

THE SECRETS OF THE SCIENCE OF LIFE

(LECTURE NOTES 1952 Part 2)

**As Given in Series By
DR. MURDO MACDONALD-BAYNE**

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PUBLISHERS PREFACE

A great portion of these lectures have not been made public in printed form since they were originally given out in South Africa by Dr. Murdo MacDonald-Bayne between late 1945 to mid 1954.

Murdo was very specific about how his material was to be released. His lectures, given in serial form, followed the ancient method of teaching or transmission of knowledge from master to disciple, a method used by both Western and Eastern Mystical traditions. The format was one of a spiral system, always returning to a subject or point, but each time revealing a bit more and advancing to another level in awareness. Murdo stressed repetition of re-reading his books or lectures to his students. He stated, “the style adopted in these Lectures is intentional and the repetitions are deliberate. The double object is to convey the Truth to the mind. It is through this unique form of wording and of repetition that the student is able to grasp the reality that is invisible and which is the basis of the visible. When we understand the invisible we are more able to understand the visible. . . . I trust that you will progress through these Lectures diligently, quietly and slowly. Repeat the process as often as you can. The more often one reads, the more one begins to understand.”

It is therefore to be noted that these Lecture Notes only formed the basis for Dr. Murdo MacDonald-Bayne’s talks from which he gave further explanation on the actual night. The Lectures Notes even on their own are still very inspirational and full of wisdom. With the advent of the sound recordings it is then possible that we are able to present the full lectures as given by this great teacher.

MURDO’S BIBLICAL REFERENCES

Besides the standard King James Version, Murdo often quoted from another source, Moffatt:

“A New Translation of the Bible containing the Old and New Testaments.” James Moffat (translator), revised, 1935. Harper & Brothers, New York, 1935.

PUBLISHERS NOTES ON

“THE SECRETS OF THE SCIENCE OF LIFE” (LECTURE NOTES 1952 PART 2)

The following lectures were given in Pretoria, South Africa, between 5th August and 9th December 1952. (The same also being given earlier in Johannesburg between 17th April 1952 and 25th September 1952). The Lecture Notes could be purchased in blocks of ten prior to the series being given. A full account of these lectures combining the Lecture Notes and a transcription into text of the 17 known sound recordings have never been made public until now. This edition is now the definitive version of the full inner course as given by Murdo to his South Africa students.

In this series of Lectures, Murdo continues on with the series as revealed in *“The Word of Creation” (Lecture Notes 1952, Part I)*, revealing more of the Inner Teachings of Jesus and the Ancient Ones as given to him by the Masters in Tibet.

NOTES ON THE RECORDED LECTURES

Included in this book are verbatim transcriptions into text taken from the known 16 original ‘wire’ sound recordings from the Pretoria lecture series. Also included is one recording from the Johannesburg Lecture series. The recordings are of good quality. Each recording has been edited to remove the residual noise to a level that does not interfere with the vocal. Extraneous noise such as coughing, hall, traffic noise have been removed where possible without interfering with the vocal (with the exception of a thunderstorm in one of the lectures). Murdo’s long pauses have also been removed. Wire breaks, undecipherable speech, announcements and talk errors have also been removed to avoid confusion.

These definitive recordings retain the core inner teaching as given in his closed sessions and therefore are not made for purists but for the sincere students of Murdo’s teachings today and into the future (MMB 7080-96).

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* No original wire recording's currently exist of these Lectures.

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1952

**Part 2
(Aug-Dec)**

THE SECRETS OF THE SCIENCE OF LIFE

(Prologue)

**Now I want to say a word or two to enable you to understand the fundamentals upon which these lectures are given.*

You must realise that you are all Living. First of all, the first consideration is that you are alive, that you are living. That it is Life that is Living. Nothing else is lives but Life. No-one has ever seen Life but you have seen the manifestation of Life. You have seen the effect but not the cause.

Now Life Itself is always Omnipresent. That is to say It is never dead. It is never away from any particular place at anytime, It is Omnipresent.

Life is Omnipotent, that is to say, It is All-Power. There is no other power but It. Therefore any other power that exists in the mind is an illusion and not a Reality.

Life has within Itself—Intelligence and that Intelligence is Omniscience. That is to say, It knows All-Things. And nothing comes into being except through the Knowledge and the Wisdom of Life.

It has these particular qualities and this Life is inherent in man. This Life gives man consciousness, gives him a power to think. Now your thoughts are the result of something that is invisible, something that is cause. But this cause is invisible and only the effect is seen.

Now you will say in your own mind, that you have an idea of life. Now the idea of life is not life, you will realise that is true, isn't it? The word life is not life. An idea or belief in life is not life. Life is a Living Presence, but it is Present all the time and It is always Present now. In your mind you are aware of Life at this moment, this split-second you are aware. But when that split-second is past, that second that is past is memory, it is no longer present it is something in the past. But this split-second is always renewing itself continuously—that is Life. If you try then to create an idea of Life in your mind it is not Life.

* See page 25

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When you are creating an idea in your mind about Life, it is Life Itself that is acting (you being Life and Consciousness are trying to find Life outside yourself), therefore your prayers to a God, which is Life, outside yourself is idolatrous. It has no existence at all in Reality and it has no power of its own because you are praying to something external to yourself that has no power of its own except in your own mind. A belief, an idea of a God that is external to yourself is ludicrous, it is stupid.

Now when you see clearly, that it is the One Life that is behind All-Things, in heaven and on earth. The One Life is behind everything, you and me and everyone—it is the same Life.

But if you create an idea about Life and another person creates an idea about Life, you will quarrel over your ideas. If you create a religion on the basis of Life, someone else will create a religion on the basis of Life, therefore you have separation, two religions created by mans mind. But there is One Life, One Consciousness, One Fundamental behind All Creation.

It is to get behind all ideas, all beliefs, all things that separate man from man, all antagonisms, all nationalities, all groups that have different views. These are the things that we must get past. We must see that they are false and have no existence in Reality whatsoever. And when we do see that these things are false, then we will find that which is true. And when we find that which is true we will find that It is affection and Love and Wisdom.

There shall be no longer any antagonisms because we will have removed these things from our minds. We will understand them. We will understand ourselves.

That is the basis of our teaching. We will enter into the relative world. We will go back again into cause, out into the relative (world back) into cause. The reason why I teach you this way is that to show you what the relative is. And by understanding the relative you can get behind it, you will see it for what it is.*

Again I will give you, if you can catch it, but you cannot catch it in your mind. Your mind must cease to think before you can catch this split-second. This split-second that is ever renewing Itself every split-second. That is LIFE. In that split-second is Eternity. In that split-second is Everything.

But when you enter into your mind, again what happens, you see duality. You see the tree of knowledge of good and evil. You see the duplicity of the opposites; good—evil, fear—faith, success—failure,

* A minor break in the recording occurs here.

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health—ill-health, and so forth, and you are always battling in between the two. In that split-second and the continuation of renewal of that split-second there is the Oneness, the Completeness of everything. It is beyond mind. It is that which Creates, it is Creating-ness.

Now I say this, 'seek ye first the Kingdom of God and the right use of that Kingdom, and all else shall be added unto you.'

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"...And evermore shall the Eternal guide you, guarding you without fail; he will refresh you in dry places, and renew your strength, till you are like a watered garden, like an oasis with a steadfast spring." Isaiah 58: 11.

The Science of Life is the greatest of all sciences because only by it can all other sciences be understood and without it no science is possible. For Life alone lives, Life alone has consciousness, Life alone created the brain through which all can be understood in the physical.

The Science of Life is the greatest of all sciences and without Life no other science could be understood because Life alone has Consciousness. The consciousness of man is the only power possible to enter in to the investigation of all other sciences. Therefore the Science of Life becomes primary but no one has taken Reality into consideration.

The Masters have made their investigations along practical lines while the majority of people have but an intellectual smattering of this great science which is more often misleading. This science has been misunderstood in the west because few people care to take it to heart. Other factors for this misunderstanding have been the mystic and psychic characteristics attributed to this greatest of all Sciences.

Now when we look to this point of view that the mystic and psychic characteristics attributed to Life is all relative. These relative things have been investigated. For instance, we will investigate spiritualism. We will investigate the return of an individual from the planes above. We will know that the personality has come back. We investigate all these things. We are investigating, don't you see, a relative thing and not something that is beyond the relative.

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But when you see you must go beyond the relative into that which is beyond the relative, that which is beyond mind, to grasp the Completeness of Life Itself. Because in the Consciousness of Life is the totality of Everything. Because Consciousness of Life must contain everything in the Universe. Everything in the Universe must be within the Consciousness of God otherwise it could not exist.

So, Everything must be within the Consciousness of man otherwise it could not exist to him either. Therefore we must go beyond the relative planes into that which is Reality itself and there find the secret of our own creativeness. The secret of the Power of God in man and there we will find it in the very centre of our being, that very Power that gives you power to speak because the Spirit alone has Voice. The Spirit alone has Power to think. The Spirit alone has Power to give the activity to the thought according then to the consciousness and the power of the consciousness so is the thought of the individual who expresses it. Therefore, we see that the thought is the effect of something that is beyond. And if the consciousness is not aware of itself as the Consciousness of the Supreme Being, then that consciousness can only express a thought according to its limitation.

But there is no limitation in man. Man is limited by his own beliefs, by his tradition, by his conditioning. He conditions himself by his traditions, his beliefs, his ideas therefore he expresses his thoughts according to his conditioning. According to his beliefs so he will express his thought. What is in your mind then is often and more than often the foundation for your thoughts.

But if you can think freely beyond these things and see how you have been conditioned since your infancy. You have perhaps followed a particular form of religion. You have built a particular form of character through your environment are you conditioned in this way? You have followed a religion, you are conditioned from your infancy along these lines. What do you do? You can only think in accordance to that conditioning that has been taught to you from your infancy. And when any person with a different idea comes along you will argue with them and say that they are wrong and you are right. But there can be no argument about Life. There can be no argument about Truth. What you argue about is not Truth but an idea of Truth.

The common misinterpretation has been due to lack of proper guidance. Most people who teach have but a smattering of the fundamental

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principles underlying this science. Also those who know are reluctant to divulge the inner secrets of the ultimate source of knowledge to the inquisitive, curious scholars and uninitiated philosophers.

Very few people really understand the fundamental principles, for the simple reason, that they are caught-up in these things of the mind. But those who really understand only divulge the secrets to those that are invited.

For instance now, as you know, no one is allowed into these classes except by invitation. Therefore you will see that I have chosen you and you have not chosen me. And no one is allowed into these classes whatsoever, no stranger, nor is no student allowed to take a stranger into these classes, except he asks permission to do so. That permission may be granted or it may not be granted according to the conditions. But that is the way and that is the foundation of this class as you will see. Therefore you have been chosen.

When we reach that state of understanding through actions not by mere belief, we are able to enter into *that* field to explore the glorious realm which reveals the Living Essence behind all creation.

During the last half century history will reveal that a great era of awakening has taken place in the west. This has taken the form of realization of the powers of the mind, which has opened the way to the atomic age.

There is a vast amount of literature on the market in the west, much of it is naturally immature but nevertheless it is a starting point for further and more correct knowledge. Take Christian Science¹ for instance, it has been taken up by many thousands all over the world, while the Rosicrucian order² has many thousands of adherents, metaphysical groups all over the world also claim many more thousands. They all deserve tribute for the work done to awaken the minds of thousands beyond the mere physical attributes of man, but there is still a great deal more to be done in the way of eliminating separation from the minds of the people, for this alone will bring true understanding.

I was asked one time by a group of various people, to start a large world-wide organization. It had the backing of thousands of people and much finance. And when I refused, they opened their eyes, and they said to me, "why do you refuse to accept the chairmanship of such a world-wide organization?"

1-2. See page 25

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I said, "because of too many organizations already and one would only add to the misery of all the others."

Organised religion, organised groups are all in opposition to one another. They do not create unity but create separation and one more would only add to the separation. Therefore it is not to attach oneself to a group because that is limitation. It is not to attach oneself to one religion, against another, that is also limitation. It is in the Science of Life, to discern all that is preventing Life from manifesting Itself in its totality; in its Wholeness, in its Greatness, its Magnificence, in its Omnipresence, in its Omniscience, in its Omnipotence.

If you look into your own minds you will see what is hindering Life from manifesting Itself in that way through you. It is only the discerning of your own thoughts, your actions, wither you are bound by any particular form, tradition or religion of any kind. If your mind is then caught-up in any of these things you will know that you are thinking according to your conditioning. And if you cannot discern that you are conditioned you will continue to express your thoughts according to these conditions. And until such time you see that this conditioning is false, you will never allow Life to express Itself in Its fullness, that is exactly the Truth.

The hindrance today is orthodoxy, tradition and beliefs without understanding which are dogmatic and lead to separation. Although all religions have a common goal their ways and means are different, this has led to strife and bloodshed in the name of God and some thought that God would be pleased with these cruel deeds done in His name. They have, not yet come to understand that God is a God of Love, and all are His children.

Is it not so, that we ourselves because of our confusion, because of the chaos in our minds, we created the condition in the world because we are the world. You think that you did not create this war and this trouble. Oh yes you did. You are part of it. And although you think you are not, examine your mind and you will see that you are part of it. Because the individual is the world. The world is made-up of individuals, and what the individual thinks, how the individual acts, so does the world act because the world is the individual multiplied million of times.

And not until you see that the cause of war and destruction is in yourselves, you will never rid yourselves of war. Conferences will not rid

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yourselves of war. Ideas and various systems will not rid yourselves of war. You can have all the economic systems in the world but unless you rid yourselves of these conditions that create war, you will still have war. And when your bodies are mangled, when they are strewn with shells and shock and bombs and the rest of it, you will know it was yourselves was the cause of all the trouble.

And because you have certain ideals; east and west and so forth, you cannot reconcile them because you do not understand that Life is the basic Principle behind All-Things. And because you have an ideal to hold up to, how can you ever have peace through an ideal? Peace is a Way of Life, it is not an ideal! And as long as you have ideals of peace and not a Way of Life you will still have war and destruction because ideals and different ideals will be still antagonistic to each other.

We must also look beyond occult powers for these in themselves are a hindrance and distract from the real. When we enter the Temple of Truth we must march on beyond these powers, without interruption, transformed and transmuted into the one brilliant Light of Spirit.

The Bhagavad Gita³ was in existence thousands of years before the Christian era and contains much of the wisdom of the Christ, for it is the same language, explains the same Truth as did Jesus, which is a comprehensive system of practical philosophy based upon action. In other words, it is not what you know that counts but what you do.

Therefore it is not what you know that counts but what you do. I do not want you to accept anything I say, in fact if you accept anything I say you will be only imitating me. Therefore I have not come here for to give you an idea of the Truth. I have not come here to give you a philosophy. I have not come here to give you a religion. What I have come here to do is for you to discern, clearly and distinctly, what is in your own minds that prevents the expression of Life in its totality and Completeness.

It is an intelligent process whereby health of mind and body can be maintained as well as training of the mind in the discovery of the Truth, understanding the subtle mysteries of Life as well as the skilful manipulation of the invisible energies that pervade our Universe. Without this practical knowledge the philosopher is greatly handicapped.

What is a philosopher? A man that conjures up in his mind, thinking about things and creating images and ideas in his mind about Life itself.

3. See page 25

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He runs along with his head down, he does not know where he is going, he is thinking about Life, not knowing that he is Life himself.

I am not creating an idea of Life—its Life Itself. The mind must be silent, it must be empty. And (in) the emptiness of the mind there is Life. Some people say to me, “Doctor those wonderful things you do.”

I say, “I do nothing at all, I have never done anything in my life.”

“But you have healed so and so, and so and so, and so and so. And all these so-called miracles, those miracles that are performed.”

I said, “I do no miracle. I have never performed a miracle in my life.”

They look in a wonderment. “Doctor, but you heal now.”

I say, “I have never healed anybody in my life. I of myself am nothing. Nothing at all. It is the Spirit that heals.”

Do you know how your healing came about—by the Spirit of God within yourselves. That is how your healing came about. Perhaps I was the means, only the means, to bring this Spirit into operation. But it was the Spirit within you that healed you. A spirit outside you could not heal you. Only the Spirit that is within yourselves does the healing. The guide only is that who knows who have touched the fringe of the Divine and because he knows, then he can lead you also to that Divine nature within yourselves. And that is now, not in some future time. What is past is but a memory, an experience in your mind. The future is but a thought, a belief, a hope, perhaps a fear these things are in your mind also. But what is present always—is LIFE, Eternal.

Do not be lead away by people who conjure up ideas in your mind about Truth. And he who says he knows, you will know perfectly well he does not know. No one knows what the Truth is. You only know that It is. You cannot tell me what electricity is. No one can. But we know that it is. We know the laws. We operate upon the laws. We know Life is because I am alive and living. And I know the Laws of Life. Those Laws that Life operates through. And I know that my own consciousness is the key.

No dogmatic, theological doctrine or philosophical deduction can give that joy and bliss of the Absolute indissoluble Essence of existence that satisfies the soul through experience and action. We must feel and know *that* this existence beyond the senses and above the gross debating room of reason or intellect. (To) gain this wisdom and illuminating limitless power of Spirit the way is not easy yet it is simple.

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It is not easy because of the fact that you have to empty your minds of all that you have already learnt. Then that which is Real in Itself will begin to express Itself.

By resolute search we find the basic formula through which we gain access to the entire Universe, that secret formula is the prize concealed within the higher Self. In this way we direct our consciousness to gain conscious experience and knowledge beyond the senses. In this way our inner perception sees beyond the senses, revealing that the Omnipresent Omniscient Omnipotence is the attribute of the Spirit that is our Life.

Because the life in man is in no way separated from the Life of God. The life in man is in no way separated from the totality of all Life in the Universe. It is one and the same. The Life in God is the same Life in Man. Jesus said, "the Father has Life in Himself and He grants the Son to have the same Life in himself. He who has ears let him hear.

We prove that immortality is not a myth by the control of all that is relative including our physical bodies. Experience of the knowing that Reality **is**, and that all the relative is harmless, the consciousness expresses itself from Reality and we become harmless to everything and everything becomes harmless to us.

Here is the Spirit Complete in Itself, unattached. Yet Complete, not isolated but in every living thing. Isolation is death—unity is Life.

Here we see then clearly, that Immortality is not a myth because of the fact, that the life in man is God's Life. And the Consciousness expresses Itself from Reality and everything is harmless to man. And man is harmless to everything. Here is the secret that lies within your own bosom.

Here is the Divine that dwelleth within you. That Power that is beyond the senses. Beyond understanding, that is revealed to you when we touch that sacred spot. That particular Silence where you enter into the closet and close the door, and there you commune with God in secret. And what you ask Him in secret He will reward thee openly.

We live at peace with the whole Universe, we live at peace with every living thing. No longer do we feel or express vibrations of animosity, even the wild beasts become our friends and approach us without fear because they sense no intention to harm, only love radiates towards every living thing for all Life is our Life and we know this to be true.

All Life is your Life. Wild beasts, the birds of the air, everything. Life—you approach it then from the totality of all Life. There you find

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your friends. Everything is harmless to you because you are harmless to everything.

We must not discriminate between various living beings but see beyond the form, then we will know that we are an integral part of that which is living in everything that lives. Thus our consciousness becomes the key that directs all things great and small, because we love that animating Universal Intelligence that lives in every form of Life.

We love that animating Intelligence, that thing that gives birth to everything. Jesus said, “love your neighbour as yourself.” As yourself because he is yourself. But there is but One Life and One God. And who is your neighbour? Your neighbour is everyone you come in contact with.

We then realize that injury of any kind disturbs the balance of all Creation and will eventually revert back to us to oppose us, thus we learn the great Law of Love which the Master taught us, love your neighbour as yourself. Our minds then become illumined and purified of all illusion, gloom and ignorance, so that the Omniscient Light will be revealed in word and deed.

The Omniscient Light. The Light that was in the beginning. That Light still exists—The Light of the World. And man lights his own Light from that Light that existed in the beginning. “I am the Light of the World.”

When this transmutation takes place in the consciousness we are firmly anchored *in* the Absolute Essence of “Being,” our minds transformed into the great searchlight reflecting the Light of the Divine Spirit. Just as a colossal lens can concentrate the rays of the sun to melt the very heart of a diamond so does our consciousness dissolve away that which is false, melting away the ignorance and suffering of those who seek our service.

Here we see the One Spirit. Yes, the One Spirit of God in you and me. That is your healing.

When people come to say, “Doctor, I think I am a healer.”

In my own mind I do not like to hurt them, but I say, ‘yes, hurt them for their saying this.’ “You think you are?”

“Yes, I think I am. I have the power in my hands.”

“You have no power of your own.”

Jesus said to his Disciples, “some have the gift of healing, some have the gift of speaking in various tongues, some have the gift of seeing, some have the gift of prophecy, but it is the same Spirit.”

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It is the same Spirit. Meaning the Spirit alone has Life, has Power. I am myself am nothing, it is the Spirit of the Father Who worketh within me. It is the Spirit of the Father that doeth these things.

Oh, could I give you this on a platter. Could I had it to like this, so that you grasp it and hold it and make it your own. But I cannot. If I could do that it would be of no value to you because it would be mine and not your own. But when you search it in your own soul and find it, there it is your own, and forever and ever, Eternal.

Each individual thought becomes a Creative Force and our words create immediate results. Our words carry the healing power that gives instant relief. Our words charged with the Almighty Power of the Spirit gives health and strength to those who seek in earnest for it, and comfort to the heart that is affected.

Our speech will be illumined by the radiant Light of Truth and the magnetic essence of wisdom and harmony. Our lips will never utter a careless or injurious word. Our tongues will have lost the power to wound. Our word will become the Word of the Divine and will not return void but will accomplish that which it is sent forth to do *because it is Spirit.*

If you do not then find this Spirit first, then your words are useless. You must find the Spirit within yourself. You must Realise this Spirit. The Spirit is there all the time, Ever-present. It is the complete Realisation of It, irrespective of any ideal about it, irrespective of any religion or any philosophy. Because a philosophy does not give it to you, a religion does not give it to you. You can only find It in yourselves when you clear the mind of all that hinders It.

With self-knowledge, confusion and conflict will cease. The continual duality of “mine” and “not-mine,” the “me” and the “not-me” will disappear, thus the conflict of opposites will cease to exist. We will then free ourselves from conflict and error, the Individual Mind becomes the Universal and the Universal Mind becomes the individual mind, and the Universal Supply is then at our disposal.

The individual becomes the means through which the Universal can express Itself, in Its Wholeness and Completeness. That is your Supply. That is the Eternal Supply. Not merely asking with your tongue in your cheek, wondering wither you will get it or not. Where you have the duality in your mind, having and not having, and the one that is dominant in

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your mind will be produced. Therefore what is in your mind—a sense of lack. If that sense of lack is existent in your mind then lack will be dominant. Because whatever your inner knows so you express in the outer.

If you can see clearly then, that the Universal is expressing Itself Wholly and Completely through the individual It created for the purpose. Then cleanse your mind of all hindrances, of all duality of all opposites, and there the Supply is immediate.

We will realize that all wealth exists in the one boundless storehouse and we can requisition from this vast stockpile in accordance with our capacity to receive, thus we are above all want. Lack in the mind of most people is the tragedy of the human race. What we receive we will enjoy with others so that our capacity to receive will never be blocked by craving for the self alone.

Because if you crave for the self alone then the whole thing is blocked. It is like a tap with the water inside but the tap turned off. That is exactly what the individual is when he seeks everything for himself. We enjoy everything with each other therefore we find that Supply is Complete because God is equally desirous of Expressing Himself in every human soul.

We will realize that the batteries of the body are filled with Divine Vital Energy, therefore we will not cause evil thoughts to accompany our sex instincts but will express perfect Love. Our brain cells and nervous system will no longer be in conflict with Nature. Most of the havoc done to the human mind is the conflict of good and evil. When the Mind gets caught up in this duality nervous tensions and emotional habit-patterns show themselves in a neurosis affecting the mind and body of the individual in so many different ways.

Here we see so many people caught-up with a knowledge of good and evil. How many people have I saved from destruction, by showing them the Truth about Life Itself. How it functions through the body and the organism, and the basis of everything is LOVE. And when Love exists, then the sex instincts become the expression of the Divine. Because that is how they were created in Love.

Our glands will secrete the proper fluids that Nature intended them to do, for the glands are greatly affected by our emotions, which have a ruinous reaction on the circulatory system.

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The frequent repetition of such mind disturbing conflicts throughout the years distracts the mind from its original purpose, which, is to maintain a happy and healthy state of body functions. Such *disrupting* conflicts dry up the glands and shrink the brain cells, with loss of vitality and youth. To seek the elixir of Life we must drink from the Fountain of Immortality.

We must not see the self alone but that which is Immortal within ourselves. So we drink from Immortality and there the whole body becomes fresh and strong.

I come to you again after another year has past and do I look a year older or a year younger? A year younger? Yes, of course, it is a year younger! So it is by the Realisation and recognition of the Truth. Why should it not be?

If we value the Creative Power of sound and speech there must be a commanding resounding harmonious melody, charged with Life which is magnetic in order to sound the OM, to bring about certain tangible results in the objective plane.

We saw clearly in our last Lecture⁴ that the 'OM' was the word of Nature that exists in every living thing that exists. Both in the trees and the birds, in the minerals, in the humans, in the animals, in the flowers, in everything you can hear the sound of the OM. The matrix of all sounds. The Sound of Creation that brings the invisible to the visible.

And the sound of the OM comes so clearly and distinctly. Only when you recognise the source of the OM. To express the word OM is nothing. What is the word OM? What is the idea to the OM? Nothing! Its but an idea in your mind. The majority of people are always trying to express the OM and they think, that the OM was a miraculous word, that creates this and creates that. And all they have in their mind is an idea of the OM, not the Reality of the OM.

First of all the OM must be understood. It must be felt. It must be the Source of your own being. You must hear the nada⁵ in yourselves, the nada is a Sound of Creation.

"OMmmmmmmmm..." (Murdo demonstrates).

As you hear the silent OM beyond the ultra-sonic range. There is Life, the manifestation of Life. The body becomes charged with it. It flows everywhere. It covers the whole room. It goes through the walls into the city. The electro-magnetic vibrations pass everywhere, through your bodies.

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Even in this peace, in that moment the expression of the OM has done something for you. If you could only find it within yourselves, to hear the nada, then you will feel the nada. Get peace first in your mind then the nada will be heard clearly and distinctly.

If you value the Creative Power of sound and speech there must be a commanding resounding harmonious melody, charged with Life which is magnetic in order to sound the OM, to bring about certain tangible results in the objective plane.

Thought and sound have a mysterious effect upon the ether we have already learned in our last series, and the full awakening of the throat centre, and the centres between the eyes and the top of the head is essential. These centres are all affected by negative emotional reactions to Life's purpose.

Next week we will deal with the ways and means of awakening these centres so as to tune in to the Universal vibration of Harmony and Love and Wisdom so that the Trinity of Life can manifest here and now.

“Instead of bronze I will bring gold to you, silver instead of iron. I will appoint Peace as your governor, and Justice as your ruler, . . .” (Moffatt translation)

BENEDICTION

O Eternal One, within Thy Bosom is the secret of Truth.

Although I feasted from the Tree of Life I was still hungry.

Then I realized that I must feed from Thy Bosom as a child takes from its Mother and my hunger ceased.

With Thy Essence of Life I was filled for I ate nothing else but that which I took from Thee.

O Mighty One, Thy Wisdom and Thy Love have lifted me beyond time and space *into* Thee forever, O Beloved Divine Mother of mine.

Let us enter into the Sanctuary of the Silent Healing Power:

In the Silence of the mind there the Spirit gives manifest to Itself into the world.

When the mind is clear, free from all conditions, free from all oppositions, free from antagonisms, free from all separation, so will the mind be the means through which the Life gives it expression to Itself.

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You are the world—now.

Let us have this news...

(silence)...My peace that I bring to thee.

...My peace will remain with you...now...and ever more.

...My peace is your peace...your peace is in me...and I am in you.

...My blessing remains His Truth—now....

- * 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 5th August 1952, at 7.45 pm. No recording exists of the Johannesburg lecture. On a lighter note, after Murdo had started this lecture with his 'Prologue' he then started giving another lecture, one previously given "The Absolute and relative Power of Thought" (L 1: 15th April 1952) before the audience pulled him up with the error. This part of the recording has been removed to avoid confusion.
1. *Christian Science (Scientist)*. A person believing in principles formulated by American founder Mrs. Mary Baker Eddy (1821-1910), especially that matter is an illusion and bodily disease an error of the mind, to be cured by teaching the patient the Truth as revealed in the teaching and healing of Christ.
 2. *Rosicrucian Order*. (aka, A.M.O.R.C. Ancient Mystical Order of the Rosae Crucis). A non-sectarian world-wide fraternal and philosophical organization. The current cycle was founded in 1915 by H. Spencer Lewis (1883-1939). The Order according to tradition traces its roots back to the Ancient Egyptian mystery schools.
 3. *Bhagavad Gita*. ("The Song of God") A portion of one of the sacred books of Hinduism, "The Mahabharata," in the form of a dialogue between the avatar Krishna and Indian military hero Arjuna on human nature and human purpose.
 4. Lecture #10. (24th June 1952) "Believing and Disbelieving is a Process of Ignorance" see: "*The Word of Creation: Lecture Notes 1952 Part 1*" published 2010.
 5. *Nada*. A Sanskrit word meaning "sound" and is related to the term "Nadi" (river) denoting the stream of consciousness. There are two kinds of nada: *anahata* is the mystical essence of sound, heard by yogis in meditation and is related to different chakras or psychic centres in the human body; *ahata* is the conscious realisation of musical sound by humans.

Lecture 2 (12th August 1952)

TO UNDERSTAND WHAT IS RIGHT MEDITATION*

A lot of people have asked me about meditation, a lot of people have talked to me about meditation, and tonight I am going to try and show you what meditation is. It is not what you think it is. But you will see as you progress, and you will understand the full meaning of meditation.

“...For whosoever wants to save his life will lose it, and whosoever loses his life for my sake will find it.” (Matt. 16: 25 Moffatt Translation)

In other words it means, that he who seeks to save his life in the relative, will lose it in the relative. But he who loses his life in the Whole, that is in the Completeness of everything, will find it and retain it.

Now in fact there is often the sense of obligation to one another; that is a stupid thing because a sense of obligation to one another means separation. And if you understand what separation means, then you will know that an obligation to one another, is stupid, because it means separation, and the separation is an illusion. There is no such thing as separation between one and another, because we are all existing in one Universe. We are all existing in one Substance, we are all existing in one God, and that one God existing in every human being. Therefore in fact there is no separation between anyone.

*If there is a sense of obligation to another you are not free, is that not so? If you feel a (sense of obligation)** to someone you are not free. There is no Oneness. You have lost your communion with your neighbour.*

If you treat your neighbour in such a way, then you will know that that is your relationship to God. Your relationship to God is how you treat your neighbour; because God is your nearest neighbour, and God is in your nearest neighbour. And if you treat your neighbour like a piece of furniture, that is your relationship to God.

People will say, “I am a child of God,” but they treat their neighbour in such a way as they would never think of treating their animals. So you see,

* See page 40

** Minor break in the recording occurs here

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the whole thing is boiled down to this, your obligation. If you are obligated to anyone you are not free. Do you feel obligated by receiving gifts from another? Do you feel that you have lost your independence? If this is so then you do not understand, you have bound yourself. You have conditioned yourself by the thoughts you hold. So you become your thought and when you become your thought then you are lost in the thought which is conditioning you.

You are the creator of your thought. Your thought is a relative thing but that which creates that thought is not a relative thing, it is a Reality. But you cannot find your Reality outside yourself. And your Reality is not an idea of yourself nor is it an image of yourself but it is an awareness of the Self, awareness of that Self that is behind every other self, because the self, the personal self, is an illusion. And it is the personal self that causes all the trouble in the world today. And the personal self is always seeking everything and it is the personal self that is always wanting things. And it is the personal self that is always obligated to another. Therefore the personal self is always bound, by its own actions and reactions. And not until you understand the self, can you free the self.

Giving is Divine, receiving is also Divine when you come to the realization that there is no difference between the giver and the receiver. It is when there is this difference, this separation that there is dependence.¹ *If there is dependence, there is no freedom. If you are dependent upon another individual, there can be no freedom. Your dependence must be Complete, only on One, that which is Eternal and Ever-present. Then you can say, "I of myself am nothing, it is the Spirit of the Father within me that doeth these things."* When you realize that the other is yourself you will see beyond the self into the Oneness of everything, then only is there freedom.

Freedom from sickness, freedom from want, freedom from separation is *obtained* when all your conditioning is understood.

You condition yourself by your education from the time you are born. Your parents begin to condition you. Your society begins to condition you. Your religion conditions you. Your dogma conditions you. Your work conditions you. Your education conditions you. You are conditioned by your thought and not until such time as you realise how you are conditioned, can you free yourself from your conditioning.

Now comes the great question of meditation, *of what is right meditation!* To know how to meditate is a very complex problem, to follow any system whether it be of the East or the West is not meditation.

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Because if you follow a system, you are conditioning yourself, by that system. You are forcing your mind into a groove. And there can be no freedom when the mind is forced into a particular groove.

You will *rightly* see that to follow a system is merely to shape your mind to a particular pattern *to* drive it along a particular groove. If you *perceive*² it ardently enough you will produce the result the system guarantees, yet this is not meditation.

Meditation is a freeing of the self from all its conditioning. And only in your freedom can you find that which is beyond the mind. That which is beyond the mind is Reality. What is in your mind is not Real; it is what you have learned from books, it is what you are from your memory, your hopes, your desires and your various concoctions, that is what is in your mind. And that what is in your mind is conditioning you. But that which is beyond mind cannot be conditioned because it is beyond your mind. And it is only in that split-second can you realise, that which is Real. You cannot create an image of It, if you do, It is not that, it is an image. If you create an idea of It, It is not that, it is an idea of it. You may call It what you like. Any word you wish to convey this meaning of this thing, but It is not that thing. The word thunder is not thunder; the word water is not water. The idea of water is not water. The idea of truth is not Truth. The idea of God is not God.

“But when you have seen me, you have seen the Father.”

If you can understand those words, then you will find the Truth that is beyond the self. “I of myself am nothing, it is the Spirit of the Father within me that speaketh these words.” If you understand that, also, you will find that which is beyond mind, which is yourself.

God is Omnipotent, Omniscient, Omnipresent. Omnipotent all Power. Omniscient all Knowledge. Omnipresent, Present everywhere, there is nowhere where He is not. Under those circumstances; God is all Power, all Knowledge and is Present everywhere. Therefore, it must be God. Only the Spirit has Voice. Only the Spirit can Speak. It created the instrument for Its Own Self-Expression. Nothing else could create this instrument.

No one has ever seen the Father; but the Father is revealed in the Son. Are you beginning to see Truth of these words?

There is a lot of nonsense taught about meditation by those who know little or nothing about it, for their own meditation leads to illusion. If you follow a system you will condition the mind, therefore the mind will be bound and not free. Only the mind that is free can discover Truth, and

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not a mind that is conditioned according to any system. I am sure that you have found that out by now.

And if you do not know how to meditate, it is better that you do not know than follow some particular system or following the ideas of another in meditation. And what are you meditating upon anyway? Some people will say, "I'm meditating upon God." Well, to meditate, you must meditate on something you know, but you do not know what God is so therefore you are meditating on an illusion.

If you know what you are doing, your meditation will show you. Your meditating really should be, the dissolving of everything that is hindering the expression of the Spirit that is beyond mind, the Spirit that is Truth. If you then can discern in your thoughts, in your mind everything that is preventing true meditation, which is the expression of Reality, then you have found a method for meditation. And the method is not my method and another person's method is not your method, you must find it for yourselves. To follow any particular method or any particular idea of another in meditation, is not meditation, it is but forcing your mind into a groove where it becomes conditioned.

To discover the Truth the mind must be free and not conditioned according to a system, surely you can see this. When you understand the process of the mind, you will see that there can be no freedom through the discipline of any system. Is it not so that your mind clings to systems, to beliefs, to particular formulas which you endeavour to follow, and perpetuate, with the result that you are more bound than before? Real meditation is to discover what is beyond the mind, not to follow a particular pattern which prevents the mind from understanding.

Therefore, if you follow a particular pattern of meditation, can the mind understand? Of course it cannot understand. Can you understand and discern the self, all its ways, if you follow a particular pattern, if you follow a particular system in your meditation?

If you can see that you are caught up in a system and become aware of the process by which the mind is caught up in a system, when you observe this, that is meditation. (True) meditation is the means we use to free the mind from the conditioning of any system, belief or formula, *or tradition, or dogma, or religion or anything else the mind is bound with it.* If you feel that you want a formula, a belief a system to follow then you

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can never be free. In freedom alone is there true creativeness and the mind must be clear, free from all beliefs and conditioning, then you can create pure thought, yet you must not be caught up in your thought or the manifestation, for this again will be a prison of your own making.

If you follow a formula, if you follow an idea and you think that by following that system or an idea that you are going to find Truth, you are going away from it.

A memory is not Truth. What is in your mind is not Truth. Truth cannot be formulated in the mind because it is beyond your mind. It is not an idea, I have told you so often, I am trying to make it plainer and plainer. And these words of mine being relative words, are reading you to that which is not relative.

The only way I can explain to you to reach Truth, is to explain the relative, which in itself is an illusion, and to show you the illusion in your own minds, then by discerning the illusion, you will find the Truth beyond it. Because the Truth is not in mind, the Truth cannot be formulated. You cannot find the Truth in a dogma. You cannot find Truth in following any system. Truth IS. And it is only in that split-second that you find Truth, that split-second, that Creativeness, that exists beyond mind. And that renewal of that split-second continuously, is Truth. When that split-second is past; it is but a memory, it is but a belief, it is but an experience. But a memory and an experience and a belief is not Truth. Truth is a Livingness—NOW, that is Eternal.

That is why I do not allow any strangers into these classes. And I have told all students before that they will not be allowed to bring any stranger into these classes unless they get permission to do so.

You are by invitation here and by no other way. And I want to make clear to the students, that no one is to be allowed or to be brought into these classes, except be given special permission to do so.

You can well understand what I mean. You have travelled a considerable distance all ready, and the ordinary individual is not capable of understanding. The ordinary mind can easily pass any examinations because any fool can pass an examination. But it takes the quality of mind to understand what we are driving at. A quality of mind, it is something that is unique in its way, and therefore you are being taught a certain way so that you will reach that which is within you, by your own way not my

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way. I do not want you to repeat my words or to believe anything I tell you. And what I tell you is Truth because what I tell you is not Truth. I cannot tell you what Truth is. No one can tell you what Truth is. I can only tell you what is in your mind and how to find out the things that are hindering Truth from manifesting in your life. And (if) anyone can tell you what Truth is, you know very well they know nothing at all about it.

But to be aware of the whole process of thinking is self-knowledge which leads to freedom. Therefore meditation rightly speaking is a means to freedom, meditation is the beginning of self-knowledge.

By merely focussing your mind on an idea, an image or a phrase and excluding all other thoughts, in this way you may learn to concentrate. But this concentration is exclusion and when the mind excludes it is not free. Without knowing the process of your own thinking and to merely sit in a corner and meditate is not meditation that gives freedom and creativeness, for this needs clarity of mind.

And how can you clear your mind? By discerning all that is in it.

You think what you have in your mind is true but when new knowledge comes along you will change your views, that is to say, if your mind is pliable. But if your mind is not pliable, then you are a fool because your mind is concrete, and when new knowledge comes along you cannot take it in. A mind that is free is pliable. A mind that is rigid is in-pliable. Therefore an in-pliable mind is a mind of a fool, the pliable mind is a mind of a genius.

Have you ever made your mind quiet by focussing on an image, an idea to the exclusion of all else, and been successful in doing so? Is it not so that other thoughts rise to create a conflict? Can there ever be the “quiet” in the midst of conflict in the mind? I think not. *How can you have a quiet mind when your mind is in conflict? If your mind is in conflict you will discern the fact that it is in conflict. If you are living in the world of opposites, your mind must be in conflict. If you are living in the mind of good and evil, success and failure, faith and fear, and health or ill-health or any of these opposites, your mind will be in conflict. If you have a belief towards a particular thing and another person has a belief towards the same thing, then your mind will be in conflict. There can be no Truth in conflict, there can be no quiet in a mind that is in conflict, it is an utter impossibility. If you then try to focus your mind upon an idea, while other ideas try to rise into the consciousness, and you try to suppress those ideas*

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to the exclusion of this one idea, you have not a clear mind, your mind is in conflict. You can never find the Truth in that way. You might be able to concentrate and suppress those ideas, but you will never know what Truth is through concentration, because concentration is not Truth.

I hope I am making myself plain to you because I am trying to clear the mind. So that when your mind is really clear, you will find Truth and you will know what right meditation is. But you can only find it when the mind is quiet, when the mind is clear. Therefore true meditation is clearing the mind of all that is preventing Truth from manifesting in its Wholeness and Completeness.

Yet, can there ever be the quiet in the midst of conflict in the mind? I think not! Yet this is what you do when you try to focus your mind on an image or an idea in the practice of a so-called system. Is it not so that you spend your energy in this wasteful battle of conflict, and gain nothing in the end? What did you gain with your meditation? Tell me. Nothing. Any idea you have of God you brought into your own prison! The prison you made for yourselves and the idea you bring into your prison and it is with you in your prison.

If an idea of God is going to be of any value to you at all, it is not in your own prison, but in the freedom of Truth. You may produce a mental picture or some kind of illusion but this is not the meditation that leads to freedom and the discovery of that which is beyond mind, which alone is creative.

Do you understand what Creativeness really means? Not until you have touched, Creativeness Itself, can you know what Creativeness really means. I cannot tell you and I cannot put it into words because if I tried to formulate it, it would not be Creativeness. If I tried to formulate Truth, it would not be Truth.

If you can open to each thought as it arises and understand it, then the mind will not revert to any particular thought. It only reverts to a thought when it is not understood. That which is not understood is repeated over and over again and the mere exclusion will not prevent it.³

To try to exclude it from your consciousness will not prevent it rising to your consciousness while you are trying to meditate on another idea.

The mind is made up, so peculiarly, along the lines of association. I can repeat a thousand words, one after another, and after I have repeated the thousand words, I will begin at that thousandth word and go back to number one word again. And I will not miss one, because every word I will say will be a link between the word and the next one.

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The line of association in your mind will draw everything up to the source. It is just like a comb that you may have and all your thoughts that are in your mind, all your memories, all your experiences is in your mind. They are linked up together, and when one rises to the surface, you become conscious of it. It comes out from the consciousness and you become conscious of it. That consciousness, of that thought, brings the next thing that is in line of association with it. And each thought, rising up one after another, will pour out of the consciousness because they are all linked together with association. There are various ways of association, hundreds of ways of association. Different words have association with another. There is the association of opposites. The association of automatic connection between one thing and another, as you would say, "kettle," "steam," "fire," "coal," "mine," "miner," "man," so forth, and you could go on with that all the time. The next thing you could go back over these and remember everyone of them, even if you could not remember one in the ordinary way, because they are all tied together with association.

Now, in your meditation, you are meditating upon a particular thing. While you are meditating on that particular idea, hundreds of things are rising to the consciousness and try to get up through your consciousness, through a line of association. Then you try to exclude all these to this one particular idea and you say you are meditating. Rubbish!

So therefore, if you do not understand the thought it will come up again and again.

What is happening to you in the practice of a system is self-isolation, but the mind can never be free through isolation however wide your idea may be. Therefore this kind of meditation is only a process of self-isolation, self-enclosure in which you carry your private memories, your private experiences which are not understood. Can the mind ever be free with this conditioning? I think not!

Can your mind ever be free with certain conditioning which you created yourselves? And you try to isolate yourself from this conditioning. You try to hide away from this conditioning. This conditioning must be understood, it must be seen clearly for what it is. And when you understand it, then you will be free from it. That is meditation.

You can force the mind into a state of self-hypnosis by the constant repetition of words, but if the mind is hypnotised into quietness that is not meditation, this only dulls the mind, and when this state ends, the

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conditioning is made more apparent. Is it not that the mind must be free from conditioning before true understanding is arrived at?

If then your mind is conditioned, your thoughts are according to your conditioning. You think according to your conditioning, you think according to your dogma, you think according to your creed, you think according to what you have built in your mind. And that is your expression; according to your conditioning, according to your education, according to your particular individuality, according to your nationality, according to your school, according to your school tie, according to your political beliefs. According to all this damned conditioning you heard it is hiding the true expression of that which is Real.

Don't you see, that you are just expressing not Truth, but you are expressing your thoughts according to your conditioning which is not Truth. If I can clarify your minds, then you will understand what meditation really means.

You think that you must discipline your mind to be free but freedom can never come through discipline, for the beginning determines the end. But if we can understand the whole process of discipline, control, suppression, substitution, sublimation, then there will be freedom from the very beginning, for the means and the end are one they are not two separate processes in conflict with one another.

So, if your beginning is contraction and discipline, your end will be discipline too. But if your beginning is freedom and the method you use is leading to freedom, then the end will be freedom too.

Therefore concentration through discipline is not meditation, nor are the various forms of prayer we hear from every side of religion in separation. The mind that is forced still through will or desire can never be free, for that mind will not understand itself and will be caught up in *the illusion and its own conditioning*.

Search into your own minds now at this very moment and see how you are conditioned!

But if we can discern all these things, including concentration and all the systems of meditation, and all the various tricks that we learn to quieten, to hypnotise the mind, we will discover that they are the ways of the self. Then this discovery is the beginning of meditation for we shall no longer be caught up in them to be bound by them.

So we see that meditation is nothing else but freeing the mind from conditioning, so that that which is real and true shall manifest itself.

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If you begin to know the ways of the self, your thought, by being impersonally aware of yourself, looking at yourself in your relationship to others and things in your talking etc., as you would observe somebody else, there in that awareness, the echoing of your conditioned state is observed. *If for instance, you get the habit of looking at another individual, and you can see how this individual is conditioned, by his thoughts, by his ideas, by his education, by his beliefs, by his traditions, by his nationality, by his political beliefs. If you can discern the other individual, how he is conditioned, turn that observation on yourselves and see how you are conditioned. And by discerning how you are conditioned, you will know the self, and self-knowledge is the beginning of meditation.*

Therefore, you must observe without condemnation, without judgment, without fear, free from such conditioning. If then you discern your conditioning, and you are fearful of your conditioning, and you have been judging your conditioning, then you are held and bound by your conditioning. If you fear your conditioning, you cannot be free. You must discern this conditioning as you would observe another individual's conditioning. Therefore you will see, that though you will no longer be caught up in your conditioning, but you will free the mind and free yourselves from these things that are always hindering the expression of Reality itself.

Therefore meditation is to reach a state of mind, where the mind is clarified and clear, so that Reality and Truth Itself, can express itself in its Completeness and Wholeness, in its Omnipotence, in its Omniscience, and in its Omnipresence. So it is without condemnation, without judgment, without fear, that you must discern this conditioning. In this there is the discovery of yourself as yourself and the more you are aware of yourself without justifying or condemning the more freedom is reached. In this freedom where there is neither conflict nor illusion is the process of meditation.

The great Truth is, that when you have reached this Divine State in your own mind, you see that there is neither good nor evil, because neither good nor evil exists, in that which is Real. Good and evil exists in man's mind, it is what man thinks about things.

I have told you before about the two trees in the Garden of Eden which is a great example. The Garden of Eden is the Garden of the Soul. And the two trees grow in the Garden of the Soul. The prophet says, "one is the Tree of Life, and one is the tree of knowledge of good and evil." You are told,

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“not to eat of the fruit of the Tree of knowledge of good and evil because you will die in your sin, but to cling to the Tree of Life and that will be your salvation. It will be as a Spring of Living Water, rising up to Eternal Life.”

Well, we see clearly, that these two trees grow in man’s soul. One is the Tree of Life that grows out of God, the other is the Tree of good and evil that grows out of man’s mind. It says then, “do not eat the fruit of this Tree that grows out of man’s mind, but take hold of this Tree of Life that grows out of God and that will be your salvation.” You will rid yourself of this Tree which is the burden that man carries around with him all the time, his conflict of opposites which is in his mind continually.

You cannot cultivate freedom any more than you can cultivate Love. Freedom comes into Being not through the search for it, but when you understand the whole structure of the self with all its desires, its prejudices, its conditioning, its cherished illusions, when these are discerned and understood they dissolve and what remains is Reality—the Real Self. Meditation is the discovery of the Real Self not separated from other selves but in that which is Whole and Complete, which is without conditioning of any kind. This is true meditation.

You have prejudices, you are not free. If you are dependent, you are not free. If you are dependent upon another, there is no freedom. Why are you dependent upon another? Because you do not understand the Truth, that you are born free and you are still free.

“Call no man your father on earth because one is your Father who is in heaven.”

“Man is not born of the flesh and blood of man nor by the will of man but of the Spirit of God.”

When you see that your conditioned thought has a beginning and ending in the self, being the product of the mind in bondage, there is Silence, not the Silence that is willed or the result of hypnotization, but a Silence that is not of time.

A Silence that is of the timeless. In that Silence then there is true meditation. There is the flowing of Life, the timeless existence. When the mind is clarified, when it is not caught up in belief, caught up in dogma or creed, when it is not caught up in the intellect of man. It is free from all these things, therefore, the timelessness enters into the consciousness of man, that is meditation.

THE SECRETS OF THE SCIENCE OF LIFE

In that Silence there is a state of Creation—the Timeless which is Reality, which is not conditioned by memories or experiences where conflict does not exist. So without understanding the ways of your conditioned thought merely to force the mind to meditate is a mere waste of time and energy, which only creates more illusion.

To know the ways of the self, the thoughts of the self in bondage is the beginning of wisdom. Wisdom reveals Itself when there is an understanding of the self and the thought of the self. To the thinker who does not understand himself, meditation has no meaning; because whatever you project is in accordance with your own conditioning, and that obviously is not Reality, surely this should be evident to you *by now*.

Only when the Self understands the whole process of its conditioned thought is there the capacity of being free and only then does the timeless come into Being.

Meditation is the means, therefore the means and the result must be the same, the beginning must be the freeing of the self from all conditioning. *That is the first process of your meditation, otherwise you can never be free. You meditate in your own prison and you think you have freedom. Meditation is the means, therefore the means and the result must be the same. The beginning must be the freeing of the self from all conditioning, so that the result will be freedom not further binding and illusion. Then and then only will come wisdom, Love and understanding which is true meditation.*

My intention in this lecture to show the Stream of Creative Life through the instrument It created for Its own true expression here and now, through the trinity of man, which is represented through the three centres in the head. This will have to wait till the next lesson. First of all the mind must be cleansed and the way made clear for Reality. Then we can deal better with relative appearances which are but effects.

In the next lesson then, we will deal with the triangle of the trinity of man, that exists in himself as a means of the expression of Life. What is known as the Father, Son and Holy Ghost. It means the Father which is free, the Son whose Life enters in to be conditioned by the Son, by his own thought and action, and the third, is that activity of Life through the whole of the body which has been created before the Father and the Son. These are relative things, but to know this relative condition enables you to understand the mechanism, how the Spirit acts through mind and body.

TO UNDERSTAND WHAT IS RIGHT MEDITATION

And what I wanted to do tonight was to give you that expression. But when I started writing this lecture, I found myself on the idea of meditation and I knew perfectly well, that unless I give you this lecture, the following ones would not be clear nor could you understand them if you kept your mind in the conditioned state.

If you are conditioned by previous knowledge, discernment, do not hold it and bind yourself by it, but let the mind be pliable, so that new knowledge will come, enter into your mind and then you can be free. But if your mind is caught up in any idea which you believe to be true, and any other knowledge that comes forward, you disregard it. Then I say you are the first essence of a fool. But if you then know clearly and distinctly, that all knowledge is but a passing phase and knowledge is not Reality. Knowledge is not Reality, Wisdom is Reality. And Wisdom enables you to use knowledge for the betterment of yourself and mankind.

Therefore, let Love and Wisdom be the two pillars upon which you will stand. That is the temple of man, that is the two pillars that you must enter, before you can enter the great Synedron.⁴ Therefore you will understand the Temple of God is the temple of man. And on these two portals, on one side is one of Love and the other is the one of Wisdom. These two you must pass through, and unless you can pass through these, all else is of no value to you. Because knowledge is of no value unless there is Wisdom. And wisdom is only Complete, when it has Love as its guidance, directing.

*Love, cannot be discerned. Love cannot be defined. Love is beyond mind. Love cannot be formulated. Love is that which in Itself is Complete. It cannot be made up in the mind, nor can It be formulated. But It is your foundation, It is your life and my life. When we cleanse the mind It stands alone as the Perfect Creation of the Universe, the foundation of the Whole Universal Creation. Then, we then become part of It, participating and acting in the Cosmic plan, fulfilling our true design that the Almighty created us for. Not for individual sense, but for the Whole sense. The sense of the Whole not the sense of the individual.***

*[‘The realm of heaven is like a trader in search of fine pearls;] when he finds a single pearl of high price, he is off to sell all he possesses** [and buy it.’ Matt. 13: 45-46 (Moffatt Translation)]*

.....to discard all the others because there are many of them but there is only one, its the pearl beyond price, that is, Reality.

4. See page 40

** Two small breaks in the recording occur here.

BENEDICTION

O Eternal One, in Thee alone is there true freedom.

My mind became fouled by weeds when I stagnated in myself apart from Thee.

But when I observed those weeds, I saw they were of my own creation, yet in my ignorance I tried to discard them. In many ways I tried and failed, only when I came to see they were not of Thee but of me myself did I discover Thee within me, free from all illusion. I no longer feared these weeds that clogged my mind for they were of my own creation and not Thine, O Eternal One.

I destroyed their growth by seeing how I had conditioned myself, then they died in me never to appear anymore.

I Thank Thee, O Blessed One, that I have discovered Thee, now I am free.

This is my meditation, O Eternal Beloved.

* 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 12th August 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next sentence in the Lecture Notes is missing from the recording. [*In all your dealings with others there must not be the gulf of separation that causes dependence on another.*]
2. *Perceive*. The word in the Lecture Notes is 'pursue' which makes more sense. Murdo may have mis-read the word.
3. The next sentence in the Lecture Notes is missing from the recording. [*So a concentration which is exclusive is not the meditation that leads to freedom and creativeness.*]
4. *Synedrion* or *Synhedrion*. (Greek word meaning "sitting together", hence any "assembly"). In Hebrew (*Sanhedrin*) "assembly" or "Council".

Lecture 3 (19th August 1952)

**ALL POWER IS GIVEN UNTO ME
IN HEAVEN AND ON EARTH**

“...You are already clean by the word I have spoken to you. Remain in me, as I remain in you: just as a branch cannot bear fruit by itself, without remaining on the vine, neither can you unless you remain in me, I am the vine, you are the branches.” John 15: 3-4.

**...But as we progress in this Lecture tonight, we will see how Life becomes individualised and yet is not individualised, it still remains in the Whole.*

But as we are talking about relative conditions tonight, that is to say, I want to show you the Life Force working through the body. From the very highest plane down to the lowest plane in the physical structure and this all exists within man himself.

Last evening, we talked about meditation and we saw how the mind must be cleansed of all that would prevent true meditation, which is none other than clearing the mind of hindrances that prevent the expression of Life Itself.

Now, in this Lesson tonight, it is after the mind has been cleansed from all the hindrances that it begins to understand the function of Life itself in the body, the brain, the nervous system. And to know that you are Life, that you are Living. You do not know what Life is but you know that you are alive. You know that you are Living. And to know that you are Living is the greatest thing, that is to say, that you know that you are Living is really the essence of that which is behind your mind, your thoughts, and all your expressions. Because what is in your mind is but an idea, an image, a belief, which is not Living. It is not a Living thing, it is an idea. You are the Living Expression of Life Itself. I am alive, you are alive, we are all Living. Therefore it is this Consciousness of Living that is so essential. And with a Consciousness of Living we know that every other individual is also Living. Therefore we are One in our Living, one with each other.

* See page 59

THE SECRETS OF THE SCIENCE OF LIFE

We saw last week what was true meditation. Thus we realize that when the mind is clear the body, which is mind *materialised or mind* modified, *must* clear also, so that the Life Force flows without interruption. It is well that we should know something about the mechanism which Life created for Its own self-expression.

Do you know anything about the mechanism? Very few people do. They know they have a body, they give it food, they wash it in the morning and so forth. They put it to bed at night and they wake it up in the morning. That is what the majority of the people know and very little more. But for us that are really students of Life we want to know something of the mechanism through which Life flows, that Life has created for Its own self-expression.

So Life is capable of much more in the physical body than the ordinary man is aware of. This is the difference between the ordinary uninformed person and the person who understands the working of the Divine Power through the brain, nervous system and the body which is an instrument for Life's expression.

Nothing could create this body except Life Itself, an Intelligence. An Intelligence is behind the creation of this body. That Intelligence must exist in this body otherwise it could not exist at all.

Science says to us, matter separated from energy does not exist. I will go further and say, energy separated from Intelligence does not exist. Intelligence separated from Consciousness does not exist.

Therefore Consciousness is the supreme factor behind all things. Whatever you are consciously aware of, this Intelligence that seems to be the active Principle of Life, will out-picture for you in every detail according what your consciousness is aware of, that is a fundamental law.

If you recognise that Truth then you will see that much of the misery and trouble that exists in your bodies and in your own circumstances is created by yourselves.

The spine is the pillar of the body and through this pillar the great nerves pass, therefore a knowledge of these nerve tracts is essential.

The motor and sensory nerves are the most important and are mainly grouped on the right and left sides of the spine. They are known as the efferent¹ nerve circuit and the afferent² nerve circuit. The efferent or motor nerves carry the voluntary impulses from the brain to the muscles etc., the afferent or sensory nerves are those which carry *the* external and internal sensations from the body back to their respective nerve centres in the brain.

ALL POWER IS GIVEN UNTO ME IN HEAVEN AND ON EARTH

There is a two-way system continuously in action all the time. And they are linked in with the spine itself. The spinal cord being the line through which every sensation must go out and return.

If I make a stroke on this board. It may not be very explicit but it will be easy enough for you to begin to understand what I mean.

We will say that that is the spine. Inside the spine is the cord, flows right away down inside the spine. From this cord then there is nerves flowing out all the time to the side of the spine in different directions both sides. And down each side of the spine is this, what we call, the afferent^{D1} and efferent^{D2} nerve system, known as the motor nerves. Now sensations coming from the brain down the spine, sends messages out to the body for various activities through the muscles. They pass out through here and taken up by the motor nerves, carried through to various portions of the body so that the muscle in the arm or leg will move.*

Now there is also a circuit through which this sensation, I press my leg here or I have a pain internally or external feeling, comes back also through this particular method and passes through the spine also but it is caught-up through, what we call, the afferent nervous system. And on both sides of the spine you have, what we call, the afferent and efferent nervous system, which carry messages out and messages in which run up through the centre cord and move up into the brain.

Then the brain centres receive these messages and the mind interprets these messages. And the consciousness becomes aware of them and gives them, what we call, a relative reality. Not a reality as it would be as a Complete Reality, that is to say, the Spirit Itself. But it gives you a relative reality of a sensation of a feeling in the body. Now you understand that, don't you? Therefore the brain has control of all sensations going in and coming out.

The Brain through the mind can at any time suspend any sensation going in and going out towards the body. And here,^{D3} where the Masters or the yogi's, in the first place, begin to control these afferent and efferent nervous system, controlling the various sensations going in and out of the body. That is to say, that after a period of time practicing, what we call, tumo.³ Tumo means, the control of the elements of heat and cold. That heat and cold no matter how hot it can be and how cold it can be, the consciousness can control these sensations through the nerves.

Therefore a white hot heat, iron or a blazing furnace fire, will have no effect upon the body of an individual who has practised and mastered

* See diagram on page 45
D1-3. See page 45
3. See Notes on page 59

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Tumo. Neither can an intense cold, fifty or sixty degrees below zero, have any effect upon the body either. But with you, you feel the heat and the cold, and you will be burnt if you put your hand in the fire. But after the practice of Tumo, it is possible to put the hand in a blazing furnace yet the hand is not even touched. That is the complete practice of Tumo.

I am not talking about mysteries. I am not talking about things that do not exist. I am talking about things that are possible because I have seen them done and I have practiced them myself.

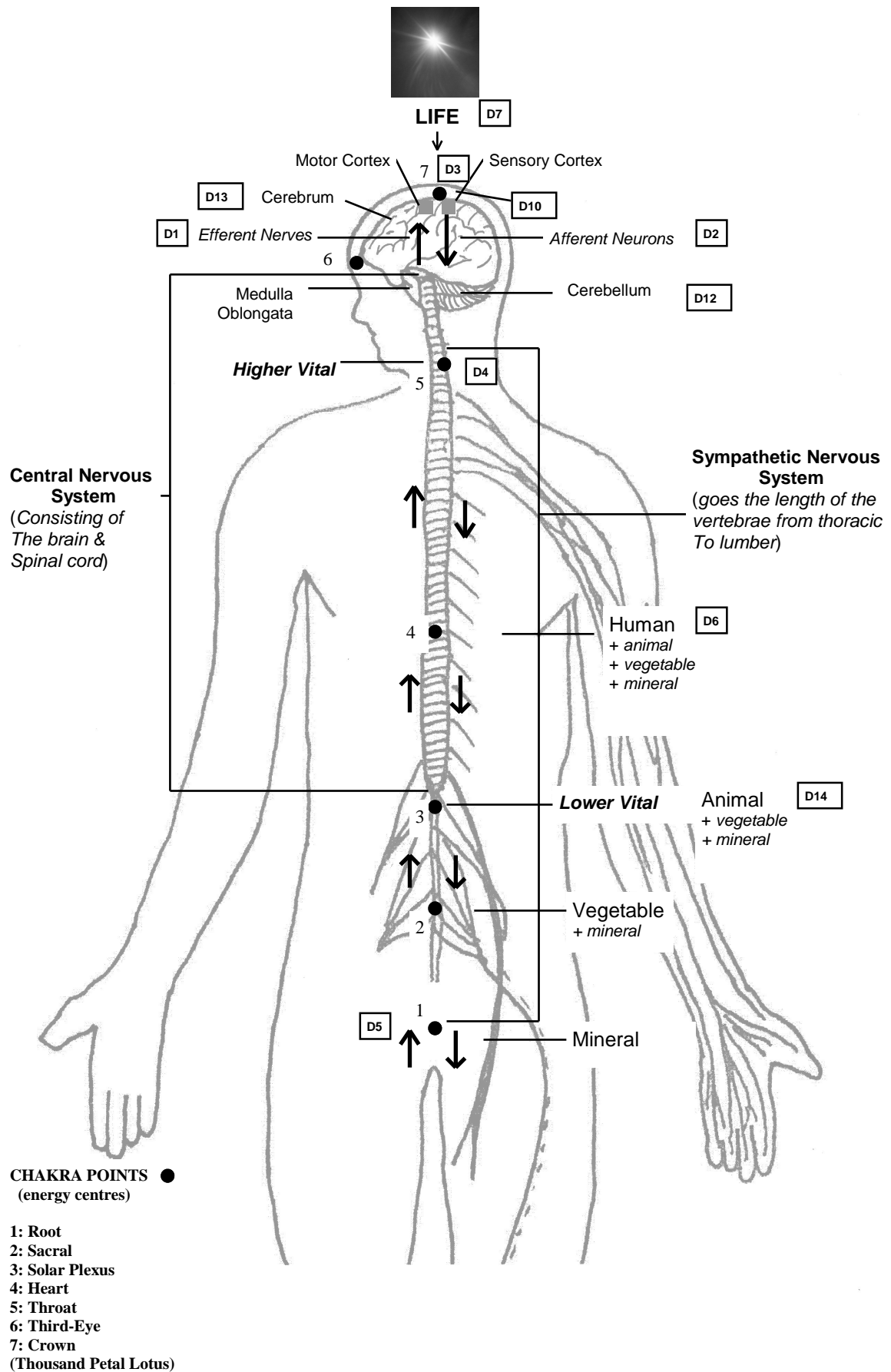
The spine therefore to us assumes a deep significance for it carries messages in and out throughout the whole organism of the body. Life in its downward flow into the body, passes through five main plexus of nerves known as chakras. As Life flows down it passes through these chakras which are representative of the plane in which Life is acting, and when it reaches the lower vitals it is associated with all Nature in the mineral, vegetable and animal planes.

Otherwise, the Higher Vital, here^{D4} which is the back of the neck, as the first great nerve centre of the body. And I will deal with the first three later on. But showing the five chakras which are in the body, which are nothing more than great nerve centres which are linked in with various planes of activity right down to the physical.

So you have one,^(5th) two,^(4th) three,^(3rd) four,^(2nd) five.^(1st) The fifth^(1st) one here,^{D5} is commonly known as the "Kundalini," which is at the base of the spine. This vibrates at a certain rate of vibration and the colour is red. All these vibrations have certain colours, of course. Therefore it links in with the vibrations of the animal, the mineral and the vegetable.

These planes of activity are not, what we call, separate. For instance, right through the mineral plane there is a mineral activity. Right through the vegetable plane there is also a complete activity, one in itself. Right through the animal plane there is also, what we call, an animal activity. A Principle acting through the whole of the animal plane. That Principle is working through the body as well.

The vegetable takes from the mineral what it requires and creates the vegetable, through the Vegetable Principle. The Animal Principle takes from the vegetables what it requires into the cell structure of the animal tissue. Therefore animal tissue becomes mineral and vegetable in the animal tissue which becomes the same thing in your body.



SPINE, NERVOUS SYSTEMS & CHAKRA POINTS

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That animal tissue is instinctive in nature. It acts according to the instinct of this particular Principle that manifests through the whole of the Animal Plane. Animal nature rises from this centre in the body at the back. And it is the control of all these sensations in and out of this particular Plane, where you have control. This control is not, what we call, contraction but a form of freedom and understanding.

A sensation that arises in the Master through this particular centre reaches the brain. He feels the instinctive principle, the instinctive action of the animal life for propagation but he knows what it is, he is not afraid of it therefore he understands it. But the majority of the people do not understand it therefore they think it evil.

But they're neither evil or good in the Principle of Life. Life neither knows evil nor good. He created these particular forms or planes of activity for Its own Self-Expression. Therefore it is the lowest form in the human nature but yet it is the natural thing in human nature.

Now we have sensations backwards and forwards to the brain is according to how your consciousness interprets these sensations. If your consciousness is aware of evil, it will be evil unto you. If your consciousness is aware of good, it will be good unto you. But good and evil are relative terms, that's what you think about the things, therefore it is illusionary. But Life does not know good nor evil, it is just Life expressing Its true nature. When you begin to understand you dispose of these opposites good and evil and you become one with Spirit or Life Itself, and you recognise Life's purpose.

Therefore there are various other planes of existence that pass through these centres. But I not going to bother with these tonight because we have not got the time. But all these particular planes are Planes of Activity which exist in you and you are capable of knowing all about them. But at present you are only capable of knowing most of this,^{D6} that's all. Your food, what you eat, what you drink, how you sleep. You go to work you come back. You feel good and evil and so forth and you live in those particular planes. That is exactly what the majority of the people live in.

But through understanding exactly the knowledge you are getting now, you find that there is a rising up of this consciousness, rises into the Higher Planes, and into the Higher Planes of Consciousness where you begin to see and understand the great things of the Universe.

D6. See Diagram on page 48

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First of all then, Life^{D7} comes down in its own purity and is involved in these various planes until it reaches this particular centre.^{D8} From there it begins to rise again, up to whence it came. That is your understanding.

For the Lower Vital see my book “Spiritual and Mental Healing” pages 162, 163 and 164⁴ for further explanations on this important subject. The Lower Vital is a plexus situated at the small of the back which includes the activity of the animal, vegetable and mineral kingdoms, which is subconscious in our bodies and belongs to the subconscient.

The subconscient then, is everything that is underneath Consciousness. It includes all the mineral activity, all the vegetable activity, all the animal activity, and all the subconscious activity which is below Consciousness. This is all subconscious.^{D9} Above, is what we call, Superconscient. A Consciousness that is above the superconscient where all the Spiritual intuition and Spiritual Knowledge comes down. It meets the subconscient exactly in the centre of the body known as the solar plexus.

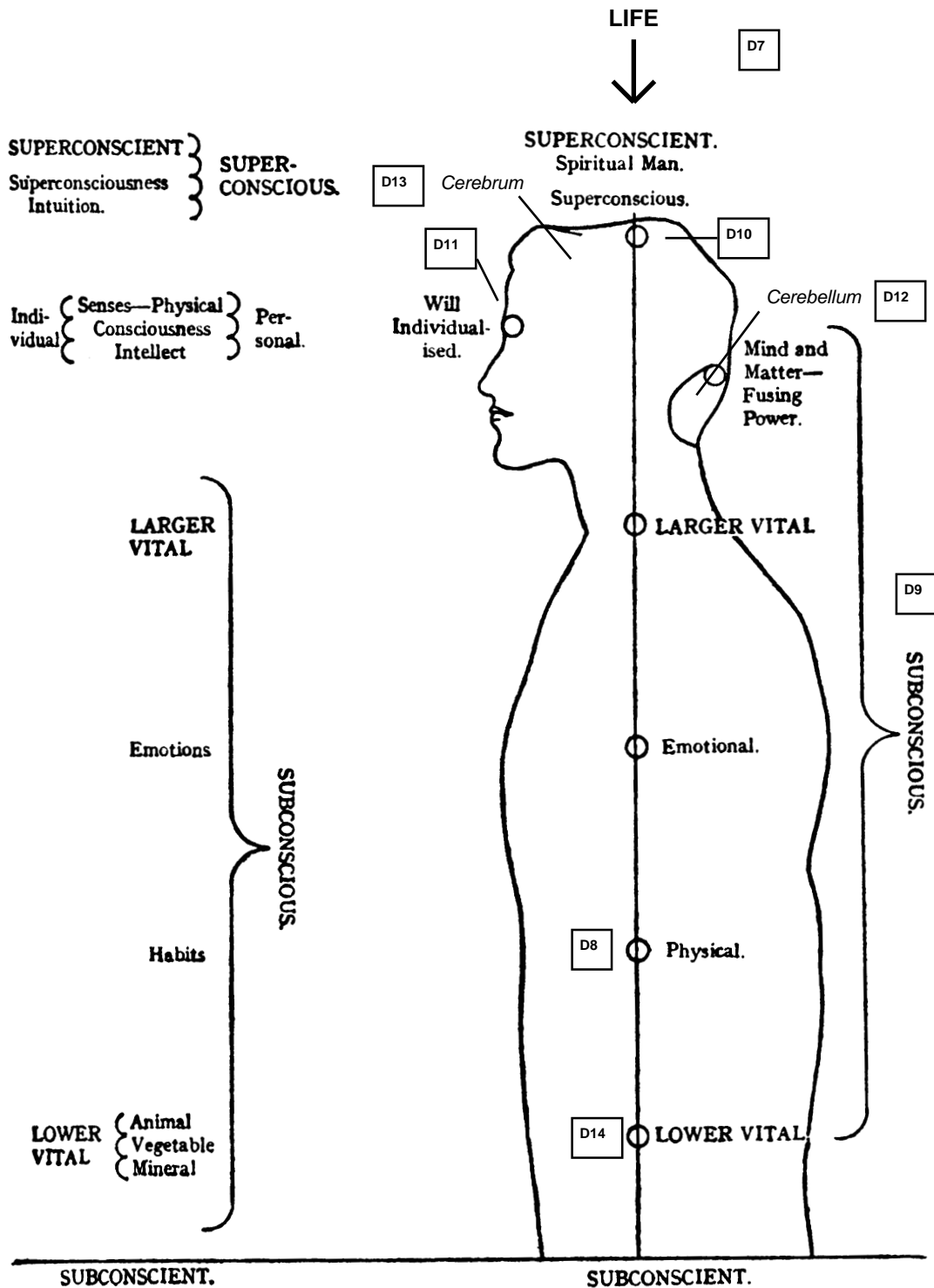
Therefore it passes down through into the subconscient. Through the whole of the subconscient does the Superconscient pass right away down into the subconscient, into the mineral, the vegetable, and begins to raise it up and change its form, making it more Vital.

The human Race is changing, just as the human consciousness is changing so will everything underneath the human consciousness change too. Because the human consciousness comes from the Superconscious State and is carried down through into those various planes. And as the human consciousness becomes elevated so does it elevate everything in the subconscient, in the whole continent of the subconscient range which all activities take place. Therefore you are here not to live but as a purpose in the great Cosmic scheme, which has been laid down by the Great Infinite Mind at the beginning before the earth was formed.

Subconscient is a word I have coined to give a true meaning of the activity of the whole *subconscient* or *the subcontinent* not only belonging to the individual but to the activity of all these planes as a whole. The Intelligence which is active in all these planes is active in us also subconsciously. This Intelligence is always endeavouring to keep the perfect balance in the body. Therefore we are in contact with all planes from the highest to the lowest. All are within the one Whole and not separate. *Therefore there is no separation anywhere.*

4. See page 59
D7-9 See Diagram page 48

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SUPERCONSCIENT & SUBCONSCIENT
(From book: "Spiritual & Mental Healing")

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This principle has been building up forms through eons of time called evolution until the human body was created capable of using the powers of the Christ Principle, the Superconscient. Thus the whole subconscious is being, gradually elevated from its gross state to the Spiritual—the essence out of which it was created. Thus the Superconscient is always raising up the subconscious by Its influence. The Christ Principle *expressing* Itself from within through the electro-magnetic vibrations set in motion. Therefore one who understands never sees evil nor gives any power to the illusion of evil for this would be a hindrance to the expression of the Christ here and now. Neither does he dwell on the good and evil for if he did think in terms of good and evil he would be caught up in the relative and would be lost in opposites, and all his efforts would be neutralized.

Now the majority of peoples efforts are all neutralized because they are all seeing evil. You try to be virtuous, as you say, “that virtue is being good.” It is nothing of the sort! If you see evil you cannot be virtuous.

Virtue is Love, which neither knows good nor evil. Virtue is Wisdom. But Love does not know good nor evil. Love Itself is Complete in Itself. And not until you have cleansed the mind of all your images of good and evil can you arrive at that which in Itself is free. In that freedom is virtue and in nothing else.

Eternal Spirit is not subject to Law *and* is above evolutionary law, and still remains Absolute Spirit even though involved in *all* Creation, yet not subject to the law of Creation, having perfect freedom. It stands beyond yet not separate because there can be no separation.

If you can grasp this you have found the pearl of great price, within yourself. Here is the great and might Truth, the Eternal Spirit, that is behind all Creation. Involved in everything from the highest to the lowest yet Itself is not affected by anything. It is not relative, that which you see is relative. It is not subject to the Law of Creation because it Itself is the Creative Law. It is not subject to the law of evolution because it Itself was the Creator of the law of evolution. This Divine Power rests and exists in man. Because It is the same Life that was in the Father that same Life was granted to the Son.

When we begin to know the workings within ourselves we begin to know the works of the Father. (“Whatever I see the Father do I do likewise.”)

So the physical body is a vehicle through which all the planes of activity are reached, *here and now*. We do not have to wait until we die, therefore the Consciousness of Life Itself is manifesting through all planes. The body

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as seen with physical eyes is in no way like the real body of man. The real body of man reaches far above his head and also far below his feet.

The physical body is just that portion that you see by the physical eye. The Spiritual body is a much finer material which you do not see with the physical eye at all but it does exist. This Spiritual body is made up of a material that is invisible to the physical eye but sometimes you can see it when your vibrations are raised high enough. You become conscious of a further light that vibrates beyond the vibration of 450 trillion to 750 trillion per second. A light that passes through this porous body of ours but reflects from a finer body vibrating at a higher rate of vibration, therefore it is invisible to the eye, to the sense.

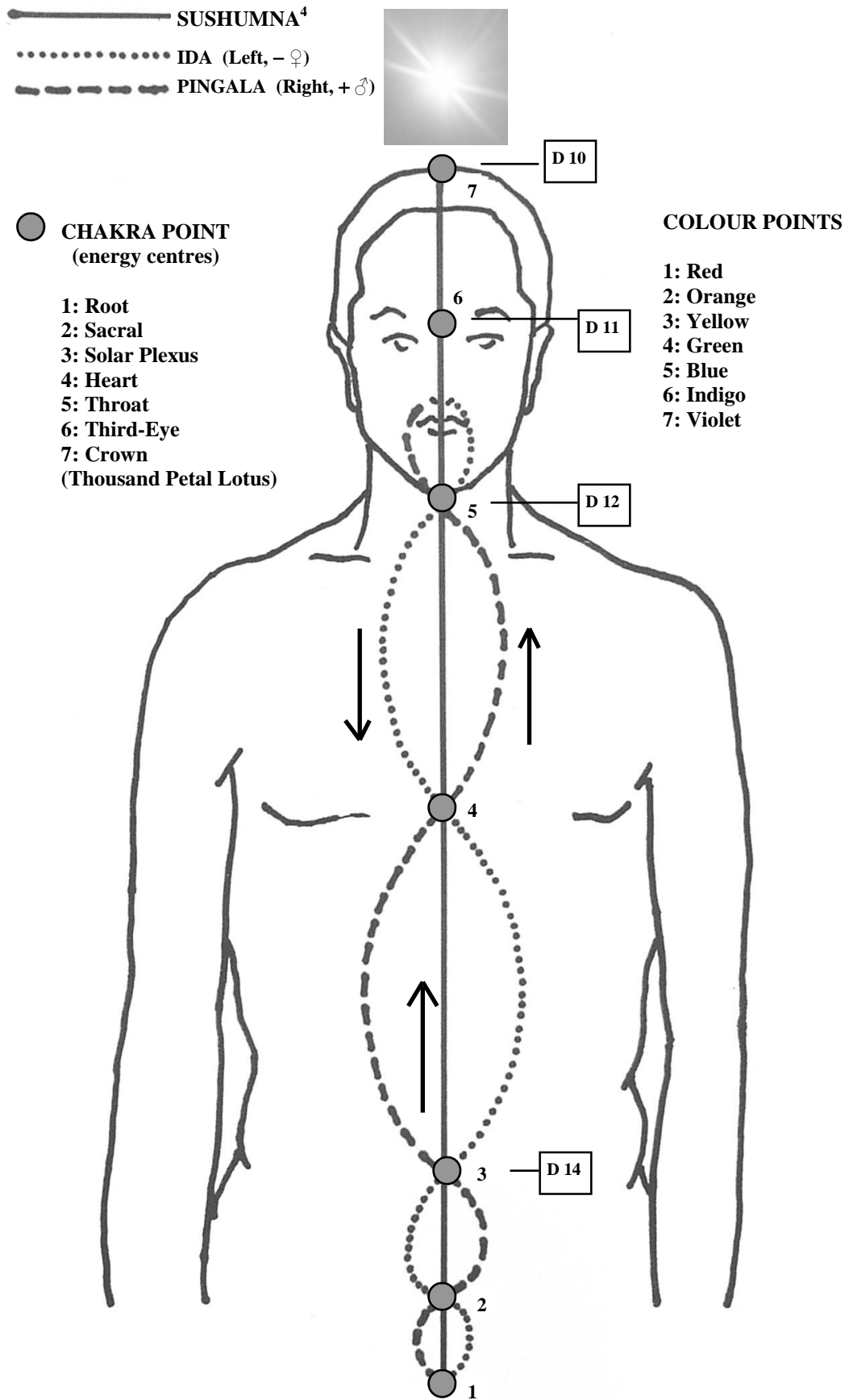
These planes do exist and you also have these bodies now. Your consciousness is in Life not in matter. Your consciousness is not the result of your reactions to things external to yourselves. Your consciousness is an attribute of Life Itself, consciousness and Life being synonymous.

Man is linked into the great ocean of magnetic Life above through the top of his head known as the first chakra or thousand petalled Lotus,* thus Life is perfect and free from all conditions.⁵ *This is Life Eternal Omnipresence. The Omnipresent Life, where it is everywhere and everything, there is nowhere It is not. It is Omnipotent, all Power. It is Omniscient, It is all Knowledge and all Wisdom. It contained within Itself everything. This is the Life that is free. Man lives in that particular Life, Omnipresence. And into the top of his head It flows, known as the first chakra. The thousand petalled Lotus, which is known in the ordinary way to the people who begin to study these particular things. And this thousand petalled Lotus^{D10} vibrates at a very high vibration, as it passes down then to this centre,^{D11} its vibration is reduced and it becomes what we call, individual. It becomes the Active Principle in man, in you. You begin then to create with this Life through the instrument created for the purpose. Your brain, your nervous system and everything else is for that purpose. In this area then, which is the thinking portion of our brain, the Life flows into that centre and feeds it and gives it power to think and act. The next centre it moves to this one here^{D12} to the back of the head, known as the cerebellum. Here the cerebellum is the lower brain which has the function of control of the heartbeat, all the glands, the circulation and everything. So Life then becomes automatic in Its nature through the body. Here then, what we call, is the fusing point of*

* See page 51

5. See page 59

D10-12. See Diagrams pages 45, 48 & 51



SHUSHUMNA & CHAKRA ENERGY CENTRES

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mind and matter. Now we know that all sensations coming back from the body, all sensations going out to the body, must pass through this particular centre, the cerebellum.

When there is anything wrong with your body it begins to talk back to you. It first of all talks back through the spine, informs this centre here^{D12} what is taking place. This centre then connects with the brain here^{D13} and tells you when you become consciously aware of what is taking place. If you accept these things as a reality, your consciousness becomes aware of them and gives them a quality that it does not possess, because you create in your mind an image of that particular sensation.

But Life in Itself here^{D10} is free from all these things, and that is the Life in you. The Life in your body is in no way separated from the totality of all Life in the Universe. Therefore Life in you is as free as It is in the Omnipresent state. But you are not conscious of it because of the fact you allow this portion of the brain^{D13} to dictate to you. You allow the body to dictate to this portion^{D12} of the brain which control all the automatic activities of the body such as the glands, circulation of the blood, the heartbeat and so forth.

*So these three main centres are the main centres of the body. To know the mechanism is so essential when the mind is cleared then you can do anything with the body. It is through this then, this centre here,^{D10} that the Master is able to practice *Tumo*. The control of every cell in the body. The control of every activity in the body, even the heartbeat (slows down or quickens it up). He can bury himself in the ground for six months and yet after six months come up and still be alive, the body has not deteriorated.*

Now the Science of the Christ Yoga reveals that there are three channels in the spine, one in the right and one in the left and one up the centre of the spine. The right is called the “Pingala” and the left is called the “Ida” and the hollow channel in the centre of the spine is called the “Shushumna.”*

Most people do not experience the Superconscious state until they leave the physical body, commonly known as “death.” But the Master of the Christ Yoga can experience this out-of-the-body state by directing the flow of breath, where the downward and upward movement of the breath has ceased. Consequently the left and right channels of the spine have ceased their activities and absolute rest has been established in the body and the mind. *There is no sensation of any kind going out into the body nor any*

D10, 12-13. See pages 45, 48 & 51

* See Diagram on page 51

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sensation returning to the mind. Therefore there is complete rest. And it is because that the breath is subdued. (I am not going into that just now but eventually we will learn more about it as we move along in this course. We will see what the breath really means. This is a very high course, in fact, I should not be giving it to you really. Because it is so high in its nature. It is only given to students, chelas, who have reached the state of Spiritual development so they can use these forces. But I know perfectly well that you cannot do yourself any harm and because you would not use it anyhow.) Consequently the left and right channels of the spine have ceased their activities and absolute rest has been established at the top of the head. Now we will see, immediately this takes place the Life in the lower vital rises up through the shushumna in the centre of the spine to the top of the head. The Life then vitalizes the brain preventing destruction during the period of suspension of objective breathing.

So when the breathing ceases entirely, the Life which is here, which is instinctively Nature that keeps the body working through from this centre here^{D14} to the very lower centre of the body, begins to move up through the spine and reaches the brain. The brain then becomes entirely active on its own. And every cell in the brain then becomes fertilized and is kept in a state where the individual brain is not in anyway affected by the suspension of breathing.

The Hatha Yogi practices breathing methods to do this, with the mind filled with many things that are false. He reaches a state but it is a forced state *and* not a true one I found *that* out for myself when I went further into the Science.

That is why the cleansing and clearing of the mind, it must be done before you can reach that particular state where there is nothing false in the mind.

Anything false in the mind will be produced because of the tremendous power given in the consciousness in the belief of anything false.

Now look into your minds and see what is false. All organised religions are false. Why? Because they separate man from man. All political ideas are false because they create separation between man and man. All nationalities are false because they create separation between individuals. All opposites are false; the idea of good and evil, the idea of health or ill-health, the idea of faith and fear, all these opposites are false.

When you clear the mind of all that is false then that which is true exists there Itself, free. As free as the Life is above in its Omnipresent state.

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It is free, therefore the Life in you must be as free in you as it is in its Omnipresent state. With your beliefs you have put Life in a cage of your own making. Therefore that is why you are held bound in your own minds.

The Christ Yogi removes all that is false from his mind, he see all things that are relative are effects and not causes and his mind becomes clear. This state of freedom comes without effort or struggle.

If the means is struggle the end will also be struggle. If the means is peace the end will be peace too. Therefore there must be no struggle. If there is any struggle in your expression then at the end there will also be struggle. And there can be no freedom in struggle.

The process of your mind must first of all be freedom and the end will be freedom too.

If I could take a brush and brush your minds out of all these things then it would be a different thing but I cannot do it, you have to do that for yourselves.

So the Life in the body must be as free as the Life Itself in its Omnipresence. That is the Master's. Don't you see then the Master, he says, "I and the Father are One." "I am of myself am nothing, it is the Spirit of the Father within me that doeth all these things."

Naturally our breathing is interrelated with the Cosmic Energy called prana and interrelated with the mind, brain, nerves and spine which is the trunk through which the nerves pass, carrying the prana to every cell of the body.

Jesus knew that he had all power in heaven and on earth because of his understanding and practice of the Christ Yoga. When Jesus breathed upon the sick they were healed, he breathed prana into them—"Life-Intelligence" in other words, which always expresses Itself according to the conscious awareness of the adept. Here we realize the advantage of rhythmic breathing as taught in my book, "Spiritual and Mental Healing."

When you read my book "Spiritual and Mental Healing," probably some of you have read, but you have read it only you have not studied it. When you begin to study these books you will see in them the secret behind all what I am telling you. Go back to it again, now, and read about breathing. Read about the subconscious and the Supraconscious.

When we inhale we draw from the Universal Supply of prana in which we live and move. As we exhale, all impurities are carried back out into the ocean of prana to be purified.

ALL POWER IS GIVEN UNTO ME IN HEAVEN AND ON EARTH

Now the spine with its five centres or chakras or plexus correspond to the five lower sheathes of man while the sixth and seventh in the head correspond with the highest principles, Soul and Spirit, the Master's terms "Buddhi" and "Atma."

So we see that these five contain the various planes which Life passes through. But these^{D10-11} are different altogether; they deal with the conscious Consciousness of the Spirit of Life in man. There is his power, the Trinity.

Now I will show you the Trinity, which is known; the Father, the Son, the Holy Ghost. The Father—Complete, Omnipresent everywhere. The Son—the same Life as the Father in the Son. And the Holy Ghost—the Perfect Expression of that Son who knows the Father.

The rising of the Power (Life) from the base of the spine awakens each chakra as it flows back through the shushumna towards the head and is analogous to the ascending power of the Spirit through out the five kingdoms, such as the mineral, vegetable, animal, human, and spiritual, vitalizing and helping every **living** atom onwards in its evolutionary journey towards its destination, perfection and liberation *from limitation in form*. This is what takes place at so called death, this is the way of the Christ symbolized in birth into the flesh, *the resurrection and the ascension after the Cross, the Cross being Symbolic of the perpendicular and horizontal in mankind, the unknown and the known,** (see my book "I am the Life" chapter 2, "The fall of Man.") *The unknown, the Spirit permeating everywhere. The known, through which man sees with his own consciousness. There he sees^{D15} that is the Christ—the Son of God. He knows God. He is aware of the Life of God within himself and he discerns all that is error in front of him, knowing that he himself is free. When you are caught-up in the horizontal^{D16} then you are not free. The body is symbolical of the cross, here it is. The unknown, the known. Here you will find the key (that is to say, chapter 2 of the fall of man, here you will find the key.) from the fall of man to the resurrection and ascension, in other words the Spirit's incarnation into the flesh and its rising again into the Absolute Essence. I would advise you to read the chapter carefully with this lesson, it will give you a greater understanding of the wonder of God and His Creation—man.*

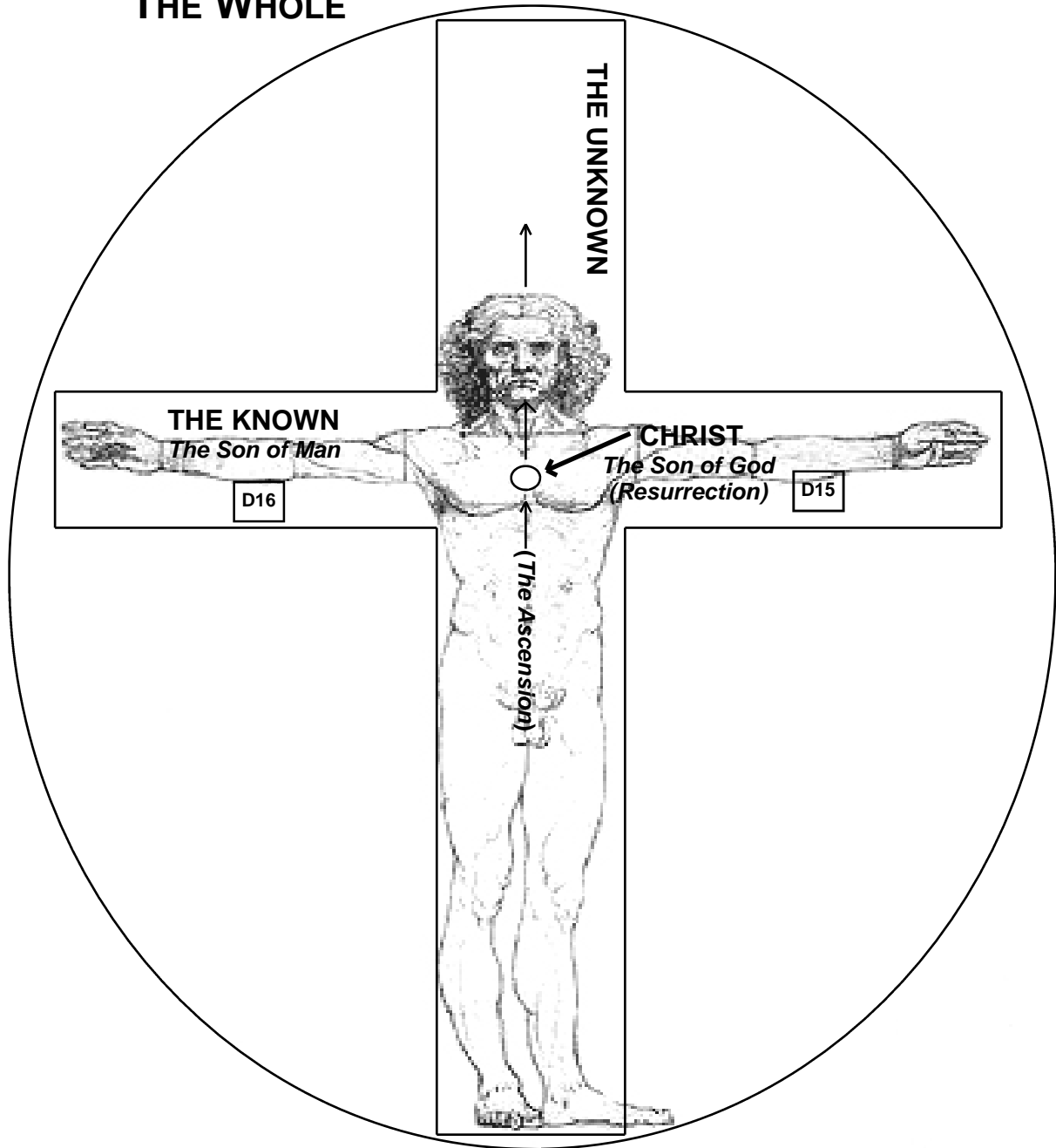
Therefore, when we have cleared the mind the mechanism truly functions, and mental and spiritual realization is gained. The Hatha Yogi practices breathing exercises for this purpose and forces his will to act upon the

D10-11. See Diagram page 51

* / D15-16 See Diagram page 56

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THE WHOLE



THE SIGN OF THE CROSS

ALL POWER IS GIVEN UNTO ME IN HEAVEN AND ON EARTH

chakras, although he does wonderful things in the process he eventually discards this method through disappointment for when he reaches the Christ Yoga he realizes that all is gained without struggle. Although his work is by no means in vain he realizes that he could have taken the better way without struggle.

I told you in my last lecture that the beginning and the end are *one*. If the beginning is struggle the end will be the same. If the beginning is freedom the end will be freedom. When you have gained this freedom you are admitted into the halls of wisdom for this is your place.

Not until you have gained this freedom will you enter into the halls of wisdom. You can readily see that.

The mechanism of the body will adjust itself, the spine will become straight and firm without tension. Life will flow easily through the organism and the effects upon the entire body and mind will be one of poise. The mind is then free to think clearly without body consciousness. The mind becomes alert and aware, always aware of all that is false and aware of that which is beyond *itself*.

It is aware of something that it does not know but is aware of it all the same. But is also aware of all that is false that is preventing that which is beyond mind manifesting Itself in the mind and body of man.

So magnificent and great is this wonderful story. But we can hardly realise the great importance of the words that are being spoken now. "He who hears let him hear." Is a true saying.

Once this is understood there is the elimination of opposites from the mind, such as "life and death" "health and ill-health" "good and evil" "heat and cold," in fact heat and cold have no effect upon the body when the mind has been freed from this duality? When this state is reached pranayama is mastered, that is controlling the prana or Cosmic Energy, which functions through the body and all bodies. (Read my last series of lectures for *other* explanations*).

I cannot go back towards these Lectures but if you read those Lectures you have already heard and study them carefully, you will find all the information there. These things have been written for you but I reckon that you have not realised the importance of it. Of course I know perfectly well you have not, that is perfectly clear. But nevertheless if you do really read them carefully of what I have already said, you will find much surprise, yes terrific surprises.

* See book "The Word of Creation (Lecture Notes 1952 Part I.) Page 155 onwards.

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Breathing becomes rhythmic because the mind is free of obstruction and you have access to the boundless reservoir of energy that is everywhere. Life outside the body is in no way separated from Life within the body.

But if you want to learn to breathe rhythmically see my book “Spiritual and Mental Healing,” all *the* information is given there. The one who has full control of the prana has control of all he sees. Thus “all power is given unto me in heaven and on earth.”

“...Because I am living you will be living too. You will understand in that day, that I am in my Father and you are in me and I am in you.”
John 14: 19-20.

BENEDICTION

O great Eternal, Thou art one only, there is no other but Thee, I am one with Thee, and through me Thou makest all things change, while Thou exists within me unchangeable.

O Beloved One, Thou raised my Beloved brother, and Thou will also raise me to be with Thee in Thy Eternal Presence.

Now that I know I gladly act as Thy Messenger of Light for I cannot do otherwise, for Thou hast ordained it and this is my peace, O Eternal One.

(EPILOGUE)

If you have grasped one modicum of what I have told you tonight you have found a pearl of great price. But when you have found many pearls you will accumulate. And as they accumulate you will know the value of that pearl that is beyond price. That you shall find also within yourselves.

Like the merchant who found this great pearl and he sold all his other pearls so that he could obtain this one pearl.

It is all these various things; ideas, images and beliefs. All these various great things, mysteries in the Universe, these are all great pearls of wonderful price. That Eternal Complete Power in Itself that is beyond price is this Eternal Existence of the Life Omnipresent, Omniscience, Omnipotent,

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free, it is my life also. To be conscious, aware of this Truth that is the pearl of great price. It gives you everything. It is Creative. It is Creativeness. There is nothing beyond it. There is nothing greater because it has everything else in It, everything else exists in the Consciousness of God. That is the pearl of great price, Consciousness of God is my consciousness, it cannot be otherwise. For God is Infinite in nature, therefore there cannot be two Consciousness, one only—His, being Omnipotent, all Power. Being Omniscience, all Knowledge, all Wisdom. Being Omnipresent, Present everywhere, nowhere where He is not. Being Infinite in nature includes these; Omnipresence, Omnipotent, Omniscience. I am that, that is the pearl of great price.

Let us enter 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 19th August 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Efferent*. (from the French 'ex ferens' meaning; carrying away). Known as motor or effector neurons. The efferent nerves carry nerve impulses away from the central nervous system to effectors such as muscles or glands. The motor neuron is present in the grey matter of the spinal cord and medulla oblongata, and forms an electrochemical pathway to the effector organ or muscle.
2. *Afferent*. (from the French 'ad ferens' meaning carrying into). Known as sensory or receptor neurons. The afferent nerves carry nerve impulses from receptors or sense organs toward the central nervous system. Pain, for example, creates a sensation in the brain only after the message travels there via afferent nerve pathways.
3. *Tumo*. (Tibetan: gtumo-mo, *inner fire*). Is the Tibetan Buddhist discipline technique of mind, body, and spirit. Tumo is a meditation that channels mystical heat through the veins, arteries and nerve channels which enables the practitioner to remain warm in spite of snow, freezing winds and ice.
4. *Spiritual and Mental Healing*. First Edition 1947. L.N. Fowler & Co. Ltd. (pages 162-4). Equates to pages 145-8 in Mystica Publications Ltd 2006 paperback edition.
5. The next two sentences of this paragraph in the Lecture Notes are missing from the recording. [*As it passes down through the second chakra it becomes individualized. The centre is the forehead above the eyes, then it passes through the third centre back of the head, it then becomes subconsciously active in the human body, this is where mind and matter are fused, in other words where thought-force is converted into physical action.*]

Lecture 4 (2nd September 1952)

THE HIDDEN POWERS OF MAN AND HIS BREATH*

Tonight we are going to deal with not breathing exercises but with the breath in general. To see the hidden powers that are within man himself. And in Matthew 13: 52, we read these words.

“...said to them, ‘every scribe who has become a disciple of the Realm of Heaven is like a householder who produces what is new and what is old from his stores.’”

That is to say, that within himself there is the past that is his experiences, that is his old material. But the new material is always giving expression to Itself and is always being renewed. And that storehouse is within man himself. Our experiences are good for us but if we depend upon them for our creativeness, then we are lost, we limit ourselves because of our experiences. But if we look to that which is ever renewing Itself, it is an Intelligence that is behind all Creation, and we find this renewal is continuous every split-second. Because when that split-second is past, it is memory, it is an experience. But yet that which is ever renewing Itself is Eternal and Ever-present. And it is this that the Master meant when he said, it produces what is new and what is old from his stores. Therefore within man himself it remains the great power in which God created the instrument through which He Himself would manifest. And as Jesus said these words it brings us back to the Realisation of the Truth, “I of myself am nothing, it is the Spirit of the Father within me that performs these deeds.”

And when we really realise this great Truth we will lose the limitation of the self. We will begin to discern the self and all the ways of the self. And when we begin to know ourselves then we will find we will lose these things, they will just dissolve away. And when we know ourselves thoroughly and properly; our actions, our thoughts, our motives and so forth, there is something that

* See page 77

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remains which is Eternal, which cannot be discerned but yet is the only Reality. That which you can discern you will see is not Real. And if the self is known and all the ways of the self is known, then there is the means of reaching that which is beyond self.

If you can grasp my meaning. I cannot give you this Truth, as it were, on a plate. Because the Truth is within yourselves and you have to find it out your way, not my way. But if I can show you how it can be done, therefore it is for you to apply it. The application is with you and not with me.

We have seen that breathing maintains the perpetual contact between the vital currents in the body and the boundless reservoir of energy in which we live and move. The breath maintains that contact between the external energies and the internal energies, *which are one*. It is the magic link that we have with the Ocean of Life called “prana.” Pranayama is the controlling of this energy in a way that makes it function according to the will.

“Prana” is a word that the Masters have given to this invisible energy or Universal Energy which you can use. Which the Consciousness uses for Creation. The Consciousness of God is in the consciousness of man. And when man realises this, he will find that it is truly what the Master said, “it is the Spirit of the Father within me that doeth these things.”

And it is this Consciousness that you become aware of as the creativeness within yourselves. And you know that this energy will respond. Just as this energy which we call, prana, is a form of ether. In the Western world we call it, the ether of space. It is an energy that permeates the whole Universe. It interpenetrates everything that exists. It flows through the very atoms. And with your own thought you create certain vibrations which are electro-magnetic in nature, which magnetise this ether. Just as you magnetise the ether when you broadcast through a broadcasting station, you magnetise the ether with the sound wave. That sound wave is increased to an intensity of 160,000 miles per second. Therefore it magnetises the ether at once in every part of the world that you can hear the broadcast at the same time everywhere.

This same substance which we know as prana, the ether of space, you do the same thing with your own thoughts. You create with your thought an electro-magnetic wave that permeates and magnetises the ether, and has the effect of passing through the very cores of the atoms. The very walls of the atoms is affected by these waves, that is why we know our thoughts affect our bodies. But not only our bodies, they go into our environment and out

THE HIDDEN POWERS OF MAN AND HIS BREATH

into the atmosphere, and affect every living soul. Every living soul is affected by your thinking. And according to the intensity of your awareness, according to your Realisation of your consciousness, so is the power of your thought.

So pranayama is the name given to the controlling of this energy in a way that makes it function according to the will.

Now, it is the soul that breathes and not the body, when the soul leaves the body, breathing in the body ceases but breathing does not cease. It is carried on in the finer ethers in which the soul exists, the Spirit-Atma or Christ is the eternal and everlasting you that cannot be discerned yet this is the power behind all things discerning all things.

When we see this and understand the Spirit-Atma or Christ, we begin to realise what the Master could do and how he did it. He did it by a means of the law which is inherent in every human being because Christ is born in every living soul. And that is why Jesus said, "the Spirit of the Father within me doeth these things. I am in you and you are in me and we are in the Father." Therefore there is no division anywhere. And because of this we see clearly, that this Christ within begins to know Itself. Then the outer self, which is the small self, dissolves away. "I of myself am nothing it is the Spirit of the Father within me that doeth these things."

When the Consciousness is aware of Itself, that is when the Consciousness is no longer bound or limited through belief, creeds and the external. It is free and knows itself to be. Therefore it is a purifying process that the mind and body must go through so that the vital currents are no longer obstructed.

What is it that obstructs the vital currents of the body? Confusion, of course. Confusion in the mind means confusion in the body. Because it is the body not mind materialised.

Science has proved to us that matter separated from energy does not exist. This energy separated from an Intelligence does not exist because it performs certain activities and laws according to that complete state of Itself inherent within Itself to perform these things. It carries waves of any kind, which could be a wave of a thought, that is a wave of thought of happiness, joy, and peace. It will carry a wave of depression, of anger and hate. It will do these things because of its inherent law. The responsibility remains with you, what kind of wave you set out into the atmosphere.

This subtle electro-magnetic power called "prana" is the agency of all motion in the Universe. *It is the means through which all motion in the*

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Universe takes place. It is the bridge between the Consciousness and the manifestation. So when the Consciousness thinks because the Consciousness being Creative, sets in motion electro-magnetic waves in the ether; and then we see the manifestation. Therefore it is the agency of all motion in the Universe, no matter what it maybe. It is a force when combined with thought and is as limitless as the Limitless Power of Limitless Thought. It responds to the boundless will which is inherent in man yet the uninitiated are unaware of it. It is as subtle as the Essence of Life, so terrific in its rendering power as to reach the stars. This force is not God but men have learned the secret of subjecting it to their will when necessary. For God has granted unto man the power to act upon this colossal and vast force which is behind all Nature. That is the Master.

The Master then is one who understands the power of his own consciousness being created. He then knows what this vast colossal force can do, therefore he applies according to the Law. He knows perfectly well that ether will respond because it cannot help doing so. That is why it is there. It carries good or bad. It carries the thought ignorantly or knowingly, unconsciously or consciously. Ether responds to mind and forms according to the image in the mind. Ether is in the framework in which matter is built.

The main physical centre in the body is the *cerebellum and the medulla oblongata** at the base of the skull, this centre is the central switch where the vital centres of respiration, blood circulation, heart beat, gland-secretion, muscle tension and relaxation and many other internal functions of the body are situated.

I showed you before, the other night, where this portion of the brain was, and those who attended my lectures on 'How to Relax and Revitalise themselves,' found this particular portion of the brain, the most important in their lives. Because if they thought a certain thing about the body, it passed through that portion of the brain in the cerebellum and passed out into the body according to the waves of energy set in motion. Then it also was the organ to receive messages back from the body.

So when the body talked back to the body, this brain felt these feelings and gave to the cerebrum, the thinking portion of your mind, an interpretation of what that feeling was. If you accepted that as a Reality, then the vicious circle began in operation. You then felt these things and you believed them to be true. But if you knowingly, knowing that these things had no power at all except the power you gave them because you were the creator of them,

* See Diagram on page 66

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no matter who you thought created them, who caused this upheaval in you, whether it was somebody outside yourself, it was your responsibility and your reaction. If you knew and understood you would not react the way you do. But because of the self because you are not free, therefore you will react to conditions.

Only freedom will enable you to react wisely and with wisdom. Without freedom you cannot act wisely and with wisdom, for the simple reason, you are caught-up in the net of the self. You are caught-up in all your emotions, ideas and beliefs. These beliefs are not true, they have no existence in Truth but are a belief in your mind.

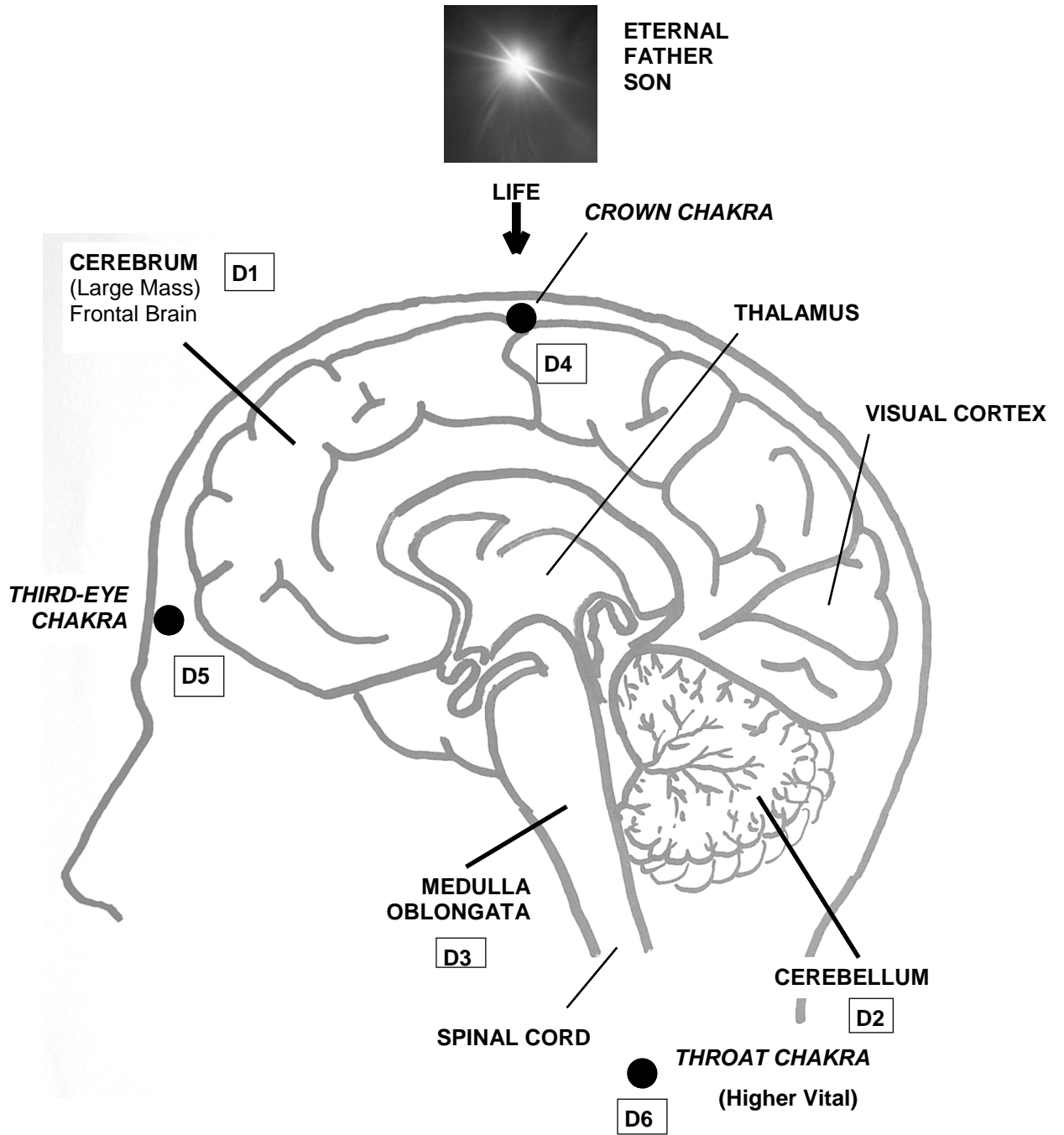
What is in your mind is self-created. What was beyond your mind is not self-created but it is Creativeness in Itself and that for the Consciousness IS. And when the consciousness becomes aware of IT then consciousness becomes Creative. And it knows clearly and distinctly that all is reactions and conditions of the body and mind is its own responsibility. No matter who put the blame on external to yourselves, you are the one that reacts, you are the one that is caught-up in your reaction, you are the one that feels. You are the one that creates those conditions and no one else. You are alone responsible.

Now I showed you the other night, we saw clearly that there was this portion of the brain,^{D1} the frontal portion of the brain. And we saw also this other portion of the brain here.^{D2} We also saw that there was the medulla oblongata here,^{D3} has got to do with your external action, that is to say what you think and what you feel. And when you want to move your hand or your body or particular thing, you create this activity through this area^{D1} of the brain. It is the thinking portion that carries these messages through the nerves of your body right out into the muscles which do act. And these muscles act according to exactly how you think. There is the mechanism ready to move at a moments notice. It is a switch and the whole mechanism moves according to your direction.

Therefore I showed you before that in this^{D4} portion of the brain you had a centre. In this portion^{D5} of the brain you had also a centre. And in this portion^{D6} of the brain you have also a centre which links up the cerebrum, cerebellum and the Medulla Obligata.

We saw clearly then, Life is Eternal. We saw also that this Life of the Father which is Eternal, is the same Life in the Son, which the Son becomes aware of in that centre of recognition.^{D4}

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BRAIN & ENERGY CENTRES

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Therefore He becomes aware of his own Consciousness, becomes aware of how to think and act, and he sends his messages through this brain^{D1} onto the second.^{D2} And down through here^{D3} is the fusing of mind and matter. Mind and matter becomes active together through this centre through the whole of the body. This is all performed with energy. Without ether interpenetrating all these cells you could have no movement whatsoever.

Ether is the energy. Prana is the energy in every cell that gives it life. Prana is the energy in every cell of the nervous system which gives it activity. Without Prana you could have no activity whatsoever.

Therefore you see, the Father is the Life. The same Life in the Son. And the Son's complete expression becomes the Holy Ghost, the excited expression of the Son knowing the Father. That is; The Father, The Son, and the Holy Ghost.

The Father is the Life Itself. The Son is the expression of that Life—the Christ. And the Holy Ghost is the manifestation of the Son in Completeness according to the Divine Plan of Perfectness. As he said, “the Father has Life in Himself and He grants the Son to have the same Life in himself.

Now we see that the cerebellum and medulla at the base of the skull, this centre^{D3} is the central switch for the vital centre of respiration, blood circulation, heartbeat, gland secretion, muscle tension, relaxation and many other internal functions of the body are situated.

There are various breaths that have the desired effect in establishing equilibrium between the exhalation and inhalation which produces the quickening of certain activities in the body, but at this stage it would be unwise to try them.

When the breath is held without strain, letting it out very slowly through the mouth as if whistling or blowing, it strengthens the vocal cords of the larynx, with the power to produce perfect sound which is so essential in creating harmony in mind and body and producing certain phenomena through thought and sound.

The breath itself is of little value except when the mind is aware of what is taking place. Because the consciousness itself is a controlling factor of all energies. So when the breath is being passed out, slowly and deliberately, through the mouth after the air is absorbed in, in a long deep breath, such as this:

(Murdo demonstrates).....

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Then slowly it is allowed to go out

(whistles).....

At the same time as it is flowing out, you see, there must be no strain of any kind. If there was a strain of any kind, you would notice that I would not be able to speak. Because I would be looking for breath. I would try to get my breath again.

But the fact is, that when there is a strain at the beginning there is a strain at the end. Therefore your vocal cords would not be strengthened. But with the easy, relaxed condition of the breath and the power of the prana, which is passing through the throat, with the breath, intensifies the power of the vocal cord. These vocal cords then, become more as it were, tuned, so that you can create a sound, with the combination of the thought and the sound together. Because thought travelling at the rate of 186,000 miles per second is invisible in nature, is invisible because of its high velocity. But the sound travels at the rate of 750 miles per hour.

So therefore, you see, that is the plane on which you physically act. Your hearing and the manifestation of all matter, the sound of that matter is what you shall hear by your ear. Therefore its vibrations according to what you see and feel is according to the thought, the power of sound, the vibration of sound, that is your physical contact with all material world.

The thought is in the ethereal plane. It is a higher flow of energy. But if the thought and the sound are combined together they bring into manifestation what you see and feel. They are in exact proportion of the invisible nature of a thought and also the physical nature of that thought.

Therefore the sound is most important because Thought and Word come together to manifest. "In the beginning was the Word and the Word was with God and God was that Word, and that Word was made flesh." "God said, 'let there be Light.'"

Here we have the Whole Truth. That we see, that in the whole world today, we have an invisible nature, which in Itself is the truer portion of ourselves, where the visible nature is brought about by a lower slower vibration so that it manifests on this particular plane. But the energy behind both is the same, exactly the same. Therefore Thought and Word must move in co-operation and in conjunction with one another.

If you speak with your tongue in your cheek, as the old saying is, 'what is on my tongue is in my lung.' It means to say, that what is in my

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heart is in my mouth. Then it is in accordance to the Word of God. God said, "In the beginning was the Word and the Word was with God and God was that Word, and that Word was made flesh." But if you talk with your tongue in your cheek you are not co-operating with your thought and your words, therefore you are create confusion. You think one thing and talk another you create confusion.

Therefore be aware of the fact, that you are responsible for all confusion within your own sphere and you are responsible for the confusion in the world because you are the world.

The world is you and me and many more like us.

The diaphragm—the bellows—is the lowest unit of the vocal apparatus, when the breath is inhaled the diaphragm must move downwards towards the navel centre, this causes the muscles of the whole area from the shoulders to the abdomen to expand. The bellows then with the help of the movement of the contracting muscles forces the “fire” *that is*, “the breath exhaling” through the vocal cords which are set into vibratory motion, it then moves upwards through the resonating spaces in the face and head to produce the sound according to the note required.

In the Word of Creation we saw, the word “OM” (AUM). But the word OM means a tremendous lot. OM means Omnipotence. OM means Omnipresent and OM means Omniscience. OM means then the totality of all things. And when the expressing of the word OM being the sound or the matrix of all sounds in all Creation, it is the fundamental and foundation word for all Creation.

Every sound is made up of the OM there is no sound that is not made out of the OM, it is the matrix of all sound. It is the basic sound of every sound in Creation. That OM can be found in the sea, in the shell, found in the trees and the plants and the birds and the animals, in the water, and every single thing that exists. It is sound that has many many notes, from a very base note to the very highest note according to the vibration of the particular material in which it is manifesting. Therefore it is the matrix of all sounds and is the basic sound of Creation.

It is performed of course, naturally, with the sound of the OM must be understood so that the full value of the force of the thought and the sound becomes manifest throughout the room or whatever the case may be.

So if I was to sound the OM, I will have to sound it with an understanding and my thought and that which is behind my thought—the

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Creativeness would be in it. Therefore I would sound the OM knowingly, consciously aware of what I was doing.

(Murdo then intones the OM).

“OMmmmmmmmm...”

“OMmmmmmmmm...”

You actually feel the vibration of it passing through your bodies. It passes out through my body, out to the atmosphere because my body is the sounding board, so it carries the vibration throughout. From a feeling point of view with the sound of 700 miles an hour, moving at that rate of vibration. The same time it carries with it the extraordinary fast vibration of 186,000 miles per second, it enters into the mind, passes through the very pores of the atoms of your body, into the very walls of your body, setting up a harmonious vibration which brings about peace and harmony. That is the secret of the expression of the word OM, not the ignorant idea that most people have just to sound the word OM and think that it is wonderful that they can sound it. But these people are ignorant of the true values.

The Master by controlling the prana, that is by holding the breath between inhaling and exhaling can raise himself above the water and the ground because in this way the force of gravity is neutralized, the force of the prana held is not released and causes the body to become lighter.

Therefore he holds the breath for a long time, letting it out slowly, and again he holds it more and more until such time as he finds his body becoming lighter and lighter because its charged with this prana that is here.

And because the prana being cold, because you know in the atmosphere prana is cold. Now after the prana passes into the body it become “fire,” it is known to the Master as fire. Then they say fire. And you know what you mean by “fire.” Because here then the heat begins to rise to the cold and wants to escape to the cold. Therefore the body is attracted to the ether, attracted to the prana and not to the earth at all. It is attracted upwards. And with the power of his will he is able to move his body in space, without any physical means whatsoever.

Now you think I am telling you a story. But I am telling the actual God’s Truth. It is a power that you have within yourselves but you have never known it to be true. You have never thought that it existed. And the fact if you do not believe that it exists, you will never be able to use it. Because of the fact you can only find it out by Knowing.

THE HIDDEN POWERS OF MAN AND HIS BREATH

When I was a boy there was an old Highland man there at our place at home. And William was his name and everybody thought he was mad. And the people were on their harvest down by the rock side, and here William comes out of the forest, out of the trees with a bible on his head and walks on the water.

Here is William he has a tremendous faith which creates the same condition as one would create by a form of breathing. Now everybody stood still when they saw this taking place, and they could not believe it to be true. But it was true alright. I was a boy at that time and I witnessed the thing myself.

And when I began as a youngster to know more about this, I knew intuitively, that he had this knowledge and wisdom. He was a hermit, of course, but in the quietness of his own thoughts he found out the law that was within himself. And not only that but in the Himalayas I have seen these things performed every day. There is nothing to it, it is said to be very, very simple and it is simple.

The Master can at will in this way also automatically control the pulsation of the heart. In this way also suspended animation is obtained. The breath, the beat of the heart and the brain centres are modified by the thinking process which all work with mathematical precision.

It is known that a variation of the normal procedure of respiration creates a change of polarity and a change of vibration in all the cells of the body particularly the brain and nerve cells. The mind and body can be regenerated and charged with prana or electro-magnetic energy by rhythmic breathing accompanied by relaxation and tension of the whole body. Relaxation and tension consciously performed amplify the attraction and repulsion principle. *It gives it more power which is the same thing that takes place in your body. What we call breathing, inhaling and exhaling is none more than that particular thing is the attraction and repulsion. Now in the attraction you would think that the attraction the pulling in of the breath but it is not. The attraction is the outgoing breath because the breath is "fire" and it must go out therefore it is attracted to the cold.*

Hot water will always rise to the surface. When you are boiling a kettle, it can be boiling but if you put any cold water in the kettle that cold water will go immediately to the bottom and you can put your hand in the bottom of the kettle, and it will be cold.

The heat rises to the surface, always. And therefore that is the "fire." And that is known as the positive breath and not the negative breath as many people think. It is known as the apana current¹ and not the prana current.

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I will get to that shortly. (There is so much scientific knowledge in this thing that I can't give it all to you at once. Because it is so extraordinary difficult to comprehend. With my words I am putting them as simple as I possibly can so that you can understand them.) Now, relaxation and tension consciously performed amplify the attraction and repulsion principle. Herein lies the profound secret which I have used in hundreds (of cases) of depleted cell structure of the body caused by wrong breathing and which is responsible for 90% of chest troubles.

If people would only pay attention to what I have got to say to them and follow out the instructions but no they will not because they are too stupid to understand.

When the mind is clear there is no vicious circle in operation, so the body becomes clear also. The brain and body begin to function as they were intended to do and the Life Principle charges the seventy-two thousand nerve circuits, the mind and body gain vigor and are refreshed, and the brain cells are oxygenated and so become peaceful.

Now the Masters know that there are 72,000 nerve circuits in the body and they know everyone of them. That is how their knowledge is even greater than your greatest professor or your most renown specialist.

There is no longer any conflicting thought waves to disturb the surface of the subtle magic pool of ether. The nerve plexus and vital currents become rhythmic and gain uniform momentum and uniform polarity. The conscious and the subconscious are united in one electrified magnet expressing one wave of peace and harmony and no disturbing reactions are experienced.

That is a state that you can have NOW.

The mind is no longer aware of the body because harmony has been established there and it knows freedom and peace. In the silence there is the radiating beauty of the Spirit's one mode of action "Love," all chattering thoughts have disappeared and the soul is illumined then the veil that separates the darkness from the Light disappears.

Here then is 'clear sea,' you as otherwise say, 'you break through the darkness into the vision barrier,' where all things are visible to you. The vibrations of the individual are raised so much that the light vibrations that are passing through matter; which you do not see, are reflected from a higher substance of ether. A more etherised substance of ether that reflects them. Therefore you see objects and light that you do not see with the physical eye because of the rate of vibration of your sight.

THE HIDDEN POWERS OF MAN AND HIS BREATH

This is the beginning of pranayama, the control of prana or Universal Energy. The law underlying all physical and mental action is shown in the following paragraphs:

The first thing to understand is that the “Breath of Life” which sustains every living thing including mankind operates on the same fundamental electro-magnetic principle as that which produces motion in the whole Universe—attraction and repulsion which is inherent in every atom.

In every atom you have this repulsion and attraction, attraction and repulsion. It is electro-magnetic in its nature and is the foundation of everything that exists. In water in the glass, in the flower, in the tree, in the chair, in your bodies, and everything existing today is electro-magnetic in nature. Repulsion and attraction. Your breathing is the same thing, exactly the same motion. It is the fundamental activity of the Universe and when understood you can see what a powerful thing it can be.

With the first breath of the child that is born there is firstly the inspiration of the breath, the cool air in which the prana or Universal Energy is encased is drawn down, the muscles expand, then the external force of energy pressing from all sides cause exhalation, the hot air is attracted upwards and is attracted to the cool source of prana, thus a subtle motor of life revolves night and day through repulsion and attraction without cessation.

Everyone has their own *rate of speed* of the alternation of attraction and repulsion. This speed or ratio can be altered by altering the speed and function of inspiration and respiration, (*repulsion and attraction. It is electro-magnetic in nature in a larger scale, as the very atom exists in the water or in this table or in this piece of chalk. Jesus with his power of understanding of the electro-magnetic vibration was able to change the water into wine. It was a simple process for him to do but is scientifically true. There is a scientific basis behind it all. That is the transformation of one substance into another, knowing the quality and the rate of vibration of one thing and another. But the Master knows these intuitively because it is inherent in every human soul, in you and me. Only you have not allowed that knowledge and wisdom to come out because the self has prevented it.*) With the change in the speed and alternating ratio of inhalation and exhalation, there is produced a corresponding change in the polarity of the body cells particularly those of the brain and nervous system which produces a marked change in the vibratory motion of the body cells.

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Because the brain and the nervous system controls every cell in the body. Without you having a dendron, small nerve, into every cell in the body, that cell would die.

Therefore it is through the brain that this prana passes, and through the nerve circuit it passes through into every cell of the body. Therefore that cell in the body is fed with prana that passes through your brain. Passes through the nerve circuit. And it comes from the top of the head in through these particular centres, down through this area, down the spine. That is why the spine is the most important part of the body.

Now here comes the great secret.

The change of polarity of the brain cells and the mental activity of the individual are interrelated and react upon each other. So the polarity of the human magnet can be reversed at will.

So, now here comes the great secret of levitation which I am revealing to you, I am doing so with the advice that such an exercise should not be practiced at present.

There *are* both the positive polarity and the negative polarity which is represented by exhalation and inhalation. Exhalation, as we saw, is the attractive breathing because of its heat, it is *attracted* to the cold. Therefore positive polarity, can be induced by preventing the inhalation of the breathe, *after exhalation*, this is known as the control of the “apana” current. *The lungs empty*. Negative polarity can be induced by inhaling and restraining further exhalation, this is known as the control of the “prana” current. *The lungs full*.

It is the attractive breath, the other is the prana forcing itself into the individual. That is why it is said, that the Master in/exhalation, is one the greatest health giving things that possible. Why? Because it not only eliminates all the gases of the lungs but it also enables the force of the prana itself to pour through the very cells of the body. And that is the positive breath.

Now, the earth's gravity can be overcome by reversing one's polarity. Thus the reversing of the magnetic polarity is supported by the change in the mental vibratory motion, and this will produce levitation. The change in the mental vibration will be a consciousness of flight or lightness. This is the secret behind the long “pom pom” man of Tibet. He travels hundreds of miles with ease, the strides he takes are from 30 to 40 feet in length and he traverses the mountain as easily as he does the flat.

THE HIDDEN POWERS OF MAN AND HIS BREATH

Hence man can walk and will eventually walk in the air by counteracting the earth's gravity through a change in his magnetic polarity and mental conceptions of weight.

We will one day through the atomic structure of the body be able to use mechanism, a machine, that will arise from the earth by itself without any means of propulsion but by the magnetic or electro-magnetic function that is within itself. It will be attracted to, it will create a certain amount of heat within itself in the atoms. So therefore it will expand the atoms, so that the atoms will become light and will be attracted to the higher states of the material, and we will find that we will be able to fly through the air at thousands of miles a minute.

Perhaps that is what is happening on the earth today. How do you know that some other planet hasn't found the secret?

The earth is known to be a huge magnet which rotates on its own axis and revolves round the sun under the law of attraction and repulsion holding all atoms as well as all that inhabits it together through the powerful magnetic force we call gravity. The same law of positive and negative polarity operates in every human being and everything that exists, down to the very individual atom. This electromagnetic principle operates through every particle of matter known to man.

The consciousness of man is the ruling factor in every atom of substance. *(And there is where the Master knows more than the ordinary human being. And there he has control of the very atoms which we know as prana.)* Jesus was known to move himself from within the crowd to another place and no one knew how. Yet he knew the law of reversing the polarity of his body and some day, perhaps not in the very near future but it will come, *when* man will begin to understand the powers that are inherent within himself.

Jesus said, "these I do, greater things will you do, if you will but understand."

It is well known that electricity and magnetism are inter-changeable, in fact that is what is happening continuously in our lives here and now, although we know nothing about it, nor do we know that it is taking place incessantly.

Our physical system is largely dependent upon the action of our mind and if our mind is well regulated and understood, so that the mind becomes clear of confusion which is destructive to the body as well as preventing our inherent powers from acting, "miracles" can be performed.

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I am certain that Jesus knew of these secrets which *are* the direct action of a law that existed. Just as man has come upon the law of electricity so (will) man come upon the laws used by Jesus and other Masters I know at the present time who are acquainted with them.

It is well known to scientists that if a change in the electrical polarity from negative to positive should take place man's relation to the earth's magnet would then become repellent and gravity for him would cease to exist. (*And that I believe what is happening. If these what we call, saucers, you hear today is any truth in them whatsoever, I am convinced that that is what is taking place, a change in the electro-polarity of the atom, that is in that substance which is causing it by the combination of other substances to create this condition. And that one day we will find out in this world too. The laws exist and some day we will find them out.*) The altitude of his levitation would be measured by his ability, in a greater or lesser degree, to charge his body with positive electricity. With this control over the physical forces obtained, the alteration of his levity or gravity would be as easy as breathing.

So your movement would be as easy as breathing. As Jesus moved so lightly and so swiftly out of the crowd, and no one know how it was done. As he walked upon the water and no one knew how it was done, but he did it.

This is such a very engrossing and enlightening subject *and* we will continue it in our next lesson. By understanding the relative activity of the Universe we will become *more* aware of that which is behind it all.

‘In the, fourth watch of the night he went to them, walking on the sea, but when *his* disciples saw him walking on the sea they were terrified; ‘It is a ghost,’ they said, and shrieked for fear. *But* Jesus spoke to them at once; ‘Courage’ he said, ‘it is I, have no fear.’ Matthew 14: 25-27 (Moffatt translation)

Jesus knew the secret. And as Masters do, so it was inherent in every human being. As man will grow into greater understanding so will he become as a Master of Nature.

BENEDICTION

O Wondrous One, Thy nature inherent in me has revealed how wondrous I am made.

Thou hast come to earth in the form of man and it was Jesus Thy Son who revealed Thee to me.

Since then, O Wondrous One, I have searched and found that I am one with Thee.

As I grow out of my illusion of the separate self I find more and more of the splendour of Thy inheritance that Thou hast given to me and as I search it is further revealed to me.

With all my heart and soul full of gratitude is nothing compared with the wealth that Thou hast given me, O Wondrous 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 2nd September 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Apana Current*. (Downward contracting breath). Controls exhaling and is responsible for the elimination of waste products from the body through the lungs and excretory systems.

**ONLY BY OUR RELATIONSHIP TO
OTHERS WILL WE KNOW OUR
RELATIONSHIP TO GOD***

“He who walks in the dark does not know where he is going. While you have the Light, believe in the Light, that you may be sons of the Light.” John 12: 35-36.

It is only by our relationship to others can we know our relationship to God. If we are unkind, if we are envious, if we are cruel, if we are violent, if we are unforgiving to our neighbour, that is the exact representation of the attitude in yourself. If you look into your minds you will see that it is true. It cannot be otherwise.

God being Omnipotence and Omnipresent, must be in your neighbour as well as yourself. And it is the self that causes all these conditions that hinder the expression of the Self within. The True Self within is the Life and the Light. “Believe in the Light, that you may be sons of the Light.”

Although we are dealing with the relative activity we must not lose the realization of that which is in Itself complete and beyond all relative activity, and is the cause of relative activity.

What we see in the outside by our eyes and hear by our ears, you will see it is relative. But in this lesson we will see that these are vibrations that pass into the brain and mind and we will begin to see what they are.

Our work in these enlightening lessons is not to be caught up in the relative but to understand ourselves and the mechanism which we use, and this brings us to our relationship with others.

We must begin to understand what our relationship is. If our relationship becomes merely a means of self-gratification which breeds attachment and fear, we must discern this clearly, then our relationship will become a self-revealing process, a mirror in which we begin to discover ourselves, our tendencies, *our* pretensions, selfish and limited motives, fears and so on.

* See page 93

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And it is only by discerning our relationship with others do we begin to realise what we are ourselves. Unless you know what you are yourself, you will never be able to eliminate these conditions. And it is to know what oneself is, is virtue. Not to cover up what oneself is, is not virtue, but that is the common idea of virtue.

Virtue is discerning the self and all the ways of the self and understanding the self so that these things can disappear. And there you will find after the self has been eliminated there remains the Real Self, that which in Itself is above virtue. But if you try to cover-up your so-called conditions, your good and evil, and you think that is virtue by becoming respectable, then that is not virtue, it is an illusion.

So we see clearly and distinctly that virtue is being and not becoming. Being is NOW. That is Spirit, is NOW. Truth is NOW, can never become anything else. Life is NOW, it can never become Life, It is NOW. Being is NOW, it can never become being, it is NOW. But if you want to become something, then you are lost, you are in the outer ray, you are caught-up in the relative and you are not regal. Being is virtue. Becoming is not virtue.

Our relationship must be a self-revealing process until out of it comes self-knowledge. With deep self-knowledge then there is inexhaustible Love and Wisdom. We will see what we are by our relationship, if we are aware and watchful.

And it is to be always aware and watchful, Jesus said, "watch and pray."

The cause of enmity in all relationship is when relationship to us is not a self-revealing process. We cause enmity through pride of position, pride of knowledge, pride of family, which awakens ill-will and envy in others. But where there is neither enemy nor friend, forgiver or forgiven, where the self has disappeared, there is no cause for enmity.

It is in the self then, where there is enemy and friend. It is the self then where there is forgiver and forgiven. It is the self then that must disappear and then there is neither of these at all, therefore there is no enmity. Because in God there is neither good nor evil, neither is there enemy or friend, neither is there forgiver or forgiven. Because God is Life, Complete, Omnipotent, Omniscience, always with All Knowledge Everywhere and there is nowhere where He is not.

Therefore it is clearly and distinctly, when you have reached that Completed state where you can see, good and evil passes into nothingness. It is the tree that grows out of man's mind, then if you eat of the fruit of this tree, you will

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die in your sin. You will die in your ignorance. And it is sin then, the source of sin the man has, is the self. The self is born in sin. The self then is the cause, it is preventing the expression of that which is in Itself—Life, Perfect. Therefore It is Being.

To defend is to engender fear. The state of non-fear is not the opposite of fear, nor is it courage, it is the understanding of fear, and in this is the cessation of fear and not becoming courageous for this is but to live in opposites where there is continual conflict; fear and its opposite.

So therefore if you live in opposites you know that you are living in your mind, you know that you are living in conflict. If you are living in faith and fear, if you are living in good and evil, if you are living in health and ill-health, if you are living in failure and success, if you are living in all these things you will see that it is in opposites. Now where there is opposites there must be conflict. Therefore how do you overcome the opposites?

A state of non-fear is not the opposite of fear nor is it courage. It is the understanding of the opposites, will relieve you of opposites. The understanding of what the opposite is and the opposites are, then they drop away from you and you find yourself free.

The mind is the vehicle of opposites. When the individual is not aware of that which is the Real Self. And you will never know what that Real Self is, you will never know what it is but you will that IT IS.

After you have heard this Lecture you will be able to, I hope, to detach yourself from your mind and your senses, and therefore be able to stand alone in your Consciousness. That Consciousness will become aware of Itself but not what it is. It cannot dissect Itself. It cannot analyse Itself. It does not know what it is. It only knows that IT IS. When the Consciousness is aware, then the Intelligence out-pictures what the Consciousness is aware of.

Dependence on the external, which is others, creates fear. Dependence on ideas, lack of self-knowledge, inward poverty and ignorance cause fear. But through watchful awareness we begin to comprehend the cause of fear. Fear is always related to the past and the future, and influences the present.

To be watchful awareness. This watchful awareness is this; there is something that is continually aware of things external to itself. This awareness must stand removed from its own discernment. That is the discerning of the things and conditions, otherwise it will be caught-up in these things. The Consciousness is a power that is Creative, It is Creativeness.

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Now if Creativeness is caught-up in the relative or fear or anxiety or ill-health, it will produce those conditions. Because consciousness is misbehaving. Then consciousness must discern these things clearly and understand them what they are. And also be independent of them, standing aloof and aware, watching the process of discernment taking place, yet not being caught-up in it.

When consciousness frees Itself then it is Creative and there is nothing impossible to it because the Consciousness of God is the consciousness in man. Because there cannot be two Consciousness's. There cannot be two of them, there can only be one, otherwise God could not be Infinite as He IS.

We see clearly then, that the mind, the images, the fear, the anxiety, the conditions, and the self which is caught-up in these things. The self. That self which is an illusion, it is not a real thing at all. It is a projection of the inner self where the self has been caught-up in the relative.

The self is the root of all fear, therefore to become aware of the ways of the self now, fear begins to disappear.

To inhibit or suppress fear does not remove fear, (to try to put fear from your back and have courage, that does not eliminate fear. That very often makes fear more pronounced. You cannot put a positive in place of a negative. It cannot be done. A lot of people think and tell you it can be done but you will find out that it cannot be done. The negative is always there, always rises up that very moment when you least expect it. Unless it is understood, unless you discern its place, you will never dissolve it away.) So to inhibit or suppress fear does not remove fear; the cause must be understood then it dissolves away, and that which is always present is revealed. In this there is neither fear nor courage, but complete understanding with Love and Wisdom.

Let us now examine the human being from a point of radiation. We can say without contradiction that the human being is the most highly evolved entity on this earth, therefore the most perfect atomic furnace on earth. We emit radiations in the form of electro-magnetic waves which vibrate continually from our mind, our brain and our nervous system through our aura. *We are continually emitting those vibrations continuously and there is no stopping of these various vibrations, night and day continuously. There is in the mind a general subconscious mentality that is expressing itself through the aura. Your general makeup is the continual expression of this particular vibration. And it is night and day all the time expressing itself outwardly. It*

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never sleeps. It never tires, it is continuously setting off these vibrations. Not only that but these vibrations can be photographed as they are formed passing through the magnetic aura, just after they leave the physical body. So therefore we see, going out from our aura, these vibrations can be either wholesome or harmful, according to our thoughts.

Our thought is dependant upon our understanding, remember that. Your thought is dependant upon your understanding. If you do not understand you are caught-up in a belief, you are caught-up in tradition, you are caught-up in something. Now you will find that your thought is based upon these things. Your thought is continuously expressing according to what you believe.

But if you can have no belief at all, you can be free. You can be able then to have pure thinking because your thoughts will be pure and not according to your belief. Belief is of the mind, is not a Truth. An idea is of the mind it is not Truth. An idea of truth is not Truth. A belief in truth is not the Truth.

A belief in God is not God. Your belief in God is according to your own makeup. Every person has a God of their own according to their own standard. So you pray to this God external to yourself which is according to your own standard. Whether you are a Catholic or a Protestant, a Hindu or a Mohammedan, or anything else you would do the same thing.

Therefore you are always separated in your mind, through your belief, through your ideas. For ideas will never lead you to the Truth, neither will beliefs, they will always lead you away from the Truth. But what will lead you to the Truth is to discern and understand what a belief is, and what your ideas are, therefore you will be able to see how false they are and they will drop away from you. Then that which is Real in Itself is there in all its glory. That is freedom. That is virtue. Will you be clinging onto a belief and try to become, that is not virtue, that is ignorance and illusion.

So thought is dependent upon our understanding, that is why knowing the mechanism only, is not enough, we must know ourselves first, then we can use the mechanism with understanding and with profit. Thought produced from a clear mind produces its kind, "as a man thinketh in his heart so is he..."

So we are going to look at the mechanism tonight. How this mechanism of ours works. How we interpret various vibrations. How we see, how we hear, how we feel. We will understand the mechanism. But to understand

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the mechanism is not enough, we must understand ourselves first. That is why, if you understand yourself, and you can understand yourself better through your relationship to others than any other way. Because if you can discern your thoughts, your actions, your motives, your words, your feelings towards others, you will begin to discern yourself. And by discerning these things you will see how false they are and they will drop away from you.

The person who is free is not caught-up in anything at all with their neighbour. They are not caught-up in them. But they do not treat their neighbour as a piece of furniture. They are not afraid of their neighbour. They are not afraid what we shall say to their neighbour. They do not care because they have the inner conviction that their attitude to their neighbour is an attitude to God. And you know clearly, when that is found, that the self is dissolved away, to find that the Greater Self is in the neighbour as well. The same Self in yourself is your Self in your neighbour. Yourself is in your neighbour.

Therefore your relationship to your neighbour is your relationship to God. And unless you cannot discern, if you do not discern your thoughts, your motives, your actions, and how you react to your neighbour then you can never be free. And in your relationship to your neighbour so you will know yourself better than in anything else.

Now this is not a blind force but an intelligent thought-power that can create and materialize bounties for humanity and can destroy the whole planet. This living atomic furnace has within, the Absolute—an indissoluble essence of Spirit—as our Source of Power, “**Consciousness is cause.**”

If the Consciousness is caught up in the undiscovered self then chaos will reign, (*chaos will reign through the whole body and mind*) but if the self is understood and dissolved *our consciousness is then free*. Harmony will reign, for the true self is harmony itself.

The manifestation of such wonderful overwhelming capabilities of the true self can be effectively achieved through the scientific application of pranayama,—*this control of the Universal energies.*

Pranayama¹ is a word that is given as a means to convey to the mind of the chela² something that he must do. Something that he must realise and he must find the mechanism before them, the working of this power from within himself. Therefore pranayama is a Consciousness that is found. His becomes a consciousness that becomes aware of Itself as the cause of all activity in the

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Universe. The cause of all activity within man and external to man. The consciousness then sets up certain vibrations. It is like a Radio Station sending out waves continuously throughout the whole world. A Radio Station will magnetise the whole ether of the world and you can hear that broadcast in any part of the world at the same time. Both perpendicular and horizontal, across the world, right into the stratosphere and down into the bowels of the earth. Because ether interpenetrates not only the earth but right up into the stratosphere as well, carrying that magnetisation of the vibration.

Consciousness is similar. It is a force that is created and it is continuously sending out vibrations which are electro-magnetic, and as so powerful is its nature, that can enter into the walls of the atoms and transform them. The basis of matter then becomes putty in the hands of an individual who understands the foundation and the practice of pranayama.

The next step in this wonderful Science is the withdrawal of the senses from both external objects and the internal centres within, into the conscious Principle of all Creation, then the inner senses will be revealed.

The inner senses, they are not physical senses, senses where size, colour, and all the dimensions, that you see through your eyes or feel or hear are created within the mind.

Now, we must not confuse the outer organs such as eyes, ears, nose, tongue and skin with the inner senses. For each organ is but an instrument and does not in itself possess the faculty of perception, which is the result of a number of mental processes.

Experience is *experienced* only after the interpretation of the sensation impulses which are reported to the respective centres in the brain. You cannot experience anything until such time as the full processes has taken place. That the impulses that are carried from the various external organs are carried to the various centres of the brain, and there they are interpreted accordingly. This experience can only be experienced and known when all these impulses are reported to the respective centres of the brain. The mind then forms the image of what is seen and heard and felt.

It was difficult for you to think along those lines because you have never been taught to think along those lines. But if you will listen to me carefully you will see what is taking place. Then you will understand much better all about the most extraordinary and wonderful instrument God has created through which He can express Himself.

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The consciousness, the sixth sense, having recognised and reflected the image gives a reality to the effect. **Remember this is not cause, but an effect of an effect.** The primary object of the senses is to serve as reporters to a higher sovereign power.

With this understanding we see that the senses rush out and attach themselves to external objects and internal sensations. In this way they have constantly engaged the mind and consciousness in interpreting these sensations, with the result that the mind and consciousness have identified themselves with these sensations reported by the senses. Hence the mind and consciousness have had no rest, being the slave of the senses instead of making them docile servants.

So you see, it is the understanding of this; that the senses are your servants, are your means of obtaining outside impulses, outside vibrations, and they themselves have no power of their own. But you give them a power because your consciousness is caught-up in the sensation or the vibrations received by you through the senses. So constantly your mind and consciousness is caught-up and becomes a slave of the senses, instead of making the senses docile servants as they should be.

Now, to establish mastery over the mind and senses “Pratyahara”³ is the method by which this is done. *Pratyahara is also a name given to the chela so that It really can realise what he is doing. Just as pranayama is the controlling of the Universal Energy through a conscious awareness. Pratyahara is able to detach the consciousness from all centres and from all external things. It is done partly unconsciously by friends who are engaged in any particular things that you are extremely interested in. When you are unconsciously caught-up in a book or a film, when you are unconsciously caught-up in something that prevents all outside vibrations from entering into your mind. You close off these centres unconsciously therefore those noises that are going outside or internal sensations do not reach the centres of your brain. They have been disconnected for the time being because you have created by your sense of concentration a complete locking-up of all the senses and the centres of the brain do not receive these particular vibrations. Therefore unconsciously you have performed, what we call, pratyahara first. But pratyahara is a conscious withdrawal from all external world and all internal sensations so that the consciousness stands on Itself as Creativeness, having no other vibrations affecting it in any way. It stands out alone as the Consciousness of God as Creativeness and has no other power operating*

3. See notes page 93

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against It. If your consciousness is caught-up, then in your centres, you see that you have not a power to create. Because your consciousness is aware of what your senses is revealing to it. Now pratyahara then is a state of consciousness where the consciousness becomes Creative. You cannot obtain this in five minutes, know that. But it is possible by understanding what it means. And a few minutes every day after you withdrawal from your senses into your state of consciousness. That state of consciousness where you become aware only of the consciousness as it is, consciousness of cause, then the consciousness is free. And when the consciousness is free then you are Creative. Only then are you Creative, at that moment all is possible.

Jesus was that particular state, when ever he wanted to do anything, instantly he was able to do that. His very words conveyed to you the Truth about it, he said, "I and the Father are One." In that moment, that split-second of the moment, he was then Creative and all was possible unto him. But if he tried to remember that second, that split-second, and tried to repeat that split-second, it would be an experience, it would be memory, it would be no longer Reality, it would be no longer "I and the Father are One." It would be a memory and an idea in his mind, and therefore he would have lost it. But his Consciousness free and Creative, at that moment all is possible in the split-second, at once he said, "thy servant is whole," at this very moment. And it is so, that pratyahara is the means whereby then the consciousness can extract itself from the senses. (now we will go on further and we will see.) This is a means of internal awareness and the direction of the mind on a particular subject or object, without interruptions from external and internal sensations.

Sometimes we are capable of doing this unconsciously, when we are engaged in a particular work with interest, where there are external noises going on incessantly yet we are unaware of them; we are oblivious to our surroundings. This inner remoteness from the tumult around us is accomplished through the unconscious mechanism brought about by our intense concentration, by silencing all centres receiving such vibrations *there is an unconscious withdrawal from the outside world. When this is accomplished consciously you have mastered "pratyahara."*

Why is it sometimes, unconsciously the Doctor will say to you, "have you got a hobby of some kind?" "Well if you have not a hobby, get one." So the person gets a hobby and before they know where they are, their whole consciousness is caught-up in their hobby. That all the sensations that come

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from their internal bodies and conditions of their body begins to become less and less, and they are forgotten. Nature takes their whole hand in the job and she does the work while your consciousness is caught-up in your hobby. You see, that is, pratyahara in an unconscious state.

There are many ways in which this unconscious withdrawal is revealed. During intense emotional moments while watching a movie, *while* reading an engrossing book, when listening to an absorbing lecture even time and place disappear.

Let us now examine what happens when the reflected light vibration of an object reaches the eye. The light rays pass through the lens of the eye and fill the retina with a small [inverted] image of the object, the rays of the optical image are broken up and transformed into electro-magnetic waves, which are transmitted through the optic nerve.

These electro-magnetic waves pass down the optic nerve which is just like a wire carrying vibrations, these waves then pass through the optic thalamus, *at back of the eyes*, a sort of transforming station, *then* passes them over to the occipital centre of the brain, which is situated at the back of the head, *here*,* these waves being now fit for reception in that centre.

Now the function of this visual centre in the brain is to convert these refined impulses into sensation of colour, dimension and form etc., which are presented to other centres in the brain, which co-ordinate all these impulses, adding qualities and properties from the memory cells to make the image distinctive *through experience*.

Now we see, the whole united image is manufactured and the mind assumes the form of the external *image* and presents it to the consciousness. *The mind assumes the form of that external image otherwise it could never be at all.* The mirror of the consciousness reflects the image of the mind and gives it an objective reality and we become *consciously* aware of it. *Knowing perfectly well that nothing exists to us unless we are consciously aware of it. Even if it is in the mind. If I hypnotise you and give you a picture you create in your mind, and you wake-up again, you will not have that picture at all because you are not consciously aware of it. But when you are consciously aware of the picture in your mind, you know that it is. Now we see clearly, what I am getting at is this: that the principles of perception, interpretation, cognition and memory have produced the vision, experience and knowledge of the external object. Nothing exists to us unless we are conscious of it.*

* See Diagram on page 66 (Visual Cortex)

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We now realize that neither the lens, nor the million photo-sensitive cells of the retina, nor the optic apparatus see the object in its actual size, nor the real situation of the object they merely photograph or register it as a tiny [inverted] optical image, break it into minute points of light and convert it into electro-magnetic impulses transmitting them to the various centres.

The seer resides within, therefore all other senses do similar work, conveying impulses to their respective centres within the brain, each situated in its proper location. All senses are mental and not physical, so is the experience of all natural phenomena.

So we see that all experience is mental, it cannot be anything else.

Now I am going to prove to you, experience and matter in the physical, is mental. And I am going to prove to you that matter is also mind and mind is matter.

The following description will give you the understanding of the cause of Universal phenomena.. There is only “**ONE**” in which all exist—God—the Spirit—Consciousness—Divine Mind—the **Unknowable**—*the Invisible*. Now the most perfect conception capable to the highest mind within the Divine conceives of “**Father-Mother-God,**” which includes Love and Wisdom, the “**impersonal principles**” behind the whole manifested Universe *within the Divine Consciousness*.

Because all must be within the Consciousness, otherwise it could not exist as an objective Reality. You exist in the Consciousness of God, otherwise you could not exist at all. Because there could be no manifestation of you if it was not so.

Then comes “**Divine ideas.**” (*Divine ideas are born in Divine Consciousness just as an idea can be born also out of your consciousness. You create the idea then in your mind. The idea now in your mind then becomes the particular pattern through which your thoughts move out. Your thoughts revolve round the idea and move out in different directions, gathering other information to bring about that idea to a concrete form in the physical. So that the idea being first a mental thing becomes a physical thing after. So it is so in the Divine Mind, in the Divine Consciousness, and we will see how clear this is.*) Then comes the Divine ideas born in Divine Consciousness is the basis of all forms created which include the principles of **Love and Wisdom**.

Love and Wisdom, then, is the foundation of everything created in God. And Love and Wisdom being Omnipotent and Omniscience and Omnipresent everywhere, there is nowhere where it is not, therefore we see that is the foundation of everything created in the Universe, including yourselves.

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The principle of Power is the unchanging expression of “**God’s Universal Ideas**,” all within the “**Divine Consciousness**,” therefore “**Consciousness is Cause**.”

Consciousness being Cause, the Universal Ideas then are the stable, complete thing. And the principles of Power is the unchanging expression of those Ideas, being Divine in nature. And no one can change them. These Ideas are perfect in themselves and contain Divine Love and Wisdom, and no one can alter them, no one can change them, and they are the Power Principle which is manifesting in the world today and at any other time.

Man may use this Power, which he has, which we have. He is given power to use the prana in any way he wishes. But then he is responsible to himself for it.

Now comes the effect of cause—“**Force-Laws**”—special method of action of the ideas and principles. We see that these Laws are adamant.⁴ *We therefore cannot break the Law, the Law breaks us unless we co-operate. So one people say, we break the Law, but we don’t, it is the Universal Law breaks us. And that’s why you are broken up because you have tried to break the Universal Law. When you co-operate with the Universal Law, you co-operate with Love and Wisdom as the foundation of your form, condition or whatever the case may be or your environment.*

Then comes “**Magnetism-Essences**” which are the vital utterances of Ideas, Principles and Laws. *(Here man’s power is neutralized and the perfect remains Perfect. Nothing can go beyond the Essence, man can create within himself; he can create in his environment, he can destroy his own body, he can destroy the bodies of others. But he can never in any way pass that particular Mechanism and Essences which is the vital utterances of the Ideas, which is where Cause ends and Effect begins. Cause ends in the Essences and Effect begins. We see then the manifestation of form after it reaches that particular state of Essences out into the ethers. From the ethers then down into the atmospheres. From the atmospheres to the fluids. From the fluids to the solids and we find there, that the solids then give the manifestation of the form, as you see it. But all is atoms. All are atoms and vibration. All atoms forming according to the Divine Idea that held first in the Divine Mind. You can change the atomic structure in the ether. You can change the atoms and transform them in your body. But you cannot pass beyond the Essences which is that particular substance where Cause ends and Effect begins. Man has control over the*

4. See notes page 93

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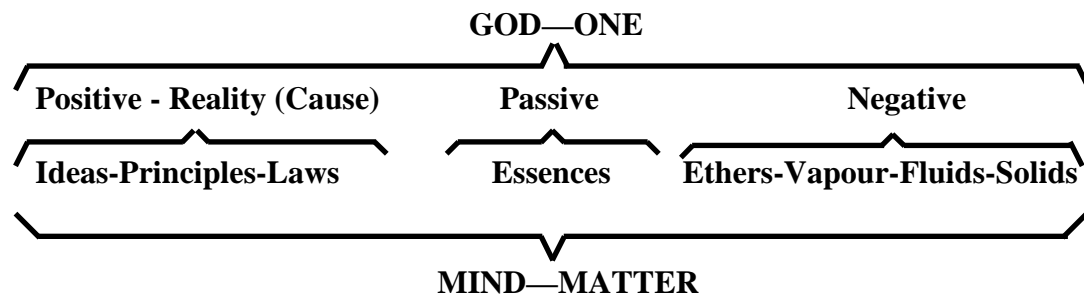
Effects but not over the Cause. So Cause remains adamant, always and Complete and Consciousness is Cause.) Then it is followed by “Electricity-Ethers” which is the Effect, the Universal medium for the manifestation of the ideas, principles, laws and essences. These are invisible to the physical eye being electro-magnetic in nature and having a velocity of 186,000 miles per second. Now we reach the rate of sound, 700 miles per hour, which includes “Atmosphere-Vapours” the reducing laboratory through which flows the effects of ideas, principles, laws, essences, and ethers. Then comes “Water-Fluid,” the viaduct for the transmission of the slowing of every substance and force in the Universe, and “Earth-Solids” the lowest condition of substance and the slowest utterance of ideas, principles, laws, essences, vapours and fluids.

So we see that the very beginning, the very essence of the very idea is incorporated through the essences, through the ethers, through the fluids and down in through the solids, and all are manifesting now in this particular state of manifestation as your body. Therefore the Spirit of God that existed in the beginning and the Word that existed in the beginning was made flesh and still remains immortal.

You may read this back and you will reach the **Ultimate Reality** and read down and you will reach the **Ultimate Form** in the physical.

There is no division anywhere. The Ultimate has become form and form returns to the Ultimate, all are one.

Therefore mind and matter are interchangeable, convertible, essential and identical, eternally harmonious, welded by the polarities of positive and negative forces or electro-magnetic activities. Now let us put it this way:

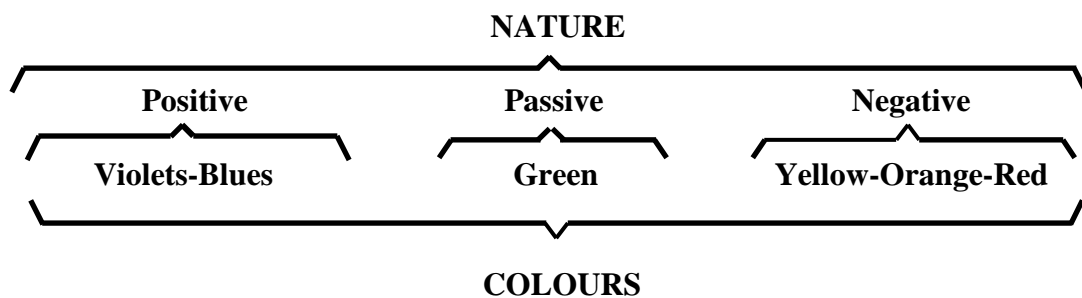


I will show in a few minutes as quick as possible. ONE, one Whole One. We will bracket this just as a means of showing the activities of this One. We will put POSITIVE CAUSE here. Next we put first of all IDEAS, PRINCIPLES and LAWS. Now we have here in the centre, we have the ESSENCES, which are PASSIVE in nature. This then is Positive Cause; Ideas,

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Principles and Laws. Then you have the Passive Essences in which these manifest. And nothing interferes with the Essences. Now we come to their effect which I will put down as ETHER, VAPOUR, FLUIDS and SOLIDS, these are NEGATIVE. Positive Cause, Effect, Positive, Negative. And then we have completely here MIND, MATTER. So there it is, they are interchangeable, convertible, identical, essential, eternally harmonious, welded by the polarities of positive and negative forces or electro-magnetic activities. So that is the way we see it clearly and completely.

Therefore we see, that this is the bridge, passive being passive is the bridge between Cause and Effects.



In the colours too. you got the various colours, which green is always passive. So we have GREEN as a passive. You have then the VIOLETS, the BLUES. Then you have green here as a passive and then you have the YELLOW and the ORANGE and the RED. These are the particular colours with green always separating them. Green can be used at anytime it is never contra-indicated under any circumstances. But you can have the violet and the blues counter indicated, you can also have the yellow, orange and the red counter-indicated. But you can never have the green as a counter-indicated in anyway whatsoever. You can always use green as a colour; that will soothe the nerves, it will help both the positive and the negative, it will keep them all neutralised because it is passive. It is the colour of Nature herself. It is through the trees and through the plants and everywhere, it is right through the whole of Nature. The basis of all flowers, the basis of everything is green. Is Natures passive colour and can be used at anytime.

Now we can discern our thinking and our actions in our relations to others and we will see where we go wrong, where we cause strife and misery instead of harmony. Love and Wisdom remain the impersonal principles which we must find within ourselves, then only shall we be as He who created us in His own likeness.

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When we are lost in the self—the personal (*Effects*)—we are no longer impersonal. *When are impersonal we are Cause, that is the Real. To be impersonal we have everything, to be personal we lose everything because these are Effects, the world of relativity.*

“He who seeks to retain his *personal* life will lose it but he who gives up his life will retain *his impersonal Life*.”

BENEDICTION

O Eternal Love and Wisdom, Thou hast made Thyself known to me only when I began to see my actions towards others.

I found I was untrue to Thee for Thou liveth in my neighbours also.

When all enmity was dissolved away I found my true self one with Thee, O Eternal Love and Wisdom

* 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 9th September 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Pranayama*. (Sanskrit). Is a word meaning, lengthening or control of the prana or breath. *Prana*, life force, or vital energy, particularly, the breath. *Ayama*, to extend or lengthen. In yoga, “breath control.”
2. *Chela*. (Buddhism). Novice qualifying for initiation; disciple; pupil.
3. *Pratyahara*. (Sanskrit: “withdrawal of the senses”). Is the fifth of the eight stages in the Yoga system of Indian Philosophy, intended to lead the chela to *samadhi*, the state of perfect concentration.
4. The last sentence in the Lecture Notes [*Consciousness is above Law and all that follows.*] is missing from the recording. The full paragraph reads: *Now we come to the effect of cause— “Force-Laws”—special method of action of the ideas and principles. We see that these Laws are adamant. Consciousness is above Law and all that follows.*

**ALL POWER IS GIVEN UNTO THEE BY
THE WORD THAT WAS IN THE BEGINNING***

“He who believes in me will live, even if he dies, and no one who lives and believes in me will ever die.” John 11: 25- 26

Now we see clearly, before we begin this lesson, because this lesson and the one before it and the next one is one very complicated but it is the teachings of the Masters they give the chela's after they have gone through a long process of initiation. And I am giving these Lectures to you so that you will be able to comprehend the inner meanings of thought and action.

We see then, that Jesus Christ is the Master of Masters and through him we have come to know the power within ourselves.

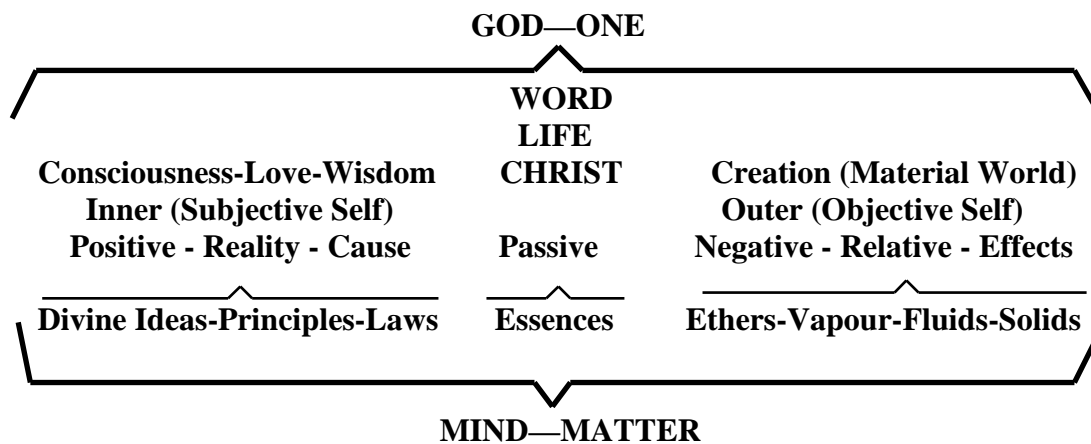
Now the Christ is the leaven, the Christ is the Essence. The Christ is that particular Consciousness that is aware of the Father and aware of that which is relative. It is the dividing line between the Cause and Effect. It is the Word that was in the beginning and the Word was with God and the Word was God and the Word was made flesh. And this Word remains Immortal.

Jesus then was the embodiment of Moses and all the prophets. And all the apostles and all those who ever come after him because he is the Essence that is within everyone. And this Christ is the Truth. I showed you the other night, did I not, the great Truth. (this mind you is relative speaking. When I am talking about this I make God relative, you must remember that. God is not relative to me or relative to you. But the only way I can speak to you is in relative words. Therefore I talk to you in relative words to give you and idea of that which is within yourselves. But you must find that yourselves, I cannot tell you that, you must find it yourselves entirely.) When we saw clearly that was a dividing line and that dividing line was the Essence, was it not.

* See Notes page 110

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Therefore, you have first of all you have all God which is all there is. Then you have Consciousness, Love and Wisdom, Ideas. And that is completely in this side. God, Consciousness, Ideas which are Divine Ideas. Then have Love and Wisdom, which are the principles underlying the Divine Ideas. All these are then in the Essence and we see here, is the Christ in the Essence. Beyond that; we have the Ether, we have the Atmosphere, we have the Fluids, we have the Solids. We see then here, is the manifestation of the Idea. In the Essence it is neutral, it is passive. You cannot disturb that Idea, that Divine Idea because you cannot even touch it. But you can distort it here and there and there, through your own consciousness because that is the Consciousness of God including the Life, Love and Wisdom and Ideas, all in the Christ.



Therefore the Christ; knows the Father, knows the Divine Idea, knows the Word that was in the beginning, knows that the Word within him is Created, and has power over all these things; ether, vapour or atmosphere, fluids and solids. Therefore Christ has the power to alter and change any of these particular atoms. Because you find that the atoms are here in the ether. It becomes active, effective, in here. This is Cause and this is Effect. Now do you understand that. Therefore the Christ is in you and me.

And before we begin this Lecture I want you to see this clearly.

I cannot show you the Christ, for the simple reason, that the Christ was the Word that was in the beginning with God. And the Christ is not a relative thing, it is a Reality. And because this is all Real, this is all relative. This is all Cause and this is all Effects.

Now it is the Effects that we are dealing with tonight. What is the effects, how our thoughts, emotions and sounds come into operations?

ALL POWER IS GIVEN UNTO THEE BY THE WORD

In this lesson alone it took a month before the Master finished me with one lesson, I am giving to you in one night because I expect you or your intelligence to understand. Never the less you will know what I am talking, you will realise that there is a tremendous force behind all this.

Now, vibration is the result of atomic rotary motion. The atomic rotary motion, the movement of the atom, in rotation, creates vibration. It is the sound of Life in operation and hence the expression of every form of matter from the subtle ether to the grossest form of rock or metal.

So we see clearly, that in every form of matter from the most subtle ether right down to the solids is atoms in rotation, which cause vibration. And there is sound because without motion there could be no sound and with motion there is sound. And according to the rate of vibration or the rotary motion of the atom, so is the note of or the pitch of the sound who determines the kind of form there is. So all forms have their own pitch and their own note. Only the Christ knows that.

But how can you reach that particular state of the Christ? Only by discerning your own thoughts, your emotions, your actions and your experiences, to see that they are in your own mind and are not Reality.

If your thoughts then are built upon your experiences, built from your reactions, built from your beliefs, built up from any of your own ideas, you will know that they are false. You will know that they have no existence except in your own mind. They are not a Reality. Therefore if your thoughts are built according to your beliefs and your conditioning so your thoughts will be according to your conditioning and nothing more, is not that true. You see that don't you?

But the Christ is entirely different. The Christ is aware of the Creative Power of God within himself. He is aware of every idea and motion that he creates. Yet he is not caught-up in any of these creations of his, or ideas of his, or beliefs, or whatever it may be in his mind. He can discern them and stand aside and witness them. He can stand aside and witness the movement of his own thought; in ether, in the fluids, in the atmosphere, in the fluids and in the solids. He can witness all these taking place and he also knows the vibration to begin and knows what the form will take place. He knows how to transform that atoms of matter into another substance. Therefore he can change water into wine.

We have already seen that experience of natural phenomena is the outcome of a combination of vibration, (in the first place, which is rotary

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motion of the atomic structure, vibration. The sensation of those vibrations is observed and obtained through your senses. And these vibrations or impulses are interpreted in your mind. Therefore, you see, you have a combination of vibration, sensation and interpretation. That is your experience of natural phenomena; the experience you have of this table, the experience you have of that flower. This table does not go into your mind nor does your mind go out to the table. But the vibrations which go past through your eye and through your feeling pass through the senses. These vibrations are turned into electro-magnetic waves which pass into the various centres of the brain, being interpreted in the various ways through the various centres. And also culminating with the memory cells which gives it an objective reality in the consciousness because you have seen a table before. Therefore it gives it an objective reality to a table. Therefore it is mental. It is not a physical thing it is mental. Because if you are not conscious of it you would not know what it was at all. If you were blind you would not see it. If you had no feeling you could not know what it was because these impulses could not reach your brain. Could not reach the various centres of your brain so they could be interpreted. Therefore you see clearly and distinctly that it is all a matter of mind.) so the outcome of a combination of vibration, sensation, interpretation. This we know to be a mental process. This being a mental process it can be arrested or produced at will, this the Masters have mastered. As phenomena is a mental process so it can be arrested and produced by mastery over Nature's Forces.

Therefore we see that Consciousness is Cause.

Jesus fed the multitude. How did he feed the multitude? By the same process that I am showing you here now. By reversing the process that you feel, hear, see and touch. He reversed the process from within outwardly and created the same sensations, the same conditions as you have now by your feeling and seeing. He then had the power as you see to change this substance which ether is the basis of all form, whether it is diamonds or whether it is coal, whether it is bread or whether it is milk, it makes no difference. This is the basis of all form and in it is the atomic structure and the rotary motion of the atom produces the material. According to the vibration of the rotary motion of the atom, so is the material.

Jesus knowing all this as a Master in the Essence, knows the Laws Creative of the Idea. Therefore the Idea in his mind was the manifestation and his thought was the outward process of that Idea. Changing the

ALL POWER IS GIVEN UNTO THEE BY THE WORD

very atoms, forming them into the very solid substance, because all solid substance no matter what, it is mental. Mind and matter are identical.

I know this is difficult to follow because you have never been taught it before. But as you are an advanced student you must realise that you cannot just sit and know nothing and hear nothing of these wonderful things.

We see then, that the subjective Self has all power and the subjective Self is the Christ.

The objective self is the outer self, that is false, and has no existence at all because the outer self dies and passes away but the subjective Self remains and carries on. Therefore all that is relative; whether you are a millionaire, whether you are a king or a queen or whether you have red carpets no matter what it may be and so forth, I say, you will leave it behind, it will pass. Because as you die, you leave it all behind, that belongs to the self that is relative. And because it is not Eternal therefore it must be relative. And because the outer self is relative it must die with all its appendages because it believes that these things are physical when they are mental.

The whole story is in One. There is nothing outside God.

Science has proved so clearly about matter:

Therefore we have also seen that all natural phenomena are produced by thought and sound, which affect the etherons, causing them to form according to the idea held in the mind. Therefore cognizing a piece of rock as a solid piece of substance cannot exist in the mind.

The mind could not go out into the rock, just as it cannot take the rock into the mind. What the mind gets through the senses is vibrations which are converted into electro-magnetic impulses which is the basis of all form.

These impulses or vibrations are interpreted in the mind and the mind builds a picture of that phenomena. Therefore it is all mental.

Science tells us that matter separated from energy does not exist. And the most peculiar thing is this, when we apply energy to this solid substance. What happens to it? It dissolves into this, into liquids. When we apply more energy to the liquids, it dissolves into the atmospheres. When we apply more energy to the atmospheres, it dissolves into the ethers. And ether is the basis of matter and the framework on which matter is built.

Ether responds to mind and forms according to the image in the mind. Therefore you have lost all this, all that, and all that and now you are in the ethers, is the basis of matter. But ether is not a cause, it is an effect.

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Because here we see, cause ends here at the Essences. The Essence of God, the Christ. The division between the inner and the outer: This is the subjective. All here is subjective, all here is objective.

Therefore all experiences of natural phenomena is mental, and mind and matter, although seemingly distinct, are *inseparate* as we saw in our last lecture.* (*Therefore what I am doing is to take the mystery out of everything, and put it into the realm of understanding. Before it was a mystery to you but now you will understand it. And if anything is a mystery to you it is useless. People talk about the mystery of this and the mystery of that. All you can do with a mystery is to conjure up in your mind an idea, a belief about the thing, but it is entirely wrong, you do not know wither it is right or not. But science has proved these things to us. Not only has physical science proved these things but the great atomic philosophers, in the Himalayas, who have studied for thousands of years and through their experiments have proved that these things are true. And each and every one of us can prove the same things to ourselves, you are doing it every day of your life.*) I have mentioned before in one of our previous lectures that creation is the transformation of the eternal everlasting sublimated matter in the Universe known as *Universal energy*. Science already has proved that matter separated from energy does not exist. Therefore vibration is the keynote of creation and the rhythmic organiser of atoms into particular patterns through the idea held in the mind.

This is effects, relative. Consciousness is Cause which is Reality. Therefore to discern all that is relative we get behind the relative to cause. And that is what the Christ does, he knows the Father. He knows the Father to be himself but he also knows the external, what it is and therefore he can go into it and come out of it, without being affected in any way. He could go into the tree of knowledge of good and evil and therefore come out of it without being affected in anyway. Because he knows the Tree of Life which is Eternal and is the salvation of man. He is the Life. "I am the Life." Life in the Father and the life in the son are the same. Consciousness is in Life. Life is Creative. Consciousness Creative. Consciousness and Life have Power over all form, everything in Creation. Because Life is the Creator and Cause behind all form and Creation. And that is the Christ also. The Christ of Jesus. Jesus the Christ, remember the greatest Master of all times, because I have never seen one yet to equal his great feats. And it is extraordinary because of the fact, that he knew the Father and he knew how the Father created through him. That is

* See pages 89-91.

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why he said, "I of myself am nothing, it is the Father who ever remaineth within me performing His own deeds.

Therefore creation is effected by releasing an intelligent positive electrical force—thought and sound,—through the negative etherons, to sweep them into the particular combination by the various vibratory rates according to the idea held in the mind, the consciousness being the power to set these vibrations in operation.

All is electrical; this table, this water. Everything is electrical because the atom is electrical. The very foundation of everything is atomic and therefore it is electrical.

The positive electrical force will constitute the nucleus that induces magnetic attraction and cohesion which bind together the etherons that expand into atoms, which are the basis of all form *we call matter.*

So we see, the positive electrical force will constitute the nucleus, that is the centre, that induces the magnetic attraction of these particular, we will call etherons, which revolve round attracting them together to form an atom. The combination of these atoms then form a group of atoms which become a molecule. And the molecules then also cohesive together because of the attraction and repulsion or what we call, the centrifugal and centripetal force. These moving forces then in the atom itself is expanded to the molecules and into the various groups of molecules, and you have a substance that you see as matter.

The continued accumulation of vitalized energy atoms in the combination and vibration authorised by the idea will produce condensation and materialization. The individualized form is the variation in the rate of vibration and the resulting combination of energy particles and atoms.

Every form has a different vibration. Every form has a different variation of vibration, created by thought and sound because thought and sound are the Creative Forces of the Universe.

Thought causes motion and the sound creates or reduces that motion. And also that the sound of the activity, the rotary motion of the atoms. That sound you hear of these particular rotary motion of the atoms which are invisible to the physical ear but exist in what we call in the ultrasonic range into the very highest degree. Not audible to the physical ear or to the sight of the physical eye. But when you see a piece of matter like this (Murdo points to a glass of water on his lectern), we see that is so. But matter has sound, although you do not hear it, the water has sound without you hearing.

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Electrical instruments have now been produced where we can hear the sounds of various substances. And all these sounds have a different rate of vibration. Science has brought into operation just what the great philosophers of the atomic structure knew thousands of years ago.

The pitch of a tone depends upon its rate of vibration, as well as the length and frequency of its resultant wave determines its nature and quality.

Everything has sound. Sound is the result of the motion.

One particular combination of synchronizing vibrations is constructive and another combination of synchronizing vibrations is destructive. Hence given rates of vibrations, visible forms can either be created or disintegrated.

If you knew the particular sound of that glass, you could break that glass into smithereens by the sound of it. You could twist this table. Ultrasonic's have twisted a large steel shaft into pulp. Sound has done that. The Ultrasonic sound has done that. Why? Because it breaks up the very atoms in that piece of steel. It twists them and turns them and causes their etherons or electrons to escape from the particular nucleus in which it is held. Forming a new material altogether in the form of scrap. That is what happens.

Therefore the specific rates of vibrations or sound formulas are keys of creation and disintegration, which are entrusted to their wise and perfect guardians—the Masters.

Yet within each and everyone of us is the key for us to find. But when you are so much taken up with the external or the relative, your mind is not capable of receiving that which is hidden in the ultrasonic range behind. One day mans mind will develop towards that end.

The mind that is free is alone capable of interpretation of matter through the guidance of the idea.

We retrace back from solids, fluids, atmospheres, ethers, essences to the ideas. So we trace back and that is how the sciences is doing at the present time. They are tracing back from matter to fluids, from fluids to atmospheres, from atmospheres to ethers. They are gradually going back that way. While the Masters have come forward this way, from the top down.

Nevertheless, we will both meet at the same place. And where will we meet? There in the Essences, where you can't go any further because that is the Cause. No one can get beyond that. No one can know Cause, the Real Cause, you can only know effects. But when you understand all Effects, you will reach Cause. You will not know what it is but you will know that IT IS.

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So Jesus was aware of the Life of the Father as the Life in himself. He was aware of Life as the Creative Principle within himself. And whatever he thought, he knew, all that manifest, because he was out of the relative. He was not caught-up in the solids. He was not caught-up in the fluids. He was not caught-up in the vapours or the ethers because he was free.

To further elucidate what I have said let us look into *the* great Science of the Universe. There cannot be a dead particle in the whole Living Universe, therefore vibrations, being the sound of Life, assume such vital importance as Life itself—Life in manifestation.

It is impossible to think of a dead (or) stationary atom. Whatever seems dead to the physical eye and conscious mind is only a transformation or a radical change in the vibratory motion of the component atoms.

The atoms change to make up new combinations. You understand that don't you. That is pure science. And each and anyone of you must have read something regarding this science. Therefore you will surely will understand it.

In the Cosmic day and night of Brahma¹ the Cosmic Consciousness is withdrawn from the remotest celestial abodes into the centre of the Universe and all objective life and phenomena are dispersed. The subtle etherons will continue vibrating *in* higher rates of vibrations until the dawn of another Cosmic day or manifestation.

Which will probably take many millions of years.

Ether then being the basis of matter and form, and form cannot be created without it. The idea in the mind then is withdrawn from the particular ethers and the form disappears. Christ withdrew the life from the tree and the fig tree died.

Then the Eternal Cosmic *day*,² the Almighty Divine Power, will sound the Cosmic harmonious notes which will hurl the energy particles into activity and coherence again to form a new objective Universe, with new and fascinating drama and phenomena for man to solve.

Yet within man this Creativeness exists. The Christ is born in every living soul. Could not be otherwise because the Life in God is the Life in man. The same Life in the Father the same Life in the Self.

Now we see how vibrations can play a vital part in the intricate structure of our own Universe and surroundings. Sound is the magical expression of vibration. We have already seen in a previous lesson how the sound of a

1-2. See Notes page 110

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note on a violin will cause iron filings to arrange themselves into patterns, how the continued sound of a note on a violin will destroy a bridge, that the sound of a note in human voice will shatter a glass into splinters.

The power of the sound of Music is upon the human mind is greater than seen on the surface. One combination of notes will create joy while another combination will create sorrow. One combination will stir the soul into action while another will calm it, while discordant notes create a disturbance another combination will create harmony. Here we see one combination of notes is constructive and another combination is destructive.

Sound and vibration are synonymous, (*creation becomes vibration*), therefore note, *sound* and vibration are the same, therefore each form or natural phenomena has a combination of vibrations that are harmonious or constructive, and another combination *that is the opposite*³ to it which is destructive. We know that (the) pitch of a tone depends on its rate of vibration, therefore the rate of vibration determines its nature and quality, and *if* the rate of vibration is known. Phenomena can either be created or disintegrated. *There is the secret lies in the very consciousness of man himself.*

Sometime ago I gave a lecture on sound and colour. I sounded various notes. And you felt those notes right in the place where I told you you would find them. I showed you the high note, the colour which was violet and the note that corresponded to violet was made, and you found it right at the top of your head. I sounded the note which was corresponding to red, and where did you find it, right in the bottom, in the pit of your back.

I sounded a note then again of the yellow and where did you find it, right in the solar-plexus. And I sounded a note of green and where did you find it, right in the heart. That was the centre through which this Love of God and Wisdom of God exists. And out of the heart also comes this as well, the negative but it is situated in the heart allows you to create as you like, destructive or constructive vibrations. Your bodies come under this scheme.*

This proves *that* the sound of the OM, the word of power, and other sound formulas repeated, coupled with the idea, *an awareness of Creativeness*, will create natural phenomena with amazing results on the objective plane. The ways and means unknown to the uninitiated seem to be a miracle but not to the wise who know.

Only to sound the OM (AUM) is a stupid ignorant thing. And a person who sounds the OM only and knows nothing at all about it, is ignorant of

3. See Notes page 110

* See Diagram on page 51

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the true facts underlying the OM. Therefore anyone that sounds the OM and you hear them sounding the OM, you know that they do not do anything at all about it, they are a parrot. Now what can a parrot do but imitate, is that not so, exactly. So that is what these people do too, just imitate.

But if you knew that the OM was the matrix of all sounds and you knew then, you were aware of the Creativeness of the thought and the understanding of the OM and what was behind it, then you would find that the atoms would respond because it is the matrix of all sounds. Thought also is the power of the invisible Nature, yet it has sound. When that sound is reduced to the audible sound, to 750 miles an hour, then it is visible to the physical eye as well as audible to the ear.

But when its rate is 186,000 miles per second it is in the higher ethers. It is not visible to the physical eye nor can it be heard with the physical ear, but yet the form is there.

It is the difference in the rate of vibration that determines every form in the Universe. It is the change in the rate of vibration of the atoms of the body that causes old age. Hence comparative youth can be maintained by those who know the secret of vibration *and* can keep the mind and body youthful, which prevent the slowing down of the vibrations of the body cells.

If you can discern what it is that causes the slowing down of the vibrations of the body cells, then you can dissolve it.

But do you know what causes the slowing down of the vibrations of the body cells? I will tell you, sound, of course. But what sound is it? Sound comes from thought. The destructive vibrations which are not constructive but are destructive, continually disintegrating the cells of the body; by hate, anger, jealousy and all these things, that is the destructive sound. The destructive vibration which slows down the atoms of the body.

Herein lies the secret of pranayama which I have myself practised for nearly twenty years, *when I was taught by the masters in Tibet*, and proved to be true. A man who knew me twenty years ago thought he would now see an old man but when he saw me he could hardly believe his eyes because I was just as youthful as *I was* twenty years ago.

So that is proof of the fact that it is true. And everyone has the power to practice and produce this particular phenomena.

I am not going into all the details of the laws pertaining to this Science for it would take volumes to explain (the) vibratory laws of Creation at will, so

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I will confine myself to a brief outline of the fundamental principles which are practical for you at this stage.

I told you in one of my previous lectures that each one has his own note or tone, this is found within oneself and the expression of the OM in this tone has the effect of harmonizing the atoms of the mind and body. Remember that the mind and body are not separate for they both interpenetrate, (and) the thought and sound have the effect of creating harmony or inharmony throughout the nervous system; there are other factors as well which we will deal with later on.

First of all I have always been telling you how to discern your thoughts, be aware of your reactions to people and things, to understand what your mind is *and* made up of etc.

Get to know what you are. It is not to cover up what you are but to know what you are. Virtue is generally a thing to cover up what you are. But real virtue is to know what you are and not to cover up what you are. Because if you do not know what you are you will never free yourself from what you are. It is not believing in something you are not because that will never reveal what you are.

Only by this means can the first step be taken otherwise you will be expressing what is in your mind upon your body with the result that no progress can be made *and* if there is progress it will be so slow that time will catch up with you. It is when you reach the timeless state through awareness and understanding of the self then real progress is made. *But few people are honest enough with themselves to do this.*

When you know that you are free nothing can harm you. When you know that you are Spirit now, nothing can harm you. God isn't tomorrow, He doesn't come tomorrow. God is now, is He not? God is Complete and Infinite, He cannot be anything else, therefore He is NOW.

Becoming God is nothing at all. Becoming is an illusion. BEING is Reality. Therefore if God exists now, I exist also as Being. I do not have to become. But if I have to become, I am going tomorrow and the next, I am never anything, it is an illusion and I lose myself in the illusion of becoming. If God is NOW, I am NOW, that is Being.

Most people are always trying to be something. Practicing this and practising that, so that they can become something. I tell you it is all rubbish and nonsense. And the sooner you realise it the better because you will be led into the world of illusion.

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If you are not Being now you will never be Being because you will not be Being tomorrow if you are not Being today.

That is why Jesus said these words, “he who believes in me will live even if he dies. And no one who lives and believes in me will ever die.”

When you plan an industry you need a plan (a blue print), then skill of instruments (the tools) and then *the* raw materials.

The idea which is the Living Spark of Consciousness contains the seed upon which the plan is built. Instruction is the skilful architect that works through the mind to shape the plan. The skill is the secret of production—the knowing how—which requires a profound knowledge of the nature of the raw materials and the intelligent organised process for transforming and shaping them into the media required.

Is that not so? That is how you build a great industry, in a nutshell. That is how all great industries are built. Great Steel Works are built, great other organisations are built in the same way. You have got to have a profound knowledge of the nature of the raw materials and the intelligent organised process for transforming and shaping them into the media required.

So it is with us, we require the essential knowledge (of) the rate of vibration of each natural element. *Do we not?* The instrument of creation is the Super conscious—the Spirit—which includes the will. The raw materials exist in the boundless ocean of *the* electro-magnetic energy which pervades the whole Universe. *The prana and the akasha.*⁴ Thus intuition, thought and sound (vibration) are the intelligent energies and electrical agencies of creation at our disposal.

*So we see, the great energies of the Universe are waiting at a moments notice, **now**.*

And the consciousness of man knowing becoming aware of itself, is able to hurl these etherons, sweep them into action, and the combination of these create atoms. The combination of atoms create molecules. Molecules then, create groups of molecules which make up physical substance.

The Superconscious or Spirit Consciousness assumes the form of each natural element but still knows itself to be. *And stands beyond to form Creation.* Thus it is able to analyze and resolve it into its subtlest indestructible cause in order to gain a clear insight and understanding as well as control of that natural element. *(I am telling you something that is possible with you too. As it was possible with Christ so it is possible with us. “These thing I do things greater things shall*

4. See Notes page 110.

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you do if you will but understand me.”) Hence Creation at will is the right and privilege of one who has gained the understanding of employing his most valued possession, the Superconscious—the⁵ Spirit—the Christ Consciousness. Which is born in every human soul.

We have already seen that matter is a form of condensed energy, a combination of revolving particles of two electrical charges, the protons and the electrons, which generate electricity and magnetic attraction—the centrifugal *force* and centripetal *force*—positive and negative polarities. Prana is the positive or protons and akasha is the negative—electrons, these electrons revolve at a terrific velocity around the positively charged nucleus similar to our solar system.

Those minute solar systems which we call atoms are combined in particular rates of vibrations, the dense accumulation or the magnetic attraction of billions of these atoms together produce visible tangible properties which we call matter. Thus each single atom contains a powerful sun within its heart. If we split the heart of the atom we will find the sun⁶ *is there*. We have split the atom but not its heart, what will happen if and when this is accomplished by physical science will be the end of the manifested world as we know it.

There shall be no solid substance. There shall be no water. There shall be no atmosphere only there shall be prana and akasha. All solid forms as we knew it shall pass into oblivion. That is exactly what will happen and the Masters know it, and they have told me so, long ago. One day he says, there will be that strike that will bring havoc to the world. Man is leading that way but because he has not this knowledge, he is taking a path of destruction instead of construction.

Little do they know but what would one voice, as Jesus said, “yes. If an angel came from heaven would they believe him?” Of course not. So therefore it is for you to understand these things.

Yet the Superconscious, *the Christ Consciousness*, backed by the Infinite Spirit, *the Father*; which is within it can release the powerful positive electro-magnetic current of energy into the ether and thus start a “causal motion” which will sweep the electrons into activity and induce magnetic attraction, cohesion and combination, according to the idea.

In the next lesson we will come to the highest step which is contemplation in the Superconscious state.

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Where there is a withdrawal from all these things. And as the consciousness withdraws therefore it knows the rate of vibration of every form. The Christ Consciousness is aware of this, it is within the soul of every man. But why, we have gone from the outside—in, but Jesus and the Masters come from within—out. And when they do so, they are not caught-up in the outer or the relative, although they understand it and can live in it. They can withdraw from it. They can discern it their not caught-up in it. But you, you are caught-up in it and that is your misery.

“If anyone serves me, let him follow me, and where I am, there shall my servant also be. . . .” John 12: 26.

BENEDICTION

O Great Creator of the Universe, Thou hast revealed Thy Cosmic Creation to those serving Thee wholly.

Within me Thy mighty Power dwells and Thy wisdom *and Love* has drawn me to It.

Thy Love in the centre of my being, *and is* the key that opens the door to Thy wondrous Creation.

As I opened the Door *I find* Thee within *and I am* no longer afraid for *I hear Thy* words—All power is given unto thee in heaven and on earth, *I thank Thee*, O great and mighty One.

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

...There is quiet peace, the Silence is mine....

.....in the centre of your being.....There I am....

....I am in you and you are in me, we are in the Father....

...Our God is not a relative God. We no longer make an image of Him neither we have here a belief. We are free from beliefs and images. We are free from the idea of God. We have a Living God, that is me that is you. Then my life is your life. I am in you and you are in me. The Father dwells in us. I and the Father are One. There is no separation.....

...My peace within you is Living, now.....Amen.

NOTES

- * 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 16th September 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. *Brahma*. (Hinduism) Supreme God, the Divine Reality, of which the entire Universe is only a manifestation. "*Day of Brahma*" or The Kalpa. The out-breathing (Creation) is equal to 4,320,000,000 earthly years, is a basic unit in Hindu chronology. A Night of Brahma, the in-breathing (Dissolution) of Brahma is of equal length. According to Hindu cosmology the flow of time is Eternal. There is no beginning in the past and there is no end to the future. Creation is a manifestation in concrete terms of the Absolute. Dissolution is when all the created Universe merges in the Absolute, and that is when the period of non-manifestation begins. The periods of Creation and non-manifestation alternate, these are the days and nights of Brahma. Brahma Himself is a manifestation of the Absolute. The Life of Brahma or of the solar system consists of 100 Divine years in His time (311 trillion and 40 billion earth years). According to Hindu religion and cosmology the current Life of Brahma is about half completed.
 2. In the Lecture Notes the word is *Law*. Therefore the paragraph would read: [*Then the Eternal Cosmic Law, the Almighty Divine Power, will sound the Cosmic harmonious notes which will hurl the energy particles into activity and coherence again to form a new objective Universe, with new and fascinating drama and phenomena for man to solve.*]
 3. In the Lecture Notes the words are: *in opposition*. Therefore the sentence in the notes reads: [*Sound and vibration are synonymous, therefore note, and vibration are the same, therefore each form or natural phenomena has a combination of vibrations that are harmonious or constructive, and another combination in opposition to it which is destructive.*]
 4. *Prana and Akasha*. In Hinduism, the whole Universe is composed of these two materials. *Akasha* is the Omnipresent, all penetrating existence (ether). The basis and essence of things in the material world. Everything that has form, everything that is the result of combinations (Earth, Air, Fire, and Water. The sun, the moon, the earth, the stars, the human body etc.) evolved of this *Akasha*. *Prana* is the Infinite, Omnipresent Power of the Universe. *Prana* is everything we call energy. It is *Prana* that is manifesting as gravitation, magnetism, nerve currents, thought force, etc.
 5. In the Lecture Notes the sentence reads: [*Hence Creation at will is the right and privilege of one who has gained the understanding of employing his most valued possession, the Superconscious—Mind and Spirit—the Christ Consciousness.*]
 6. In the Lecture Notes the full paragraph reads: [*Those minute solar systems which we call atoms are combined in particular rates of vibrations, the dense accumulation or the magnetic attraction of billions of these atoms together produce visible tangible properties which we call matter. Thus each single atom contains a powerful sun within its heart. If we split the heart of the atom we will find the sun in its centre. We have split the atom but not its heart, what will happen if and when this is accomplished by physical science will be the end of the manifested world as we know it.*]

Lecture 7 (23rd September 1952)

THE CONCENTRATED POWER OF THE MASTER*

“He will go in front of Him with the Spirit and Power of Elijah,” Luke 1: 17.

Now the concentrated power of the Master is not a forced power in anyway whatsoever. Some people think that you must make an effort to concentrate. But that is not so because if you make an effort at the beginning, the end will be an effort too. If the struggle is in the beginning you will also have a struggle in the end and therefore you have no concentration. There can be no concentration where there is struggle.

I gave you a lesson in meditation not very long ago, and showed you that meditation was not holding the mind in subjection to a particular object or subject, where the mind was confused with many conflicts. You cannot in any of these circumstances concentrate in that way, for the simple reason that all these conditionings of the mind, that is the conditioning of the mind of your ideas and your beliefs, and your emotions, and these things that are not dealt with will crop up into the consciousness all the time therefore you have no concentration. You try to brush aside a particular thought but it will arise up again.

Therefore if you try to concentrate and subject the mind to your rule, to hold it in subjection to an object or subject, then it is impossible to obtain concentration, the concentration that is necessary when you want real concentration. Because what ever is in your mind is also interfering with your concentration therefore there is no creation.

The concentrated power of the Master is a manifestation, it is Creativeness.

We now come to the stage where we master concentration. In our lesson on meditation we saw clearly that true meditation was, not holding the mind in subjection to an object while the mind was full of conflicts. There could be no *true* concentration under this mental condition.

* See page 128

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Therefore concentration follows the meditation that clears the mind of all that hinders the expression of that which is beyond mind. *Everything you believe in; your beliefs, your ideas you must see these for what they are and you will know that they are not Truth. They are not that which is beyond the mind. They are something that is in the mind and these things are relative.*

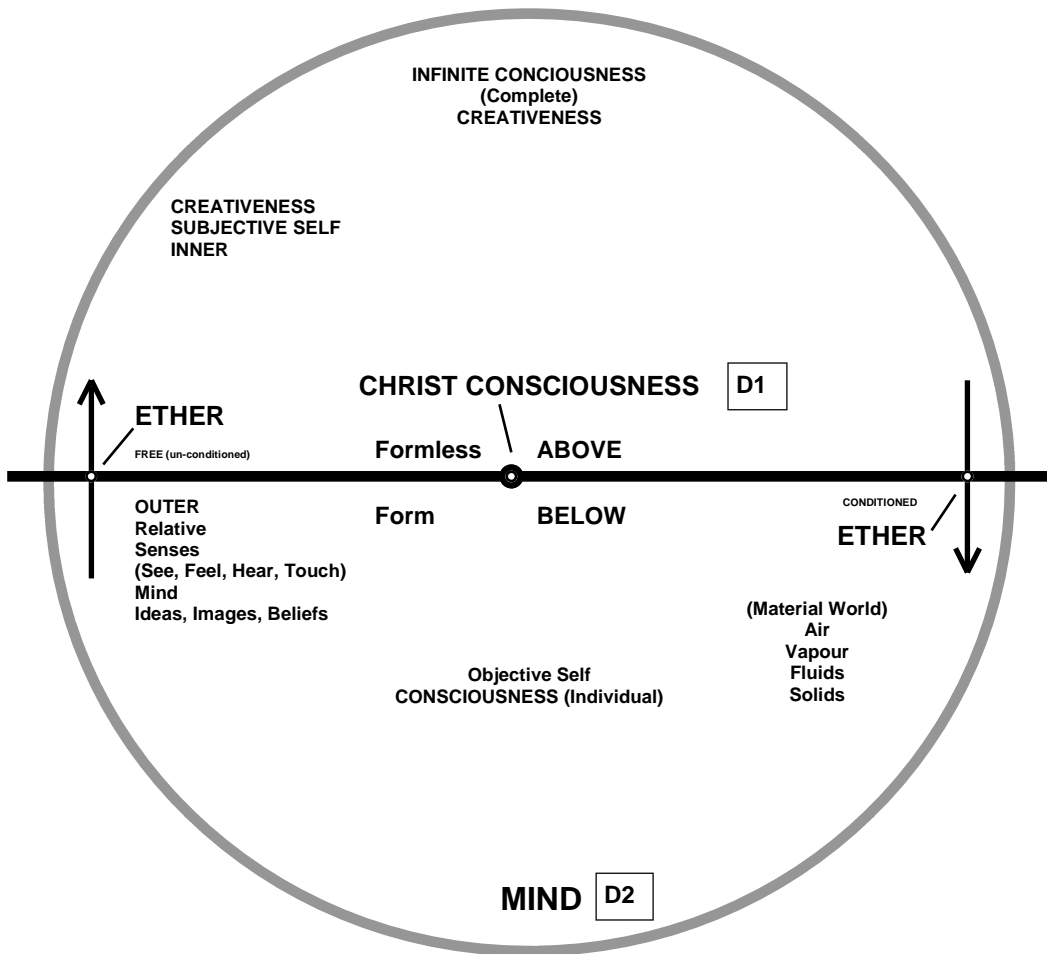
Now the consciousness of man is divided in two. The most extraordinary thing is that man does not know it. Consciousness is complete because it has everything in it. Everything must be in the Consciousness of God otherwise it could not exist at all. Therefore everything must be in your consciousness also if it is going to exist at all. But what happens to you is this, you are only conscious of the relative things, you are not conscious as the Master is of that which is beyond mind because he is consciousness of all. Therefore there is a dividing line in the Consciousness. This is then relative; what you see and feel, and touch, your ideas, your images, your beliefs and everything that belongs is in the Consciousness. Everything you see and feel is here through the senses. But you will notice that it is only half the Consciousness. The other half of the Consciousness is that which is beyond mind altogether. And that is where Creativeness exists. Therefore the Consciousness is divided in two. The Christ is the Consciousness that knows above and below.*

The Christ Consciousness is that which can see into the relative and understand it. Because you have got to understand the relative before you will ever understand that which is beyond the relative. Therefore the Christ Consciousness sees into the relative and understands it, understands; ideas, emotions, conditions and everything in the relative, he understands them and knows them and how they come about. But you are caught-up in them, that is the difference between the two. Therefore when you are caught-up in them and you believe in them, they will be part and parcel of your own consciousness. You cannot rid your consciousness of them until such time as you begin to discern them and understand them. And when you see that they have no power of their own except the power you give them, then they just drop away. But the Christ Consciousness knows all these things plus that which is the Father. "I and the Father are one."

Creativeness then, as far as the Creativeness in the relative reaches here, there. There is no Creativeness here at all in the relative, there cannot be. Paul says, "things are not created out of which that is made but made out of that which is not made." You cannot create then, form out of form, you can only create form out of the formless.

* See Diagram page 113

INFINITE MIND



THE CONSCIOUSNESS

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The concentration is when the whole of this relative portion of the mind is understood and not to keep the mind in subjection to a particular thing in the relative, thinking that you will get to have concentration. Because of the fact, that you are struggling to get it. And if you are struggling to get concentration you will never have concentration. That is completely true and you will find it out for yourselves. But if you can discern everything that is relative in your mind, what you do in true meditation, is to see everything passing before your mind completely not to hold your mind in subjection to a particular thing. But once you understand the whole mental field then there is a clearing of the mind takes place and the Consciousness becomes free. And in that freedom of the Consciousness is true concentration. That is the concentration of the Master.¹ Therefore if the mind is caught up in beliefs, tradition, conformity or follows a system, whether it be of the East or the West, that which is beyond mind cannot be revealed.

Because you will be following a pattern, a groove, that prevents freedom. So if you follow a pattern whether it is of the East or the West, you are following a groove, you are following a pattern and you can never be free. If you follow a pattern you cannot be free. If you enter a groove you cannot be free. You can only be free when the consciousness is freed from all these things, then the Master comes into operation because he is there all the time. His Power is within everyone.

When the mind is clear the consciousness can be aware of an idea in the superconscious state. *The mind is the hindrance to this, what we call, the superconscious state of the idea. The idea in the absolute form is an idea in the Absolute State. But the idea in the relative state is after the idea is passed through the mind. The mind distorts it according to the minds beliefs and what the mind is caught-up in. Therefore the mind then performs or out-pictures the idea. But the idea is nowhere like the Absolute State of the Idea. But if you cleanse your mind and clear the mind from all that is hindering the expression of that Idea then it becomes a superconscious idea, and the ether responds, the ether of space responds. By mastering this concentration comes light of the highest knowledge. But it must be applied by stages so that there is no struggle to attain it. For when that which is beyond time is realized there is what is known as “contention”—attention without strain or interruption.*

Of course, the word, contention has another meaning. But if contention means in the word of the ordinary dictionary means that you are discontented,

1. See notes page 128

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there is what we call a disturbance. But I have put in here is a different form altogether. So I taken the liberty of putting contention here as the matter of attention without interruption.

If there is struggle there cannot be freedom. True concentration is true freedom. Your mind must be free. Your consciousness must be free.

This concentration I have mentioned is by no means like the concentration known to the ordinary person, because he is not prepared for it.

If you have followed up my instructions you will now be prepared for this, the most powerful versatile instrument in the Universe. It means the mobilization of the forces of Consciousness and Infinite Will, which is not the will of the individual but a will that is in itself complete and not conditioned by any outside influences.

A will that is not conditioned in anyway whatsoever is a free state of a will which becomes Infinite Will and there is nothing that can stop it.

Now Jesus in his action and his words, he said these words clearly, "I of myself am nothing. It is the Spirit of the Father within me that doeth these things." He also said, "I and the Father are one." Here was the complete proof of his true understanding, where his mind was completely free from conditioning, his will was free from conditioning. He said, "Thy will be done, not mine."

This is the true Master. The producing of the food for the multitude out of the loaves and the fishes was the same thing. But we will see how that was performed later on.

These are not fairy tales I am telling you. These are not impossible things I am telling you. These are possible things. But at the present time, perhaps, you feel that they are impossible to you. That is your misfortune.

But if your mind was clear of all hindrances, you would see, that there was nothing that could prevent this wonderful power from manifesting in your own lives.

It is difficult for the ordinary individual to understand what this will is like because it has to be experienced before it can be felt. When this Consciousness and will are directed to a particular idea then the idea begins to take form from out of the ether. I told you before how these forms come forth, through electro-magnetic vibration. To understand this you must read my lecture on the last series on this subject.*

Electro-magnetic vibration is the only thing that exists in the Universe. Everything that exists is electro-magnetic.

* See pages 155-320. Lectures 1-10 in the book:
"The Word of Creation: Lecture Notes 1952, Part I"

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The basis of every form is ether; the ether of space. In that ether of space is energy. It is quiescent in its nature. I call these particles in the ether—etherons. That are swept into operation by the electro-magnetic vibration of thought.

The idea itself is a nucleus all the time and out from the centre of the idea flows the electro-magnetic waves which gather together these etherons and in the compilation and the combination of these form atoms. Atoms form molecules and the condensation of the atomic structure becomes a visible form that you see but it is not in a way separated from ether. It is not in anyway separated from any other part of the Universe.

Now the Master saw this clearly and he knew perfectly well that here was the loaves and the fishes. He broke free of them. With this was the idea. Everything came from the ether. Everything is ethereal in nature and everything is electro-magnetic. Your thoughts are electro-magnetic too. But Jesus knew this clearly and distinctly, that God created everything. And form was nothing more than the atoms forming, the combinations of these atoms forming, which produce these things.

And I can see clearly how the Master performed these feats. Here was the idea of the loaves and fishes. He broke them up knowing that there was an eternal supply. Therefore it became an eternal supply. The idea was the manifestation in its Absolute State. But if his mind was conditioned it could not take place. But when the mind is not conditioned and free therefore it does take place. And that is why the Masters concentration is a concentration when the mind is totally and completely free.

Search in your own minds and you will see if your mind is conditioned or not by a belief. If you have any beliefs at all, any ideas that are formally established in your mind, then I say you are conditioning your mind and all your thoughts will be according to how you have conditioned your mind. If your mind is so conditioned then it cannot be free.

If you then understand the relative world and all that is in it, including all your religions, all the particular organisations, all your traditions, you will know that they are relative in nature. And you will know that they are created by man himself. If you are conditioned in anyway whatsoever you are not free. The consciousness can only be free when it completely takes in the whole, and not a particular section of the whole or a particular speck of the whole.

So we see clearly that the mind must be free before it can be understood.

Not only can the Consciousness be directed towards manifestation, but also towards an object for gaining knowledge and discovering the secrets of the

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Universe. Therefore perfect concentration is when the mind is in perfect repose, free from all opposites and conflicts, giving it continuous and uninterrupted attention.

Remember that meditation is not merely accomplished when the mind is freed there must be continued meditation and rhythmic breathing, which starts “pranayama,” that is control of the Universal Energy in order to vitalize the ethereal network surrounding the body and to clear up the nerve channels and gain that perfect repose in the mind. Consciousness must be withdrawn from the physical, and concentrated on the idea to *accomplish** it in the mind. If the Consciousness is distracted in anyway this fails.

Therefore you can see again how the Master produced these things. The whole of his consciousness was entirely taken away from the physical or the relative and with the consciousness concentrated on the idea, the idea must manifest. It must manifest according to the law.

Your ideals will manifest in your own lives but these ideals are relative. Your ideal is because you believe in something. Your ideal is because you read something. Your ideal is because somebody has told you this thing and you create an ideal in your mind of what you should be. And when you think of what you should be, of course you will see, that you think that is virtue but that is not virtue at all. Virtue is knowing what you are, not creating an image of what you are not. So if you do not know what you are, you have no virtue.

But virtue comes when you know what you are and being not afraid of what you are or what is, therefore it falls away from you and what is left is virtue because virtue is God. Virtue is Life. That which is free—that is virtue, not what is caught-up in something, that is not virtue. Trying to be respectable that is not virtue.

If the mind is not clear of conflicts there is a consciousness of that which distracts from the Idea held in the Superconscious realm. To merely try to suppress these unwanted thoughts is to give them a manifesting power which distorts the manifestation of the Idea. That is why I have made it clear in my lecture on meditation that these not-understood thoughts must be discerned and dealt with, if not, they rise again and again when not wanted.

The mind can never be free from them until such time as you have dealt with them.

Through the consciousness the essence of knowledge must come and by focussing the consciousness on an object or subject its secrets are discovered, not only of the external but of the internal also.

* “establish” in the Lecture Notes

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When interrupted concentration continues, a sustained knowledge regarding the subject or object pours into the mind, until the Consciousness becomes aware of the Reality behind the form.

When one is delving into the relative there is the concentrated mental direction in a relative form into the relative. Now the consciousness is caught-up in this for the time being. And while the consciousness is concentrated it bores through the very many ideas and objects, and conditions belonging to this relative thing. And these things fall away from one another as they are understood. When one is understood it falls away. Another portion is understood and it falls away too. It is that which is not understood that is causing the trouble in your mind. But immediately it becomes an understood thing it falls away. The consciousness becomes aware of it. The next, the same it falls away. And until such time as all the relative facts about a thing falls away, then the Reality of that thing^{D1} becomes known to you. And that is the Master.

When Consciousness merges itself with the idea, the form of the idea is produced. The substances of the mind and atoms of ether take up their respective places in the form, thus ether is the basis of matter and the framework in which the form is built according to the idea in the mind.

The Consciousness, the mind and the idea have become one. When this is understood the miracles of Jesus are no longer a mystery. Neither is the boundless realm of wisdom so far away from man.

So we see clearly, how the Master walked on the water. The water became solid to him. And was solid to Peter also until such time as he began to think, he brought the whole thing into the relative into his intellect. And when he brought everything into his intellect, what happened? It just disappeared because the intellect was the double. Was this,^{D2} always double. All the intellect is always double. Always lives in opposites, in duality. Unless you get behind duality and the intellect, which is opposite, you will never understand what Reality means. Therefore Peter at one time when the Master called him, he was out of the relative into the Real, his idea was Absolute the water became solid underneath him. But immediately he entered into the intellect, begin to wonder again, into the opposites whether it is good or not, is it possible or not, then he sank. It is the same with you, everyone of you, when you live in the relative sure as anything you sink. It is only when you recognise what the intellect is and get beyond the intellect can you understand what Reality means. But you can get beyond the intellect. It is possible to get beyond the intellect but it

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must be done in this way through the Master. The way the Master trod, that is your way. "What I do, greater things shall you do if you will but believe."

So in the superconscious state we gain admission into the ultimate Universal Source of knowledge. Everyone of us draws unconsciously from this same source according to our capacity to receive; understanding and intensity of awareness are the keys.

When we draw from this fountain of wisdom, knowledge and eternal youth, the gloom and darkness of ignorance which is the cause of all human suffering disappears. The beacon of eternal Wisdom and Love pours its rays into the mind to illuminate it. We then solve the mystery of mysteries and actually become aware of Reality, in which we move and live, being our Life and Substance.

Therefore I am alive and living, that is a relative thought its an idea until such time as I discard the idea and find that it is absolutely true. If it is an idea in your mind it is not a Truth, it belongs to your mind. But if you can actually know that you are Life, now, at this very moment, you will know IT. It will be perhaps for a split-second but then that split-second can be renewed and renewed and renewed. But when it is past it becomes a memory in your mind. If you try to recapture it again, it is gone, you can never recapture it. That is in your mind now, that's a memory. But a memory is not Reality, that is something in your mind. Something that is past but Reality is always present, it is Ever-Living.

We can say without contradiction that this is the way the Master(s) gain all knowledge of the qualities of matter before our Western Scientists even dreamt of the atom. With the Master's mental equipment such as his electronic microscope, his most powerful telescope, his radio and his television receiving and transmitting set, his most vibrant power-house, his most powerful magnet and cyclotron, his mental library contains all the knowledge that has been published or ever can be published.

That is the Master and that was Jesus Christ.^{D1}

By mastering "Samyama"² that means (uninterrupted concentration) the Master can focus this unique powerful instrument on any secret past, present or future, and discover and read the hidden heart. Nothing can remain unrevealed to him. This can also be ours as well, for did not the great Master say, "these things and greater things shall you do if you will but believe."

Hundreds of people come to me and yet they tell me their story. But while they are telling me their story I am reading all about them. The whole thing pictures up clearly, the cause of the trouble, how it comes about and so forth.

D1. See Diagram on page 113.

2. See notes on page 128.

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A woman came to me, she was telling me how her troubles started, and I said, "now listen to me. If you forgive your sister you will find that your trouble will disappear."

And she started back, she said, "how do you know?" "But you don't know what they did to me."

I said, "that's it, but did you not remember those words, for you own protection. 'Bless them that curse you, do good unto those that hurt you.' That's for your own protection. Now go on and forgive your sister. Come back next week and we will see."

When she came back next week her trouble had disappeared. And she wondered how it was possible that you knew. I said, "well, you see when you are talking to me, I read your mind, I saw behind the cause of your trouble. And there it was an open book."

So a person came to me the other day, she had suffered with her trouble for twelve years. And in one treatment she was cured and she went away. She came back the following week. And she told me the story. She said, "two or three years ago I was told to come to you but I wouldn't believe. I wouldn't believe it was true. But now, I know it is true. But I tried to tell my friends to come and see you. But I saw they wouldn't believe either but then I should say, I saw myself."

And it was then very clearly that she could see herself. And it is the same thing always, we can see ourselves in our neighbours. In our relation to our neighbours we can see ourselves. We can discover ourselves according to our relationship to one another, according to how you act towards one another. If you are wide awake, it will be a self-revealing process and then it will free your mind.

But when you are afraid to look at these things; the conditions, the way in which you are positioned then they become part and parcel of you. And not only that, if you are afraid of them, then you can never be free from them. That is why the Master says, "look upon it as you would look upon a screen and see all these things that are in your mind passing before you, without condemnation, without analysis of any kind, without fear, and you shall be free." Why? Because the self is an illusion anyhow and that belongs to the self. It does not belong to the Real Self. The Real Self is not caught-up in these things. Because the Real Self is that portion that belongs to God. Real, not the relative but that which is in Reality.

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So therefore you never need to fear the relative because its got no power over you, except you give it that power.

What I am telling you now is by no means a fairy tale as many believe but *actually* truth, for all power is given unto us in heaven and on earth when we gain the understanding and knowledge of “how.”

This stage comes after the state of Samhadi³ which is the highly prized state of the Yogi and when we reach that state we do not rest as some of the Yogis do, but proceed on our way to be as the Master of Masters who performed miracles through his complete understanding, “The Father and I are one.”

There is nothing impossible to the Father; neither is there to the Son who realises that the Father and he are One.

And this is the thing, it is a platitude to your mind, oh yes you can repeat it a hundred times but it does not do you any good. You can repeat the word ‘God’ a thousand million times but it makes no difference to you at all. Not until you begin to understand what I am showing you!

Each stage is mastered step by step, one following upon the other until our amazing accomplishments are realized through application, until mastery over the natural elements is gained, their nature, their constant characteristics, their subtle properties, *and* their all-pervading qualities and their basic purpose.

Through the application of ourselves to these duties we gain:

First: Fine complexion and graceful strength that characterizes perfection of the body.

Now in these various subtle properties of the elements, (they are difficult for us to understand. And I am not going to deal with them tonight because of the fact, that you would have for one element alone would take you one evening and show you what one element meant. And how the next element acted upon it and so forth), you have the five elements such as; ether, air, fire, water, earth, the basic elements. But they represent a lot of other things as well. They represent the basics, the basis, the movement in that base, the expansion in that base, the contraction in that base and the cohesion in that base. Because all is electro-magnetic. In fact, we know, that if we have the power to control the electro-magnetic conditions of ourselves or anything, we have the power to travel from here to any planet we wish.

You see, everything is electro-magnetic. In my teachings, the teachings that I had from the Masters, we know what electro-magnetic means. It means a something that pours through the very walls of the atom and transforms them.

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Therefore if you increase the intensity of the magnetic side, you will become magnetic to a particular thing whatever it may be. If you increase, what we call, the electro side or electric side, you will also have a repulsion of that. You have something that is going away from it. If you can then balance these two in anyway you like, you can leave this earth and fly to any particular planet you can, no matter where, because the same operation is everywhere, because it is in the ether.

Ether is everywhere and in fact, ether fills the whole Universe. In the ether is the electro-magnetic. If you can use this power out of the ether direct, you have found the means of travelling anywhere in the physical body. Because you can change the polarity according to what you want. And you can fly if you wish too by altering the positive and negative of these forces. You can travel at a million miles an hour if you like. Because the electro-magnetic waves travel the rate of 186,000 miles per second.

Now I am convinced with my knowledge before, which I have never explained to anybody because of the fact, that it is too far advanced for most people to understand but you will understand what I am saying. That there maybe and that it maybe a truth in the fact, that these so-called saucers that we are seeing at the present time, maybe some planets or some people on another planet who have found out the means of using the energy direct from the ether, to produce a machine that may travel in any space at any time, this way or that way.

We will eventually find it too. We are gradually going to it. Our thoughts are electro-magnetic. Your thought is electro-magnetic. What does thought do? It enters into the ether. In the ether is the atoms, it enters into the walls of the atoms and causes the atoms to change, transform. You are doing it all the time in your bodies. For instance now, here is the Truth which we learn from the Master is using directly from the ether and we draw into the ether just the same way. I will show you a most peculiar thing that you have never seen before perhaps. So I take from the ether.....

(Murdo demonstrates).....

I will produce now from the ether.....put your hand out.....now underneath your hand.....you feel a solid feeling, a solid form growing beneath your hand.....Now you can lay your hand on it and your hand will stay there.....isn't that so....there you are.

That is producing out of the ether. But I am not going to go into the details of these things but some day we will all learn it.

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I practice what we call pranayama. Every morning, a little bit of pranayama, I take from the ether what I require. I work all day, this morning early from half-past eight, I didn't finish till five. I drove the car from here (Johannesburg) right away down here (Pretoria). And I am lecturing here and I am going back tonight. I work every day from morning till night and therefore people say, "how does he do it?" But it is quite simple, there is nothing difficult about it.

But your mind must be clear. You must cleanse the mind from all the things that is hindering it. If you have a belief, in any organised belief on any kind whatsoever then your mind is not free. You are limiting yourself to a particular thing.

Through the application of ourselves to these duties we gain:

- 1: Fine complexion and graceful strength that characterizes perfection of the body;
- 2: Mastery over every organ of sense is attained by freeing the consciousness, and understand each basic function of each sense.
- 3: Then comes the power and velocity of the mind through unobstructed exercises in meditation, independent of the body with mastery over the root of all substance that underlies all form. (*And that is the ether, otherwise the Prana*).
- 4: Then comes the distinctive relation between Sattva⁴ (Soul) and Purusha⁵ (Spirit), omnipotence and omniscience is attained. (*That is to say the distinct relation between the Spirit and soul. That is between the Consciousness and the mind. Spirit alone has Consciousness. It is the Spirit of God that has Consciousness. The mind is the vehicle of the Consciousness. And the body is the vehicle of the mind. The three are one just as ice, water and steam are one*).
- 5: Then comes the renouncing or non-attachment to these powers, absolute freedom is found, and the seed of bondage is destroyed.

4-5. See notes on page 128

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The secret of mind over matter is the understanding, the analysis of the subtle constituents of the elements.

The non-attachment to any power is freedom. If you then are attached to any particular power, occult power or any other power, you are not free. That is not the Master.

Look to Jesus as the finest example of all Masters. Because he was the epitome of freedom and his whole work was clear and distinct. "I and the Father are one." From that particular standpoint he did everything because what the Father could do so the son could do because the son had the same Life in him as the Father had. It was the Life then that was Conscious. The Life then was Creative. And he was not caught-up in the self because he dissolved the self long ago when he went out in the desert. That self was the Satan that tempted him. The outer self was the Satan that tempted him to this and that but he said clearly and distinctly he had despatched with that. Because he would not have anything go in front of that which was Real, which was Real which was the Spirit of God Himself. The Son was the Spirit of God manifesting or manifested. Therefore he would not allow any self, which was an illusion, to go in front of him. Just as it says in the Bible, "thou shalt not have an image before me."

So Jesus dealt with this self in the desert and he said, "get ye behind me Satan," or as it were, you shall dissolve away into nothing where you belong. Because Satan has no power of his own. The very fact of the non-existence of Satan gives Satan the power. Because if God, is then Satan cannot be because God is One. And if Satan is, then God is Satan because there is no other but God. "I am the only one."

Therefore also if hell exists, it must exist also in God because there is nothing outside God, God being Infinite in nature. And because God being everywhere, Omnipresent therefore God must be in hell too. So therefore the whole thing is ridiculous, it is but a figment of mans imagination. And as soon as we realise this, and free the mind from all these hindrances and limitations, then you shall know the Truth. You shall be able to save the ether to become a solid beneath that woman's hand, where she could lay her hand upon it. So does the water become solid upon he who walks upon it.

To elaborate on the details of the natural elements is not intended in this course because of its extreme complications, besides it is not our intention to become caught up in the occult powers because they are obstacles in our

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path to absolute freedom. Therefore we will not occupy ourselves with the practice of occult powers, for the exercise of such powers prevents our absolute freedom from desire and attachment.

It is attachment that hinders us from realizing the ocean of Life in which we live and move, this absolute essence of existence is our eternal Life.

The yogi goes along a certain distance he is trying to become, always becoming and therefore he never does become. He reaches a state of Samadhi and he stops. He thinks he has reached then the ultimate but he has not.

The Masters show you perfectly clearly that that is the beginning of entering into the great powers of the Masters. And it is true you see, immediately you are caught-up in occult powers the consciousness is not free, it is limited.

The Master then, (and I always take my example from Jesus because he was the greatest Master; and his mind to me is as clear as crystal because I understand his words, and I can understand because what I have been taught) and what I know now is this, that he was not caught-up in any of these powers whatsoever; he was free.

*I am showing you this way of freedom. This complete way of freedom where there is no struggle. You are trying to become something, well you never will because tomorrow never comes. Jesus said, "I and the Father are one." He did not say tomorrow or the next day because God **IS** he **was** and he **IS**. Because God **IS** you are **now**, not tomorrow or the next day. And if you are not **now** you never will be! Becoming is an illusion! There is the difference between Master Jesus. That is the difference—freedom.*

The difference between the one who knows and the one who does not know is this, the untrained person dissipates and scatters his forces in the form of weak and incoherent thoughts generated in rapid succession and dispersed into the ether.

These unrelated and mixed thoughts are electro-magnetic waves, causing damage not only in the body but beyond it. Therefore the person who does not know cannot rest for any length of time on a particular subject or object, but instead jumps from one branch to another like a restless bird.

Forces are therefore dissipated and cannot be used for any particular purpose effectively, through the habit of years of restless thinking the mind is never able to function with success. It becomes entangled in defeat and gloom without knowing why, like a rudderless ship tossed by the waves and left to the mercy of the winds of chance which the ignorant call their destiny.

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If we are not familiar with the functions of the mind, in this ignorance lies the source of all trouble and suffering.

The one who knows is not a superhuman person but has been fortunate to discern his ignorance of the subtle laws of Life. He discerns his errors and adjusts his habits of thinking and acting and learns the secret of existence. He becomes aware of the limitless power of the mind and the omnipotent and omniscient qualities of his consciousness, and through proper meditation, discovering the true seer acting *within* him. "The Father and I are one," is no longer a platitude to him but an *actuality*. *That is the Master.*

I have been trying to show you clearly what the Masters mind is like and how it functions. And how all power has been given unto him in heaven and on earth. It is not a saying it is a natural Reality. But unless you can know this through the cleansing of your mind. And remember it is rather difficult for you to do, it is a very strenuous thing, because it means giving up all these ideas and ideals you have had of the past. Even your most cherished ideals must be dealt with and dissolved away, otherwise you will be expressing those ideals and not Reality. Not that which is beyond mind but you will be expressing according to your ideals.

Ideals will never bring happiness and peace to the earth. When we do away with ideas, ideologies and beliefs then we will see that there is one bond between every living soul in the Universe. And in that bond which is freedom—is peace, harmony and Love. Love cannot exist when there is separate ideas and ideals. Love cannot exist when there are separate groups, separate religions and so forth. Love cannot flourish when there is any separation whatsoever. Therefore discern into your minds and become aware of your relationship to one another, and how that relationship appears to you, then you will discover yourselves. When that discovery comes these things will fall away because you will no longer be afraid of them.

But some of you will tear your hearts out because you cannot give up that which is grown-up with you, from your infancy. But it must be discarded and eliminated because it prevents you from understanding your brother. Any ideal that is limited in anyway whatsoever can never be a means of bringing happiness and peace upon earth.

*But when all ideas, all beliefs that are separating man from man can be discarded and dissolved then peace will remain. Because peace is **now** here, in this very moment, peace **IS**.*

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What is preventing peace? It is your ideas, your ideals, your separations, your groups, your separate religions, your separate denominations, your political groups, your nationalities, these are the things that are preventing peace. Dissolve them away and peace is established. When these things are dissolved away there is Love and Wisdom, that is peace.

In the knowledge of the ultimate Reality he is endowed with power beyond the remotest idea of the one who does not know. In this assurance he radiates an aura of power that impresses all whom he comes in contact with.

He becomes aware of his consciousness, that invisible magic cable which permeates the various subtle bodies down to the physical. He becomes a mental athlete through effortless manifestations and directs his concentrated power on any subject or object to obtain its secrets, occult powers are obtained yet he brushes them aside and reaches that which is beyond time and space where all power is given unto him in heaven and on earth.

“He saw wisdom then, and studied her, worked with her and proved her.” Job. 28: 27.

BENEDICTION

O Eternal One, Thy will in me is all power.

Without Thee I *weep* and torn with conflict and ignorance.

When I learned of Thy Presence Within me my sorrow turned to joy.

Now I find Thy Presence is omnipotent and omniscient, all power and all wisdom invested in me.

Step by step I climbed the stairs of progress until all was revealed unto me—what is Thine, is also mine, O Eternal One.

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

(one minutes silence)

in this silence...there is peace...the mind is free from all that limits it...God is in His Holy Temple...the Temple He created for His Own Expression...Therefore I am the Living Temple of God...With you in the same Temple...in the Father...we are one...my peace on earth.

NOTES

- * 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 23rd September 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The preceding sentence in the Lectures Notes is missing from the recording. The full paragraph of the Lecture Notes reads: [*Therefore concentration follows the meditation that clears the mind of all that hinders the expression of that which is beyond mind. Therefore meditation in its true sense is for the purpose of revealing that which is beyond mind. Therefore if the mind is caught-up in beliefs, tradition, conformity or follows a system, whether it be of the East or the West, that which is beyond mind cannot be revealed.*]
 2. *Samyama*. (from Sanskrit: sam-yama, holding together, tying-up, binding). Perfect restraint or concentration. In the *Yoga Sutras* of Patanjali, from mastery of samyama comes the light of awareness and insight.
 3. *Samadhi*. (Sanskrit). In Buddhism: A state of deep trance, intense concentration or absorption of consciousness achieved through meditation (in Hinduism it is achieved through yoga).
 4. *Sattva*. (Sanskrit, meaning; "purity" literally, existence, Reality.) Also, being, essence. Sattva is state of mind in which the mind is steady, calm and peaceful.
 5. *Purusha*. (Sanskrit, meaning; Spirit, person or being. The name of Lord Vishnu. In hinduism the meaning is; the primeval man, considered to be the Soul of the Universe, which was created out of his body. Cosmic man.

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* “Decide for yourselves whether it is right before God to obey you rather than God.” Acts 4: 19.

The entire world is suffering the painful consequences of neglecting the mind of the people. Public education in this respect is responsible for the suffering of millions, depriving the individual of the happiness, prosperity and permanent peace *within the individual and in the world¹ which is made up of individuals.*

Now the most extraordinary thing is this, that we fail to see the Real thing that counts. We are always trying to make a reality of relative things. We are always trying to make a reality of that which is external to ourselves. And because of our reactions to these things and conditions we create trouble in our minds and bodies.

But when you get to the stage where you realise this Truth, I am alive and Living. It is not an idea or an image. What is in your mind is an idea or an image or a reaction or an experience, it is the result of something external to yourselves, therefore you have it in your mind. Your mind then is the result of your reactions to things external to yourselves or sensations that rise from within yourselves, and you create an image, an idea of them. Your mind is a conglomeration of all these things and you are very often in conflict because you do not know where you are. But when you realise this, that which is not an idea, not an image nor a belief—“I am alive and Living.” I am the Living expression of the Almighty. Why? Because God being Infinite in nature, there can be no other Living Being but Him, He alone Lives. Therefore the fact is, that I must be the Living expression of God otherwise He could not be Infinite in nature.

Therefore I become aware of this which is beyond the mind. Something that is beyond mind, beyond experiences, beyond ideas, beyond images, and beyond these things that you create in your own mind. I am alive and Living.

*/1. See page 143

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My living is God. Could not be anything else because God is Infinite in nature and there can be no other Living Being but Him. If I was living apart from Him, He could not be Infinite.

*Therefore divine reason enables you to grasp the Truth but it is not the Truth, even divine reason is not the truth. But it leads you to the Truth away from experiences, away from ideas, away from imitations, away from the mind that is made up of these things. And when you come to that Realisation of this one thing, that you are alive and Life, nothing else matters. You see the relative for what it is, it stands out before you, you are not afraid of it. It no longer troubles you because fear has passed away completely in your knowing that God **IS now**.*

*That is Being because God is **now**. Not tomorrow, God does not become God tomorrow or some other day. The Infinite is **now** otherwise He could never be. I am **now** too, otherwise I could never be either. Therefore trying to become something is leading you away from Being and leading you away from Truth which is **now**.*

*If you can grasp what I am telling you now, you will see the relative conditions; you will see your images, your beliefs, your experiences, your anticipations, and all these things are a portion of your mind that are causing a disturbance in your mind. And that disturbance sets up the whirlpool in your mind and you no longer can control it until such time as you come back to the whole thing and you say clearly and distinctly; "Father I am thine Thou art mine, all that is Thine is mine, all that is mine is Thine, it is Thee alone that Lives." Therefore all is well **now** at this very moment. At this very moment nothing can be out of place and at any time it can never be out of place because Thou art Infinite and I am. Thou art, I am, that is the foundation. Then you can see what suggestion is that comes from outside.*

The relative is always suggesting things to you. Suggestion only comes in two ways, it comes in positive and negative. Therefore immediately you know that there is opposition, that they are opposing forces, you know they are false. You know they have no power of their own. You know they are of the mind. You know completely then that they will pass away into nothingness where they belong. The first thing then is to see clearly and distinctly, that true foundation upon which you shall stand. But unless you discern the relative and what it is, you will be caught-up in it.

Some people content themselves with the idea that mental health is a too subtle and a complex one, that the rush tension and tumult of the

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modern world leaves no time to take precautions which are so essential for the mental health of the people, individually and collectively.

The answer lies here, that those who suffer from physical and mental ailments are those individuals who have not found the time, nor have cared, nor have had the knowledge to protect themselves. If they had the knowledge they would have taken the time and precaution to avoid these breakdowns *in mind and body*, that are the result of the violation of natural laws.

Naturally everything external to yourself is pouring in upon you and therefore your troubles lie. Your trouble lies in the fact, that everything external, relative, is pouring in upon you because, why? Because you do not understand it.

Now, supposing I fear something in my mind and do not deal with it. It will come up again and again and again until I do deal with it. Why? Because anything that is in my mind, that I become emotional about, that I am afraid of. If I do not deal with it and see the cause of this fear, and we will see that that cause is an illusion, it's a mental image, a belief. Immediately you begin to understand it, the emotion, the fear will die away and that will never rise again up to your consciousness. But as long as you fear it, as long as you are emotional about it, it will rise again and again until such time as you deal with it properly. And you deal with it in two ways. You see that it has no power of its own. Then you know your own strength because you are, you do not have to be, you are now at this very moment. You do not have to become something, you are now, at this very moment otherwise God could not be.

*If God is Infinite in nature then He is **now** and He cannot be everywhere except everywhere. Therefore because He is everywhere He is in you and me **now**. And God does not become something else. He is **now**, Infinite, He means Completeness and it is Complete **now**. Not tomorrow or the next day because they do not come. It will always be then in the next day, the next day, the next day and you will never have being at all.*

Realise what I am telling you and there you shall find the Truth. If then you isolate yourselves through your lack of understanding of relationship. If you try to protect yourselves in any means whatsoever, what are you doing? You are isolating yourself from something that you want to protect yourself from, don't you? Therefore you create, at once you create something, you create a resistance.

If you depend on any outside organisation for the reformation and the transformation of the world, you making the biggest mistake of your life.

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Transformation and regeneration comes within yourselves through your relationship to one another. Near and far or foreign or internet, it makes no difference your relationship must be the same.

We see organisations being built-up, organisations torn down. New organisations built-up and these organisations also tumbling to the ground. Why? Because it is the same people who are building those organisations it is the same people that are breaking them down, the same peoples are building up new organisations, with the result that there is no security, no understanding and therefore no transformation.

Transformation comes from within the self, understanding your relationship to one another. Jesus said, these words which ring in my ears continuously, “love your neighbour as yourself.” That is your relationship. And unless that relationship is understood there can be no peace. Unless that relationship is understood by the individual there can be no peace. No matter how many organisations you will create.

As one student said to me, in Johannesburg, “but you see they are creating a new organisation in Europe. To build houses and do all these sort of things.”

“Yes,” I said, “perfectly alright but if you remain the same individual as you are now, there shall be no transformation because of the fact, that the individual alone is responsible for the transformation of the world and not an organisation.”

Organisations cannot do it for the simple reason, that the individual alone is responsible for organisations and organisations are helpless without the individual. Organisations are the expression of individual thought. And unless the individual understands that there can never be peace in the world. There will be continual disintegration even it shows that we are advancing along particular lines, scientific and material lines.

But unless there is an understanding of this relationship between the individual and another, there can be no real progress. There can be no real Spiritual understanding that will enable us to live together in harmony and peace. The lawyers are talking about those sort of things about organisations because they're just talk, they are just words. And unless those people who are organising have within themselves the true understanding of relationship there can never be any peace in the world because they are creating, what? Isolation. Isolating themselves against something else. Isolating themselves against another group.

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We have, have we not, a United Nations Organisation. That is isolation. Why? Because we have organised ourselves for protection against something else. Immediately you organise yourselves you create resistance against something. Well that something is continually battering against your door and because of that resistance you have strife.

*Don't you see, all these things are on the relative plane. Nothing really is established on the Real plane of understanding. It comes through transformation from within the self from knowing the relationship to another. And that relationship to your neighbour reveals you yourself to yourself. Therefore you discard these things that are a hindrance to the expression of that which is Real in Itself, Complete, **now**.*

*It does not have to be created tomorrow, peace is now. Absolutely this moment, you do not have to have an ideal of peace. If you have an ideal of peace you go away from peace. Peace is **now** at this very moment. And when the individual is transformed it is immediate. And there is immediate transformation and immediate results.*

I am talking as a Master. I am not talking this as psychologist or any other in the relative plane or trying to make the relative a reality. Because there is no such thing as a relative thing a Reality. A relative thing is a created thing. A Reality is a non-created thing. But behind it all is Creation and within is Creation.

There are many books on the market dealing with mental hygiene, yet there are few that can give some practical help to the sufferer, nor do they give² the right instruction of how to prevent falling into the pit of illusion that comes from ideologies, beliefs, politics, traditions and religious dogmas. Most people have not the alertness of mind to discern those illusions which lead to separation and strife, neither have they the spiritual stamina to resist the suggestions that come from them.

And how do you get spiritual stamina? Is it not so that because you are afraid, that you seek security and you create an organisation of some kind to make yourself secure against something external to yourself? This because you are afraid of something. That which is Spiritual is never afraid of anything. How should that which is Spiritual be afraid of anything that is material or relative because it Itself is the creator of all things.

Spiritual stamina means—a Knowing. Becoming aware of that which is relative and aware of that which is not relative. That which is not relative is a Reality. That which is relative is a created thing. That which is not created is

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Creative. That which is created is not Creative in itself. That which is not created is Creative. That which is created is not Creative. But you continually react to these conditions. Consequently you find strife, trouble.

I wish I could give you this Knowing. This wonderful thing. This peace that passes all understanding. Where nothing in the mind interferes with that peace.

Mental health is more than is seen on the surface, merely going to church or attending some psychological meeting is by no means a protection. To protect the mental health requires a knowledge of the mental and emotional processes and the secret of strengthening the mind to avoid that which injures it.

The most important factor the individual must understand, in order to protect his mental health, is to realize the potency of suggestion and how definite is its effective power and influence. We must realize and recognise its far-reaching effects and its invisible silent action within the mind.

So the mind is always prone to the suggestions external to itself. And without Knowing, without understanding, without being aware, as we will see shortly, how you can become aware of all these suggestions so they do not take root in your mind which becomes part of yourself

The individual must deal with the subtle agents of suggestion in the form of mass suggestion, mass persuasion, mass consciousness and mass psychology. There are various ways in which these suggestions work on the individual through his or her reactions. There is the external suggestion that comes from the outside through the senses, either by seeing something, reading a book or magazine, by hearing words of others. Then there is the internal suggestion that comes from experiences, memory, emotion, fancy and desire.

Is it not a fact that most people are lost in their reactions to people and things? *Seek in your own mind and see if you are not lost in your reaction to things and people.* We are acted upon against our will and act upon others with our will. This see-saw movement is going on all the time because³ we are not aware of what is taking place.

Where does awareness come from? The mind can never be aware in itself because the mind is a vehicle that accepts suggestions from outside.

Awareness comes from consciousness. Consciousness is awareness and nothing else. I am alive and Living. My Life is my awareness. I am aware because I am alive. Life alone has Consciousness in that consciousness is awareness. That consciousness then becomes aware of these things that enter into the mind, suggestions that float into the mind.

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I am caught-up in these suggestions that float into the mind. I am caught-up in them held in a vice. I fear them. I tremble. My emotions then overcome me and before I know where I am, I become a physical and mental wreck.

But immediately I become aware; that there is something greater, something magnificent, something that is Eternal, something that is Ever-present, something that nothing can harm, nothing can destroy, and I find that I am that myself then I become aware of everything that is relative. No longer do they affect me because I stand above them. That was the Jesus, the Christ. He is the model image. You read his mind and understand what I am telling you, you will see the magnificent grandeur of the Christ Principle expressed in the man called Jesus.

Our thoughts are the response to memory, of experiences which are conditioning influences. These influences are not only of the past but of the past in conjunction with the present, so the past is always shadowing the present, the idea is always limiting no matter how extensive it may be. So ideas, beliefs, traditions etc., always separate people.

Ideas can never bring peace. What is an idea? An idea is something in the mind that you create yourself from some external thing. But an idea is your mental thing, it is of the mind. Unless you recognise that your ideas can get you nowhere, its an idea. But if you are alive and Living and you know what Livingness is and means to you. And you will then understand your relationship to your neighbour: How you react and what conditions you react to him and how you have, whatever the case maybe, then it will be a revelation to yourself, how you act and how you think.

A self-revealing process means this—it means virtue. Because these antagonisms, these fears, these emotions, these things pass away into nothingness where they belong because you see you have dealt with them, you know them, you understand them, you are no longer afraid of them, they create no longer any emotional disturbance in you therefore they pass away into nothingness where they belong. They only mean something to you as an experience as long as you hold onto them. And you will still experience these emotional outbursts, these antagonisms, these conditions as long as you do not understand what you are doing.

We want peace as an idea but not as an actuality, so we are attached to the world of ideas and not to peace. We cannot discern the fact that we are conditioning ourselves with what we call knowledge and experience, and the new and changing facts are interpreted and translated according to

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this knowledge. So we perpetuate the past without settling the problem of the present, because the past is ever in conflict with the present.

Therefore you never solve your problems because the past is always shadowing the present. Why? Because you do not understand it.

We see that suggestion is a subtle generating thought-provoking missile or force which induces thoughts similar to and parallel with the idea or suggestion itself. Habits, opinions and actions through association influence our thinking, so the consciousness must be ever on the watch lest the inner realm will accept without reason and enslave us, thus causing conflict.

When an external suggestion hits the surface of the *consciousness*,⁴ it starts a wave motion or vibrating force which sinks into the inner realm of the mind, when this happens an internal suggestion is begun from the acceptance of the external suggestion and becomes a memory impression which creates perpetual repetition and which we call habitual thinking.

Habitual thinking then is stagnation. You stagnate in your habitual thinking because you do not understand it and how it comes about.

We must also be aware of thought-waves that permeate the ether, a thought-wave can be so powerful that it, can penetrate the magnetic aura, and impress the mental receiving set appearing as our own idea and then rises to the surface consciousness. Once an internal suggestion has been accepted and admitted into the surface consciousness the reaction will be an impulse for action.

So immediately we know perfectly well that if a suggestion that lurks in the subconscious rises to the surface consciousness, what does it do? It impels action. But if you understand the whole process of suggestion and you understand how it comes about. And you understand the process of thinking and of your mind then it has no power over you whatsoever because your consciousness will deal with it for what it is. Your awareness will deal with it.

It is only when you are not aware that you are caught-up in conflict, in emotion, in fear.

Mass suggestion is a specific idea devised to create a uniform effect on the minds of a group of people in order to produce a desired result or action, according to the mental receptivity of the group and the power of the suggestion so will the successful result be proportionate.

A mighty thought becomes a powerful invisible circuit in the form of a magnetic current of electronic particles having the form and outline of the idea. Such a thought can permeate the magnetic aura of each individual of the group, this is mass suggestion.

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Mass suggestion operates in a large number of minds compelling action. So concrete action appears in the visible plane in one uniform action. We can now appreciate how a negative mass suggestion can be turned into a destructive weapon possessing immense destructive power.

Because an individual is not aware therefore he accepts these suggestions enter into himself and he thinks that they are his own. Being caught-up in these ideas and suggestions it becomes a selfish action in the selfish consciousness which impels actions immediately.

All real students must understand the process of the mind. Not a mere psychological understanding of the mind but a deep process of the working of the mind.

Mass persuasion is the swaying or influencing the minds of people through constant repetition of a mass suggestion. In our modern world every possible avenue of mass psychology is being explored in order to devise *clever means or clear means* and *ways* of mass persuasion or mass domination to invade the inner realms of the mind. It is like giving a beautiful doll to a little *child* in order to tempt her to submit cheerfully to the dentist's forceps to have her teeth extracted.

So we see how it is all done. Done up in nice little parcels. Tied up with ribbon and inside it is a bomb.

Mass consciousness is the conscious acceptance of the mass of one particular idea. Thus the idea binds the mind of the multitude together to turn them into an immense powerhouse and the masses, through repetition, accept the idea, then it is recognised as their own and not one that has been accepted from another mind. The object of mass persuasion or mass domination has been achieved as soon as mass suggestion has been transformed into mass consciousness. *So the consciousness of the mass is the beginning of action. No matter what type of suggestion it maybe, it is the same.*

I am preparing your minds to be able to discern what suggestion is. So that you can see it before it enters into your mind, so you can deal with it and thereby able to dissolve and you remain adamant Complete, in Love and Wisdom and peace. Love your God with all your strength and all your Life and all your mind love your neighbour as yourself.

If that was that Complete thing in your mind and you knew it to be true completely then nothing could enter into your mind because your mind would be dominated with that Complete thing of the Eternal Reality—God.

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*But I also say often, people pray to a God for protection from something external to yourselves. Are you not isolating yourself even if you pray to God for protection? Is God not **now** immediately? Is He not everywhere? There is nowhere where He is not.*

If I pray for protection, I isolate myself from something that I want to be protected from. What am I wanting to be protected from when I know that God alone is Living and He and I are one. I and the Father are one. Why do I want protection from something external to myself? Of course not. I require no protection because this wonderful Truth that God and I are one.

Why, Jesus was the greatest of all exponents of the Truth, of that one Truth—I and the Father are one. But it is a Living Presence now. It is not something you could get in the future. He did not say, I will be one with God tomorrow. Because tomorrow never came.

I am because He is. If I was separated from Him, He could not be Infinite in nature. If my life was not His Life then He could not be Infinite in nature. But as I discern everything that is in my mind then I come to that which is beyond mind. Then I become aware of myself, not the outer self but a Real Self, that is not separated from God but requires no protection from outside agency.

A kind person does not require any protection. He does not build a wall around him. He does not isolate himself. He does have to isolate himself in any organisation, religious or otherwise. It is only when you are not kind you have to isolate yourselves for protection. Because you create resistance against something that is battling against you. You are living in the relative.

If I could only give you this. It would be the greatest joy. So the Master said, yes neither would they believe, he said, if one rose from the dead.

When we look into the colossal ignorance of the masses we realize the necessity for understanding the fundamentals of mental hygiene. We can now realize the tremendous problem facing our modern world, which is struggling through an ocean of conflicting external suggestions poured out daily through radio, press, television, stage and screen, also through discussions, conducted meetings, business relations and other associations.

Millions of people daily are overwhelmed by a conglomeration of good, bad and indifferent suggestions flooding their minds and invading the inner realm to become fixed beliefs, ideas etc. The amount of energy wasted daily by millions of people through superfluous and needless external as well as internal suggestions is beyond calculation.

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Can the average person protect his mental health and very existence from this ruthless onslaught of harmful external suggestions? Yes! This can be done by being alert, discerning (and) relentlessly maintaining a close watch on every suggestion passing the conscious view, by understanding the function of the mind, remembering that our reaction to every suggestion should be negative to enable true discernment to take place before allowing any suggestion to enter into our minds.

Our reaction to suggestion should be negative. Should be no, no matter what it is, good, bad or indifferent. By doing so you are able to discern clearly. But not only that, to stand aside and see it for what it is, and not be caught-up in it.

Physical hygiene is taught in all schools and colleges, but very little or practically nothing has been done to prevent the mind from becoming the target for every suggestion that comes along, with the result that groups become antagonistic to each other through ignorantly accepting what others say without strict discernment. This includes religion and politics and all other-isms.

If a child was taught from early childhood to take care of the mind, the number of hospitals, gaols,* mental institutions, rehabilitation centres and sanatoriums would be very few indeed. A happy and contented world would be the result.

But what do we see. We see that every child is subject to suggestion of some kind or another, which is not true! And they grow up in ignorance, in opposition to others. Become liars, counterfeits in a world of misery and confusion.

This lecture is an exposure of the inadequacy of our public education and mental hygiene.⁵ *What do we see in the schools all over the world today? No matter what country you go into. Both religion and politics, isms, East and West is both the same. They are brought up to believe in an ideal. An ideal separate to some other ideal which creates an isolation which creates conflict and eventually war.*

Different religions train the child through suggestion until the child's mind becomes a fixture upon these suggestions that have been accepted in the inner realms. And what do you see, outer action in opposition to another suggestion of another religion of some kind and you have conflict, isolation and disturbance. Is there any truth in that? You will have in the East and in

* Jails.

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the West, you will have a particular form of ideology, children are taught it by suggestion continuously everyday. They sing songs, they fly flags and all the other paraphernalia which creates isolation in opposition to another. And that isolation brings conflict. Conflict eventually will bring war. But you have not seen it. No, you are too taken up in the relative, too caught-up in these things to understand it. Your minds have become putty, moulded according to the suggestion that is given to you from some outside source.

It is no! Immediately, no. There is a negative state to a suggestion. A denial of that suggestion no matter whether it is good, bad or indifferent. Therefore I have told you so often before that you must not accept what I say to you. But to make you think. And if (what) I say to you can make you think then you are on the right road to recovery.

So we, by our ideals and ideologies, we create an organisation. That organisation is isolation as a means of protection. We ask for it ourselves for our own protection against something else. And that something else is continually battering at our doors to batter it down and eventually there is severe misery. Because of the individual that does not understand. It is the individual, not the organisation, you must bother about but the individual transformation. And through individual transformation there alone you shall have peace and happiness, not through organisations.

I tell you this as true as you are sitting here now, that the organisation that have been built in the past will fall to pieces, crumble to the ground. There will be fresh organisations will be built on the similar planes just as they had before and they will fall to the ground too.

Not until such time as I am telling you this truth, for that which is within requires no protection, becomes a conscious Reality to the individual through discernment of that which is false and understanding that which is false. And understanding that which is false will allow that which is Real to take its place. And when that Reality then enters into the consciousness of man then there shall be immediate peace. Not sometime in the future when we can organise this and organise that because every organisation you create is further isolation.

We who know can, with an alert awareness, protect ourselves from the inroads of beliefs, ideas and the like which create separation, which leads to mass murder in the name of a loving God. How wonderfully true it is, that there is the various people, organisations who have different Gods.

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But the Gods they have is a mental God. God created in their own mind that they have created according to their own ideals. So they create this mental God and they pray to this mental God for power to destroy the other section of people who have another God built up in their own minds, similar to these people but a different God. And so the two different Gods and two different heads have a fight. And all the flesh and body is killed and mangled. And then they go on and saying, we have had a victory over our enemies. The victors are the losers.

Not until we do away with all false Gods, of images and ideas. Until we know the true God. The one and only God! That lives in every soul. And as Jesus said, "love your neighbour as yourself." How can anybody with murder in their heart pray to a loving God who created all within Himself, His own Life in all? Ignorance is truly the evil in the world today, and prayers have become idolatrous.

If you then, as Jesus said, "have anything against your brother. Go and make peace, come back and there offer your prayers to your God."

Jesus made enemies of the rich, the rabbis and high priests of his day and they killed him because he interfered with their racket. It has been two thousand years since then and we have not advanced much owing to the fact that we do not understand⁶ *our minds, our thoughts, our images, our beliefs, our ideals and what they are.*

So Jesus words are these that I could remember. I could even be there at the very moment, when he said these words;

"If I have said anything wrong, prove it: if I said what is true why strike me." (John 18: 23.)

How true it is. And they nailed him to a tree.

Humanity has not risen to the understanding of what happened. They have not realised yet what man missed in the world at that moment. In two thousand years of strife and trouble and wars has been the result. Here at that moment came the blessing upon the earth. A peace that passes all understanding. It came with Love and Wisdom so that man could take hold of it and there immediately be transformed. So that the world would be a world with peace and harmony. But the outer self was too strong. The conditioning of the outer self by the material was too strong. Suggestions had entered into the mind of the individuals and that mass suggestion became a powerful effect upon the consciousness of the people. And they would rather have Barabbas

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than Jesus. The High Priests created those suggestions in the minds of the people. They accepted those suggestions and they became a rabble for the destruction of that which alone would give them peace and happiness.

So they nailed him to a tree.

Would the world do the same again?

Yes, they would. They would do the same again today because the individual has not yet understood that which happened two thousand years ago.

If you can in your own minds then become aware of suggestions that come from without, understanding everything that happens even experiences. Knowing them for what they are. Looking at them without fear, without judgement, with condemnation. In that Consciousness; there is freedom, there is Life, there is God. Jesus said, "fear not. For I am with thee even until the end of the world." The Christ is with you always even until the end of the world. In this understanding there shall be no fear. Fear of death shall pass away because the death only comes to the outer self which is an illusion. And the outer self dies in the illusion of death. But the Real Self is Eternal and Lives in God and God Lives in the Real Self. "I am in the Father and the Father is in me!"

That is the message. The Understanding, the Love and the Wisdom that I want you to have. For in it is the glory of the Christ.

The Christ did not die on the tree, (but) Jesus, that form which the Christ took for the time being, yet the Christ remains Eternal, Ever-Present.

Those even who, look to Jesus as a personal thing, have not realised the greatness of the Christ which expressed Itself through him therefore they have lost the Reality of Jesus the Christ.

"I shall be, even if I die and he who believes in me even if he dies he shall Live."

BENEDICTION

O Eternal One, Thou hast created all within Thyself. Thy Life in all. Ignorance rules the world today, yet through that ignorance man will become free when he discerns its ways.

Thou hast given all the power to see the light of the world which is also the light in man himself.

The Light that came two thousand years ago is still burning brightly and thousands are beginning to see It free from creeds, forms and ideologies, that separates man from man.

Man's mind is now discerning the false *things of the mind* and soon he will free himself from his own self-imposed misery *caused* through not understanding himself, O Eternal One.

There is peace, there joy in our heart....there is Wisdom and there is Love.....these things are the binding things.....bind you and me.....Help us to understand that which is cruel.....that which is not real....But when Love and Wisdom expresses Itself through its true angel.....as it does when we become as a little child.....therefore in this then is the peace of the world.....I have come that you shall know this.....not because of myself.... but because of the world, because of you....my peace and the angels peace.....the Master has sent me.....He has given me those words that you should understand them.....and be at peace.....now and forever more.

* 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 30th September 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Part of the Lecture Notes is missing from the recording. The full paragraph reads: [The entire world is suffering the painful consequences of neglecting the mind of the people. Public education in this respect is responsible for the suffering of millions, depriving the individual of the happiness, prosperity and permanent peace of the world *at large*.]
2. The sentence in the Lecture Notes the next two words are *simple enough*. The sentence would then read: [There are many books on the market dealing with mental hygiene, yet there are few that can give some practical help to the sufferer, nor do they give *simple enough* instruction of how to prevent falling into the pit of illusion that comes from ideologies, beliefs, politics, traditions and religious dogmas.]
3. In the Lecture Notes the sentence reads: [We are acted upon against our will and act upon others with our will. This see-saw movement is going on all the time because *the mind* is not aware of what is taking place.]
4. In the Lecture Notes the words are *conscious mind*. The sentence word then read: [When an external suggestion hits the surface of the *conscious mind*, it starts a wave motion or vibrating force which sinks into the inner realm of the mind, when this happens an internal suggestion is begun from the acceptance of the external suggestion and becomes a memory impression which creates perpetual repetition and which we call habitual thinking.]
5. The next sentence in the Lecture Notes is missing from the sound recording. It reads: [*One day it will take book-form with much added to it in the hope that it will arouse the interest of our leaders and educationists to the world need for an effective system for the protection of the mental health of the people.*]
6. In the Lecture Notes the next two words are *mental hygiene* are missing from the sound recording. The full paragraph would then read: [*Jesus made enemies of the rich, the rabbis and high priests of his day and they killed him because he interfered with their racket. It has been two thousand years since then and we have not advanced much owing to the fact that we do not understand mental hygiene.*]

**WHEN WE ARE CONFUSED WE HAVE
LOST CONFIDENCE IN OURSELVES***

[“For if this is what they do when the wood is green, what will they do when the wood is dry?” Luke 23: 31 (Moffatt)]

Now when the mind is confused about ideas, creeds, dogmas, tradition, all that is in the mind tends to confuse the individual because the individual does not recognise or cannot discern what is false from true.

What is in the mind belongs to the mind. I have always been trying to show you, what is in the mind is not Reality. What is in the mind is an idea created by the mind itself. What is in the mind is reactions to things external to the self, internal ideas and sensations. But Reality is not that. Past, future belongs to the mind. Past is a memory, the future is also in the mind in the form of hope or fear, whatever the case maybe. So therefore it all belongs to the mind.

Now, what is Reality is not in the mind, it is beyond the mind. But you can experience this Reality when you know what is in your mind. For instance, if I say to you, Life is now. It does not have to be, it is Ever-present. And that Ever-presence is now, it is neither yesterday or tomorrow. It is neither in the past nor the future because that is in the mind. But the Ever-present is Eternal. It is something that is always Present. But when you have experienced perhaps, a moment of, this Realisation of that which is Real in Itself and experienced it mind you. Not to something that is in your mind, an idea of it but actually experienced that moment of Reality, where as it were, the world and everything stood still. And there at that moment there was complete stillness everywhere, and in that moment you knew. Now that is Eternal, you entered into Eternity. You entered into Eternity where you experienced Eternity. That was a moment.

Could you then experience this Eternity continuously? No, because of the fact, that you are in and out of the relative. You are in the relative and you are out of the relative, your back in the relative and you are out of it. In and out, in time and space and then into the timeless. But you must know when you

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are in time and space and you must know when you are in the timeless. You must know when you are in Eternity and you must know when you are in time. If you do not experience this timeless state you will never....

(a break in the recording occurs here)

.....an idea in your mind like the past or the future.

But I have always told you that now, is the only time now, and there can be no other time but now in Reality and neither there can. Anything else is an idea in your mind.

Experience then becomes a memory does it not?

If you experience this one moment then of Reality it then becomes a memory, you try to recapture that do you not?

Many of my students come and they tell me they tried to recapture those moments. How can you recapture a moment in Eternity? It is an utter impossibility when Eternity is Ever-present. That experience then existed as a memory and you try to capture that memory, you cannot capture that experience, it was a memory. It cannot be done. But if you are really desirous of Knowing you must become aware of everything that is relative. And in that peace, in that quiet of the mind, you will experience this timeless state. And once you have it you are never the same anymore, no matter wither you enter back and forward into the relative, it does not matter much after all.

In our modern society most are in danger of being confused mentally and physically, with loss of self-confidence which is the individual's most valued asset. When a relationship is based on the individual's needs there must be conflict. Being dependent on each other we are using each other for a purpose, with such an end in view relationship does not exist.

Therefore this sense of separation between each other has caused a great deal of difficulties in the world. Organisations are based upon it. Groups are based upon it. Religions are based upon it. All these things are based upon it which destroy our relationship, our true relationship.

Our true relationship with one another is, what the Master said long ago, "love your neighbour as yourself." Because your neighbour is yourself. And what you see in your neighbour you see in yourself. You cannot see outside yourself. You can only experience what you see in yourself, you cannot experience outside yourself. And therefore if you see evil in your neighbour you are experiencing evil in yourself. And it is yourself that you are seeing not your neighbour, you are actually experiencing and seeing yourself.

WHEN WE ARE CONFUSED WE HAVE LOST CONFIDENCE

Now if you realise the Truth of this, you cannot see and you cannot comprehend nor can you see anything external to the self it must come from within the self.

Vibrations that reach through the ear, the eyes, whatever the case maybe, pass into the centres of the brain there they are interpreted and you give expression to these ideas according to your own experiences, according to your beliefs. And if your experiences have been evil you give expression to that evil just the same.

If you are innocent you could know nothing at all about it. You are like a little child. Therefore like a little child you enter into the Kingdom of Heaven. And that is the natural state of your mind when you cleanse it and clarified of all things that are relative, at least things that are false. Things that you know are not true, they are not Reality in itself. Reality cannot be seen, it can only be experienced through awareness.

A society based upon individual usage is founded on antagonism and opposition. In modern society we combat many obstacles, particularly external suggestions that creep into the mind unnoticed and unchallenged, and the greatest of these is FEAR. For in the usage of one another there is fear. So to avoid fear we think we must possess, from this possession there arises envy, suspicion and conflict. Such a relationship can never bring about happiness, because we use one another with an end in view.

Therefore when you possess someone, what do you do? You either are suspicious about them or then you are envious about them or whatever the case maybe, there is conflict.

Now if your Real relationship is based upon that which is the foundation of the Universe, which is Love in Itself which is its own Eternity. Because you cannot create Love. Love exists from the beginning because it was in the beginning and it has always been. You do not create Love because Love Itself is Eternal and Ever-present and that is the basis of our relationship.

Unless then we know what we are doing, we have no Love. Unless you discern what way you are treating your neighbour, you can have no Love. Because Love can only express itself fully when you have got rid of all these things that are preventing the expression of Love.

When we use one another for our needs, in actuality there is no relationship at all, there is no real contact with one another, there is no real communion with one another. How can you have communion with another

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when the other is used as a piece of furniture for your convenience and comfort. Therefore it is essential to understand the significance of relationship in daily life.

The cause of all misery in the world is separation. We separate ourselves from one another through nationalities, through groups, through politics, through religion, through tradition, and all these things. These things are external and unless you discern them for what they are, you will still be conditioned by them. And if you are conditioned by them, is it not so, that your thinking is according to your conditioning. So it must be, it cannot be anything else.

If you are consciously caught-up in your conditions, you are consciously setting in operation activities. And when you are consciously caught-up in these things you have action towards that end.

But immediately you become consciously aware of what it is, seeing that it is false having no foundation of its own. Because anything that separates man from man is false, it has no existence in Truth at all because the Truth is One. There is no separation in Truth. God is One. Life is One. Infinity is One, there can be nothing outside it, there is no division in it. Any division in it is a creation of the mind, a conditioning of the individual.

Therefore if the individual is conditioned through separation in anyway whatsoever, he cannot have then any relationship at all.

True relationship comes, does it not, through understanding and in no other way. Our relationship today throughout the whole world is no relationship at all. We have no relationship with one another. We are antagonistic to everyone.

Is it not so that we create one group and then another group and this group is torn down to build another group, and the same group is then torn down to build another group. But it is the same people that is building those groups, the same ignorant people. The same people that are steeped in separation are building and tearing down those groups.

One time we had a League of Nations¹ now we have United Nations. Is it not so and very clearly that United Nations will fall the same way as the League of Nations. It cannot be otherwise because there is no Real relationship to hold together as One in unity. They are all separate and distinct. In that group you have separations, antagonisms and distinctions. You have different nationalities which separate themselves from one another. You have different ideologies that do the same thing. You have everything in these groups that cause disintegration.

1. See page 158

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And the world is disintegrating before your very eyes because of that one fact, that it is built upon separation. And will still disintegrate until such time that man wakes up to the fact, that he is living in separation.

But if you do not realise the fact, that you are living in separation, how can you understand unity? You will never understand unity unless you understand separation. You talk about unity but it is rubbish, you can talk about it till doomsday but you will never understand it, and it will never be anything to you.

So the cause of all misery in the world is separation, and not until we discern what separation is and means can you understand unity. In the understanding of our relationship and discerning what we are doing in our relationship to one another we will become aware of what separation means. The understanding of ourselves through relationship will reveal the cause of our misery and the misery in the world.

So our relationship is a self-revealing process and if you can see the Truth of what I am showing you, that it is necessary to understand these things that are causing misery and preventing that which is Real from manifesting in your lives.

But you will say, it is the world that is the cause of the misery. It is nothing of the sort, it is you and me, everyone like it that is the cause of the trouble in the world. The individual. Because, is the world not made up of individuals? Without the individual understanding these things, how the devil can the world get right? Never. Never will.

One day of course, naturally it will come. But it may take a lot of suffering to bring it about. Apparently man does not turn to Reality until he suffers sufficiently or he does not make any effort to find out of what it is.

So therefore what he says really is what Jesus said in the beginning, "for if this is what they do when the wood is green, what will they do when the wood is dry?"

When this self-revealing process has entered the deeper strata of your mind you will then realize the cause behind individual and collective antagonism that are destroying our peace and harmony in the world today.

You will say perhaps as the majority do, "what can I do about it? I can see all *this* trouble going on in the world but what can I do." You can at least see that the cause is within yourself and you can bring about a fundamental transformation based upon (true) relationship and not upon your needs.

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True relationship requires no needs. True relationship is Love, is a fundamental principle of the Universe. And in all our relationship, true relationship is based upon it.

Our difficulty is that we have a picture of what human society should be and we try to fit ourselves into *the* pattern, but this pattern is fabricated and unreal. The only reality is ourselves and not a pattern, therefore the fundamental change must be within us and not outside us. We cannot just change the pattern on the outside and have no fundamental change within, for that which is within is always expressing itself outwardly.

So if we try to change the outward thing as we are trying to do in the world today, we are trying to get peace as an ideal. And we are trying to change the outside structure, without changing and transforming in the individual within. Do you think then it is going to be a lasting peace? Of course you can have ever-lasting peace. You have wars and rumours of war and still wars until such time as the individual begins to transform himself, herself. You can have no transformation on the outside without transformation on the inside. But that is what we are trying to do is it not? We create organisations for the purpose of transforming the outside. But the inside, the inner, is always transforming the outer. So if the inner is not transformed what is the outer going to be?

Therefore a mere reformation of our present structure of society, without fundamentally altering ourselves, only means further retrogression and further misery. The solution of this problem is you and me and others, and it starts with you and me first. What is important in this is not new patterns and superficial changes but a complete understanding of the total process of man which is *himself*.

The total process of man; his spiritual, his mental activities and his physical reactions. And unless you begin to totally comprehend the fundamental principles upon which you exist and what existence really means, then there can be no peace or unity in the world and there can be no health.

Is it not so that the health of the people are getting worse and worse everyday? We build hospital after hospital and still those hospitals are filled. Medical science has become today the most scientific yet people are worse off today than they have ever been.

The whole of the physical structure of man is changing caused by his emotion on the Spiritual Forces. Man is becoming more affected by his mental reactions than he is by any physical condition that exists around him.

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And is it not so that your consciousness is according to your reactions? Your thoughts are according to your reactions to things external to yourselves. Because you have never become aware of your consciousness. You have become aware of the things external to yourselves and your consciousness is a means by which you become aware of these external things. But you do not understand these external things. You do not know what they are. You react to these things thinking that they are real, think that they have a power of their own, when they have no power at all. Therefore the consciousness is caught-up in these things and your thoughts are in accordance. Therefore you crave, you have envy, you have jealousy, you have possessiveness, you have all these things that are destructive to the human nature. And man does not know why he becomes sick.

Most people are seeking a way of life, a way of conduct. We either look to others, to the past, or we try to find a mode of behaviour through our own experience with an end in view. We look to our own experience for a pattern and experience is always conditioned.

What you experience in your reactions is conditioned. And you look to others or look to the past for the experiences of the past to suit you.

What do you look to then? You can only look to that which in itself is Eternal and Ever-present. And that which is Ever-present is Ever-present everywhere, it is not in you and me alone, it is in every human being. It is everywhere there is nowhere where it is not. It is based on unity. It is based on One and one only which is Truth. Therefore if you discern what is separation you will arrive at Truth. But if you cannot discern what is separation how can you ever arrive at Truth?

If we look to another or the past for an ideal, for an example, we are forcing Life into a mould. We try to shape Life and thereby lose the intensity and the richness of Life Itself.

When what you know about Reality is through the authority of another you do not know. *You cannot know because Reality must be experienced it is not something in your mind. What you get from another is a mental image. And you try to image what Reality means, what God means and so forth. And you can pray to this God as long as you like but I can assure he will never answer you. There is no answer from an image of God. There is only answer when you realise that God and you are One. And Jesus said, "you worship something you do not know but we worship something we do know. Since*

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Reality is unknown the mind that seeks the unknown must first be free from the known. *Therefore you must know what the known is before you can be free from it. But if you are caught-up in the known, how can you ever know the unknown. It is quite clear if you are caught-up in these things which are separation. But if you are caught-up in your beliefs, your ideas, and your ideals no matter how magnificent they are, you are still not free because you are caught-up in your ideal which is a limitation. But Reality has no limitations. And if I know that I am one with Reality, I don't have an idea about it, I must experience that great wonderful thing and therefore I am beyond mind into something that is Eternal and Ever-present. There where there is no limitation then there is no separation. But you say, I have not experienced it. Well, how can we experience it if you are caught-up in the things that are preventing you from experiencing it! Its quite true is it not? If the mind is clouded, burdened by with the known, it can only measure according to its own condition, its own limitation, and therefore it can never know the unknown.*

We saw in one of our last lessons that non-attachment was necessary for freedom. Life is free. Can you measure this freedom, can you fathom this freedom, when your yardstick is conditioning your mind?²

Because I was the Word that was in the beginning and I am the same Word now. I am the Word that was with God and God was that Word, and that Word was made flesh and that Word remains Immortal and free. That is me that is you. But if you condition yourselves, you are not free. But why do you condition yourselves? You conditioned yourself because your parents were conditioned before you. You go to school and you condition yourself through education. You go to church and you condition yourself through a religion. You go to a political meeting and you condition yourself through politics. You go, you have a different nationality so you condition yourself through your nationality.

(a large break in the recording occurs here)³

..... And when all this is dissolved away what do we arrive at? The basic principles of the whole Universe—Love, Wisdom and Power. These three go hand in hand, they are the basic principles of the Universe. And when all things are dissolved away these things give expression to themselves, to those who are prepared for them. And what is the preparation? The preparation is dissolving all that is false, understanding it. So that the mind shall be

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free and you no longer will be conditioned or your consciousness will no longer be expressing itself according to your conditioning but your consciousness become one with the Consciousness of God, giving expression to His Wisdom, Love and Power.

That was Jesus, the Christ. There was no conditioning. There was conditioning in the beginning but after that there was no conditioning. That conditioning was dissolved away when he went into the desert. I can see the Truth of it. I can see the Truth of it myself because in my own experiences and my own training, I have (been) sent away for weeks on end and not until I had dissolved everything and I had realised everything and I came back while I say, so and so and so. And he says, "my son, you have not yet begun to know."

So as the mind became free from all thoughts and conditions. When all the false things and relative things were discerned there was a sense of freedom. There was an understanding of these relative things. There was an understanding of our reactions and thought feelings in regard to them. And we found in our own minds that it was thought-feelings and emotions that create the disturbance within us. We were built up and conditioned by our own thought-feelings and emotions and reactions. And then we began to see ourselves. And as we began to see ourselves and understand ourselves these visions fell away from us and true relationship was established. You have to do that too in your own way.

And I am always trying to get it into your minds to see how it is possible to do it. But in your relationship to one another is the easiest way. It is a self revealing process and I say, yes, it is no need for you to go and meditate and this and that. But if you discern your relationship to one another, how you are treating your neighbour, what you are doing, how you are acting what your thought-feelings are regarding your neighbour. And if you are aware and you are wise enough you will see what you are doing. And you will see the cause of your own misery. Because when you have envy, jealousy, antagonism, you think you escape from it? Of course you don't! You create a disturbance within your own mind which is expressed upon your body. So you have all sorts of conditions and these conditions in your body are mental. Absolutely mental every condition. And every condition is an idea. It is not a Reality, it is an idea because it is of the mind. And immediately those conditions are then created in your body through your reactions and thought-feelings, then the sensations and so forth are built up and you give it an idea. And the idea

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gets a name. And the name becomes a fixture in your mind. Before you know where you are, you are conditioned completely. Is it not a dreadful state of affairs? Too true. It is a dreadful state of affairs and everybody is caught-up in it.

But Reality is not an idea. Reality is a Living Expression of Itself, now. And I am the Living Expression of that which is Real, which is not an idea. And if I can discern everything else that is an idea, I can free myself can't I? So can you.

So this giving explanation does not solve our problems of confusion, it only postpones it because you do not understand the cause.

It is said if we lived rightly all would be well with the world. But how can you live rightly unless you understand what is the confusion? If you understand the cause of confusion you will know how to put an end to it. Then comes naturally a true affectionate behaviour.

So the problem is not how to get out of this confusion but rather how to understand it and when I understand it I can dissolve it. Our actions are according to the particular pattern of our own conditioning, therefore we do not try to understand but rather try to escape from the problem. *Is that not so? We try to escape from the problem not to understand it. But that will never allow us to escape from it.* Under these circumstances the solving of the problem is impossible. Is it not so that all leaders today, political and religious, are confused, and are merely experiencing the expression of their own confusion? If you follow a leader in confusion you are also in confusion, so the question is not how to get out of confusion but how to understand it.

Can anybody except a very few say that they are not confused politically, religiously *and* economically? You have only to look around you, every newspaper is shouting confusion reflecting the anxieties, uncertainties, the pending wars, internal political struggles. If one is earnest in finding a *new* way out of this confusion, surely he *must* first tackle himself *and not believe what he reads.*

We see the most stupid form of antagonism in the newspaper and radio and so forth. When you go to America you see everyone is confused, no one knows their own mind. Because they are bombarded with suggestions from all sides. And before you know where they are, they are upside down, it is only the few people who understand what suggestion is. It is only a few people who understand what confusion is. It is only the few people who see how confusion is caused that are free from it. But this is all over the world the same way.

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In one State here, we see now, one of the greatest and largest industrial outputs and creations in the Union or even in the Southern Hemisphere, only took place last Saturday. But what do you see in the newspapers? You see part of the newspapers absolutely boycotted because of a political idea. Because one Minister gets up and talks about the press, so they boycott him. They boycott everything that is connected with that particular organisation, one the largest industrial outputs of the world in the Southern Hemisphere.

If it was in England and in any other of those countries, it would cross every newspaper nor even one political party or the other would be expressing the whole thing completely from top to bottom. If it was in America it would be the same thing. And now you have the essence of confusion. But the most stupid confusion, a confusion that is I say is detrimental to the people whom themselves are engaged in it. And any fool can see through it.

I looked at the paper this morning and I saw a little picture of a small little uranium plant and it cost only a few thousand pounds stuck in the middle of the paper. But I looked through the paper the other day for a picture of the largest industrial corporation in the Southern Hemisphere but I saw nothing.

So I see minds of people who are like fleas who are conditioned in their own stupidity. How is it possible then that you can ever have anything else but confusion in such minds begin to realise what the Truth is.

Journalism today is at its lowest ebb. I am not going to talk about these sort of things. But when you begin to see things and know things and understand things and see how people are conditioned. You can very quickly analyse what is taking place. But I will say that Journalism today is at its lowest ebb. Why? Because it is conditioned with one side or another. Each and everyone is telling lies. Biggest lies in creation. Try to convince or to influence and suggest to the other individual.

How can you have peace and unity in a world with such trash. Such mental experiences. Such people who have got the mind of a pygmy who are caught-up in their own conditioning. Intellectually missing nothing. Intellectualism is to a great extent preventing you from understanding wisdom.

Knowledge you said is power but nothing of the sort, knowledge is very often a hindrance. It is according to how your knowledge is being used. Today our knowledge is being used so that we can blot out millions of human beings. That is how our knowledge is being used. Not for the caring of humanity.

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When I was in Australia, a little while ago, I was interested in a project. I advocated it because I could see the great advantage to Australia. Now they were spending about nearly 40 million pounds a day on armaments and shooting and so forth and killing one another. And from the great bite at the bottom and the Cape of Carpentaria at the top. There is only about a hundred miles coming in from one side and another, where you enter into, what we call, an area that is below the sea level. And all that was necessary was to cut a canal from the top of Carpentaria into this great belt here and another small canal from the big bite here, at the bottom in the south Australia, to enter into this large place would be an inland sea.

The inland sea then would give sufficient evaporation of water that would feed billions of acres in each side of that particular area, at the present is barren and producing nothing. It would take millions to populate it too. And as the water would rise from the soil it would spread all over that area. And besides of that it would be a channel from the south to north. It would be a two thousand miles from one to the other. It would be a channel of two thousand miles so ships would pass from the south to north instead of going all the way round one way or another. And it would save millions and millions. But it would cost 40 million pounds. But it was too much money and yet they were spending 40 million a day in killing people. What can you get out of minds like that?

When I was in New Zealand at that time Savage⁴ was the Prime Minister. He sent an aeroplane for me to come up to Wellington. So I flew up to Wellington to see him. So he said to me, that he would like me to take a place in the Government. Because he thought that I had the knowledge and that, to put certain things right.

I said, "well Mr. Savage, its this way, you put me in, one man to put things right, you put another three men to see that I wouldn't put them right."

But he said, "we will pay you well."

I said, "what will you pay me."

"Oh, so many hundreds"

I said, "Mr. Savage, I can make more than that in three months than you are paying me for a year. So therefore your proposition doesn't interest me. It would interest me, mind you, if it was this way. You put me in to do certain things. But you put other people here to see that I wouldn't do them, that's your political scheme and I'll be the pawn. Oh, no Mr. Savage, no thank you."

4. See Notes page 158

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And that is the way today, everything is worked out that way.

So the question is, what causes confusion? Why are we confused? One of the obvious factors is that we have lost confidence in ourselves, that is why we have so many leaders, so many psychologists, so many holy books, telling us what to do and what not to do. No wonder we have lost self-confidence. We have built walls around ourselves. We *have accepted* controls and *disciplined* ourselves to become automatic machines and still we pursue different ideas and things which create contradiction.

We are learning to have more confidence in the machine than in ourselves, and are therefore multiplying leaders. The more imitative we are the less confidence we have. We have made Life into a copy book. From childhood we do what we are told to do, we are not allowed to think for ourselves both in religion and education, so what can you expect. We must have confidence in ourselves to find out the cause of confusion. We must have a deep inward certainty to know what Truth is, confidence cannot be gained by what another says, but by understanding your own thoughts and feelings, what is happening in yourself and around you, their truth and their falseness, their significance *and* their absurdity. Without knowing this how can you clear up the whole field of confusion which is yourself?

The inner always overcomes the outer. Without understanding yourself there can be no true basis for true thought and any thought which produces a pattern of action will only lead to further ignorance and confusion.

This transformation is not an abstraction, a thing to be wished for, but a living actuality which can be expressed as we begin to understand the way of our relationship. This actuality is Love. It is the only creative factor in bringing about transformation in ourselves and in society.

But before we can understand what Love means and Love is, we have got to see what is preventing its true expression.

“When they are fettered, fast bound in misery, he lets them see what they have done, so proudly, so rebelliously; . . .” Job. 36: 8-9 (Moffatt translation)

BENEDICTION

O Great Eternal One, Thou art without confusion for when we look upon the sun and moon we see Thy perfect plan.

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When I did not seek Thee alone and listened to ignorant man I was confused with the babble of the various tongues.

I lost confidence in myself because I listened to others, now I listen to Thee alone and my confidence has returned, this is my Reality, the Truth I find within myself, all that is false dissolves away, O Beloved 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 7th October 1952, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. League of Nations. Association of Self-governing States, colonies, and dominions created by covenant in 1919 peace treaty 'in order to promote international co-operation and to achieve international peace and security'; dissolved in 1946, superseded by the United Nations. The UN Charter signed at San Francisco on 26th June 1945.

2. The next sentence in the Lecture Notes is missing from the sound recording. The full paragraph would read: [We saw in one of our last lessons that non-attachment was necessary for freedom. Life is free. Can you measure this freedom, can you fathom this freedom, when your yardstick is conditioning your mind? *Is it not so that the mind must be free from conditioning before it knows freedom?*]

3. Due to a bad break in the original wire recording. A possible break of 8 minutes or more, the following six paragraphs in the Lecture Notes are missing from the sound recording:

[If I do not understand my relationship with you, with property, with ideas, with wants, with prejudices, how can I go further in the search for freedom—Reality. I must first understand my existence, I must understand Life around me and in me, otherwise the search for reality becomes merely an escape from, everyday action.

If I do not know or understand what my everyday action is I am caught in the net of my own conditioning which brings pain, suffering and anxiety. Then I will pray to God to help me to escape from it. So in my conditioning I want a drug to put me to sleep, so that I will not feel the aches and pains, so my escape never comes. Only by knowing and discerning the cause is there freedom, and this means wide awake awareness of my thought-feeling-reaction.

Happiness comes naturally when there is no friction in us or about us, and friction ceases only when there is an understanding of things in their right proportion, in their right values. We must know the process of working with our mind, for if you do not know your own mind how can you know the right value of anything.

Is it not so that the world is confused, our relationship with one another, with groups, with nations is confused. Is it not so that our governments are confused? It is only the foolish person who does not see this confusion. We all say that the world is in an awful mess but is not the world the projection of ourselves? What we are the world is.

The world is confused with ideas and has got fearfully entangled in them, it does not know what is true and what is false. So being confused you hear on every side, "what is the need of all this trouble? Surely there must be a purpose behind it." Only when man sees that all this is the projection of his own conditioned mind will the trouble cease.

Some will try to give you varied explanations and if you like one you will accept it, according to your beliefs you mould your life. But this does not solve the problem of confusion, you only postpone it because you have not understood the cause.]

4. *Michael Joseph Savage*. (1872-1940). New Zealand Statesman and Labour leader. Prime Minister 1935-40. Born in Victoria, Australia to Irish immigrant parents. He emigrated to New Zealand in 1907 where he became a trade union organizer. Instigated a programme of state housing and free health care. He was one of this country's best-loved Prime Ministers. For two generations he had spearheaded the social security structure of New Zealand.