess power, nor will we be self-assertive, for we will have found the Source of our Creativeness in Reality—in Love. We will live in the Ever-present Being in which there is no want and will be able to give from a never-ending Source of Supply.

We will no longer be seeking security, for the mind that is seeking security is ever in fear and can never know the joy of Creative Being. The very basis of our security is in **Knowing** and not in seeking. The highest form of our thought-feeling is in knowing—in Divine comprehension—and not in aggression or self-assertiveness. This is truly security.

Our power to create will be in accordance with our Realization of our Oneness with the "All" in "One" and the "One-in-All." There is more in this than is comprehended by the physical consciousness. Only when inner



## HOW DO WE APPROACH REALITY?

transformation takes place is this realized. The outer will always be what the inner is.

Are we not grappling with the problem of mass murder, hunger, misery and destruction on their own level, only to create further misery and catastrophe, because we are only concerned with re-organisation of greed, ill-will and ignorance and there is no end to the confusion and antagonism.

We may rebel against these conditions or we may shut our eyes and minds on them, we may even try to escape from them, but there is no escape, no solving the problem except through understanding the cause and intelligently dissolving the cause through right-action. Right action can never come except through transformation of the inner, for what the inner is so will the outer be.

The mistake we make is that we believe that material means will eliminate material suffering. Only by understanding the cause can such suffering be eliminated, for if we do not know ourselves to be the cause, further misery will surely come.

If we are not aware of our own creations we can never eliminate our own suffering. We cannot separate ourselves from the misery because we are part of it. The responsibility is ours whether we like to believe it or not. It will still remain until we deal with it at its roots, and the roots are deeply rooted in ourselves.

When we are transformed through awareness and understanding we will see that evil is not a power in itself, it is but our misdirected energy and is soon betrayed when we begin to understand the self, who is the cause of the evil. It has no existence except in the self. When this is realized it will fall away for it is the mockery of the self.

We may seek an escape through the idea that we are one with God, but this does not relieve us of our conditioning, nor the misery we create, for we will still be caught up in our conditioning.

There can be no release, no freedom through the mere idea that we are one with God. Freedom can only come when we discern clearly and fearlessly all that is conditioning us and how it comes about. Then we will understand the meaning of freedom. But if freedom is merely an idea without transformation of the inner, then the outer will remain.

It is very clear to me and I am sure it must be to you now also, that if the reformer or the contributor to the solution of the problem which is also

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his own, has not radically transformed himself, if he has not the inner realization of true values then what he contributes will only add further conflict and misery. It is the inner transformation through awareness and understanding, and only that alone, that is of any value in solving the problem of the world today.

The present misery and degradation of man is brought about by man himself. It is obvious then, that if anyone is eager to transform the world that one must first understand himself or herself, for are we not the world? Have we not made the world what it is? If we merely plan to reform the pattern of conflict without understanding ourselves we will only increase the ignorance and sorrow.

We all desire Eternal values, but few have realized that before these come there must be an end to the conflict within ourselves. Peace and happiness do not come out of war and misery, but by the cessation of the causes of war and misery. Then that peace that is not the result of war and misery but is an Eternal value will come into being. It is only when this peace comes into our own souls will it come into the world and not before.

Now, many will say I am not interested in the world, I am only interested in myself. But we are the world and the world is us. There is no separation.

The cause of the effects that are taking place on the other side of the world is rooted in you and me here and now.

If we will not understand the causes of perpetual antagonism, strife, war, confusion and misery, they will never cease in ourselves or in the world.

The effect of our thought-feeling-reaction on the body is little understood. The mind and body are one and the same, one is but the product of the other. Body is mind materialized, the invisible becomes visible. Similarly is the effect of the causes within ourselves on the world little understood.

It is often by suffering that we are wakened out of our mortal dream to see the causes that perpetuate our suffering. Then the less we think about material means and the more we realize our Divine Nature, the sooner will we have that peace which is an Eternal value and is not the result of conflict. Man can only have this, and so will the world, when man transforms and adjusts his mind through the understanding and awareness of his Being now, and not in some future time which is but an illusion of the mind.

“In the lips of him that hath understanding wisdom is found: but a rod is for the back of him that is void of understanding.” Prov. 10: 13.

## BENEDICTION

I wandered far in the forest of beliefs and ideas and could not find my way.

Although I prayed much I was still ignorant of Thy Presence, because my groping mind was filled with fear and confusion.

In my despair I heard Thy Silent Voice from within say, 'You are blinded to My Presence because of your ideas,' then I saw the Light that shone before time began and followed It.

I forsook the forest of ideas to bask in that Eternal Peace.

I saw others praying as I did, my love went out to them to help them see the Light that shone from within for I knew that Thou alone waited patiently to reveal Thy Self to all, O Lovely One.

Lecture 7 (25th May 1954)

## **DEPENDENCE LEADS TO CONFUSION, SORROW AND CONFLICT**

“Upright men are safe, through their honesty, but crafty men are caught by their own schemes.” Prov. 11: 6

We are the expression of Life, the expression of the Living Presence, which is not an idea and which is not dependent on any outside agency. It is the Living Presence that alone has Consciousness, is Eternal and Ever-present, and is responsible for the building of the body.

So we see clearly that the Intelligence that built the body existed before It created the body and will exist after the body is dissolved into the Substance out of which it is created.

The Intelligence and the Substance in which forms are built remain Eternal for there is nothing outside the Eternal, we live and move and have our Being in Eternity. Yet we depend on others and perpetuate the illusion of our dependence on others. We hide behind this illusion while we repeat the phrases ‘God is Love, God is Wisdom, God is Life.’ God can never be a Reality to us when we hide behind the illusion of dependence or the authority of another.

We depend upon what others say, we allow others to influence our thinking. We let tradition, beliefs, creeds, nationalities rule our lives, unaware of the fact that these things are the cause of our separation, our limitations, our confusion, our sorrow and fear.

Now, what is the remedy? The remedy, as I see it, is that we must do our own thinking, free from tradition, free from beliefs and limitation, free from separation. This is the only way to know that we are one with the Father of All.

We must discern the cause that keeps us in bondage, we must discern this illusion clearly otherwise we can never be free.

Freedom is now, but the illusion of dependence keeps us in bondage. Jesus knew himself to be one with the Father, free from all limitation, this we can also know. Now, the Livingness that Jesus knew was not something in

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the future, but was Ever-present in the Now. The future is but a belief, an idea in the mind, therefore freedom, this Livingness in the future would always be of the mind, it would ever be an idea and never a Reality.

When we begin to discern that it is not our family, our church, our nationality, our belief, our tradition that keeps our hearts beating we will see beyond these limitations. We will see that It is something that is Ever-present and within us that is doing this wonderful thing and not anything external to ourselves.

We will realize that it is the Life that existed before time, Life that is beyond the mind that is making us alive, making us Living Being.

We can have due regard to our family and all that makes up our individual surroundings. We can learn true companionship through understanding and loving each other, but we must not get our values confused.

It is quoted that Jesus said, "he who comes to me and does not put aside his father and his mother and his brother and his sister and his wife and his children and even his own life, he cannot be a disciple to me." You may read this in the Eastern Text, Luke 14: 26.

The meaning of this which has puzzled most people is, that unless we see beyond this relationship we can never know the Real, that Living Presence that is behind all and in all, the Living Christ.

If we are caught up in the worship of the external we will be lost in illusion and can never know the Real, the Living Presence, that is within and which alone is Creative.

We must steadfastly refuse to worship family, nation, church or any idol or any external representative of the Christ-hood whatsoever.

We must worship the Father in Truth in Reality. If we worship the external we become slaves and are bound to the illusion of separation.

Awareness of the false is freedom, but this awareness does not come nor can it be induced from the outside, making you dependent upon some stimulation. All stimulations are similar in effect, whether you take a drink, look at a picture, whether you go to a concert or a religious ceremony, or work yourself up over an act, however noble or ignoble. Stimulation breeds dependence and stimulation, whether worthy or unworthy, causes fear and apprehension which leads to illusion and not to freedom and Truth.

I hope you have already come to know that organised religions, politics, cults, nationalities and tradition become fetters which bind individuals into

## DEPENDENCE LEADS TO CONFUSION, SORROW & CONFLICT

groups, who become fiendish in their beliefs, which cause strife and misery. This wolf in sheep's clothing must be discerned and understood.

It is difficult for many to withdraw from all these things for the simple reason that these people cannot think for themselves because of their fixed ideas and dependence upon these things. They can only think with the background of separation, beliefs and limitations, whether they be religious, political or nationalistic. These cause the mind to be warped, narrow and bigoted. So conflict arises which further contracts their thought-feeling which causes further misery.

So it is necessary that we shall be constantly aware of our thought-feeling-reaction to extricate ourselves from the net of the illusion of dependence.

If we rely on others to give us cheer, hope and courage, however noble they may be, we become lost in dependence and separation.

Groups which have a beginning and an ending are always in opposition to each other causing struggle and pain, which is of no avail. We must seek into that which has no beginning and no ending, in this only will we find freedom and happiness, and the journey towards this lies within ourselves. Every other way is a distraction leading to ignorance and illusion.

Are we not trying to solve conflict and sorrow on its own level? This has led to further sorrow, conflict and frustration. But if we journey on, being constantly aware of what is taking place about us, discerning that which is preventing the expression of the Ever-present Presence that is Eternal and true, then our journey will be a revealing process, an experience which is constantly liberating and creative.

Reality comes only when the mind and heart is stilled—freed from bondage and illusion. What we crave for is not Reality. Reality is that Ever-present Presence and in this Presence all division, all distinctions, all craving, all illusion dissolve away.

The question is—do you want to be free? If so, then the Ever-present Presence alone is freedom and this freedom is now. It is immediate when we strip the mind of all the illusion of separateness.

The way is—by discerning our thought-feeling-reaction in the present. If we are not aware in the present we will be caught-up in our thought-feeling-reaction and further bondage is the result.

Now, to experience this freedom we must not be dependent on any authority or individuals however learned they may be. Neither must we be

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dependent on any organisation, for dependence of any kind creates uncertainty and fear, thus preventing the experiencing of the Real.

In the world today there is little or no creative understanding in high places. What hope there is, is dashed to the ground through separation which causes conflict, sorrow, confusion and bloodshed.

Only through a knowledge of the self, which is the cause of this conflict, will we be led to that which is beyond the self, to that which is calm, undisturbed, serene, which has the assurance that is not dependent and which is Ever-present. We do not create the Ever-present but the Ever-present becomes creative in us through understanding.

In this Creativeness we become aware of events, and as we watch we become conscious of the Inner—the Inner that is Love, which is the Intelligent Expression of Reality, and as the inner becomes realized the outer becomes clear.

Then the evil will be seen as the expression of man's mind in confusion and has no existence except in the mind of man.

When this is understood we will be able to see the outer with its cunning deceits, its deceptions, its un-reality in which so many are drowned. Ignorant of the cause we accept public opinion which rules our thought-feeling-reaction, this is truly ignorance.

It is common to hear people rebel against these conditions which they themselves unknowingly make. They never give a thought to the cause of these conditions which arise from their own thought-feeling-reaction. Surely then the most important thing is to discern our thought-feeling-reaction and to understand it, then only can we free ourselves.

If one follows a particular belief, that one will accept anything that will conform to his belief. But if something arises contrary to his belief he will reject it without question. So people squirm and wriggle without thinking and their ignorance remains.

There is no distinction, no separation with those who realize the Immediate Presence. All are alike, the first and the last and the last and the first are all the same, for they are one in the Living Presence. There cannot be separation, therefore no distinction. All are in the Kingdom of the Ever-present Love. The last to realize It is just the same as the first, for we all are in It now, but do not realize it because we are caught up in separation and distinction.

## DEPENDENCE LEADS TO CONFUSION, SORROW & CONFLICT

Then, let everyone take part joyfully in building the Temple of the Living God to the glory of the Father and the Brotherhood of mankind.

## BENEDICTION

O Blessed One, in my ignorance I sought Thee in the outer but could not find Thee.

It was only when I saw the outer was unreal did I seek deep in my Being to find the Pearl of Great Price.

The beliefs in which I thought I could find inspiration I found were chaff before the winds of fear and doubt.

It was when I spread Thy Wings of Love beyond the boundaries of separation didst Thou leap into my heart with joy.

Then I knew Thee as the Christ within, the only Real, O Blessed One.



## Lecture 8 (1st June 1954)

### **BELIEVING AND DISBELIEVING ARE OF THE MIND, SO IS THE BODY MIND MATERIALIZED\***

“I came that they might have life, and that they might have it more abundantly.” John 10: 10.

If we are caught up in emotional reaction there is no understanding; emotional reaction arises from fear, hope or despair, whether it be a religious revival that promises a heaven or a hell, or any other kind of craving.

We must realize that these things merely condition us, and there is no creative understanding.

These conditions are brought about by the human mind and have nothing to do with the creativeness of man, which is Divine and alone creative. Man has lost sight of his true creativeness because he is caught up in his emotional reactions.

*Now his emotional reactions is, you will see, that the thought is the self and the self is the thought. But what did you do? You put your thought over there and look at and you will say, you judge it and so-forth and you don't want to claim it because you don't like it. But really that is the self, otherwise, your thought and yourself is not separated, although you think it is. You are trying to see your thoughts separate from yourself and look at*

\* See Notes page 223

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*your thought as something that is ugly, yet you do not know that it is the self. But immediately you see that the thought and the self are the same, the whole thing falls away because you know what is the self.*

*The self cannot exist in Reality. The self is your memories, your thoughts, your experiences, what you have learnt, what is made up in the mind, your thought-feeling-reactions, all that is the self. You make up that, that is made by you but you do not make Reality—Reality Is.*

*Now, when Jesus went into the wilderness he clearly saw the self and he called the self, Satan. “Get behind me Satan” because the self is always in front. And when he saw all the self and his thoughts and all that was relative, then there was God. Complete in Itself he did not have to create the Father—the Father was. And when the self was removed the Father was there all the time. Therefore Jesus recognized at once that he was the Son of God, he could not be anything else.*

*When the self is removed there is the Creativeness, there is Reality. Now if you look at the self you will see what it is made up of. But you don't like it because you would like yourself to be something different than what you really are. But when you know your thoughts and so-forth you will see that you are the same as nearly every other person.*

*We will take for instance, a so-called religious person who thinks that he is very religious and he is spiritual. That is why he doesn't discern his thoughts, he doesn't know that his thoughts and he are one. But his thoughts are the same as yours or anybody else's thoughts. How do they rise? They rise from his experiences, from his thought-feeling-reactions, his memories. That's what his thoughts arise from and that's the self. Look and you will find that the self is nothing more than, you are a bundle of reactions, a bundle of conditioning but the Reality is none of these. Reality is beyond mind, beyond all that you ever created in your mind. Therefore you cannot create Reality. You can only create an idea of Reality which is false. Just as the word God is not God. The freedom comes immediately you then see that your thoughts and the self is one. And you will find that everybody else is thinking the same way as yourself, having the same thoughts, the same emotional reactions, you are all struggling because you are lost in the saddle.*

*Jesus gave us the example and I know that it is true. Those forty days and forty nights in the wilderness, was the greatest thing in his life because he discerned everything that was false. And when he found that all these things*

## BELIEVING AND DISBELIEVING ARE OF THE MIND.....

were false, then there was the true, there was the Real—is the Creativeness. “The Father that ever remaineth within me is performing His own deeds.”

*But what is it that covers up all this? What is it that is preventing the expression of this Reality? Conditions keep it out; beliefs, antagonisms, it's nationalities, it's clubs, it's society, it's organized religions, it's politics and all these things that the self is caught-up in. Remove the self then you have the Real.*

*People are craving or praying. Now what is prayer? You only pray when you want something. You only pray when you are in that trouble. You only pray when you are in doubt. And what is your prayer? It's really a mental thing. It isn't Spiritual at all. Your emotional reaction you say, “oh Father in heaven,” and its an idea is it not? And so you pray. Naturally if you pray sincerely you will really get what you pray for. But Jesus said, “when you pray believe you have received it and ye shall have it.” That's what he said, he put it aside. When you pray believe you have received it and you shall have it. Naturally if you pray properly you will get what you pray for. But you will know that prayer is not Reality. What is Reality?*

*Proper prayer, a real prayer is dissolving the self understanding the self, so that the self moves away and there is Reality, there is prayer. So that the Real comes into being. That is real prayer. A real prayer is real meditation. But your meditation is meditating upon an idea to the exclusion of all other ideas. True meditation is discerning that which is false, so that you are cleansing and eliminating from the mind, the things that are hindering the expression of the Truth. You do not create the Truth. Just as you do not create the law of mathematics but you work with it. You do not create Truth but It is.*

*Jesus had the answer all the time, “it was the Father who ever remaineth within me.” “When you have seen me you have seen the Father.” Now, he did not mean the outer self, he meant that Whole expression of his body because no one creates the body except Life and Life was in the body, and therefore the only power the body has was Life. There is not one particle of the body has any power of its own. Not the smallest particle of the body has any power of its own. But you give it power. Why do you give it power? Because through sensations. You have sensations. And in these sensations the body is talking back. But why is the body talking back? First of all, it was you that created those sensations in the first place.*

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*When you are healthy and free you don't bother about your health do you? Its only when you are in ill-health you get to struggle, is it not?*

*But Jesus saw clearly that he and the Father were one. And his body was the temple of the Living God. And in that way he recognized that he and the Father were one. Not as an idea of the fact, but the Living Expression of It, because an idea of it was worth no value to him.*

*Why are you afraid to die? If you knew Life you would not be afraid to die. Because you don't know Life you are afraid of death. But death and Life are the same thing. The moment is past, its dead. The moment that is NOW is Life. And when you live in the Present you will know that. And when the mind is cleansed of the past and the future, hope and despair, then you will know Livingness, you will be alive. But because you live in the past and live in the future you are afraid of death. Because you do not know Life you do not know NOW, you do not know the Livingness.*

*Oh, if I could only give you this clearly. But I cannot give you an idea of it because yet to give you an idea only spoils the whole thing. But if you listen to me, you will find through your listening, there would be transformation. If you try to make an idea of what I say there will be no transformation because it will still be in your mind.*

*What I am trying to do is to eliminate from the mind the things that are preventing the expression of Reality. And you do not create transformation. You do not transform yourselves. You don't! What happens is, once you recognize, once you realize and see what the self is and you see your own thoughts. And know that the thought and the self cannot be separated. And you discern your thoughts as they arise, Living in the Present, because its all the past that is rising up in the present is it not? Your memories, your experiences.*

*And if you discern these things in the present you will find to be aware of them in the present, they will fall away. But if you are caught-up in them and you would know when you are caught-up in them because you have your emotional reactions. But there is no emotional reaction when you are not caught-up in your experiences and your memories, the past and the future.*

*Some live in hope, others in despair. When we see these two impostors are the same we will drop them.*

*Is it not a fact that we are influenced by our experiences, our memories? We hope for the future and we despair for the future because of the past.*

## BELIEVING AND DISBELIEVING ARE OF THE MIND.....

This state is not “Living” because we make the future and the past more important than the Living Creative Presence *NOW* that can only be known in the present and not in the past or the future, which is of the mind.

We create our own conditioning *when* we begin to struggle whether it be in the body, mind or circumstances. They all arise in the conditioned self, so we fail to see our own creations and thereby intensify the error.<sup>1</sup>

*So we create the thought then we fear the thought, we intensify the error. But if you see that the thought and yourself is one, that the self and the thought is the same, you will not fear it any longer because you will know, it will drop away, the fear will pass from you.*

*What is your thought now? They arise only when what you know, they don't rise with what you don't know. So they can't arise from the Unknown, they can only arise from the known. And if you know the known then you will be able to realize the Unknown because you will know the known. But the known can never reveal the Unknown. No matter how much you know, all knowledge in the world can never reveal the known. Knowledge will only be a hindrance to the expression of the known as long as you know what knowledge is and see that it is binding. You will use knowledge according to its true value. But you will not give your value, that is Eternal, because it is not.*

It is because we make the future so important that we 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 willing to liquidate you and me for the future. All political parties, all ideologists, organised religionists dangle a hope or a fear in front of us which we pursue and are destroyed in the pursuing.

Unless we can see the whole process of the desire for this inward and outward security that is driving us to destruction, we will never know the Truth of the Living Presence.

*We are caught-up in this desire and we are rushing here and there and hither and thither:*

*You crave for Spiritual things just as you crave for material things. Its just the same, it means craving and craving is of the mind. Believing and disbelieving is of the mind.*

*The tremendous and wonderful Truth you arrive at. The transformation that takes place is so revealing. It gives you more happiness than anything*

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*else in the world, anything external to the self, could ever give you. Because what is external to the self, your happiness arising from that, has a beginning and an ending. Then you are always looking for more happiness from the external, you leave one and you go for another, and on and on and on it keeps on going. When the happiness is gone it is passed into the experience, it is passed into memory. And you are caught-up in the external looking for this happiness you are thinking you will get. And it is like the carrot dangled in front of the donkey, its always in front of him but he never reaches it.*

*So there is the donkey, you are the donkey with the carrot in front of you and you all chasing the carrot but you never get it.*

*Transformation comes when you see all that is useless, then there is a true happiness because immediately you seek for security in the external there is always insecurity in the internal. And if you have insecurity in the internal, in the inner, there will always be insecurity in the outer. That is true is it not?*

*So when you are seeking for security in the outer there is always insecurity is that not so? And it is within you that insecurity is. And if that insecurity is the inner self, you will see, that that creates insecurity in the outer self and there is always a struggle.*

We find ourselves bound and we do not know the cause because we look outside ourselves for it.

We struggle with thoughts that enter the mind when we wish to be quiet. These thoughts we think are foreign to our nature so we try to banish them. The truth is that only thoughts that are not understood rise to disturb us, these thoughts are the result of our own memories, our experiences, our hopes, our fears, our beliefs which are our own mental creation. *They are yourself. So we try to banish them. How can you banish yourself when the self does not know itself. So you struggle with your thought.* We try to banish them but instead of getting rid of them we further struggle with them, creating more conditioning.

*We become emotionally caught-up in them. Our thought-feeling-reactions become stronger and stronger and we are further conditioned.*

*Calmness does not come out of struggle when struggle ends. Calmness is not the result of struggle. Calmness is an Eternal thing, the sea of calm. The wind comes up, it causes ruffles on the sea, causes waves. When the wind ceases there is the calm. So is there Creativeness when the mind ceases to*

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*have conflict. When the mind ceases to live in opposites, when you know what opposites are.*

It is necessary to become aware of the movements of the mind and understand them without struggle, then they will dissolve away. If we are aggressive, quarrelsome, nagging, jealous, envious, selfish, egotistical etc., we must see these false movements as they arise, not merely search in the past for the cause. *So most people are searching in the past. When all the past is now expressing itself now at this very moment. Its like a person walking backwards instead of walking forwards. So they want to go forwards but they are always walking back and they can never reach their destination.* When we see these false movements are of the self then we will begin to know the self, and knowledge of the self is the first step towards freedom.

*Then you will know the self. You will know what the self is. That is the first thing in virtue is to know yourself. Not just to build an idea of what you think you are and try and hide behind that idea. That's not virtue but that's what every person is doing. Your virtues of the mind. But if you see yourself in your true colours, every portion of yourself, without being afraid. But the reason why you are afraid is because you think that your thought is separate from yourself when it is not, its one and the same.*

When we see what experience, what memory, what beliefs, hopes and desires are, we will discover what is Real. But this cannot be discovered by those who seek an end, for there is no end, no result. *You are looking for a result. You can't have a result. If you are looking for a result you can never be free because your result is in the mind. The result is a mental thing not a Spiritual thing.*

*The more you discern your own thought-feelings-reactions then you know what the self is. So they pass away from you and leave you free. That is transformation. Am I going to give you an idea of God, an idea of Reality. How can I give you an idea of Reality when I don't know what Reality is? But that's what everybody is trying to do is to give you an idea of Reality and you are further caught-up in your conditioning. Only a renewal from moment to moment of the Eternal and Ever-present Reality. When we come to the realization of the Ever-present Living Creativeness, living in continuity moment to moment, the future becomes a dream of some fanciful state.<sup>2</sup>*

*So you are always living in the future. That is what people are hoping to do because we are always living in some fantasy in the future.*

2. See Notes page 223

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We must have knowledge about the self before we can transform our nature. The self is the intellectual, *the* emotional side of our nature, and is a limitation, a hindrance to the expression of the Ever-present Creativeness which is Wholeness, Completeness now. We must discover what is of primary importance and have the capacity to pursue it.

*What I am telling you now you can't make an idea of, try and you will see, you can't make an idea of what I am telling you. And that the beauty of the whole thing. Because if you make an idea of it, you have lost it, there is no transformation*

Ignorant of the mechanism of thought we try to overcome one thought with another, keeping both active, which is the cause of conflict and duality. *So we are moving backwards and forwards from one to the other.* When we understand how our dual thoughts arise we see that both are our own creation, being the result of experience, memory, fear, belief, ideologies and the like. Confused thought rises only in a confused mind.

*So all the time you have one thought you try to cover it up with another thought but the first thought is still there. You try to shake it away and you say, "oh no it cannot be me." But Immediately you see that the thought is you, it drops away from you. It doesn't come from any outside source.*

No one can understand your mind but yourself. There is no pattern to follow. The mind that is confused becomes more confused when following a pattern, for all minds are alike yet different. All have memories, experiences and fears, but our reactions are entirely different. No one can do this work of discerning but yourself.

*But you rush to this person and rush to that person to discern your thoughts. To think what you are thinking, to give you an answer to your thoughts. That's the most ridiculous thing I've ever heard in my life. But that is what is happening all over the world today. And its suppose to be good intellectually, science. It's the science of the rabid that's all it is.*

Unfortunately most people accept suggestion as a means of understanding, but this leads to frustration.

*So a suggestion is given to you, appellative. So the suggestion hinders the expression of Reality. It lasts for a while but not for long.*

When there are difficulties in the mind, body and circumstances, it is no use trying to escape from them, we must face them with confidence for this is an opportunity to use our creativeness—the Christ Consciousness



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knows no limitation. Yet every sensation must be dealt with carefully and not ignorantly denied otherwise it will rise *up* again and again in the nature.

*So people say, "I deny it." They have it in their mind and they keep on denying the thing. Don't you see that they are denying their own thought. How can they understand the self when they deny it? Only by discerning the thought and seeing what it means then they will know what the self is, then they are free.*

*There are certain cults that tell you to deny these things and they are putting you further off than ever. That is why these people never get better. They make affirmations. They make great confessions of their wonderful results but ten minutes after, they are just as bad as they were before. Notice its all in the mind. And what is in the mind is only a creation of self-created thing, it's the self created, that's all it is but that's not Creativeness.*

The confusion of mind is out-pictured in the individual and in the world, for what the inner is so is the outer. Is it not so that we quarrel over systems, religious beliefs, ideas, which we think will give us more security, so we cultivate war, destruction, and misery. Instead of getting security we get the reverse.

If we depend on a system for security, then there will be insecurity. Those who are concerned with Utopian systems are only concerned with ideas and not with people. *People are second to consideration. The ideas more important. The idea of God is more important than God Himself to most people. As far as God is concerned, means nothing to them. But the idea of God is a tremendous thing to them. And each and everyone has a different idea of God. So they fight because they cannot reconcile their ideas.* This breeds separation and distinction and destruction. One with a fixed idea is a danger to the people, for surely the day will appear when retribution will come.

*So you quarrel with another you are led into the trap of illusion.*

As long as we look for security through ideals, economical, political or through creeds and dogma, there must be separation and discontent which brings about insecurity.

Today the world is torn into different nationalities, different beliefs, different ideologies, each promising security. Now there can never be unity through beliefs or ideas, these cannot bring people together. It is only by seeing how these things separate people will unity come, *and* unity which

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is the true foundation of the world is Ever-present now and is not created by man.

*If we see the things that are disuniting the people of the world, unity will come and not before. But I hear people calling, "unity, unity, the world will come..." It all hooey. Its all but stupid nonsense. It will never be. All the prayers in the world will not bring it. The only thing that will bring it is for the self to know the self. So that that which is hindering the expression of unity can be removed.*

Understanding only will bring Peace and Love which is the basis upon which we must act, so that the Christ can speak the word of power from within. When this is done there will be an unfolding of the Real Self that is every other self.

True awakening comes through understanding that which is false. Only then can we free ourselves. The outer is ever renewed from the inner. If the inner is fed on ignorance and ill-will, so will the outer be likewise. Only when the inner is renewed every moment from the Ever-Present Life that is Eternal and Whole will we free ourselves from our mental and physical limitations.

*So we see man is the cause of his own misery.*

It is well known to the observant one that the world is run by the immature. If we can see the futility of ideas and beliefs that create division, understanding would surely come and with understanding the enlightenment of the whole human family would bring peace and happiness, individually and collectively.

*But what do we have? We have greed. We have nationalities. We have separation. We have all our different ideals. We come to the conference and we try to reconcile our ideals but we cannot do so because we are conditioned by them. Any person conditioned by an ideal is immature because he is following an ideal and not Reality.*

*They sit around the conference table, in the back of their own minds they are looking to what they can get. All the time we are conditioned by their craving, by their greed. And after we have the quarrels and after we destroy part of the world, what do we do? We try to cure those things in the same level. We think that by destroying houses and people and clothing and all that sort of thing that we are going to compensate them by giving them houses and clothing and food. If you do not see the futility of that then the world will never come to that unity which we are looking to, that is a certainty.*

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Is it not a fact that we cling to our conditioning and defend it with all our might against others who are also conditioned, and whose conditioning we think is not in accordance with our own? How can there be any solution to any human problem individually and collectively, under the circumstances when each individual and group is at war with the other through conditioning.

If we could look at ourselves and see how false [we] all are to ourselves and others then we would discover that “Something” which is living moment to moment, which is not a belief, *not* a conditioning but an actual Livingness which we have with everyone else.

*Then when we find that common denominator, that same thing that unites everyone together as one Whole, then we will have that which is true.*

*The Christ that was in Jesus, that came to show man the fallacy of his ways, that Christ is still Living. And if the Christ lived two thousand years ago he must be still living today because the Christ is the Spirit of God, Eternal Ever-present.*

*And if what the Christ did two thousand years ago, that same Christ can do today, now at this very moment. But the only way that Christ can do it is when the heart is emptied of all enmity and falseness. Then the Christ will manifest in your heart and mine and everyone else. In that way alone can Peace come, not by prayers, not by these emotional reactions, not by these revivals of ignorance but by true understanding of man himself, his own self. The cause of the trouble is man himself but man does not know it. He always puts the blame outside himself therefore the cause can never be found. Only when man sees that the cause is within himself then can the cause be found and removed and not till then.*

We perpetuate the memories of past and blind ourselves to the Ever-present Life. So we struggle with one another, with our problems, our aches, our pains, our fears, our hopes and end in chaos. This state will continue till we see the falseness of our ways.

When we wake up to the ways of the self with its memories, its beliefs, its antagonism, fears, *hopes, and all the* distractions of the self, we will become horrified at the destruction we have created. *Because we have created that destruction. We destroyed Hiroshima with an atomic bomb. We are responsible for all the carnage and misery existing today, in the wars of the past and the wars that is taking on at the present. You cannot escape anyone of you from the responsibility of this carnage, of this destruction. Not one of you. Look into your minds and you will see that the cause is there. You support the past.*

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*When we wake up to the ways of the self with its memories, its beliefs, its antagonism, its fears, its hopes, and all the distractions of the self, we will become horrified at the destruction we have created, not only in our minds and bodies but in the world at large. Not until we become horrified at the ways of the self will there ever be freedom and security, individually and collectively.*

*When the self sees the self for what it is, it will pass away. You think you are Spiritual, of course I understand, you change, you go to church on Sunday, you pray. You carry your bible under the oxters.\* You wear black cloths and you do all these sort of things. You go down on your knees to pray and in your heart, what's there? The self.*

When we allow the past to influence the present then our future will be the past. *That is real is it not? And the past has been horrible enough while the future will be continued. The future will be the continuity of the past.* So we will perpetuate our illusions to the destruction of ourselves. Only when we see the false will the true appear to us and not before. Then let us live moment to moment, living each moment in the present, free from the past or future, otherwise we will flounder in our dogmas, creeds, beliefs, ideologies or in philosophy, which is also a product of the mind.

*People read the philosophies of the past. And they come to me with this great philosophy and I read it and I say, "yes, but its all mental, its all of the mind. There's nothing shown there to guide you from yourself, to show what the self is. Its giving you an idea, philosophising on God. Is it only creating an idea? Philosophising on God does not help you at all. You still remain the same person. The same self remains because the self has not been discerned and understood. You are even afraid of your own thoughts. You try to banish them. You try to run away from them but you can't. The more you try to banish them the harder they cling to you. And the more that you run away from them, they run just as fast because its yourself. And you can't run away from yourself, you can only discern yourself."*

We do not create Reality, we are one with Reality and cannot be separated from it, for Life-God is not divided.

\* Armpit. (Scottish).

## BENEDICTION

O Mighty One, the sweetness of Thy Perfume in the human heart has not faded. It is the evil-smelling self that has temporarily obliterated Its beauty.

The ignorant self is the cause of all ill-health, unhappiness and separation and is lost in a world of illusion.

When I awakened to this illusion I found that Thou were patiently waiting to express Thyself in me. Then I was free from *my* struggle.

Only when my struggle ceased did my soul find that which I was struggling for.

O Ever-enduring Love, may Thy Perfume awaken *in* the hearts of all to perceive the beauty of Thy Presence Everywhere, O Holy 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 1st June 1954, at 7.45 pm. No recordings exists of the Johannesburg lecture.

1. The paragraph in the Lecture Notes reads: [*We create our own conditioning then we begin to struggle whether it be in the body, mind or circumstances. They all arise in the conditioned self, so we fail to see our own creations and thereby intensify the error.*]
2. The paragraph in the Lecture Notes reads: [*When we see what experience, what memory, what beliefs, hopes and desires are, we will discover what is Real. But this cannot be discovered by those who seek an end, for there is no end, no result. For that which is Real is not a result. Only a renewal from moment to moment of the Eternal and Ever-present Reality. When we come to the realization of the Ever-present Living Creativeness, living in continuity moment to moment, the future becomes a dream of some fanciful state.*]

**THE FAITH THAT MOVES MOUNTAINS  
IS THE EXPRESSION OF THE  
CHRIST CONSCIOUSNESS\***

[“I was born when there were no abysses, when there were no fountains full of water; ere he sunk the bases of the mountains, ere the hills existed, I was born, . . .” Prov. 8: 24-25.]

*“Where is your faith?” The Master asked his disciples.*

*There is more than that, one would imagine. But Jesus who had been teaching his disciples, no doubt, the faith that was in the mind is no faith at all. Because the faith of the mind was a faith that lived in opposites. But [what] Jesus was talking about, was a faith of the Christ Consciousness that has been freed from opposites. Freed from the mind, the turmoil and conflict, through understanding the mind itself and all its fabrications and contradictions.*

*So when he asked his disciples, “where is your faith?” It was a challenge to them and it is a challenge to everyone.*

*Now the faith that most people have is a faith in the mind. They ask and they think by asking, that is the faith, while all the time they have also the image of not having. So if they have faith in having while the image of not having is dominant. So the faith of not having causes fear. So the faith is having and the fear is not having. So you see, that you have faith and fear in the mind in opposition to one another. Just as you have the opposite of having and not having.*

\* See Notes page 238

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*When you pray, your prayer is really a suggestion to the mind. Real prayer is something that is beyond the mind. Because Jesus said, "when you pray go into your closet." That meant to say, away from the turmoil of the mind into that secret place where alone dwells the Almighty. In that state where the consciousness is freed from the mental fabrications you have through fear. You fear the ideas which are built upon fear are dominant. Because fear has a tremendous force and a tremendous power upon the mind. It is always going in the opposite direction. And when one has that fear, an image based upon fear is much more powerful than an image built upon faith. Because fear has much more power over the individual than faith.*

*Faith is a hope but a hope is always in the future. And in the future is nothing at all, merely a mental thing. If you look into your mind, you will see, that hope is a mental idea. And that means hope in the future which does not exist at all. And in the mind you have also hopelessness. So you have hope and hopelessness all together also in the mind. Both of them are in the mind.*

*If you live in hope you do not Live at all. Because the only moment of Living is NOW at this moment. But when you Live this moment, completely this moment, then there is faith because there is no fear, there is no hope, there is no future, there is no past.*

*The past is always influencing you now and clouds the Ever-present. And what you are doing really is not giving expression to the Presence, that is Eternal and Creative but you are only giving expression to your past. And unless you discern your thoughts, your images and your feelings, both in faith and fear at this very moment, if you do not discern them, then you will be giving expression to the conflict between the two. But if you are discerning these things and knowing them for what they are, you will see what the self is.*

*The self is merely a bundle of images, a bundle of ideas, a bundle of hopes, desires, memories, experiences. These things are clouding out the Ever-present unless you discern them. And when you are aware you are discerning these things as they rise to the surface. And as you discern them you see that they cannot exist in Reality, it is not a Real thing, it is merely the self that in itself has no foundation at all. So that is what Jesus said, "I of my own self am nothing."*

*So that by knowing the self is nothing, then at that moment, at that moment you know the self is nothing, then there is Creativeness. Then there is*

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*faith, the faith that Jesus taught his disciples. And that faith is tremendous power because there is no opposition to it. It is at that moment and what happens at that moment, the whole Universe comes into operation to fulfil. At that moment it's gone. That moment has gone, its finished, it is actually created now at that very moment. Without opposition there is no conflict. And Jesus knew that continuously and that's how the faith that Jesus had was the Christ Consciousness.*

*The Christ Conscious man left, is a freedom. A freedom from the mind that is held in bondage. It is held in bondage through opposites, to hope for the future, to the past. If you look into your minds you will see, you are merely living in the past and the future. The mind is full of all these things but you think they are real.*

*Knowledge can never reveal the Ever-present because the knowledge is always binding. Knowledge will never reveal that which is beyond knowledge. Knowledge is of the mind but Wisdom is not.*

*Wisdom is a Creative force that comes that very moment, if you get beyond knowledge. So therefore beyond knowledge is something that is Eternal Ever-present, that Wisdom that is Creative. Jesus was clear in that moment, so he asked his disciples that question, "where is your faith?"*

*"I was born when there were no abysses, when there were no fountains full of water; ere he sunk the bases of the mountains, ere the hills existed, I was born, . . ." Prov. 8: 24-25.*

*Showing that there was no beginning. If there was a beginning there would be an ending. That which has a beginning must have an ending. And that which has a beginning, has an ending, is not Real. There is no Reality because its relative. Reality never had a beginning and never will have an ending.*

*The Life that created the body must have existed before It created the body. It will exist after the body has dissolved into the substance out of which it was created. Life is the only thing that Lives moment to moment. The body is always changing but Life does not change, Life is like electricity, in itself is free in the atmosphere. You make it relative by making it do things but no one knows what electricity is. We know the laws on how to acquire and form electricity into certain forces, into certain forms such as light, power etc.*



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*But you can never use up the whole electricity because it goes back again. Any form whatsoever goes back to the substance out of which it came, so does everything else.*

Fear and faith are on the same yardstick with most people. One moment they measure with faith, and the next they measure with fear. When one is up the other is down and vice versa.

This kind of faith is of the mind, in which fear and faith exist as opposites. It is the see-saw of human existence devoid of understanding.

Real faith of which the Master spoke is the faith that is not of the mind caught up in opposites, but a faith that comes when the mind is understood with all its opposites, its confusion, its ideas, its wants, its cravings, its having and its not-having, its fears, its hopes and all its other numerous contradictions.

When these are discerned and understood you are no longer caught-up in them, then a knowing comes, an awareness of the Real, you do not know what it is, but you know with assurance that It is.

Words cannot describe the Indescribable, neither can words describe the Faith that is not of the mind, but which is the expression of the Christ Consciousness.

*You cannot tell me what consciousness is. You cannot even describe consciousness. You cannot even make an image of it, can you? Try and make an image of consciousness.*

This knowing has no opposites because it is creative in Itself. Without this knowing we react to the external, not realizing that the external is but a result. But this knowing is not a result.

*It is not the result of anything. It's a knowing that comes when the mind is completely silenced, when the mind is free from opposites and confusion. When those confused ideas, conflicts, beliefs and so-forth are understood. There is no longer any conflict in the mind when the opposites are extinct. therefore there is a quietness comes, a stillness that is not in force. You don't force the stillness. You try to force your mind into a stillness. That's not a stillness at all you still have conflict. Not until the mind is clearly discerned, knowing what it is and knowing how the formulations come about. How you build up those formulations, how you build up those beliefs, what your faith is, what your hope is, what your hopelessness is. All these things are to be understood then there is no longer confusion, anxiety, fear. Then there is a quietness in itself. Its like the lake when the winds cease, the lake is calm. So it is when conflict ceases, the mind is calm.*

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*In that calmness, in that silence, there is the knowing because its surface can only be found in a mind that is freed from conflict. You could never know when your mind is in conflict because you will only know conflict.*

This knowing I am speaking about is not the knowing of something that you know all about. It is a knowing that comes when you know all about what you know and then know that it is not real. I cannot make it plainer, for words cannot describe this knowing, yet It is within everyone.

*What you know about, you know, but that's not the knowing, that is knowing something about what you know. But when you know all about this thing, you know and yet know that it is not Real. Then there is a knowing beyond that that you cannot describe, its an awareness. It's a knowing, I can't give you a word, you have to find it out for yourselves because no one can give it to you.*

It is the Christ that possesses the mind and body and not the mind and body that possesses the Christ. *But that's the very thing that people do, you possess the Christ. You put the cart before the horse. The self is trying to possess the Christ. But the Christ is always external to the self then. The Christ is the Livingness in man. It is the Spirit of God in man. And the Spirit of God is free.* When the Christ Consciousness is awakened It assumes Its true place where all else is subject unto It.

*Jesus said, "I choose you, you didn't choose me."*

Now, Consciousness is something you cannot define, you may try but you will not succeed for Consciousness will merely be defining something external to Itself and still not know what Itself is, It can only know that It is. It is this knowing that I want you to experience.

You can experience this knowing only when the whole content of the mind is understood. Then what is in the mind is seen as that which is external and not Eternal and what is in the mind does not matter very much whether it is true or not.

The Christ Consciousness becomes one with the Father of all and knows *the* "Oneness" in all. This is *the* true Creativeness because Love must dominate every action that is creative, otherwise it cannot be creative. *There is no creativeness in hate. There is no creativeness in want. There is no creativeness in hope. Think now, when Love is present there is Creativeness. You do not know what Love is. Its not an idea. You cannot make an idea of Creativeness and you cannot create Creativeness.* Love is Creative and is

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beyond the mind. What is of the mind is not creative because it exists in opposites and must dissolve into its native nothingness. But that which is Creative remains to create, because Love is God and God is Love, “whatsoever you do unto one of these *so you do unto me.*” *That is Creative.*

Without this knowing and understanding we react to the external so our creative power is turned in the wrong direction so the things we fear we get. “What I feared came upon me,” *said Job.*

*But every other person finds the same thing. Now, if you discern in your mind what fear is and what faith is, you will see they are merely mental expressions of experiences and memory. You are living in the past and the future. You see the past and the future merely in your mind, you are giving expression to the past hoping for the future, when all the time this very moment is the creative moment. And what is Creative in that moment is Eternal. Remember it's Eternal because Creativeness is Eternal. And what is Creative in that moment freed from opposites, freed from faith and fear, freed from craving, having and not having.*

*There is a moment which is entirely clear and free when the mind is understood, when all these opposites and contradictions are understood. And in that moment then it is Creative and Eternal and nothing can prevent that Creativeness manifesting. No man, woman or child or angel in heaven can prevent it taking place. Because the whole Universe comes into operation to produce that Creativeness. And when that Creative condition is created just as man was created, life was created. Life created creative man, that Life that existed before the body was created, created the body.*

*But what creativeness creates you know it is relative. You must not hang onto your creation. If you hang onto your creation you have lost your creativeness. Again you are lost in the opposites. Then you will live in the opposites once more. You will be afraid that your creation will fall away consequently you are caught-up in fear and faith once more. You are back again in the same position as you were before.*

*You must be clear on this point, you never hang onto your creations because Creativeness alone is Real. That which is created is not Real. Its like the body has a beginning and an ending. It is like your experiences, has a beginning and an ending. Like your memories have beginning and ending. Anything that has a beginning and an ending is not Real.*

*So therefore I show you clearly and distinctly, now discern your minds. Understand the opposites that exist in the mind. See where your faith is. If*

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*your faith merely is the existence in the mind as fear; then faith and fear is the same thing. Just like believing and not believing is the same thing.*

Through lack of this knowing and understanding we unconsciously use our creative power against ourselves. This is probably the biggest factor in creating our unhappiness and ill-health.

The reason for this ignorant reaction is because most people believe and act in separation. So man divorces himself from his Divine inheritance because he lives in separation. He lives in his beliefs, his traditions, his groups etc., which are merely mental *images*, ideas, and the recognition of his oneness is lost in this illusion. In this way he becomes impotent while the outer rules him.

*So God created man. Man created his memories, his beliefs. Man created his own conflicts, that's the self. The self comes into operation and the self then gives itself a form of reality. Because it hangs onto various things. It hangs onto the past, hangs onto the future, that's why it gives itself a reality. But immediately you come to the moment, this moment that is Creative, the self does not exist! It can't exist. Both memories and hopes have gone. They have dissolved into this native nothingness. Showing that the self is the cause of your misery. You are living in separation in the past and the future and never Living in that moment that is Creative. That is your faith. That is the faith that moves mountains.*

Life is Spiritual and our birth is a Spiritual fact. The Truth is—the Christ is manifesting in the flesh, yet invisible to mortal eyes. Because of this, man worships idols, symbols, which have no power or Life in them. So man repeats formulas which he thinks is prayer. Only when he discerns how false these are will he arrive at the secret of the Living Christ within. Only by understanding the false and knowing the true does transformation take place. Therefore revival of the ignorance does not change man, only the Christ within can do that.

*And transformation comes about not by man himself, that man can't transform himself, the self can't transform itself. It when the self begins to dissolve away that transformation takes place. Transformation is merely the expression of Reality coming into being.*

When man believes in a God and still retains the illusions of the self with all its hideous fabrications he cannot be a true disciple.

Is it not so that we quarrel over our beliefs, our ideas and ideals and have murdered each other because of them, and we do not know whether

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they are true or not? *Isn't it very stupid? I think it is the most colossal stupidity that man could ever know. Because he cannot reconcile his differences in his beliefs, his ideals and his ideas. We murder one another because of them and then we do not know whether it is true or not.* Nor does it matter. It is only when we discern what these things are and how they make us murderers do we drop them.

Now these illusions, ideas, concepts which we accept and imitate are created by others who are ignorant of the truth about them, and the truth about them is that they are false. Any fool can see that, when he begins to think for himself. *But it is the most difficult thing for some people to think for themselves because they are imitators. They are caught-up in their belief and ideas of others. They can't throw off that imitation and they are afraid to think for themselves. Because they believe what they actually have already accepted as true. It becomes a belief, an ideal. Yet they do not know how that ideal and belief has come about. Only by discerning these things do these things pass away. So the mind becomes freed from the illusion of belief, imitation, acceptance, rejection. You understand the whole process of the mind and the process of thinking. And you will notice that your thinking is merely the expression of the past, of your experiences, your hopes and so-forth. It is not the expression of Reality. Only when we think and discerned and understood is there Reality. "The blind lead the blind and all fall into the ditch."* *How true Jesus was when he said those words.*

We must give up the idea of 'becoming' otherwise we will never rid the mind of fixed ideas and beliefs. *Why? You are becoming because you have fixed ideas. You are trying to become that idea, is it not? That's like the donkey that is always chasing the carrot in front of it, never catches it. Only when the mind is empty of all these illusions will we know that 'we are now.'* Then 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 we do not know it.

We do not create Truth, *a lot of people think they do*, we only create a concept of Truth according to our own conditioning which is not Truth. *So are we conditioned by a particular form, religion, nationality, whatever the case maybe, we are conditioned. Therefore we create our own ideas of Truth, what Truth should be. Don't you see how very stupid it is. As a matter of fact I see more intellectual people who are the most foolish people I have*

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*ever met. Because they have created ideals and they are pursuing the ideal to the destruction of themselves and others. Truth is Eternal and Ever-present. Only when we dissolve the illusions of the mind do we find that which is Eternal.*

If you cannot love your neighbour as yourself then you have not found the Truth for your neighbour is yourself. *Knowing that there is only one Life and Life is indivisible. Now what is it that hates? It is the self that hates the other self. It is the self that hates the self. And why does the self hate itself? Because it does not like its own self. That is why you try to criticize another self. Because that is deeply rooted in yourselves, that is why you criticize others. But if you notice that in that criticism is the echoing of your own conditioning. Then you will turn that criticism upon yourself, and that is virtue. But trying to create an idea about yourself but you are not, that's not virtue but everybody's doing that, and that's what they call virtue. But that kind of virtue can never solve any problem, can it? For there is only "One," "There is none other beside Me." We live and move and have our Being in Him who is Infinite Love.*

By our reactions to the external and lack of understanding we are caught-up in the external, thus we cause our own misery through our ignorance. Yet the Living Christ within is waiting to manifest in all Its power and glory. This is our only security, this is the faith that Jesus knew and it is ours also.

There is no security in the external for here we are caught up in the stream of unconscious reactions, in fear and anxiety which leads us away from the Christ within who *is* alone all-powerful and creative. *Creating for security in the external causes insecurity in the internal, isn't that so? If you create for security in the external you are creating insecurity inwardly are you not? So if you create insecurity in the inward so you create it in the outward. So the cause of your creating for security takes away your security. There is no security in the external. There is only security in the Creativeness that is freed from opposites and fear and hope.*

*Don't forget this hope mind you. Although (to) Paul hope meant hope. It was not hope, it was Love more than hope. But even as Paul said that word hope, I know that that was in the mind. I know that hope was in the mind. I know that Paul now, if he really knew he would come and say, that the idea of hope was not the hope that he thought of. But a hope that was beyond*

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*the mind, a Love that was greater than anything else. And look into your own minds, you will see, that hope is always in the future, it is not in the Living Present is it? It takes you away from the Living Presence.*

*Jesus said, "when you pray, believe you have received it and you shall have it." Believe you have it and you shall have it now at the present, NOW, at this moment. He never talked about hope in the future. "Let it be quite plain that God has always been manifest in the world." "And the Christ of God is the Love of God manifesting in the flesh."*

*If ever you see true Love you will know, that's the Christ Consciousness manifesting in the Self.*

*When we no longer live in beliefs, in separation, then only will we know that God is all and is all. But if you believe in separation, then you are living in separation are you not? That is in the mind. You will note that you are living in the mind, don't you see? That separation is of the mind and it can't be Real. That is a belief, that is an idea, is it not something that is mental? It's not Spiritual is it? It's your own creation is it not? And what you create is not Spiritual. You cannot create anything Spiritual. Because what you create has a beginning and an ending. Therefore it cannot be Spiritual, it cannot be Real. Only that which is Spiritual is Real. Now put that in your pipe and smoke it. Our false beliefs must disappear before the Christ Consciousness will manifest, then we will know the faith that moves mountains through experiencing that faith in practice.*

*Our state of Consciousness is ruled by our conditioning when we do not understand our conditioning and how we have become conditioned. Its only when we know that, that our consciousness is freed. The outer will always reflect our state of consciousness. It is easy for the one who has freed himself/herself to see how another is conditioned. But in that seeing there must be no condemning or criticism. In this way only can you free another.*

*Because if you saw another's conditioning, condemning that conditioning, you could not be free yourself. The nothingness of the conditioning must be seen. The error must be seen, must be seen and seen there. And when it is seen, when its grasped and it's seen for what it is, an error, it passes away. You don't bother about an error again when you correct it, do you? It dissolves into its native nothingness does it not?*

*The law of mathematics is expressed through the mind. The mind does not create mathematics. The law of mathematics is expressed through the mind.*

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It is only when we know ourselves are we free from criticism or conditioning, for what we see in another is but a reflection of ourselves. Therefore the only virtue criticism has is, when it is turned upon the self.

What the inner is so shall the outer be, when we know this we can avoid much unnecessary suffering. Those who acquaint themselves with this understanding can specify with authority knowing that they are exercising powers bestowed upon them by the Almighty.

Now, we do not make the mistake which most people do, making this recognition of the Almighty a mental idea which is relative.

*If it is merely a mental idea of the Almighty, it is nothing. I wish I could actually demonstrate that very moment that is created. But you cannot do it. Demonstration is a lie all the time. People talk about demonstrations but they are all in the mind. It's all got their opposites. They are all in confusion. If you can demonstrate now you would be able to demonstrate at any time. But because you demonstrate by a little bit of luck sometimes your fear and faith becomes confused and you probably see a little bit of your own suggestions coming into operation, therefore you think that you have demonstrated. But let me tell you this, its an illusion.*

*And it is a very dangerous thing to dwell upon these things. Most people are talking about their demonstrations. I tell you its absolute rubbish, that's all about it. And anybody who tells you about it, you will know that they don't know what they are talking about. Look into your own minds and you will see, it is merely a mental creation is it not?*

The realization of the Christ Consciousness is not some-thing apart from us. It is not relative. When we talk about the Christ Consciousness or God we put Him in a relative position and this makes Him merely an idea and not a Reality.

*Now we are talking about God, we put Him in a relative position, we only create a mental idea of God, which is untrue, which is false. Now you are listening to me and I don't want you to make an idea of what I am saying to you as I have often told you. I don't want you then to come away and say, Dr. Murdo MacDonald-Bayne said not so and so, I am the authority for that particular thing I have said to you. I am no authority. There is no such thing as authority. If there is any authority it must be an illusion because there is no such thing as an authority.*

*What I am trying to do clearly is to show yourselves up. So that the self will pass away and there will be transformation. And if you listen to*



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*me only with knowing the self and understanding the self, then you are truly listening. But merely listening to some idea or make an idea out of what I am saying, then its of no value to you because one idea will just be superimposed upon another idea which maybe a little bit less. So I better say, that these ideas are superimposed upon one another, and they are of no value to you. If you make a relative thing of God then God becomes relative and merely a mere idea.*

*That's the Truth, the Living Truth, its not an idea it's a Livingness, an Awareness. When thinking has ceased, your past and future does not exist. Living is moment to moment. In that moment It is Creative. Not an idea at that moment, it's a Livingness at that moment. That's what Jesus knew. He knew that moment. The moment that passed was dead. He knew that Life and death were Real. As in death there is Life. And because he Lived he knew, he understood. That's why he said, "let the dead bury the dead." They put him in a relative position and that makes him merely an idea not a Reality.*

Words can never reveal the Real, you may search the Scriptures but you will not find Eternal Life in doing so. You can only find the Real when the false is completely understood.

Then we can speak the word of power from within. Knowing that our word will not return void but will accomplish that which it is sent forth to do. "At this very hour thy servant is *healed*."

*Jesus was conscious in that moment in the Father, in which there was no separation, there was no division. His very consciousness was the Completeness of the Father; Living in everyone, was Complete, was necessary. And in that Complete Knowing at that moment there was no blemish that decided to feel it. I have experienced this myself. I have seen it done. Its come into my own life. I have seen it with my own patients, in many of them. In its continuously complete cures.*

With this action comes knowledge which is not imitative, for this action is liberating and creative. Doing, creates self-reliance, but knowledge which is imitative is binding. "Book upon book weighs down our weary shelves, the only point of ignorance is centred in ourselves."

There are millions of people in sickness and misery who are ardent followers of the personal Jesus, but they have not made the great discovery of the indwelling Christ.

There is no special state of learning required for one to renew the mind and body. Learning is mostly a hindrance being purely mental. But the Intelli-

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gence that built the body existed before It built the body and knows how to take care of it, much better than all the learning one can have.

*When you try to reason it out you try to make it a mental idea. Let me tell you this, that as long as you are trying to make it the mental idea and reason it out in your mind, you have lost it. It is NOW. You are merely trying to escape or trying to get a road to escape from your misery, your self-imposed misery. But you cannot escape from your misery. You have got to discern it and see it and know it, that it is yourself. And your thought and your misery is yourself. You cannot separate yourself from it. It can only die when the self dies too. And the self dies when you begin to know what the self really is. Then that which is Real is there all the time, the expression of It. "I of my own self am nothing, it is the Spirit of the Father within me that doeth these things."*

The laws of Nature are easy to understand and will serve us in exact proportion that we understand and observe them.

*"The first is Love the Lord thy God with all thy heart, with all thy soul [and] with all thy strength and the second is love your neighbour as yourself." Very simple. I am told by the majority of people that it is very difficult to do, especially the second one. But you cannot love your Lord thy God unless you do love your neighbour; that's the Truth, you see. So you cannot love God unless you love your neighbour. There is no getting away from it. To bad if you can't do it but I think you would like to do it but its impossible. The one is tied up with other. There is no escape. Therefore to do unto others as you would have them do unto you is not a mere command, but the Law of Divine Protection.*

*"Choose instruction rather than silver, and knowledge rather than rare gold; for wisdom is better than rubies, no treasure is equal to her."*  
Prov. 8: 10-11.

## BENEDICTION

O Faith, where art Thou?

I read about Thee in all the holy books but could not find Thee there.

But when I realized that those words were written by another like myself I searched within for the answer and there did I find Thee waiting to serve.

O Faith that is not of mind, Thou art so mighty but only as mighty as I am mighty in Thee.

Thou didst serve me well when I freed myself from my mental concept of Thee. For in my mind was the fear that Thou wouldst fail me.

But when I saw that fear was my own creation, *I* knew I could not create Thee, for Thou were beyond my mind, waiting to serve me, then knew that Thou art the Christ within, O Mighty Faith.

\* The recording starts here at this point. The Title of the Lecture, the biblical quote and the first two paragraphs are missing from the wire recording. 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 8th June 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 10 (15th June 1954)

**GOD BEING INFINITE LIFE  
THERE CAN BE NO DEATH**

“Seek ye Me and ye shall live.” Amos 5: 4.

Jesus said, “let the dead bury the dead.” Meaning those who believe in death are already dead. When the prophet said, “an eye for an eye and a tooth for a tooth,” he did not mean that we must apply the Law ourselves, but meant that the Law of balances would extract in proportion as we dealt out to others. “With the measure with which one measures it will be measured unto him.”

*\*Supposing now you are conditioned. Conditioning is your memories, your experiences, your hopes, your desires, your fears and all these things are mixed up together; that’s your conditioning. Now that is in the past, it’s in your mind, is it not? What happens? That conditioning is always expressing itself now. But if you do not know there is this conditioning that is expressing itself now, you’re caught-up in it, you are merely expressing it. You are experiencing your images, your ideas, your fears and all your troubles and tribulations. These fears that are deeply rooted in yourselves from your infancy, your beliefs. All these things are expressing themselves now are they not? So you cannot be expressing Reality while you are expressing that conditioning now. But if you are aware at this moment that you are expressing that conditioning, you will know that it has no power of its own, and in that awareness it falls away from you. And in that awareness you are beginning to express Reality.*

*A belief in your own importance, that’s a belief. It is merely a belief like any other belief. Its like a belief in hell, a belief in the devil and all of that stupid thing, a belief.*

*A man came to me today and he said, “you know, for a long time I read a book about thinking constructively. And I started to think constructively,” and he said, “things went well for a while and then all of a sudden everything went all to pieces, and I with it. What happened?”*

*I said, “I’ll tell you what happened, why did you want to think constructively? Was it not the fact that you were thinking destructively? You were thinking because you had a fear and you were afraid. Therefore you put another thought in its place to hide the fear and for a time you built up a*

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*structure in your mind and it was wonderful. But the structure could not last. Why? Because it was built upon the foundation of your fear. You could not have put a positive in the place of a negative, it's an utter impossibility. What you did, you see, you were afraid of your own inability. You were afraid, you realized you had an inferiority complex. You felt it, it was strong. Then you read a book and you said, 'why if you think constructively you overcome all these things.' So you started to think constructively now and all of a sudden you were building up the medicine of constructive thought, and you thought you were free. And all of a sudden the foundation toppled down and you were worse than you had ever been before."*

*He said, "that is true."*

*"You had no foundation. What troubles in your mind anyhow? In the first place, you have in your mind an inferiority complex. A belief in your own inability to do this and to do that. So you built up a structure, a philosophy. A philosophy of constructive thoughts. And you hid behind this philosophy all the time this thing is nagging at you, is it not?"*

*"Yes."*

*"Course it is. Now if you had in the first place recognized the fact, that these thoughts had no power of their own. And you realized that was conditioning and how your conditioning had been brought about from your infancy, from your childhood. Your belief in a religion, your belief in this and your belief in that, don't you see it was all a belief. So consequently, what are you doing now? Are you not expressing your conditioning at this very moment? Are you any better for your constructive thought?"*

*He said, "no I am not, I think I'm worse."*

*"Of course you are worse. Why are you worse? Don't you see then it is perfectly clear? You cannot build a positive in the place of a negative. Because the negative is always be there. You have got to discern this negative understanding and it falls away. What is Real you do not create. When the false falls away from you, the Real is there, the something you do not create. Its better to discern all those thoughts even the positives, the negatives, your beliefs and all the rest of it, your mind becomes freed. There is silence. When there is no conflict there is silence. And in that silence then, there is Reality, that which you do not create. It is a Real you that is really created because you know your mind. You know your positive thoughts and your negative thoughts are in your mind, your belief got in your mind. No matter whether it's a belief in God or a belief in anything else, it's in your mind. Your positive*

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*and negative thoughts were in conflict with one another. But I knew all the time when you talked to me about your negative thoughts, your positive thinking, I knew that you would eventually fall down.”*

*“Well,” he said, “I read those books and you would think that those people who wrote books on those things would know what they are talking about.”*

*“Exactly that, the very thing they don’t know what they are talking about. That’s why they write books.”*

*Now you see, by the time I had finished with him, I stripped him bare of everything. He came back at me several points about belief in God, the hell and the devil in the Bible and everything.*

*He said, “but the Bible is the word of God.”*

*I said, “who told you?” I said, “that is merely printers ink and paper is it not? Its called a holy book. Exactly, but the people who wrote it were inspired, naturally, but it was written by men. The Gospels you are talking about were written a hundred and fifty years after Jesus was crucified. And they were written on hearsay. Not an actual presence of what was taking place, there and then.” But I said, “when you know the Truth you will know the words of Jesus are correct. At the present time you cannot tell me what word is correct in the Bible. It is thought because you are conditioned by your belief. You believe that your religion is better than every other religion. How many other religions have you got in the world? How many denominations have you got in your Christian religion? How many people are battling against one another because they think their particular form of this so-called Christian religion, whatever it is, the various cults of these particulars are better than yours? What are you? Are you a catholic, a protestant or what are you? “*

*He said, “I’m a catholic.”*

*“Well,” I said, “you think that your religion is better than the protestant religion.”*

*“Yes,” he said.*

*“Well, the protestant thinks that his religion is better than yours. So how are you going to get you out of it? Don’t you see that your belief is the cause of your trouble. Now what is it expressing itself now, that’s the point I want to get hold of? What is expressing itself at this very moment? Is it not your conditioning? Of course it is because you do not know your conditioning, you’re caught-up in it and you must be expressing your conditioning. Your past*

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*is now functioning here at this very moment, now. And will go on functioning and you will go on expressing your conditioning until you realize what your conditioning is. And you will never be free no matter how you try to be free. No matter how many words or thoughts you may construct in your mind and think it is a positive thought, you are still bound. Freedom does not come by creating a constructive thought and putting in place of a negative thought. Freedom comes only through recognizing your conditioning, how they have come about. And as you see it is merely a mental thing and not a Spiritual thing, it passes away and transformation takes place immediately. It is not something in the future that you have got to become but it earns you immediate transformation immediately you recognize your conditioning. And as your conditioning falls away Reality you do not create, that which is Real in Itself, comes forth. And your conditioning is merely hiding It, that's all. You have been to psychiatrists, you have been to all the various specialists and you find you are still bound. How do you feel now? “*

*He said, “I'm beginning to see all that is holding me back.”*

*I said, “yes, you are beginning to see in your mind. Yet that is not the Truth. Beginning to see, you must be beginning to understand your conditioning first, that is not beginning to see, you have no reason. But you cannot escape through reason. You can only escape by discerning your thought at this very moment, what your thought is, what your emotion is, what your feeling is and you will know it is your conditioning. Freedom only exists in understanding yourself. Understanding yourself with all its hideous contradictions, its beliefs, its jealousies, its fears. The only Reality is NOW. You do not create that which is Real, It's a Livingness. It's a Spiritual thing, Its a Livingness. It's a Power of Its own that is Eternal and Ever-present. What is in the mind has a beginning and an ending. And what has a beginning and an ending is not Real. Your conditioning has a beginning and an ending. But that which is Real, no beginning and no ending because It is Ever-present. And that which is Ever-present has no beginning and no ending. And only that which is Ever-present is Real. Reality comes into being through transformation. Transformation comes into being through discerning of your own conditioning, now. Recognizing your own thoughts, emotions and feelings at this very moment because moment to moment is Real. Reality only exists moment to moment. When that moment is past it becomes a memory. It is always existing moment to moment. What's in your future is in your mind. Past and your future is in the mind. But if*

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*you will look it is always expressing Itself NOW. And to recognize what you are doing NOW is your salvation.”*

The Universe is proved to be made up of a substance exact in nature to that which makes up ourselves. Therefore the Creator and created are one and there is no separation anywhere. With this understanding we never become the victims of any circumstance.

Most people do not realize the importance of this fact, otherwise they would accomplish things consciously which could never be attained through mere human effort. We must have confidence in the Creative Power in which we live and which lives in us. “Know ye not I am in the Father and the Father is in me.”

We must make ourselves independent of other people’s efforts on our behalf. Dependence on others has been the cause of much unhappiness and disappointment and has brought distrust [and] failure into many people’s lives.

We must work from within outwards not from out in, “whatsoever I see the Father do I do likewise,” *Jesus said*. This means that we no longer wait for others to act for us but become creative, co-operating with the [All-]Creative Life—the very Livingness that makes us alive. This Livingness is not something apart from us, but is the very consciousness that makes us Conscious Beings.

*When the mind is freed from its conditioning and its past and its hopes, as I said the other night. When you live in hope you are really hopeless. That’s why we live in hope because we are hopeless. But don’t you see, its in the mind, you are not Living at all.*

*You can only Live NOW. You cannot Live in the past or the future. You can only Live at this moment. And if this moment is not Creative then you have lost something that is tremendously important to you. And why is it not Creative? Because you are giving expression to your memories, your hopes, your desires, your fears which is your conditioning itself. Now you will say these thoughts belong to you which we realize that the thought and the self is the same, you cannot separate yourself from the thought. And immediately you recognize that you will see you are both the same and then there immediately is tranquillity.*

*There is no longer looking at your thoughts that is separate from yourself and beginning to fear your thoughts. You no longer fear your thoughts you*



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*created some time ago. You no longer fear your conditioning because you are recognizing it is self, as a self created thing. Then there is tranquillity, there is peace. There is no longer fear.*

*The fact is that you separate your self and look upon them as something separate from yourselves, then you will begin to fear them. Because you look upon them and say, 'they cannot be my thoughts.' But they are really yourself. Not only your thought but yourself. And as soon as you recognize that the better. And when you see that there is freedom.*

*Are you afraid of what you have created yourself? First of all you created a negative self. You're afraid of it, you think, you say, 'oh this is terrible, oh I couldn't think that thought.' Then you create another thought, you create a philosophy of constructive thinking. And you think now, oh that's wonderful because it could lead you out of your troubles. And you look upon this thought as something separate to yourself too. But don't you see, its really the self in confusion and conflict.*

*Beware of the people that tell you about this thinking constructively and to fear your own thoughts. They themselves are caught-up in them and very badly too. That's why they are building a screen hoping that they can escape themselves by talking themselves out of it or writing themselves out of it but they can't do it, they are only writing you into it.*

When we talk about this "Livingness" we make it relative, but our "Livingness" is not relative. This is the mistake that most people make, they make It an image in the mind. It is when we discover this we begin to realize the Reality that is Eternal and Ever-present within us.

Most people in the world today are dominated by example. They follow a pattern, they look to an authority external to themselves. *They look to the priest, the parson, the prime minister, the political agent and so-forth, and what are they? Aren't they a bundle of expression of force of that authority and they can no longer think for themselves? You carry a pattern, you follow a train of thought that suits your conditioning. But if it doesn't suit your conditioning you immediately deny it. And are you any better off because you deny it or you accept it? Are you not much the same?*

*No matter what religion you belong to or what political party you belong to, you are all the same, exactly all the same, you are conditioned by it. And as soon as you see how you have been conditioned by it, it drops from you and you are free. What are you expressing anyhow? Is it not you are expressing your conditioning? Are you expressing Reality? I don't think there is any warrant*

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*to expressing Reality now. Not one, because you are caught-up in your own conditioning, even in fear; in your troubles, in your trials and tribulations.*

*Most people in the world today are dominated by example. They follow a pattern, they look to an authority external to themselves. The past is of more importance than the Living Presence. They are limited by so-called facts. Under this conditioning there is no Creativeness.*

We must transcend our experiences of the past. Although experiences are useful they are a hindrance when we make them a true guide to our lives. Only when the Living Presence is our true guide will we enter *into the* realm where others fear to tread. In this way we are automatically endowed with unlimited resources.

The true sower is one *who* knows the self with all its fears; its cravings, its contradictions and knows how false the self is. The self is merely our thoughts, beliefs, experiences and memories of the past by which we are conditioned. *And which we are now expressing at this very moment. And as you look into your minds you will see, you are merely expressing your conditioning.* When this is clearly understood, our realization of “that” which is not of time comes into being, then our faith increases in proportion to our realization.

*Most peoples faith is the result of fear. Most peoples faith is because they want something, that's why they pray. So you pray to God because you want something. But Jesus said to his disciples, “when you pray, believe you have received it then you shall have it.” He put everything at this very moment, you have it NOW.*

*Supposing now, that your mind was freed from want, freed from conditioning. Are you not right at the moment in the Spirit, which is everything? If you plant a seed in the ground you know absolutely that the intelligence that is working through that seed and the intelligence that is working through the ground will unite for the growth of that seed, to bring it forth one hundred fold. And you find that it grows through the night while you are asleep.*

*If you are truly aware, then your prayer is something that is established NOW in the Infinite Presence. That Living Present. And the whole Universe will unite for the purpose of expressing that according to the seed you have sown. So is the seed in the ground whether corn or a potato so it will grow according to its kind. It's the same growth, it's the same Creative Principle existing in the seed that is existing in your own thoughts. In your*

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*own prayers but that thought must not be something in the future or hope or fear. But actually establishing, **knowing**, that at this very moment it is already created. "What you pray for, believe you have received and you shall have."*

There is no difference in the Creativeness that operates in the ear of corn and the Creativeness that operates in man's consciousness when he is aware of this Creativeness. Yet most people have failed to see this mighty Truth.

A well ordered individual is one who intelligently co-operates with the All-Creative Life in the present and which is continuously expressing Itself in man now, and knows no past nor future because It is truly Creative in Its Omnipresence. Thus a well ordered society can only come through individuals who understand themselves.

*I have said before, did I not so often, that all the conferences will end in nothing. How often have I told you that? Everyone comes with their own conditioning, with their own wants. When you do not see what is hindering the settlement of all these things as long as they are conditioned. As long as each individual is conditioned at the conference by his own conditioning, his wants, his greeds and so-forth, his nationalities and so-forth, there can never be a settlement.*

*Was the Treaty of Versailles a settlement? No. What came was just another war. You think our conferences now taking place at Geneva is a settlement?*

With no understanding of what is taking place around us we unconsciously allow ourselves to be destroyed because we allow ourselves to be controlled by leaders who are ignorant of the causes of strife and misery. *You cannot after butchering a country and destroying people, houses and everything, then going and giving them clothes and food and building houses for them, that that is going to compensate for the disaster. Are we ever going to get out of this conditioning, of the conditioning, by that? You cannot settle things on its own level. You must go beyond to see the cause of these things first. Then by knowing the cause, these causes can be removed. The result—Peace of course. A Peace you cannot create. A Peace that is NOW. Then is it not true that the blind lead the blind and they all fall into the ditch?*

All civilizations flourished from small beginnings, but became smothered in their own acquisitiveness. Each civilization has failed to see the causes of its

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own decay, and this will continue until man awakens to the false then only will the true and lasting peace be established individually and collectively.

*Remember individually and collectively. Because the individual is the foundation of the collective people.*

Is this decay not already eating at the roots of our civilization because of its beliefs, ideas, its divisions in nationalities, in dogmas, in groups, in ideas? If we cannot see the cause of the rot in the roots of the tree of our present civilization the crumbling will come for certain and great will be the fall. *Its no use looking outside yourselves for it. Don't think that the settlement can take place in the Houses of Parliament. Because each one is conditioned by his own desires, by his own ideas, his collective group which he represents. Who is responsible then? The masses of course, the individual, you and me.* We have advanced on the material side but the Spiritual side is completely wanting.<sup>1</sup>

A religious revival is not Spiritual, nor is it understanding, in fact this makes us more bigoted and narrow. *A group of people who are conditioned gather together because they are conditioned. They are seeking an escape of course, that's why they are conditioned. That's why they gather together. And they listen to somebody who will say, 'who will stand up for so and so, wave your handkerchiefs?' People will rise up and they will wave their handkerchiefs. And you say, 'look at that now, everybody standing up for Christ.' Just imagine, and in their hearts they have not understood themselves. They have merely been caught-up in a wave of emotionalism. And have become more bigoted than they have been before. Only by showing how one is being conditioned and how one is expressing that conditioning at this very moment is there freedom. Not merely waving a flag because a band goes by and because you belong to a certain nationality or you build a monument and worship at it. The understanding the self with all its divisions, that enables us to become Spiritual. Then we will see that the only thing we have in common with one another is our Livingness which is the only Reality, all else is illusionary.*<sup>2</sup>

Man has looked upon the created as a means of power and has lost sight of the Creativeness within. We crave for things and in this craving we destroy ourselves. Because man's mind is focussed upon things created, he is dominated by circumstances and things. Man has enslaved himself by allowing effects to determine his state of mind. *The effects of his own causes*

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*determine his state of mind. Is this not the vicious circle we are in? Thus he is controlled by the effects of the causes he created.*

When we see that individual and world conditions are the same, which is merely *an* outward expression of our inward thought-feelings, we will readily see that systems, conferences, ideas will never bring about order and goodwill. The only remedy is transformation within through understanding the false and with this inward change the outer will change also. *We do not create transformation. You do not transform yourselves when you drink and transform something. As like a fellow who drinks a bottle of whisky or fills himself with beer and then he comes a raving lunatic. He has transformed himself, of course, by liquor. But why has he transformed himself, is it not trying to escape from something? But Real transformation you do not create. It comes about as a natural result of the discerning and understanding the self with all its conditioning.* It is our inward conflicts that are expressed in outward disasters. Therefore only a radical change in the human heart will bring about real civilization which can only be made up of individuals who understand.

We look to the future with hope but is this not another illusion? *Is hope in the future, if something will change? We hope that there will not be another war. But everybody's talking about dropping atomic bombs next time the first war begins. The first fellow in gets there first. We have the atomic bombs waiting to be dropped everywhere in a few moments. We have aeroplanes that can fly up in the stratosphere to carry those bombs and drop them down on poor innocent people that know nothing at all about war. And we will laugh and we will jeer and we will be happy to see in the headlines that an atomic bomb has fallen in such and such a place and has wiped out so many millions of people. And we will go on with our daily tasks. Why? Because we are responsible but we do not want to think we are responsible. But we only probably know our own responsibilities. But we are merely responsible for this destruction of millions of people they have never seen or heard. Its alright to be over there. But they will never drop in your own backyard with your own families and your relations and your friends. Then there will be weeping and wailing and gnashing of teeth. Millions have spoken, 'how dare you do that sort of thing.' But can you protect yourselves when you are brought up and caught-up in this carnage, when you believe in this carnage. When you are consenting to this carnage. If*

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we do not understand the present now, we will not understand the future, what we are now, we perpetuate; understanding only comes in the present, postponing the issue does not bring freedom.<sup>3</sup>

Many think that it is giving up the little things that matter. Little things do not matter very much, we must see the great vision. We are blinded by the small petty things that people do. *People talk about you. Little tit-bits they hear about you, you say about other people. Can't you discern how you are conditioned, that's why you hate.* When we understand ourselves we will understand why others act the way they do. Only little people are taken up with little things, so do not waste your time trying to combat them. When the big vision comes the small things all fall away and disappear into nothingness where they belong.

*How many little people are there in your society? Are they not all little people? Look around and you will see how miserly their minds are. Is there any freedom? Do they understand their conditioning?*

We must understand our beliefs that cause fear, belief in the power of sin, the devil and hell etc. *And the only devil is the self and the hell is the mess the self makes. And when the sun rises the stars disappear so when we see the false we will realize the truth of our Being, then the self will dissolve away and the Wholeness will take its place. Then we will be the likeness of Him who made us in His own image and likeness.*

*Yes we created the perfect masterpiece. This perfect masterpiece is created by Him in Himself and by Himself. But what have we done? We have plastered over that masterpiece by our conditioning. We have smeared mud and blood upon it. Not until such time as we begin to clean it off will that Real masterpiece be seen once more.*

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 that is beyond the family circle, a love that is beyond ideas or beliefs. This Love is deep and simple and nothing can change It. It is Eternal and Ever-present. God is Love. Then Love alone is our security. *Think, how Love alone can be our security. "Love your neighbour as yourself." What a Wisdom. What a wonderful Truth. Yes, the Man of Galilee told the world, but has the world copied it? Has the world accepted it? Has the world even understood it? No. When Love alone is our security, nothing else can give us security. Love only manifests when we dissolve all the false things that are hiding It.*

3. See Notes page 252

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The prophet Isaiah says in chapter 66 verses 1 and 2, “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.” (Moffatt).

*That is you and me.*

If I say God is Love and I still retain my prejudices, my divisions, I do not understand. If I have no love for my fellowman and still say God is Love I am a *downright* hypocrite. But when I understand myself, free from prejudices and separation in race and creed, then only will God, who is Love, be a Reality to me. *I can only realize then that Reality, it can never be realized before because I would be caught-up in my conditioning. But then only will God, who is Love, be a Reality to me and I will be His son.*

*And that is what Jesus was, His Son of God. Free from prejudices, free from hate. “Forgive them for they know not what they do.” His last words. Yes, those last words, there is no condemnation, there is no hate. There was no envy. He wasn’t conditioned by the trials, tribulations, the injury and the pain.*

*Truly, truly he was the greatest man the world has ever known, there was no greater. And he says these words,*

*“It is what comes from a man that is what defiles him. From [within, from] the heart of man the designs of evil come.” (Matt 7: 21.)*

*There’s where the devil has existing in the self. And not something outside the self that you are afraid of. And immediately you know that the devil is the self you have no longer any fear of it nor of hell either. There is a freedom from all fear. Just as Jesus freed himself from the self. As he said, “get ye behind me Satan.” So the self disappeared.*

*Then truly he was the Son of God. And we are all Sons of God when the self disappears. When we understand the self. Your memories you will not forget. They will be with you. And they are with now in the present whether they are subconscious or conscious. But if you are aware of the relative moment you will know whether you are giving expression to those memories, those fears, those beliefs that are hindering the expression of the Love of God. But once you see they belong to the self and the self has no foundation whatsoever. Because the self cannot exist in God. God is Wholeness and therefore there is no separation, the self is separation. And when the self is seen as something that is separate then it cannot be a Reality. And in that way it passes away into nothingness and with it all its fabrications. You will know them for what they are, self created conditioning.*

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*Oh the freedom. The Love that comes from the soul that is freed from all these things, from hate, from envy, from different religious sects, from different political groups, from different nationalities, from these hates and all these things that separate the Livingness. We are all in common with each and everyone of them, then can we see those things, they pass away. "Forgive them for they know not what they do." The Love that comes into your soul. The Love that begins to express Itself in your voice, in your heart, in your mind only comes when you have understood the self NOW. Not trying to search for the cause of your conflict in the past or thinking in the future that you can be freed.*

*There can only be freedom at this moment through discerning and knowing your conditioning now. NOW at this very moment—that is faith.*

## BENEDICTION

O Eternal Love, Thou art not divided. In Thee there is no evil for Thy Omnipresence is Love Divine.

Evil exists only in men's mind and heart who professes Thee but does not know himself.

It was the self that sat on the throne of ignorance that was the cause of all my misery.

I was blinded by my beliefs, by my ideas to Thy wondrous Ever-present Love.

It was only when I understood the ways of the self did I hear Thy Voice calling from within my Being, "come unto Me I will give thee rest."

Then Thy Love blotted out all the illusions of my mind.

Now I am aware of all that hinders Thy expression in me.

O Mighty Love, I am Thine and Thou art mine for evermore.

*(Epilogue)*

*Before we leave I want to make this announcement, that next Tuesday, I will be showing you the pictures of Tibet. Slides in colour that I took in my journey over the Himalayas. I have asked you to even bring some of your friends be allowed to come in. Not too many of them but just your special friends. That will be next Tuesday evening.*

*Then I am going for a holiday at the end of the month. And I will be back one of these days amongst you again.*



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*Now don't be troubled. Don't be worried when I am away because everything will be alright. A lot of you are beginning to worry what you are going to do when the Doctor goes. Remember that there is a Living Life, the Livingness in the Spirit, is with you always.*

*And I am not away from you, I am with you. In fact Jesus said, "I am with you even unto the end of the world," which is perfectly true. There can be no separation, no division. I always think and look into that mind that is so mighty and grand. I could see the freedom of that mind. I could see that Wisdom alone was being given expression to that mind that was true. Just as every other mind is freed so does the Wisdom come.*

*Therefore I know that Jesus is with me at this very moment. I know that the Christ, the Living Christ of God, is with me at this very moment and is with you too. I know that the Christ that Jesus revealed is the same Christ today who was 2000 years ago. And I know that that Christ is the Livingness of God—the Love of God, that is deeply rooted in the heart of man. And comes out and shows Itself in all Its glory when we understand ourselves. Not merely a revival of any particular religion or religious belief, that does not lead you to faith. Only as Christ showed, as Jesus showed the Christ in himself, was free from nationalities, free from beliefs, free from religious sectarianisms, free from high, free from low, it was the same everywhere. To him all was the same, in that way alone does the Christ dwell in your heart then. Jesus said, "love thee one another as I have loved you." So may I also say this to you, that you love one another as I have loved you.*

*(So Ends the Pretoria Lecture Series 1947-1954)*

\* 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 June 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The paragraph in the Lectures Notes reads: [*Is this decay not already eating at the roots of our civilization because of its beliefs and ideas, its divisions in nationalities, in dogmas, in groups, in ideas? If we cannot see the cause of the rot in the roots of the tree of our present civilization the crumbling will come for certain and great will be the fall; for are we not more advanced in the science of destruction than any previous civilization. We have advanced on the material side but the Spiritual side is completely wanting.*]
2. The paragraph in the Lecture Notes reads: [*A religious revival is not Spiritual, nor is it understanding, in fact this makes us more bigoted and narrow. It is in understanding the self with all its divisions that enables us to become Spiritual. Then we will see that the only thing we have in common with one another is our Livingness which is the only Reality, all else is illusionary.*]
3. The paragraph in the Lecture Notes reads: [*We look to the future with hope but is this not another illusion? How can we escape in the future when the conditions we have will be perpetuated because of our lack of understanding now. If we do not understand now the future will merely be the past, a continuation of our misery. If we do not understand the present now, we will not understand the future, what we are now we perpetuate; understanding only comes in the present, postponing the issue does not bring freedom.*]